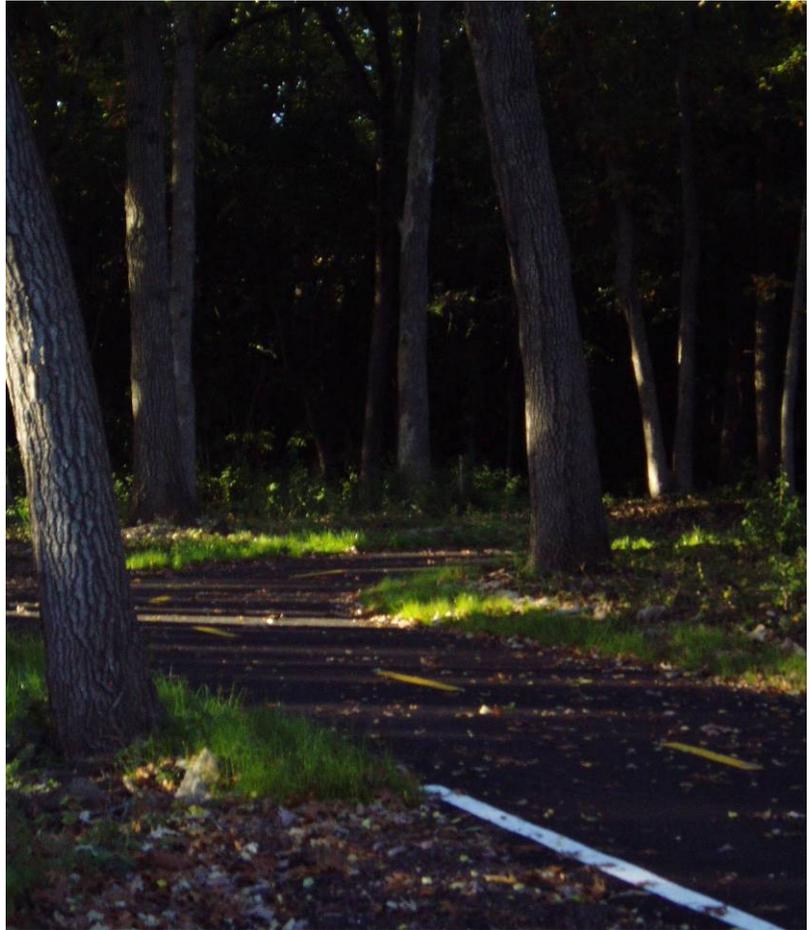


South Fork/Greenway Center Trail, City of Middleton, WI

Middleton, Wisconsin welcomes trail users of all abilities to continue their trek from the highly praised Pheasant Branch Conservancy Trail, through the newly established South Fork/Greenway Center Trail. As one of several recent expansions to the City's progressive alternative transportation and outdoor recreation network, the South Fork/Greenway Center Trail facilitates public health initiatives through a parcours featuring five ENERGI[®] fitness stations for both youths and adults, and by its proximity to local businesses, hotels, and employment centers. The Greenway Center Trail exemplifies the City's persistent efforts to facilitate green exercise while providing alternative transportation routes amidst a landscape that would otherwise be plagued by steadily increasing traffic volumes and limited public transportation options.



