

**U.S. Army Corps of Engineers
Fiscal Year 2017
Handshake Program Application**

Please review instructions before completing application!

Corps Lake/River Project Name: **Tioga-Hammond & Cowanesque Lakes**

District / Division: **Baltimore District / North Atlantic Division**

Handshake Proposal Title: **Lambs Creek Hike and Bike Fitness Trail**

Corps POC Name: **Park Ranger George Harchack**

Telephone: **(570) 835 - 5281 ext. 113**

E-Mail: **george.p.harchack@usace.army.mil**

A. Checklist:

1. Will the Handshake funds be spent on Corps facilities and resources that are being fully maintained by the Corps? ☒ Yes ☐ No
 2. Will the Challenge Partnership agreement be with a non-federal public or private entity(ies)? ☒ Yes ☐ No
 3. Is the proposed activity within current authorities and contained in the annual or 5-year work plan in the approved lake project OMP? ☒ Yes ☐ No
 4. Have all of the NEPA requirements been considered for this project? ☒ Yes ☐ No
 5. Did you participate in a Handshake Webinar in 2016 or review a 2016 Handshake Webinar on the Gateway? ☒ Yes ☐ No
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B. Handshake Funding Request (maximum \$20,000): \$5,000

C. Pollinator Habitat Bonus: Challenge Partnerships that are focused on improving pollinator habitat will be eligible to compete for an additional \$5000. The application must clearly demonstrate the intent of creating pollinator habitat as the primary project scope.

☐ This application qualifies for the Pollinator Habitat Bonus funding.

D. Incentive Points Category: Check the appropriate box if your application qualifies to receive bonus points on the evaluation score. The first category is for projects that are working to address invasive species management. The application must clearly identify how invasives are being addressed and managed. The second category is for Lake or River Projects that have never been chosen as Handshake recipients.

☐ Invasive Species Management (100 points).

☐ This Lake/River Project has never received Handshake funding (200 points).

E. Describe your partnership and the proposed Handshake Partnership Project:

Project applications will be evaluated on the categories below. Please complete each section as appropriate.

Summary Statement:

Tioga Hammond & Cowanesque Lakes (THC) is a multi-purpose project that is located along the Allegheny Plateau region within the Appalachian Mountains of northern Pennsylvania (PA). It supports nearly 300,000 visitors annually with various outdoor camping and day use activities. 2017 Handshake Partnership funding, would support 8 fitness stations along the existing 3.2 mile blacktop paved Lambs Creek Hike and Bike Trail, which lies in the foot print of the former Erie Railroad, closed in 1967. The fitness stations will consist of stretching and various strengthening exercises that focus on abdominal, arm, chest, shoulder, back, and bicep muscles. Since the dedication of the project in 1979, this trail was constructed and has radiated from the town of Mansfield into the serene Pennsylvania countryside, overlooking the seasonal floral within the mountains, and ends at the Lambs Creek boat launch. This trail is currently used for biking, walking and jogging for the residents and visitors to Tioga County, PA. However, with the recent popularity of CrossFit and considering the trail's proximity to Mansfield, Pennsylvania, THC and its partners believe it has potential to increase the visitation of Lamb's Creek Recreation Area.

Longevity / O&M description:

The Lamb's Creek Hike and Bike Trail currently attracts an average of 30,000 visitors annually, generating over \$1 million in local economic benefits to the area. This trail has a clear advantage in that it is located on the border of Mansfield, PA, which is the largest community in Tioga County, PA. There has been historical demand from the community to further develop this recreation area from all ages of the spectrum, and add value to the existing trail with fitness locations. Financial and volunteer support from the Friends of Tioga-Hammond & Cowanesque Lakes (FTHC) and Mansfield University (MU) is a sign of that. Currently, this is Mansfield's primary trail option, with the second being an informal grass trail on the Mansfield levee system. According to the 2010 US Census, 55% of Mansfield's population is between the ages of 15 and 24 years old. This demographic data shows that there is a population that would be willing and able to use the fitness equipment.

