



Trans Canada Trail  
Sentier Transcanadien

#### UPCOMING EVENTS

1. ACTIF EPICA
2. NIVERVILLE FAMILY FUN DAY 2013
3. ST MALO FESTIVAL OF FRIENDS

#### INSIDE THIS ISSUE:

Actif Epica Winter Bike Race Feb 16th 1

Planning for Maintenance in 2013 1

Promoting the Trail and Our Communities 2

Getting Your Name on the Trail 2

Active Transportation 3

Niverville Family Fun Day Feb 16th Order of What? 3

Become a Member 4

If you use the Crow Wing Trail ...  
Please give us your comments, by completing this simple survey.  
Tell us how we do with maintenance, signage, ...  
English: [www.surveymonkey.com/s/LRPK99F](http://www.surveymonkey.com/s/LRPK99F)  
French: [www.surveymonkey.com/s/Q6WJMMF](http://www.surveymonkey.com/s/Q6WJMMF)

VOLUME 2, ISSUE 1

JANUARY 2013

## Actif Epica Winter Bike Race

The 2nd Annual is Almost here... Saturday, February 16th!

Imagine this...

30 or so winter bikers and a few runners (Yes! Runners! One of them is a Crow Wing Trail Board Member from St. Malo: Steven Graupner), traveling across the Manitoba prairie in a 130-km race from St. Malo to Wpg.

They did it last year and they are doing it again this year, following the Crow Wing Trail. The Trail is not only a permanently marked route, but it is a great piece of Manitoba history. This adds to the uniqueness of the



Photo by Kyle Thomas

race, as racers know they are following in the footsteps of our pioneers!

The race starts at the St. Malo Arena at 8 a.m. Race participants follow the trail into the Park and keep going north towards the St-Pierre-Jolys post at the Recreational Centre. After a bit of a warm up, they continue on to Providence College, then on to the

Niverville Arena. At this halfway mark, they will enjoy Niverville's Winter Family Fun Day (see page 3).

Their last stop on the Crow Wing Trail is at the St. Adolphe Bible Fellowship Church. Then they are on their way along Winnipeg streets to The Forks, where a winner is declared.

Everyone is welcome to meet and greet the bikers on one of their stops. They enjoy talking about this special winter activity. Good luck to all!

[www.actifepi.ca](http://www.actifepi.ca)

## Planning for Maintenance in 2013

In 2012, Trail Boss and Board Member Wayne Arseny (Emerson Mayor), maintained the Crow Wing Trail from Emerson to Winnipeg, along with his crew member Jake. With the beautiful dry weather, they managed to mow three times and go up and down a few more times to install and fix directional blue signs. This Pilot Project was

funded by the Manitoba Recreational Trails Association Maintenance Grant, and a special grant matching membership fees we receive from our municipal partners. The final report will be released shortly, but Crow Wing Trail Board Members have overwhelmingly agreed to raise funds to repeat this initiative on an annual basis.

This means that \$8,000 needs to be raised through membership fees, donations, sponsorships, grants, bingos, etc. The Board sees that a well-maintained trail, under the direction of a Trail Boss, is what's needed to confidently promote the use of the trail. So use the Crow Wing Trail and give us your feedback! Merci! Thank You!

## Promoting the Trail and Our Communities

*The Crow Wing Trail attracts a lot of interest. This also puts our communities along the trail, on the map. Here are two exciting examples, related to the Actif Epica Winter Race.*

### Interest from Global TV in Calgary:

Hi! For the last year we have been working in partnership with the Trans Canada Trail to help raise awareness of the trail system and their goal of completing the trail for Canada's 150<sup>th</sup> birthday in 2017. We are building footage from across the country

for public service announcements etc. and want to profile a Winter Event like Actif Epica that involves a section of the Trans Canada Trail but also showcases the indelible spirit of the participants from Manitoba. We want to send a camera crew to Winnipeg for the event date and document some of the great stories about the event AND the people & participants that make it all happen. We also want to produce a *feature length* profile that we could include as part of a larger half hour show about the Trans Canada Trail, to run across the Global TV Network later this year.