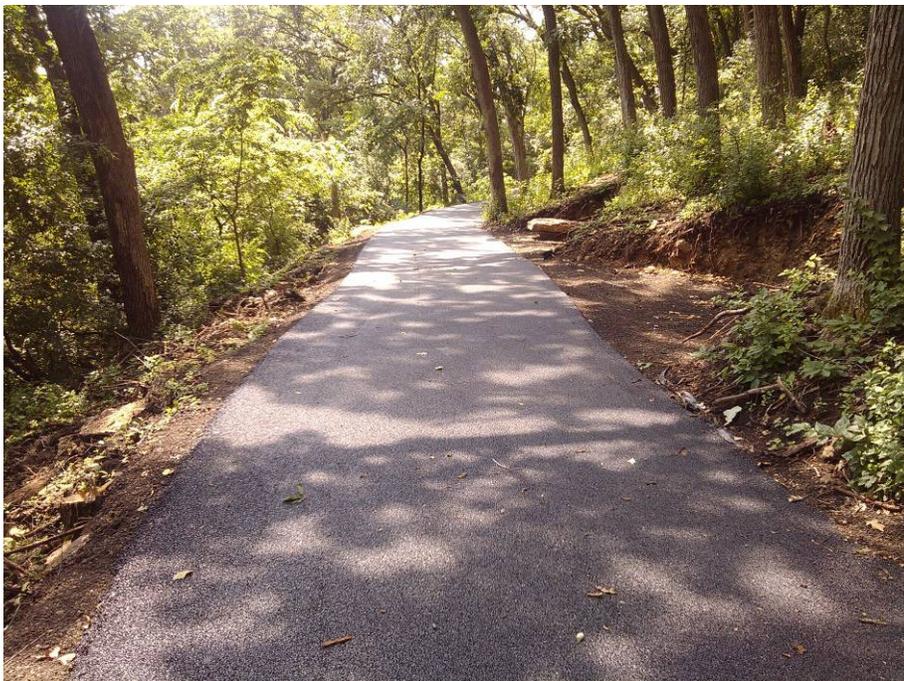
Middleton, a city of 18,000, is the western neighbor of Wisconsin's bike-progressive State Capital, Madison. The area is renowned for the proximity of urban resources and institutions, such as the University of Wisconsin, the State Capitol, and U.S. Forest Products Laboratory; to a rolling, karst topography characterized by a protected matrix of lakes, wetlands, tall-grass prairies, oak-savannas, and scenic farmlands. The multi-use trail connects the heavily used Pheasant Branch Conservancy with a partially completed, 22-mile 'Good Neighbor Trail' that will link Regional Middleton to Mazomanie, WI while providing access to a plethora of users, including equestrians and snowmobilers.

The 0.5-mile South Fork/Greenway Center segment integrates an oak woods bounded by an extensive shopping center, local hotels, major employment centers, and a public golf course, with the City's existing trail network.

The project had limited available lands on which to connect the existing South Fork Trail to the Pleasant View Golf course - site of a bike skills recreation course and the start of the Good Neighbor Trail. These lands included heavily forested areas and very steep terrain which posed numerous design and construction challenges.



A new trail bridge by Custom Manufacturing, Inc. was installed over the South Fork of the Pheasant Branch Creek



The trail was required to navigate a hillside with slopes in excess of 30% while trying to adhere to the guidelines set forth for accessible trail design and Wisconsin DOT bike path standards. Where longitudinal slopes steeper than 5% were necessary, periodic "flat spots" were added beside the trail to provide rest areas for users to pull off while not blocking the main trail.

The design and construction of the trail strived to preserve as many of the existing oak trees as possible.



To reach the final destination, the trail had to parallel and eventually cross a public two-lane road at the crest of a hill. The trail was slightly elevated beside the road to give more of a visual separation between the roadway and trail

At the public road crossing, two solar-powered manually-activated flashing crossing beacons were installed on both sides of the roadway to provide advance warning to vehicles approaching the trail and added safety to trail users.



The Middleton Department of Public Lands, Recreation & Forestry will use the South Fork fitness trail to host a youth exercise program in the summers, and anticipates similar use by a local schools. Five new ENERGI® stations were installed along the entire South Fork Trail. ENERGI® combines functional fitness and body-weight training to deliver a synergistic workout that connects all five of the body's major anatomical systems and exercises nearly all of its 206 bones and 600 muscles. In addition to illustrated signs, smartphones users can download an app and scan barcodes at each ENERGI® station to receive video instruction from their own personal, virtual trainer!



ENERGI® Fitness Stations by Playworld Systems, Inc., will facilitate circuit training along the South Fork/ Greenway Trail



Over 13 groups of over 200 participants utilize the Middleton trail system for their events including The Haunted Hustle - a Boston Marathon qualifier.

The trail has already become a popular destination for bicyclists, walkers, and joggers. Some of the steeper reaches of the new trail are especially popular with the skateboarding community.



925 participants hit the trail during the 2012 Gilda's Run, raising money for the cancer support community.

The project was realized through a \$45,000 Wisconsin DNR Recreational Trails Program (RTP) Grant. The South Fork/Greenway Center Trail project was executed through the work of several partners including: Middleton Tourism Commission, Middleton Chamber of Commerce, Burse Surveying and Engineering, Inc., Custom Manufacturing, DRS Asphalt, Construction Fabrics & Materials, Pleasant View Golf Course, Capital Off Road Pathfinders, International Mountain Bike Association, Madison Nordic Ski Club, Blackhawk Ski Club, Bella Casa Condominiums Neighborhood Association, Lee Recreation, and Playworld Systems.

For More Information:

Penni Klein, Public Lands Director, City of Middleton,
7426 Hubbard Avenue, Middleton, WI 53562
pklein@ci.middleton.wi.us, Phone (608) 821-8344