In times where Federal operation & maintenance budgets have flat lined or been declining, it is important to note that THC partners have agreed to aid in construction, signage and maintenance of the fitness stations aiding in future volunteer efforts. The eight fitness locations will be constructed with maintenance-friendly materials including pressure treated southern yellow pine wooden posts (to resist rot, decay and insect attack), posts will be installed below the freeze thaw ground line and cemented in place, sign panels will be made out of silkscreened polycarbonate (guaranteed by company to be unbreakable), hardware and hand rails will be galvanized steel (corrosion resistant) and wood mulch will be used for impact areas; and is expected to last at least 20 years. Annual maintenance will be shared between FTHC, MU and Southern Tioga School District. Considering MU has a track record with THC in constructing and maintaining the current Lamb's Creek Cross Country Course since 2004, the likelihood of continual support is very likely. Southern Tioga School District has a graduation requirement for students to provide community service. Over the past several years, several students have provided trail maintenance, helped with general trash pickup, and has refinished 5 benches on the trail.

Partnership Value:

THC has taken the national USACE emphasis on partnerships and volunteers over the last three years, attracting over \$895K in contributions. THC has recently entered into a formal Cooperating Association Agreement with the FTHC in February of 2014, with goals to enhance the project's recreation and environmental missions for the community. They have been working closely with THC ranger staff and have gotten off to a great start with hosting and supporting events, such as the annual 4th of July Fireworks, providing environmental education programs to THC campers, hosting water safety events such as Glo-Swim, hosting Every Kid in the Park and assisting with Youth Field Day which introduces kids ages 8-14 to outdoor sports such as archery, trapping, and hunting. However, FTHC is looking for additional ways to contribute outside of THC's campgrounds and expand their partner network leading to different opportunities. This project opens the door for THC, FTHC, MU Cross Country Department, MU Kelchner Fitness Center and resident volunteers to complete a project that adds a new dimension of opportunities to the public and should increase visitation to the Lambs Creek Recreation Area. Additionally, this project includes MU Kelchner Fitness Center, which hasn't found an

opportunity to work with THC at this point. Considering this Center is the main fitness facility for MU's roughly 2,800 students and 3,600 community residents, this partner provides substantial exposure to THC and Lamb's Creek Recreation Area.

The requested \$5,000 Handshake funding would provide introductory and station signs, pre-assembled wood timber frames, wood timber exercise apparatus, hardware, and directional arrows to guide users to the next exercise station. There are a total of three non-Corps partners that have committed \$5,835 in funding and in-kind resources for the installation of eight fitness stations along the Lambs Creek Hike and Bike Trail. Within that commitment, FTHC will provide a \$2,000 cash contribution towards concrete mix and mulch, and any contingency resources required to fulfill the project. FTHC will also contribute 100 hours of volunteer service, MU Cross Country Department will contribute 10 hours of volunteer service, and MU Kelchner Fitness Center and Tiffany Cummings will contribute 30 hours of volunteer service. Volunteer service is scheduled for installation and initial maintenance of the fitness stations. 46.6% of this project design and construction will be supported by these 3 partners. THC Rangers staff will provide 40 hours or \$1,133 in labor to oversee layout and construction of the project, operate heavy equipment (\$330 in heavy equipment value), and provide \$200 toward material/supplies.

Recreational Benefit:

