SOCIETY OF OUTDOOR RECREATION PROFESSIONALS

SORP provides leadership for the outdoor recreation profession through skill development, networking, and technical guidance.

2026
NATIONAL OUTDOOR RECREATION CONFERENCE

MAY 11-14, 2026 | DULUTH, MINNESOTA

Outdoor Recreation Pathwaysto Restoration and Revitalization

NORC

NORC2026.ORG

REGISTRATION NOW OPEN AT NORC2026.ORG

In partnershipwith

DAOA

CEU Credits

Interested in obtaining learning credits for this session?

- Quiz: https://forms.gle/RXGts3UsG13rtoyJ6
- Survey: https://forms.gle/HQikXjxFK6jucB9d6

This course is worth the following credits courtesy of American Trails: 1.00 AICP CM | 1.00 LA CES HSW | 0.10 CEU/1.00 PDH Equivalency Petition). A certificate is automatically emailed to those who pass. Quizzes can be retaken if need be.

This webinar is being recorded and will be available at www.recpro.org. After the webinar wraps all registered attendees will receive an email with a link to the recording and links for CEU credits.

Scan for Quiz

Scan for Survey

Usable Trail Roundtable: Collaborative Approach to Adaptive Recreation

Matt Martinez
Jefferson County Parks and Open Space

Danielle Scroggs
Craig Rehabilitation Hospital

Topher Downham
City of Boulder Open Space and Mountain Parks

Craig Braski
City of Boulder Open Space and Mountain Parks

Front Range Usable Trail Roundtable Webinar

Matt Martinez, Topher Downham, Danielle Scroggs, Craig Braski

Introductions:

Matt

RAD Guy

Matt helps manage Jefferson COunty Parks and Open Space's RAD program (Recreational Adventures for visitors with Disabilities)

Craig is the Signs & Graphics Sr. Program Manager at City of Boulder Open Space & Mountain Parks. He enjoys a good time and likes to make sure everyone else does too. Signs can help us all have a good experience.

Craig

Signs Guy

Introductions: Danielle & Topher

Danielle has worked as a Recreational Therapist at Craig Hospital for 11 years. Specializing in adolescents with spinal cord injuries, adaptive sports, and adaptive video gaming.

Outdoor enthusiast before his neck injury 30 years ago, Topher took his passion and rolled with it. He has unwaveringly connected people with the outdoors since then with bikes, boats, and wheelchairs.

Learning Objectives:

- Understand the collaborative framework used to establish and sustain the Useable Trail Roundtable, including partner roles and coordination strategies.
- Identify practical approaches for improving trail usability and accessibility through interagency learning, site visits, and shared technical problem-solving.
- Evaluate outcomes and replication potential to determine how a similar collaborative model could be adapted in other regions or management contexts.

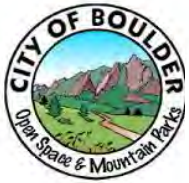
Origin Story

Roundtable Focus and Objectives

Comprehensive look at adaptive recreation

- Trailheads
- Kiosks
- Communication
- Symbology
- Education

Partnering Organizations



Steps to Start a Roundtable

Committee

1. Identify a convening organization and create steering committee

Build Your Group

2. Invite diverse group of individuals (i.e. parks & rec, land management, hospitals, adaptive programs, consultants, people with disabilities)

Goal Setting

3. Define shared goals for trail usability and accessibility

Schedules & Projects

4. Establish regular meetings to share knowledge and coordinate projects

Quarterly meetings at different locations:

- See each agency's settings.
- Field Trips:
  - Try various equipment
  - Experience different trails, projects, and sites first-hand.
- Classroom:
  - Project Presentations
  - Educational piece
  - Agency updates