### Featured in the Canadian Cycling Magazine!

And in this month's issue of Canadian Cycling Magazine... **Actif Epica is listed as #6 on the list of "10 of the Country's Most Epic Rides"**. It is mentioned on several pages: 2 (table of contents), 6 (editor's message - shows CWT in Niverville), 32 (summer event from St. Adolphe on the CWT and mention of Actif Epica in text) and 66-71 (specific mention of Crow Wing Trail). Canadian Cycling is the most widely-read



Canadian cycling magazine. This is a major coup for Actif Epica and the Crow Wing Trail, AND our rural communities. So get your bikes out and CYCLE!

## Getting Your Name on the Trail

### Parc Carillon Bridge

With the creation of a soccer field in the Village of St-Pierre-Jolys' Parc Carillon, the Crow Wing Trail is facing a small route change and the addition of a pedestrian bridge over a frog pond. Planks are now being sold through the Crow Wing Trail Association. Tax receipts are provided. As was done with the Senkiw Suspension Bridge and the St. Malo Volunteer Bridge, planks are \$50 each and the donor's name will be routed in the plank(s). Only 80 planks are available, so get yours early! Send cheques and words to be routed on plank to:

*Crow Wing Trail Association.*

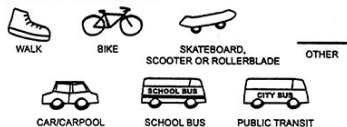


IF YOU USE THE CROW WING TRAIL ...  
PLEASE GIVE US YOUR COMMENTS,  
BY COMPLETING THIS SIMPLE SURVEY.  
TELL US HOW WE DO WITH  
MAINTENANCE, SIGNAGE, ...  
ENGLISH: [WWW.SURVEYMONKEY.COM/S/LRPK99F](http://WWW.SURVEYMONKEY.COM/S/LRPK99F)  
FRENCH: [WWW.SURVEYMONKEY.COM/S/Q6WJMMF](http://WWW.SURVEYMONKEY.COM/S/Q6WJMMF)



## ACTIVE TRANSPORTATION

How do you usually get to and from school each day? (circle one)



Was this your first time walking or biking to school?

YES NO (COLOR YES OR NO)



Active Transportation is any mode of self-propelled transportation that relies on the use of human-generated energy including walking, running, cycling, skating, skateboarding, snowshoeing, skiing and the use of non-motorized wheel chairs. There are many ways to engage in active transportation including active commuting, active workplace travel, active destination-oriented trips and active recreation. It can include walking to the grocery store, a meeting, a soccer game or cycling to school or work. Active transportation may make use of on-road or off-road infra-

structure of any of combination of these.



The Province is providing new funding and technical support to help municipalities integrate Active Transportation planning, design and implementation with land-use and transportation planning. The Crow Wing Trail Association would welcome the opportunity to assist our partner municipalities in any way, especially when it relates to trails between communities.

## Niverville Winter Family Fun Day The Order of What?

**Niverville's Winter Family Fun Day Now Coincides with the Actif Epica Winter Race on Saturday February 16th!**

A winter activity! Just what Actif Epica is wanting to encourage in our communities along the trail!

Niverville Recreation and Wellness is stepping up to the plate by offering:

- A \$2 pancake breakfast: 9 to 11 am
- 1st Annual Chili cook-off: 2:30 pm
- Wacky Sled Race: Be creative!
- Snowman and Snowfort Building Contest (entries are due Feb 11th)

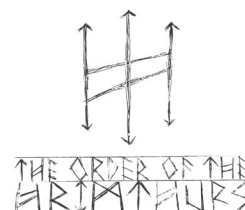
There are many other events such as sliding down the toboggan hill, snow painting, skating on an outdoor pond, dog sledding, snowshoe races and curling to name a few. For more info:

[www.nivillerecreation.com/family-fun-day-2013.html](http://www.nivillerecreation.com/family-fun-day-2013.html)



This year, Actif Epica will also be the final event in a new "triple-crown" race series called The Order of the Hrimthurs ([www.orderofthehrimthurs.com](http://www.orderofthehrimthurs.com)).