The Lambs Creek Recreation Area provides visitors with rolling terrain and open fields, with a backdrop of the Appalachian Mountains. A boat ramp within the area provides the only access to the 498-acre Tioga Lake, which is popular for water skiing, fishing and paddling. Lambs Creek offers one group shelter, which is fully accessible and comfortably accommodates up to 100 people in a peaceful, wooded setting. The 3.2 mile blacktop paved Lambs Creek Hike and Bike Trail is currently popular for biking, walking, jogging, and beginning in 2014, cross country skiing. Adding eight designated fitness stations along the trail, would further THC's position in promoting health and fitness for the community through its recreation area, throughout the entire year. These fitness stations would have signage explaining proper exercise technique and usage, correct body position and the muscle groups targeted at the station. At the end of each station there will be cool-down and relaxation opportunities along with heartbeat monitoring instructions and fitness facts. Additionally, these stations are designed for all ages and fitness levels. This project is relevant to the majority of the popular CrossFit program full-body workout, which combines cardio, weight lifting, gymnastics, and core training. Annual membership fees for CrossFit are approximately \$1,500 per person while utilizing Lamb's Creek Recreation Area is free of charge. MU Kelchner Fitness Center's Director Amy Delozier has committed to holding a MU CrossFit training course on the trail for MU students and would begin a "Couch to 5K" program for beginners for all age community members if the project is funded. Based on those program's participation results, Ms. Delozier would conduct additional programming for specific ages and fitness levels that are interested. Furthermore, Lambs Creek Hike and Bike Trail is within 50 feet to the 8K and 6K MU Cross Country Course. This course opened in 2004, which is home to the annual MU Flatland Invitational and in 2009, hosted the NCAA Atlantic Regional Cross Country Championships. In addition, MU student organizations use the Cross Country Course trail for fund raising events, such as "Pedal for Pets, raising funds for the local animal shelter. MU's Dietetic Association utilizes the trail for the annual 5K Run/2K Walk, which relates to the overall annual MU Spring Fling Special Event, incorporating a full day of music, food, and activities in early May. When the MU Cross Country Mens and Womens Teams are not utilizing the Cross Country Course, they often use the Lamb's Creek Hike and Bike trail to train and prepare for competition.

Environmental Stewardship Value:

The Lamb's Creek Hike and Bike Trail provides opportunities for recreation users and environmental stewards to come together and explore the immediate recreation area. Adding fitness locations to the trail is considered a low impact activity, with the potential to expose more visitors to wildlife and birdwatching. The physical presence of the trail creates a ecological edge, prompting a shift in the composition of wildlife and plant species. The recreation area serves as an important wildlife corridor between Tioga River and Mill Creek, and is a popular hunting destination for bear, deer, pheasant, turkey and small game. The USACE has partnered with PA Game Commission, in annually stocking 20-25% of Tioga County's pheasant allotment in the Lamb's Creek Recreation Area, which is also a Pennsylvania state recognized youth hunt area. Sightings of various wildlife (including

bobcats and beavers) and viewing seasonal flora along the trail is an additional benefit to the visitor. THC has an agriculture lease agreement to land adjacent to the trail system, which serves as a beneficial invasive species mitigation technique. There are fishing tournaments, sponsored by the Tioga County Bass Anglers, which share access with local trail users. Generally speaking, trails help improve air and water quality, while providing an alternative to indoor gym memberships. As grant funding comes available, the FTHC will seek signage at each designated station, identifying nature facts and other pertinent information.

Communication & Education Value:

THC has consistently promoted community communication and support over the last few years through volunteers, partners and community stakeholders. In 2014, THC partnered with a Western Illinois University recreation management professor, in gaining an unbiased assessment of visitor impressions of facilities and management at THC, through 4 public meetings. The result was a report offering conclusions and suggestions for future management, which discussed a desire to expand trails and amenities. MU was by in large, identified as the greatest human resource that THC could latch onto in order to create more value added opportunities for its visitors, with its 3,000 students and faculty. There was specified interest from MU in grant writing, utilization of student clubs, graduate student thesis projects/internships, website development and outdoor education classrooms. As a result, THC Ranger staff has increased their pursuit of MU participation by offering internship opportunities to MU students in the areas of environmental interpretation, water safety, environmental stewardship technicians in tree planing/invasive species/wildlife monitoring, and facilities maintenance for the 2016 recreation season. MU instructors currently use the area as an outdoor classroom for courses within the fishery and outdoor recreation leadership curriculums. Southern Tioga District School has worked with THC in providing students opportunities to fulfill their 40-hour community service graduation requirement and obtaining valuable public service experiences, including trail maintenance.