EXIT
RIVER CITY


ARAPAHOE COUNTY

Improving Trail Useability & Accessibility

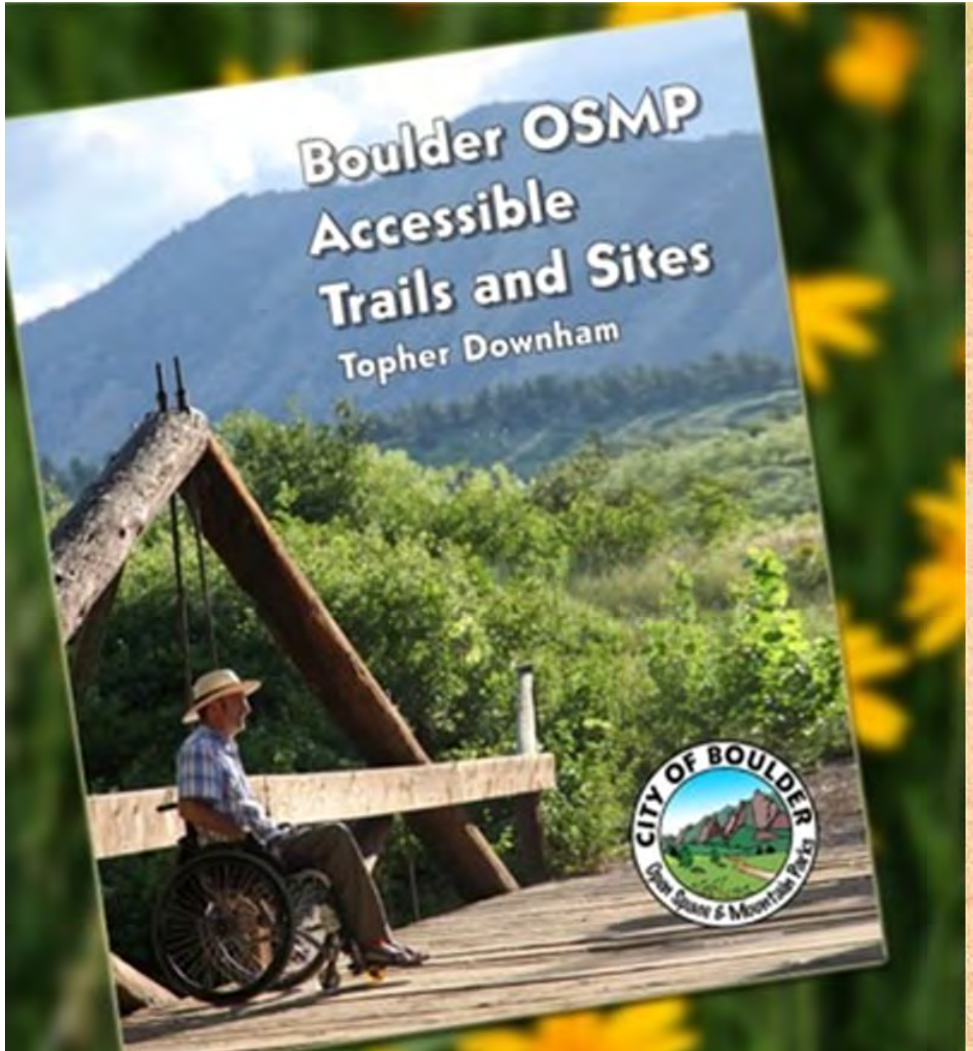
- Nothing for us without us
- Interagency learning through training and flexible mindsets
- Arrival to departure and everything in between
- Adaptive Mtn Bike vs. ADA vs. OPDMD
- Site visits to learn from each other


IT'S THE LAW
REMOVE
LOCK
WHEEL


Welcome to
Cheesman Reservoir
THE USE OF
UNMANNED
AIRCRAFT
IS PROHIBITED
CHEE
CLOSES
AFTER
ALL VEHICL
REMOVED


NOTICE
24 HOUR
VIDEO
SURVEILLANCE

Wheelchair Users Pee Too



13 Coot Lake (Parks and Recreation)

Quick Facts

Rating:	easy-difficult
Distance:	1.16-mile loop
Surface:	crusher fines, road base, dirt
Width:	Avg: 6' Min: 3'
Cross slope:	Max: 16%
Grade:	Avg: 0% Max: 13% for 8'
Shade:	very little; trees cover a bench 0.25 mile north of parking lot.