This race includes two internationally known events, the Tuscobia Winter Ultramarathon (Wisconsin) and the Arrowhead 135 (Minnesota). More than 100 modern-day 'voyageurs' are expected to participate in the Actif Epica challenge this year and some will attempt to gain entry in the Order of Hrimthurs by completing all three





## **Crow Wing Trail Association**

**Box 268  
St-Pierre-Jolys, MB  
R0A 1V0**

Email: [cwta@voyageur.coop](mailto:cwta@voyageur.coop)

### **Website:**

[www.mrta.mb.ca/Trails/  
CrowWing/home.htm](http://www.mrta.mb.ca/Trails/CrowWing/home.htm)

The Crow Wing Trail is the section of the Trans Canada Trail that connects Winnipeg to Emerson. The trail is based upon a historic fur trade route connecting the Red River Settlement of Fort Garry with St. Paul Minnesota.

Although the trail is located along the original route in some instances, for the most part it has been routed to connect our communities and significant sites. The Crow Wing Trail promotes hiking, biking, cycling, horseback riding and cross-country skiing.

The Crow Wing Trail was officially registered with the Trans Canada Trail in 1999 and officially opened in 2006. At 191 km, the Crow Wing is the longest section of the Trans Canada Trail in Manitoba!

The Crow Wing Trail Association (CWTA) is a regional trail association comprised of volunteers from six municipalities and one First Nation: Ritchot, Niverville, De Salaberry, St. Pierre-Jolys, Franklin, Emerson and the Roseau River First Nation – who work together to welcome the Trans Canada trail through our communities in order to promote tourism, economic development, historical awareness as well as provide for a great recreational opportunity!

# **Support the Crow Wing Trail**

## **Become a Member!**

The Crow Wing Trail is membership supported and volunteer driven. We invite you to become a member to support the trail and our local charitable organization. Your support will assist us to build, promote, and maintain our section of the Trans Canada Trail for generations to enjoy. Your membership is crucial to our sustainability as we strive to move forward with the continued development of the Crow Wing Trail.

### **Types and Cost of Annual Memberships**

- Individual or family membership \$20
- Community/organization membership \$100
- Municipal/Local Government \$300

### **CWTA Membership Benefits**

- E-Newsletters that include current CWTA projects and activities
- A publicly accessible trail promoting active transportation.
- A say and vote at our AGM on how the Trail is managed

Membership Form: [http://www.mrta.mb.ca/Trails/CrowWing/  
documents/BecomeaMemberoftheCrowWingTrail20112.pdf](http://www.mrta.mb.ca/Trails/CrowWing/documents/BecomeaMemberoftheCrowWingTrail20112.pdf)

## **Get Involved!**

Inquire about our many volunteer opportunities.

## **Make a Donation!**

Although officially opened in 2006 there is still a lot of work to do. The CWTA is a registered charitable organization.

Purchase a symbolic metre of trail to assist us to build, maintain and promote our section of the Trans Canada Trail for generations to enjoy. Your donation is crucial to our sustainability as we strive to move forward with the continued development of the Crow Wing Trail. All funds raised will remain locally within the jurisdiction of the Crow Wing Trail.

### **Donor Recognition**

When you make a donation you receive a Trail certificate, an inscription in one of our trail heads of your choice, a tax receipt as well as our e-newsletter.

Just fill in the Donor form and mail along with payment. [http://www.mrta.mb.ca/Trails/CrowWing/documents/  
cwtadonationform2011.pdf](http://www.mrta.mb.ca/Trails/CrowWing/documents/cwtadonationform2011.pdf)