Innovativeness:

This is the only recreational facility in the regional area that would provide a fitness trail within a natural setting. This recreation area features a cross country course for collegiate competition, which directly benefits the Lamb's Creek Hike and Bike Trail. This is a unique opportunity for families to discover free physical activity near home, work and school. Finally, the exercise stations expand the current trail's potential in attracting visitors to participate in CrossFit type programs. THC has received a commitment from MU Kelchner Fitness Center's Director Amy Delozier, to hold a MU CrossFit training course on the trail for MU students and would begin a "Couch to 5K" program for beginners for all age community members if the project is funded. Based on those program's participation results, Ms. Delozier would conduct programming for specific ages and fitness levels that are interested. Ms. Delozier's interest further widens the exposure to MU students and community members. There are plans being developed to link this Lamb's Creek Hike and Bike Trail to the Ives Run Recreation area through a local mountain biking organization over the next few years. This link would connect Mansfield, PA, to the fourth largest revenue generating campground in the entire USACE. However, THC's first priority is enhancing the value of the trail within Lamb's Creek first to continue building interest in the facility and support for that project.

Conclusion:

With the emphasis on health and fitness in today's society, trails are becoming just as important as streets and sidewalks in our communities. Offering people a place to walk, run or ride encourages them to connect with nature. This fitness trail would provide an opportunity for the THC, FTHC, MU Cross Country Department, MU Kelchner Fitness Center and resident/trail volunteers to promote healthy recreational opportunities with the chance to show the general public the benefits of partnerships.

Double click on spreadsheet to access data entry fields and to enter Partner names. You MUST enter partner names into the spreadsheet:

	Local Corps Office	Handshake Funds	Friends of THC	Michael Rohl MU	Tiffany Cummings	Amy Delozier MU
Salaries	\$1,133	N/A	\$0	\$0	\$0	\$0
Travel	\$0	N/A	\$0	\$0	\$0	\$0
Materials and Supplies	\$200	\$5,000	\$2,000	\$0	\$0	\$0
Equipment Use	\$330	\$0	\$0	\$0	\$0	\$0
Funds Contributed	N/A	N/A	\$0	\$0	\$0	\$0
Personal Property	N/A	N/A	\$0	\$0	\$0	\$0
Volunteer	N/A	N/A	\$2,356	\$236	\$707	\$707
In-Kind Services	N/A	N/A	\$0	\$0	\$0	\$0
Other (explain below)	\$0	\$0	\$0	\$0	\$0	\$0
Total	\$1,663	\$5,000	\$4,356	\$236	\$707	\$707
Share of Total Cost	13.1%	39.5%	34.4%	1.9%	5.6%	5.6%
	52.6%					

	Partner 5	Partner 6	Partner 7	Partner 8	Partner 9	Partner 10
Salaries	\$0	\$0	\$0	\$0	\$0	\$0
Travel	\$0	\$0	\$0	\$0	\$0	\$0
Materials and Supplies	\$0	\$0	\$0	\$0	\$0	\$0
Equipment Use	\$0	\$0	\$0	\$0	\$0	\$0
Funds Contributed	\$0	\$0	\$0	\$0	\$0	\$0
Personal Property	\$0	\$0	\$0	\$0	\$0	\$0
Volunteer	\$0	\$0	\$0	\$0	\$0	\$0
In-Kind Services	\$0	\$0	\$0	\$0	\$0	\$0
Other (explain below)	\$0	\$0	\$0	\$0	\$0	\$0
Total	\$0	\$0	\$0	\$0	\$0	\$0
Share of Total Cost	0.0%	0.0%	0.0%	0.0%	0.0%	0

	Partner 11	Partner 12	Partner 13	Partner 14	Partner 15	Total
Salaries	\$0	\$0	\$0	\$0	\$0	\$1,133
Travel	\$0	\$0	\$0	\$0	\$0	\$0
Materials and Supplies	\$0	\$0	\$0	\$0	\$0	\$7,200
Equipment Use	\$0	\$0	\$0	\$0	\$0	\$330
Funds Contributed	\$0	\$0	\$0	\$0	\$0	\$0
Personal Property	\$0	\$0	\$0	\$0	\$0	\$0
Volunteer	\$0	\$0	\$0	\$0	\$0	\$4,006
In-Kind Services	\$0	\$0	\$0	\$0	\$0	\$0
Other (explain below)	\$0	\$0	\$0	\$0	\$0	\$0
Total	\$0	\$0	\$0	\$0	\$0	\$12,669
Share of Total Cost	0.0%	0.0%	0.0%	0.0%	0.0%	100%