Getting There

From Boulder, drive east on Diagonal Hwy. Turn north on 63rd St. Coot Lake Trailhead. Parking is 1 mile northwest of Hwy. 119 near the Boulder Reservoir. Additional parking is located across the street at Tom Watson Park.

Topher Downham

Trail Notes

A wheelchair-accessible fishing pier is adjacent to the parking lot. A crusher fines trail starts from the parking lot and heads in both directions around the lake. If you head south, the trail turns into a gravel service road for about 1000' and reconnects to the crusher fines trail circling Coot Lake and the wetlands.

Hard Spots

The trail has a 7% cross slope on the north side of the lake under the large cottonwood trees. There are some

Habitat

This trail encircles Coot Lake and some highly developed wetlands, so there is a wide variety of vegetation and birds in the area. Mid-March is a great time to see migrating waterfowl. Prickly poppy, birdfoot trefoil, cowboy's delight, and dwarf leadplant are some of the wildflowers that grow in the area.

Wendy Marie Stuart

The cattail marshes to the west of Coot Lake are home to the elusive American Bittern.

Culture and History

A former gravel weigh station is located on the service road part of the path on the south side of Coot Lake. During sweltering summer afternoons in the 1980's, this small building was used as a station for rangers to identify and ticket illegal naked bathers along the Coot Lake shoreline. These illegal naturists are gone, but the beautiful natural scenery is still here.

Activities & Facilities

Score Sheet - Mobility

Experience	Requirement Description	No Evidence (0 pts)	Little Evidence (1 pts)	Moderate Evidence (3 pts)	High Evidence (5 pts)	ENTER SCORE HERE	User Experience - Comments
PARKING	Dedicated number of accessible parking spots	Unclear or no spaces	Not enough ADA parking	Enough ADA parking and some larger non-ADA parking spots.	Lots of ADA and accessible parking, some large ramp size	3	
	Parking area surface slope and material	Un-even, sloped, lose gravel surface, potholes	Level and compacted stone surface, paint is slippery.	Smooth level hard surface, some cracks, non slip paint	Smooth level hard surface, any cracks are filled.	1	Potholes between passanger exit and walkway.
	Width and length of parking spaces	Parking is tight, wheelchair unfriendly	Length and width of parking spot feels ok, no marked ramp space	Parking size feels good and there is plenty of room to back out. One side has ramp space	Very roomy parking with blocked ramp aisles on both sides and lots of room to back out.	5	
	Parking spot marking i.e. painting, upright sign	No marking or sign	Just ADA painting or ADA sign, not both.	ADA sign present. Parking spot and aisle painted.	In addition to ADA sign and ground paint, safe horizontal parking available, wheelchair friendly on info post	3	
	Ease of accessing the trail from the accessible parking spots	Difficult to get from parking to trailhead due to surfaces, distance or obstacles.	Somewhat difficult, parking close to trailhead but across multiple surfaces with some obstacles.	Pretty easy and close, smooth surface, few obstacles.	Very easy and next to trailhead, one surface type, no obstacles.	5	
	Obstacles	Lots of obstacles (3 or more) between parking and trail. Includes tight areas.	Some obstacles (1-2) between parking and trail	No obstacles, but tight turns from ADA parking spot to trail	Smooth transition from car to trail with no obstacles or pinch points	5	
	Drop-off space	No drop-off space	Non-ADA tight drop-off space.	Hard surface drop-off space with ramp area and tight exit space	Hard surface drop-off space with ramp area and roomy exit space.	0	No dropoff space with temporary parking.

CRAIG HOSPITAL SITE VISIT

INTERAGENCIES WERE GIVEN A TOUR OF CRAIG HOSPITAL WHERE THEY SAW PATIENTS WHOSE LIVES HAD JUST CHANGED FOREVER.

DEMO USE OF VARIOUS OPDMD'S INCLUDING: TERRAIN HOPPER, ACTION TRACK CHAIR, FREEDOM TRACKS, AMTB, E-BIKE

You can also mention the specific asset types that you'll be producing as part of the campaign.

