



**For Immediate Release**

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**Contacts:**

Bryan Schmid, Senior Planner

Bi-State Regional Commission, 309-793-6300 (x1123)

Cheri Lewis, Project, Communications, & Development Associate

Quad City Health Initiative, 563-421-2826

**QCTrails.org: Web-Based Interactive Trails Map Expansion to Muscatine County**

The [Bi-State Regional Commission](#) and [Quad City Health Initiative](#) are pleased to announce that [QCTrails.org](#), a resource developed as part of [Be Healthy QC](#) (BHQC), is expanding to Muscatine County. QC Trails is a free user-friendly, interactive, and mobile responsive website that serves as a comprehensive resource that highlights multi-purpose trails, parks, and side paths. The expansion to Muscatine County, Iowa follows the inclusion of Henry County, Illinois trails in 2018.

Thirteen new trail postings in Muscatine County include off-street, urban connectors, nature trails, and a water trail. In total, [QCTrails.org](#) now covers over 500 miles of trails in the bi-state region.

Go to [QCTrails.org](#) to search a growing collection of four-season trails in the Quad Cities – whether you are looking for a weekend hike, an afternoon stroll, a new trail to run, a great place for a family bicycle ride, or want to try a new adventure like paddling a water trail. Each detailed trail posting features an interactive map showing the trail route and important points of interest like parking areas, restrooms, cultural attractions, and parks; directions to trailheads and primary access points; a description of the trail system and experience; information and links to trail managers; photos and video links; and comments submitted by trail managers and account holders.

[QCTrails.org](#) is an exciting tool for encouraging and improving local outdoor physical activity throughout the year. It is overseen by the Bi-State Regional Commission, in partnership with Quad City Health Initiative, and many other Quad Cities community partners. This trail initiative appreciates the ongoing support and collaboration of the cities and counties in the QC Area who develop and maintain the trails, side paths, parks, and greenways; bicycle and walking/hiking clubs/organizations; paddling clubs; environmental recreation action groups; economic development and tourism organizations; and the website developer/consultant, Center for Community GIS (based in Farmington, ME). For more information, go to [QCTrails.org](#) or [BeHealthyQC.org](#).

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**The Bi-State Regional Commission** is a local, voluntary organization established in 1966, serving local governments in five counties in eastern Iowa and western Illinois (Muscatine and Scott Counties, Iowa and Henry, Mercer, and Rock Island Counties, Illinois). The Commission serves as a forum for intergovernmental cooperation and delivery of regional programs and to assist member local governments in planning and project development.

**The Quad City Health Initiative (QCHI)** is a community partnership seeking to create a healthy community. A cross-sector Board, established in 1999, oversees the organization. QCHI strives to be our community's recognized leader for creating collaborative action on health and abides by the core values of commitment, collaboration, and creativity.

QCHI coordinates community health assessment processes, which then leads to taking action on the community's highest priority health needs. For example, Be Healthy QC – just one of our projects – continues to align the bi-state community in promoting healthy eating and physical activity. Major financial support of QCHI is currently provided by the generous direct and in-kind investments of Genesis Health System and UnityPoint Health-Trinity. Additional support is provided by more than 30 organization and individual sponsors. For more information, please visit our website at [qchealthinitiative.org](#).



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