Challenge Partnership Financial Work Sheet

Corps Project Name: Tioga-Hammond & Cowanesque Lakes Project Work Project

Title: Lambs Creek Hike and Bike Fitness Trail

POC Name: Robert Schnell

Address: 710 Ives Run Lane

City: Tioga

State: PA

Zip Code: 16946

Telephone: 570 - 835 - 5281 x101

Location of Project: Mansfield Borough and Richmond Township, PA

Partner Organization 1: Friends of Tioga-Hammond & Cowanesque Lakes

POC Name: Deb Caulkins, Secretary

Address: 21 Extension Street

City: Mansfield

State: PA

Zip Code: 16933

Telephone: 570 - 662 - 3968 x

Partner Organization 2: Mansfield University Cross Country Department

POC Name: Michael Rohl, Head Coach

Address: 75 South Academy Street

City: Mansfield

State: PA

Zip Code: 16933

Telephone: 570 - 662 - 4645 x

Partner Organization 3: Volunteer

POC Name: Tiffany Cummings

Address: 45 Wellsboro Street City: Mansfield State: PA Zip Code: 16933

Telephone: 570 - 404 - 1560 x

Partner Organization 4: Mansfield University Kelchner Fitness Center

POC Name: Amy Delozier, Director

Address: 80 Clinton Street

City: Mansfield

State: PA

Zip Code: 16933

Telephone: 570 - 662 - 4234 x

Explanations:

The Local Corps Office will provide project management with GS-09 Corps Ranger for 40 hours to plan, coordinate and operate heavy equipment ($\$28.32 \times 40/\text{hrs} = \1132.80). Additionally the Corps will provide \$200.00 for miscellaneous supply/material funds and \$330 worth of heavy equipment use (\$165/day for 2 days). Handshake funds of \$5,000 would provide introductory and station signs, pre-assembled wood timber frames, wood timber exercise apparatus, hardware, and directional arrows to guide users to the next exercise station. The "Friends of Tioga-Hammond & Cowanesque Lakes would provide \$2,000 in funding and \$2,356 in volunteer labor = \$4,356. The \$2,000 in funding will go towards concrete mix, mulch and any contingency resources required to fulfill the project.

Mike Rohl (Mansfield University Cross Country Coach) would provide 10 hours in volunteer labor - \$236.