Newly Disabled

Navigator

Belonging

Advocate

Ability

Becoming

Adaptor

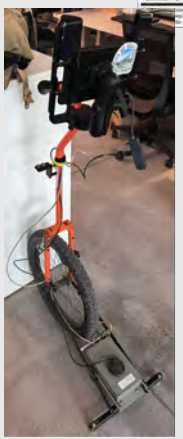
Voice

Storyteller

Why does this matter?

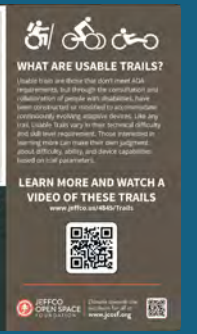
Roundtable Focuses

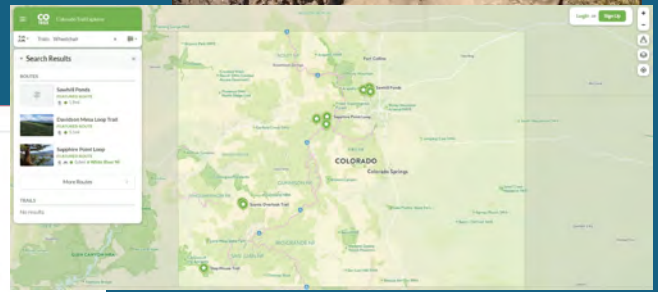
- Create consistent trailhead and trail symbology across regional agencies
- Provide information using “nutrition labels” with key trail data and features
- Share data collection methods and tools for measuring trail accessibility information
- Identify other agencies to involve and channels to increase awareness
- Diverse group - stakeholders, subject matter experts, consultants and adaptive athletes
- Discovered challenges - limited agency resources, visitor conflict, not all agencies have interest
- The gist: how do we as land management and recreation agencies provide trail data details, a level of comfort and confidence, and an overall rewarding experience for visitors experiencing disabilities?



Outcomes

- Sign systems with trail accessibility info are being installed on the front range of Colorado
- Trails are being built and retrofitted to specs that support a wide range of adaptive devices
- COTREX is developing a map layer at the state level that shows trail data
- Mueller State Park developed and installed nutrition labels with volunteer crowdsourcing
- Interagency collaboration to help continue consistency and innovation
- Awareness that information is available for adaptive sports and outdoor rehabilitation
- Grant Opportunities and Success – a few parks now have terrain hoppers and adaptive trail equipment!





Trail Difficulty Ratings

Welcome to Boulder Valley Ranch - we are glad you're here! The information below is useful for deciding which trail will be your next adventure. All mobility devices, including adaptive mountain bikes, all-terrain wheelchairs, terrain hoppers and any OPDMDs are welcome on OSMP trails. Enjoy!

All Visitors: Please be courteous and respectful of all abilities and the mobility devices our neighbors and friends use to enjoy OSMP trails. Be kind and help everyone enjoy their experience by sharing the trail and being courteous. ***Everyone is welcome here.***

Sage - Eagle Trail

Trail Grade	
Avg Grade %	5.1
Max Grade %	19.1
Trail Cross-slope	
Avg Cross-slope %	1.8
Max Cross-slope %	6.5
Tread Width	
Avg Tread Width(in.)	48
Min Tread Width(in.)	48
Trail Surface	
Surface Type	Firm
Surface Material	Road Base
Trail Features	
Trail Shade %	8
Stairs	0
Gates	3

Cobalt Trail

Trail Grade	
Avg Grade %	5.3
Max Grade %	25.3
Trail Cross-slope	
Avg Cross-slope %	2.1
Max Cross-slope %	12
Tread Width	
Avg Tread Width(in.)	48
Min Tread Width(in.)	48
Trail Surface	
Surface Type	Hard/Firm
Surface Material	Natural
Trail Features	
Trail Shade %	0
Stairs	0
Gates	3

Trail Grade - Steepness of a trail. Percent slope represents rise over run. An 8% grade would rise 8 feet over a run of 100 feet.
Trail Cross-slope - The slope across the trail tread
Tread Width - The width of the trail surface
Shade - Shade cover is the % of the total trail covered by 15 ft tree canopy. Time of day and season will affect direct shade cover.

