



Environment and Natural Resources Trust Fund

2023 Request for Proposal

General Information

Proposal ID: 2023-147

Proposal Title: Grand Marais Mountain Bike Trail Rehabilitation: Phase II

Project Manager Information

Name: Paul Nordlund

Organization: Superior Cycling Association

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Project Basic Information

Project Summary: Rehabilitate existing mountain bike trail to increase environmental sustainability through best trail building practices and to provide better user access through modifications allowing adaptive cycling opportunities.

Funds Requested: \$200,000

Proposed Project Completion: November 30, 2024

LCCMR Funding Category: Small Projects (H)

Secondary Category: Land Acquisition, Habitat, and Recreation (G)

Project Location

What is the best scale for describing where your work will take place?

Region(s): NE

What is the best scale to describe the area impacted by your work?

Region(s): NE

When will the work impact occur?

During the Project

Narrative

Describe the opportunity or problem your proposal seeks to address. Include any relevant background information.

The Pincushion Mountain Trail System is 2 miles from Grand Marais, MN and hosts 10 miles of singletrack mountain bike trail. These trails are up to 16 years old. Most of these trails were built to old design standards; some were hand built. Modern singletrack is wider and more sustainable. More modern singletrack design has become the standard expectation among mountain biking enthusiasts. Pincushion trails need rehabilitation to continue to provide the highest quality riding experience.

Our trails at Pincushion Mountain have seen a large amount of use in the years since they were built. Much of the treadway have seen some general/typical erosion issues. They need the reestablishing of proper drainages and removal of exposed rocks and roots for better sustainability and safer riding conditions. Boardwalks and tread also need to be widened to accommodate the growing demand of adaptive mountain bikes.

Under performing trail systems do not attract new, or retain, existing riders and result in the loss of financial donations, deferred maintenance, and poor rider experiences/loss of a reputation in the MTB community.

The trails need rehabilitating to correct maintenance burdens, accommodate increased traffic, and add accommodations for beginner and adaptive cycling riders.

What is your proposed solution to the problem or opportunity discussed above? Introduce us to the work you are seeking funding to do. You will be asked to expand on this proposed solution in Activities & Milestones.

The system currently offers trail built for mountain biking with features like exposed bedrock, rock gardens, hand-built trail, bermed descents, and stream crossings. The proposed project will modernize the outdated trail current singletrack standards of design and improve tread drainage, traffic flow and add beginner-friendly trail. Riders will benefit from the proposed project's increased sustainability which will create more rideable days (fewer wet trail closures) and reduce maintenance due to wet trail and vegetation encroachment. Another consideration is the rerouting of many of the trails as one-way, directional trails for rider safety.

The rehabilitation will create optional B-lines that will provide an easy and/or more difficult route choice. This will make the trails appeal to beginner and advanced riders using the same mileage of trail. Another advantage of b-lines is they aid in skills development for beginner riders.

Although not much new trail mileage results from this proposal, the actual mileage of tread will increase at Pincushion Mountain due to B-lines. The proposal seeks to accomplish more rider benefits with the same trail corridors.

The rehabilitation will also reduce the difficulty of winter fat bike grooming which will make for more consistent and better trail surfaces for winter biking.

What are the specific project outcomes as they relate to the public purpose of protection, conservation, preservation, and enhancement of the state's natural resources?

The rehabilitation will improve drainage, increase safety, and decrease maintenance costs which protect and enhance the natural resource. Additionally, rehabbed trails will reflect current building technologies, and modernize the experience expected by today's riders.

Rehabilitation will result in other improvements like drier trail conditions (fewer wet trail closures), reduced annual vegetation removal expenses, and improved winter grooming and riding.

Although this rehabilitation will not address full ADA standards, we will be replacing all current boardwalk decking to accommodate hand bikes. This will allow us to comply with Superior National Forest rules and guidelines.

Activities and Milestones

Activity 1: Trail Treadway Rehabilitation of Existing Trails

Activity Budget: \$200,000

Activity Description:

Much of the trail treadway that exists at on the Pincushion Mountain MTB trail system is old and isn't in keeping with current trail standards. The rehabilitation of this treadway is essential to the quality of the trail in terms of sustainability and rideability. A professional trail building contractor will be hired to do this work with the proper machinery and skill to bring the trail treadway up to current best trail building practices.

All of the activities and milestones will essentially happen at the same time. This is linear work. The trail contractor will move through the system methodically and stage the work to be efficient.

They will be doing some corridor realignment to improve the flow of the trail, building rock armored crossings in wet areas for sustainability, modifying existing boardwalk for accessibility, rehabilitating treadway for sustainability and to improve the rider experience, build alternative lines form the primary trail to give riders features to help them progress their skills, and modifying a section of approved trail corridor to provide beginner terrain for new and progressing riders.