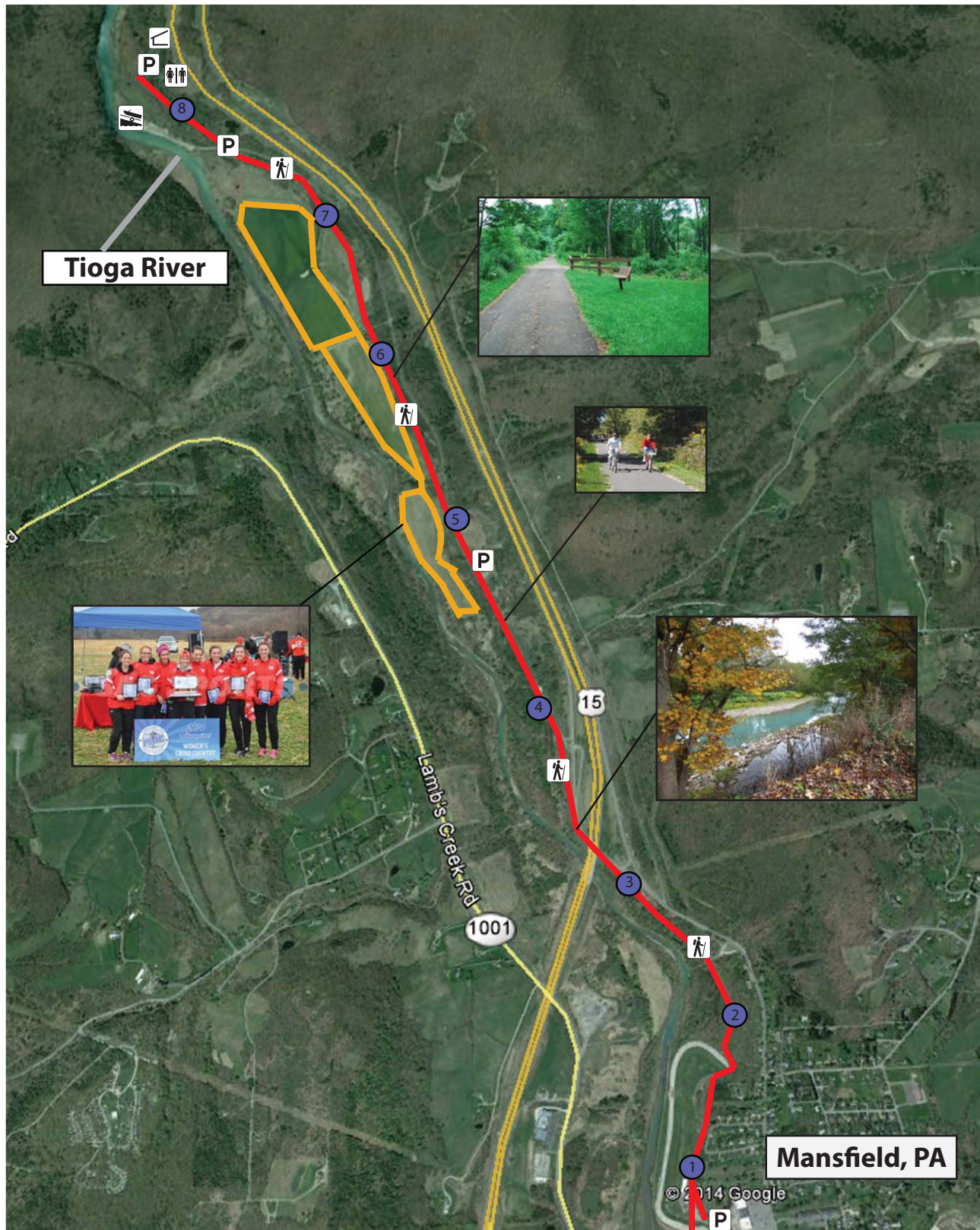
Tiffany Cummings would provide 30 hours of volunteer labor - \$707.

Amy Delozier (Mansfield University Kelchner Fitness Center) would provide 30 hours of volunteer labor - \$707.

Tioga Hammond & Cowanesque Lakes Project

Lamb's Creek Recreation Area

Hike and Bike Fitness Trail Project



Legend:

Parking 
Shelter 
Boat Launch 

Trail
Bathroom 
Hike and Bike Trail 

Fitness Stations 
Mansfield Univ.
Cross Country Trail 

Tioga Hammond & Cowanesque Lakes Project Hike and Bike Fitness Trail

The 3.2 mile trail will feature 8 fitness stations, one every approximate half mile.

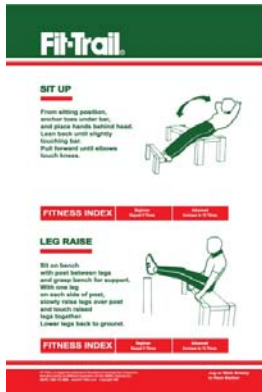
- (1) Stretching Station. These poles can be used to assist with stretching upper and lower body before the participant runs.



- (2) Pushup Station. Each set of poles will be placed 3 feet apart with a heavy-duty metal pole placed in between them to allow participant to use them.



- (3) Sit Up Station. Participant will lie on their back, place their feet under the pole allowing it to hold their feet steady while they do sit-ups.



- (4) Pull-Up Bar Station. Participant will utilize heavy duty metal bar in between each post to allow the participant to do pull-ups.



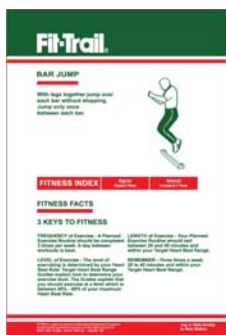
- (5) Body Raise/Reverse Pull Up Station. Station allows participant to do body raises or reverse pull-ups.



- (6) Body Tuck Station. Station allows the participant to do body tucks, inverse sit ups or leg raises.