For a complete OSMP trail difficulty ratings map, scan the QR code or visit: bldr.fyi/TDRs

**Trail difficulty can be affected by environmental factors and trail conditions may have changed since the survey date.*

**Please refer to rules and regulations posted at trailheads, access points, and junctions.*

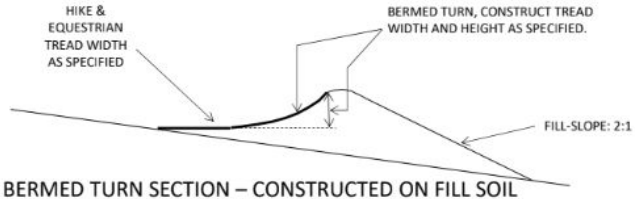
Eagle Trail

Trail Grade	
Avg Grade %	5.1
Max Grade %	19.1
Trail Cross-slope	
Avg Cross-slope %	1.8
Max Cross-slope %	6.5
Tread Width	
Avg Tread Width(in.)	48
Min Tread Width(in.)	48
Trail Surface	
Surface Type	Firm
Surface Material	Road Base
Trail Features	
Trail Shade %	8
Stairs	0
Gates	3

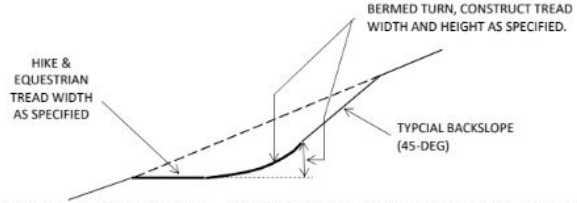
Accessible TMO

Accessible*		FSORAG Outdoor Recreation Access Routes (ORAR)	FSTAG Wheelchair Accessible (WA)	Adaptive Mountain Bike (aMTB)
Design Tread Width	Minimum	3ft	3ft	4ft
	Passing Spaces	Trails less than 5ft will have passing spaces at intervals of 200ft maximum.	Trails less than 5ft will have passing spaces at intervals of 1000 ft maximum.	Trails less than 8ft will have passing spaces at intervals of 1000 ft maximum.
		Space must be 5ft x 5ft minimum (can be intersection of two trails if flat). Exception where a vehicular way serves as ORAR.	Space must be 5ft x 5ft minimum (can be intersection of two trails if flat).	Space must be 8'W by 12'L minimum (can be intersection of two trails if flat).
Design Surface	Type	Firm and stable.	Firm and stable.	Compact and mostly stable, with some variability. Where soils permit, natural surface is preferable. Crusher fines are preferable to road-base.
	Openings	Gaps in tread surface such as bridge decking must be small enough to prevent passage of a 1/2"diameter sphere. Elongated openings should be placed perpendicular to the dominant direction of travel.		
	Protrusions	1/2" maximum if paved or elevated. 1" maximum if natural surface, crusher fines or roadbase.	1/2" maximum if asphalt, concrete, or boards. 2" maximum if natural surface, crusher fines or roadbase.	4" maximum
Design Grade	Target	0 - 5%	0 - 5%	0-8%
	Short Pitch Max	10%	12%	15%
	Maximum Pitch Density		Not more than 30% of trail length shall have grades steeper than 8.33%.	Not more than 20% of trail length shall have grades steeper than 8.33%.
		Grades between 5 - 8.33% can run for 50' maximum.	Grades between 5 - 8.33% can run for 200' maximum.	
		Grades between 8.33 - 10% can run for 30' maximum.	Grades between 8.33 - 10% can run for 30' maximum.	
			Grades between 10 - 12% can run for 10' maximum.	
Rest Intervals	Frequency	Where the grade is steeper than 5% the segment should have rest intervals at the top and bottom.		
	Length and Width	Rest intervals must be 5ft minimum length and be as wide as widest part of trail leading to the rest interval (or if adjacent to trail must be 3ft minimum width).	Rest intervals must be 5ft minimum length and be as wide as widest part of trail leading to the rest interval (or if adjacent to trail must be 3ft minimum width).	Rest intervals must be 12ft minimum length and be as wide as widest part of trail leading to the rest interval (or if adjacent to trail must be 4ft minimum width).
	Grade	Resting intervals shall not be steeper than 3% in any direction. Where the surface is paved or is elevated above the natural ground, the slope shall not be steeper than 2% in any direction.	Rest intervals must have a 2% maximum grade and outslope (5% if necessary for drainage and if surface is other than concrete, asphalt, or boards).	Rest intervals must have a 2% maximum grade and outslope (5% if necessary for drainage and if surface is other than concrete, asphalt, or boards).
Outslope	Target	2%	2%	2%
	Max	3% if surface is not paved or elevated above the natural ground	5% if necessary for drainage and if surface is other than concrete, asphalt, or boards.	10% if surface is not paved or elevated above the natural ground.
Clearing	Height	Constructed features, including signs, etc. shall not extend into the space above an ORAR more than 4 inches if they are between 27" and 80" above the surface.	NA	NA
	Width	Gate openings and openings in barriers for pedestrian passage shall provide a clear width of 36 inches.	Gate openings and openings in barriers for pedestrian passage shall provide a clear width of 36 inches.	Gate openings and openings in barriers for pedestrian passage shall provide a clear width of 48 inches. Coordor clearing should maintain 8ft including tread and shoulder.
Design Turn	Radius	NA	NA	20 - 25' see diagram