Activity Milestones:

Description	Completion Date
Creating alternative lines for riders to create skills progression features (10% of total work)	September 30, 2022
Adjusting trail corridor alignments where needed (5% of total work)	September 30, 2023
Building rock armored drainages (10% of total work)	September 30, 2023
Modifying existing boardwalk to a 48" width. (15% of total work)	September 30, 2023
Rehabilitating trail treadway. (40% of total work)	September 30, 2023
Modifying a portion of trail to accommodate beginner riders. (20% of total work)	September 30, 2023

Project Partners and Collaborators

Name	Organization	Role	Receiving Funds
Cathy Quinn	US Forest Service, Superior National Forest, Gunflint Ranger District	Land Manager	No
Tim Nelson	Cook County	Parks and Trails Director	No

Long-Term Implementation and Funding

Describe how the results will be implemented and how any ongoing effort will be funded. If not already addressed as part of the project, how will findings, results, and products developed be implemented after project completion? If additional work is needed, how will this work be funded?

The Cook County Mountain Bike Trail System is managed by the Superior Cycling Association with a partnership agreement with the US Forest Service in cooperation with Cook County. All trails are located on either US Forest Service or Cook County lands. The Superior Cycling Association has a budget of over \$20,000 which includes trail maintenance to keep all trails open, safe, and rideable. SCA has over 15 years of experience working successfully with partners to plan, design, build, and maintain our system of 35 miles of mountain bike trails in Cook County.

Other ENRTF Appropriations Awarded in the Last Six Years

Name	Appropriation	Amount Awarded
Britton Peak to Lutsen Mountain Bike Trail	M.L. 2019, First Special Session, Chp. 4, Art. 2, Sec. 2, Subd. 09i	\$350,000

Project Manager and Organization Qualifications

Project Manager Name: Paul Nordlund

Job Title: Team Management: Superior Cycling Association.

Provide description of the project manager's qualifications to manage the proposed project.

Superior Cycling Association is dedicated to the development and maintenance of a world class mountain bike trail system for Cook County, MN; and to foster the development and programming related to building a culture of mountain biking in support of our trials through community outreach and events.

The Board of Directors and working committee members are made up of a group of professionals who span a host of professions such as: local business owners, real estate brokers, construction contractors, high-level corporate leaders, biologists and professional trail builders; all dedicated to managing our projects for efficiency and quality achieving some of the best mountain bike trails in the region that also stand among some of the best in the world.

This group of 12 - 15 professionals have raised and administered over \$1.6M in grants to create a resource for local tourism that hadn't existed in our community before. The result of our successes has been the development of a world class trail system that has heard accolades from local riders, regional visitors and visitors from around the Nation.

The Superior Cycling Association works in partnership with the US Forest Service, Cook County, Cook County/Grand

Marais Joint Economic Development Authority, Visit Cook County, Lutsen Tofte Tourism Association, and numerous local businesses to develop and maintain the expanding system of mountain bike trails in Cook County. The Cook County Mountain Bike Trail System Master Plan (2016) was developed and adopted by the Superior Cycling Association to guide future trail development.

Paul Nordlund, President of the Superior Cycling Association, has overseen grant administration, contracting, construction and trail maintenance since 2014. During this time there have been multiple contracts for new trail construction of singletrack mountain bike trail in Cook County which has produced some of the best new trails in Minnesota.

Organization: Superior Cycling Association

Organization Description:

Superior Cycling Association (a 501 (c) 3) is dedicated to the development and maintenance of a world class mountain bike trail system for Cook County, MN; and to foster the development and programming related to building a culture of mountain biking in support of our trails through community outreach and events.

Budget Summary

Category / Name	Subcategory or Type	Description	Purpose	Gen. Ineligible	% Benefits	# FTE	Classified Staff?	\$ Amount
Personnel								
							Sub Total	-
Contracts and Services								
Successful Bidder: Professional Trail Contractor	Professional or Technical Service Contract	<p>The contractor who is awarded the bid will provide all of the labor and equipment for the rehabilitation project. They will report weekly to a designated trail representative for weekly inspection of work performed.</p> <p>The professional trail contractors work on a prevailing daily rate based on needed crew and equipment.</p>				5		\$200,000
							Sub Total	\$200,000
Equipment, Tools, and Supplies								
							Sub Total	-
Capital Expenditures								
							Sub Total	-
Acquisitions and Stewardship								
							Sub Total	-
Travel In Minnesota								
							Sub Total	-
Travel Outside Minnesota								

							Sub Total	-
Printing and Publication								
							Sub Total	-
Other Expenses								
							Sub Total	-
							Grand Total	\$200,000

Classified Staff or Generally Ineligible Expenses

Category/Name	Subcategory or Type	Description	Justification Ineligible Expense or Classified Staff Request
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Non ENRTF Funds

Category	Specific Source	Use	Status	Amount
State				
			State Sub Total	-
Non-State				
			Non State Sub Total	-
			Funds Total	-

Attachments

Required Attachments

Visual Component

File: [257e49d6-61e.pdf](#)

Alternate Text for Visual Component

Map of trails being rehabbed...