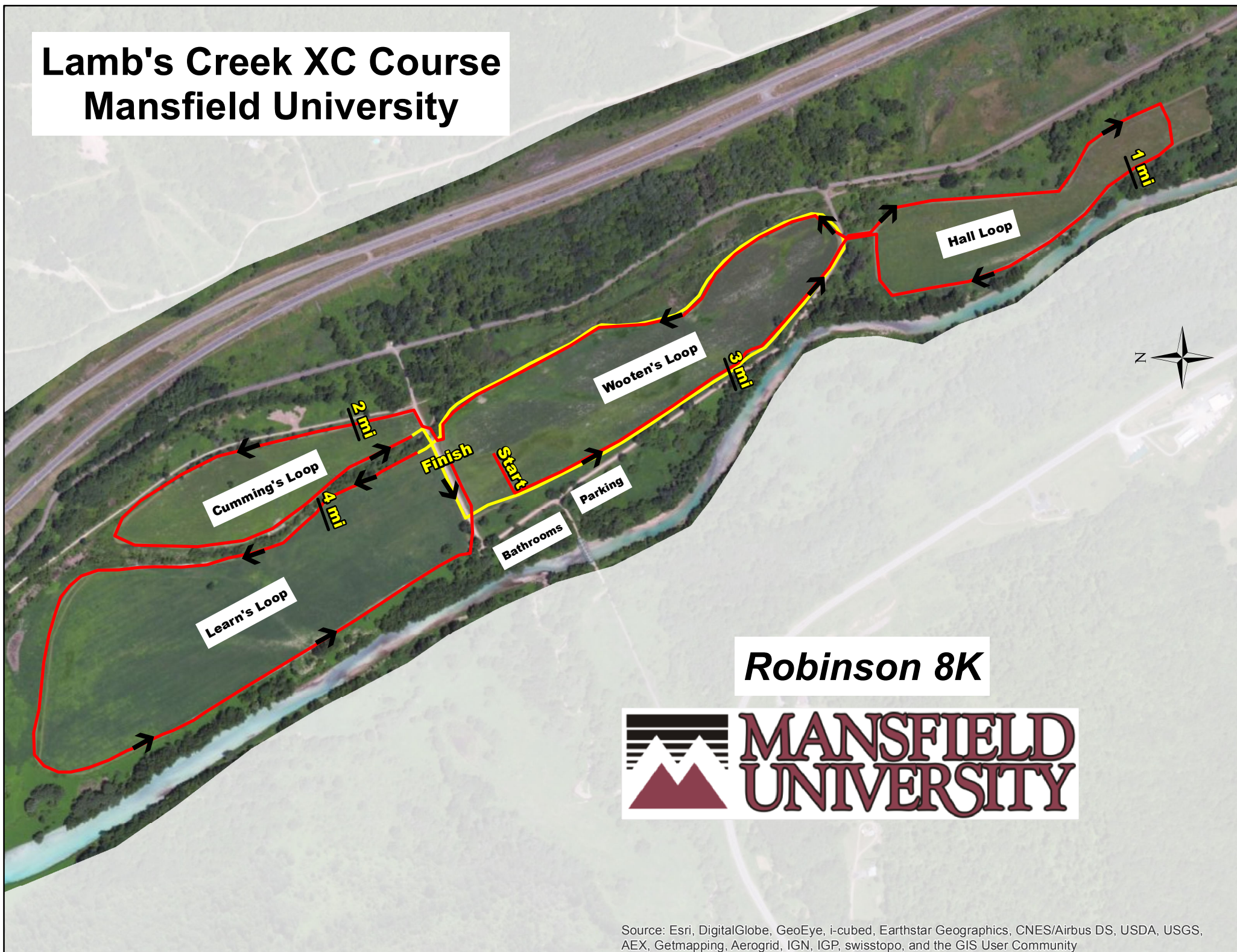
- (7) Bar-Jump/Calf Raise Station. Station allows participant to jump over each bar without stopping.



- (8) Stretching Station. These poles can be used to assist with stretching upper and lower body before the participant runs.



Lamb's Creek XC Course Mansfield University



Robinson 8K