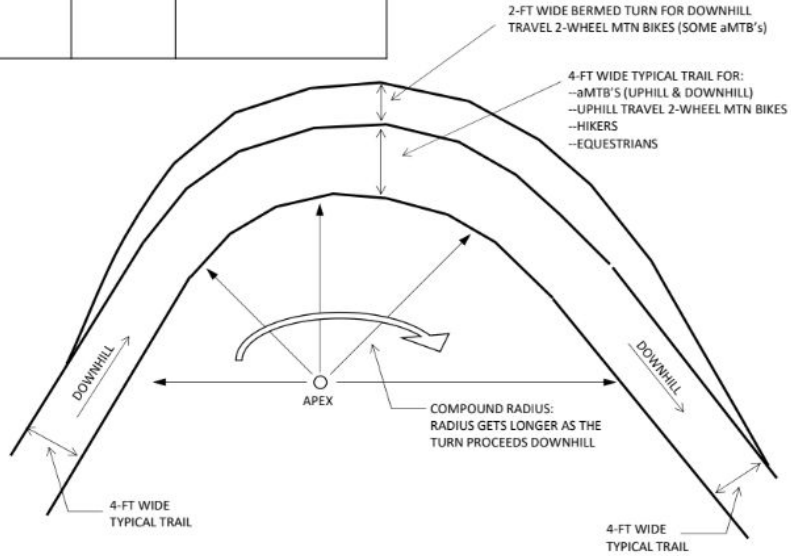
TURN CONSTRUCTION ON FILL-SOIL OR EXCAVATED SLOPE	HIKE & EQUESTRIAN TREAD WIDTH (FT)	HIKE & EQUESTRIAN TREAD SLOPE (% INSLOPE, % OUTSLOPE, OR LEVEL)	BERMED TURN TREAD WIDTH (FT)	COMPOUND RADIUS LENGTHS (FT)	TREAD SURFACE MATERIAL	SEED AND EROSION CONTROL BLANKET ON FILL SLOPE? (Y OR N)