Financial Capacity

File: [a627e991-9f3.pdf](#)

Board Resolution or Letter

Title	File
SCA 2022 Budget	7bc03232-f24.pdf
SCA Balance Sheet	aab88608-a58.pdf
SCA P&L	ab242ec4-dae.pdf

Optional Attachments

Support Letter or Other

Title	File
PHASE MAP	891e0c4c-386.pdf
USFS LETTER	123bd484-5b3.pdf
SCA authorization to apply for grant	292201fa-2e4.pdf
COOK COUNTY LETTER OF SUPPORT	9b405538-84e.pdf

Administrative Use

Does your project include restoration or acquisition of land rights?

No

Does your project have potential for royalties, copyrights, patents, or sale of products and assets?

No

Do you understand and acknowledge IP and revenue-return and sharing requirements in 116P.10?

N/A

Do you wish to request reinvestment of any revenues into your project instead of returning revenue to the ENRTF?

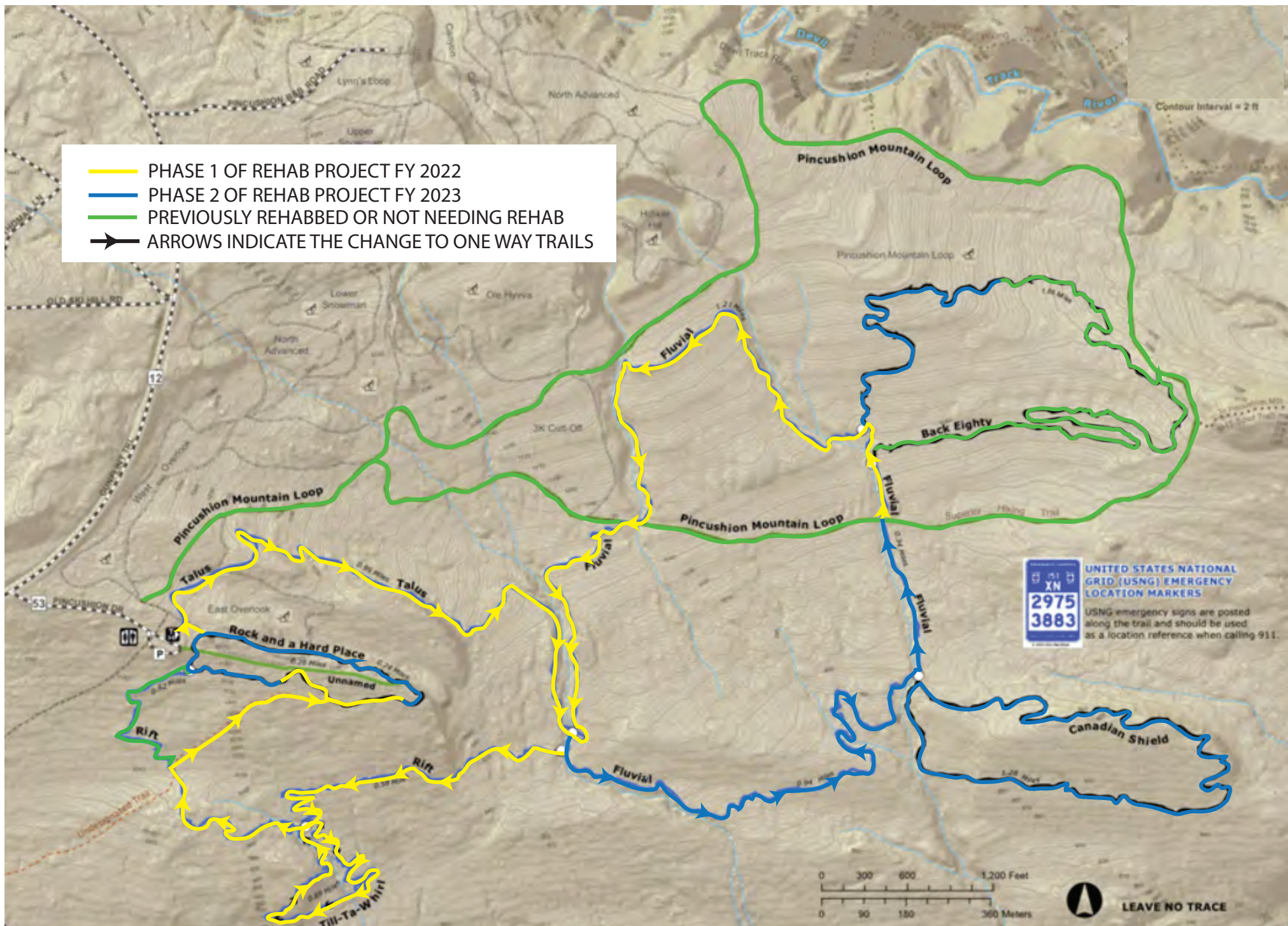
N/A

Does your project include original, hypothesis-driven research?

No

Does the organization have a fiscal agent for this project?

Yes, Cook County



PINCUSHION MTB TRAIL SYSTEM -- GRAND MARAIS, MN