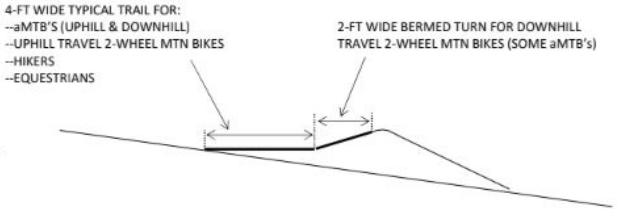


BERMED TURN SECTION – CONSTRUCTED ON FILL SOIL



BERMED TURN SECTION – CONSTRUCTED ON EXCAVATED SLOPE

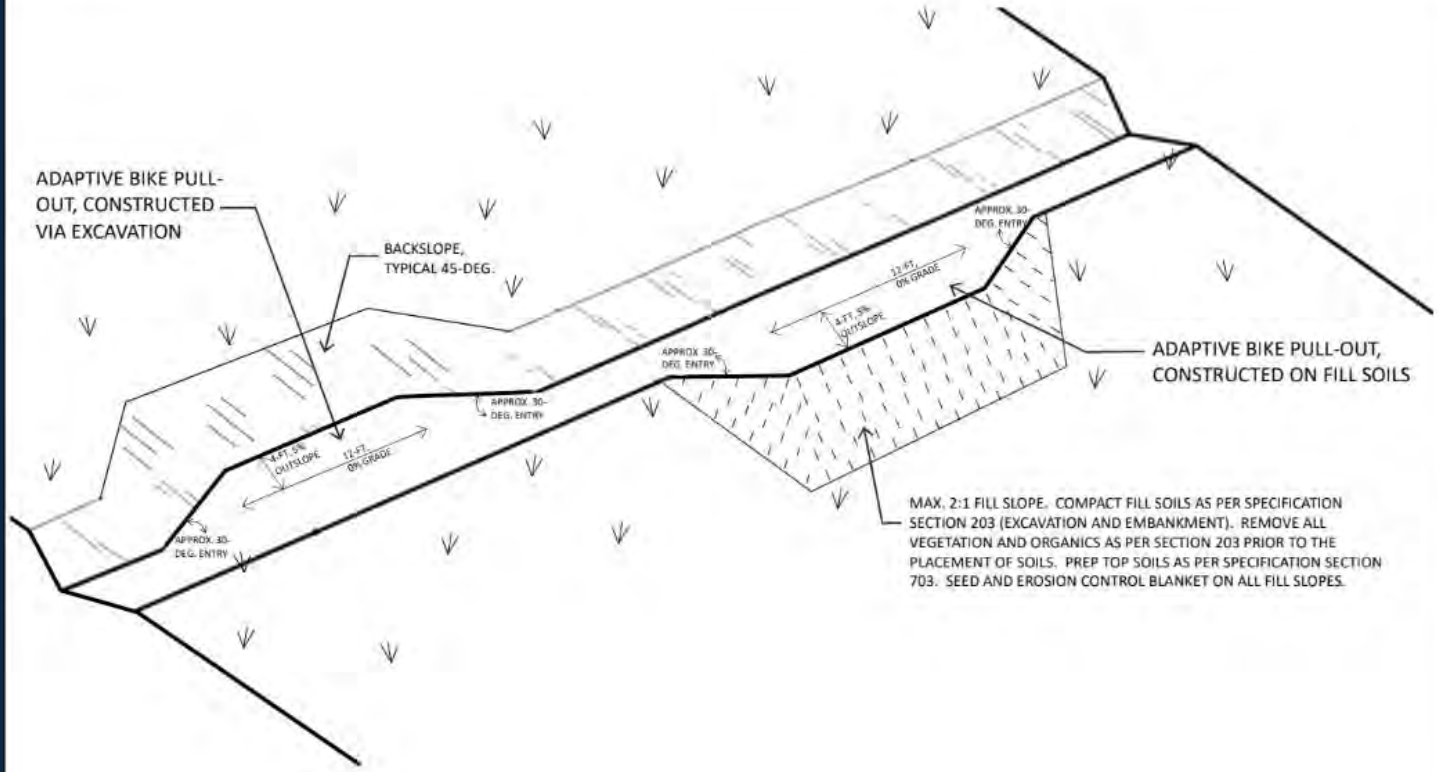




NOTES:
1 – THE RADIUS OR CURVATURE OF THE TURN, THE LENGTH OF THE TURN, AND THE GRADE OF THE TRAIL THROUGH THE TURN ARE SITE-SPECIFIC – REVIEW THE CONSTRUCTION DOCUMENTS OR MARKINGS ON THE GROUND FOR DETAILS.
2 – CONSTRUCT ANY GRADE REVERSALS, CULVERTS, OR OTHER DRAINAGE ITEMS AS NOTED IN THE CONSTRUCTION DOCUMENTS OR MARKED ON THE GROUND.

CITY OF BOULDER

COMPOUND RADIUS BERMED TURN
(NOT TO SCALE)



REVISED: 02-23-2024
SCALE: NOT TO SCALE
DETAIL: 203-93

CITY OF BOULDER

ADAPTIVE BIKE PULL-OUT: REST / PASS LOCATION
TRAIL CONSTRUCTION DETAIL

Access and Conflict Card

OSMP Disability Access

The Americans with Disabilities Act (ADA) protects people with disabilities from discrimination or harassment.

The ADA guarantees that people with disabilities have the same opportunities as everyone else.

The City of Boulder Open Space and Mountain Parks Department upholds the ADA and welcomes all visitors.

OSMP strives to provide equal opportunities without discrimination or harassment for those experiencing disabilities.

Mobility Devices

Federal law allows people with disabilities to use manual and electric wheelchairs and adaptive bikes anywhere a pedestrian can travel. ***This includes public lands, like OSMP.***

Electric Wheelchair Examples:

For more information on the Americans with Disabilities Act, visit: www.ada.gov

For more information on Mobility Devices, visit: www.ada.gov/topics/mobility-devices

For more information on Visitors Experiencing Disabilities on OSMP, visit: bouldercolorado.gov/services/visitors-experiencing-disabilities


This Vehicle conforms to the rules pertaining to:
OPDMD
Other Power-Driven Mobility Devices
OPDMD is defined in the U.S. Justice Department rules and regulations as "any mobility device powered by batteries, fuel or other engines.... that is used by individuals with mobility disabilities for the purpose of locomotion...or any mobility device designed to operate in areas without defined pedestrian routes, but that is not a wheelchair." People with disabilities have the right to choose whatever mobility device best suits their needs.

Links and Resources

Websites:

City of Boulder Open Space and Mountain Parks Visitor's with Disabilities page
Visitors Experiencing Disabilities | City of Boulder (bouldercolorado.gov)

City of Boulder EXPAND
EXPAND | City of Boulder (bouldercolorado.gov)

Dovetail Trail Consulting
https://www.dovetailtrailconsulting.com/

National Ability Center
https://discovernac.org/

Wilderness on Wheels
http://www.wildernessonwheels.org/

Adaptive Adventures
http://adaptiveadventures.org

National Sport Center for the Disabled
http://www.nscd.org

Adaptive Sport Center of Crested Butte
http://www.adaptivesports.org/

Websites:

Breckenridge Outdoor Education Center
http://www.boec.org/

Rocky Mountain National Park
http://www.nps.gov/romo/index.htm

Paradox Sports
http://www.paradoxsports.org/

Center for People with Disabilities
https://cpwd.org/

Colorado Mountain Bike Association
https://www.comba.org/

Craig Hospital Rec Therapy Dept
www.craighospital.org

Omni Accessible
https://www.omniaccessible.com/

Everybody Outside Consulting
https://www.everybodyoutsideconsulting.com/

Links and Resources - Continued

Trail Regulations, Guidelines, etc:

Forest Service Accessibility Resources – It's got links to a ton, much of what is mentioned below:
https://www.fs.usda.gov/managing-land/national-forests-grasslands/accessibility/resources

American Trails – good resource for everything trails https://www.americantrails.org/

Forest Service Trail Accessibility Guidelines (FSTAG) – for designing accessible trails
https://www.americantrails.org/resources/forest-service-trail-accessibility-guidelines-fstag

or https://www.fs.usda.gov/sites/default/files/FSTAG-2013-Update.pdf

Forest Service Outdoor Recreation Accessibility Guidelines (FSORAG)-
https://www.fs.usda.gov/sites/default/files/FSORAG-2013-Update.1.pdf

Outdoor Developed Area Accessibility Guidelines (ODAAG)
Developed by U.S. Access Board with ABAAS. It looks like it might be included with ABAAS now.

Architectural Barriers Act Accessibility Standards (ABAAS)
https://www.access-board.gov/guidelines-and-standards/buildings-and-sites/about-the-aba-standards/aba-standards

USDA
https://www.fs.fed.us/t-d/pubs/htmlpubs/htm12232806/page04.htm


Contact Us
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720-593-6454
Brayson Popa
720-618-0843
#Pedals Not Pills
Park Tool
TRUST ME I'M A BIKE MECHANIC
Purell