



Friends of
LAKE NOKOMIS

We envision a harmonious coexistence of the urban community and the environment created around the lake.

Lake Nokomis: A Local Runner's Perspective

Let me introduce myself first. My name is Robert Srichai and I've been a dedicated marathon runner now for the past 8 years. What I love about living in the City of Minneapolis is the large amount of green space the city has available and the vast number of trails and paths that the city has

provided in these green spaces. It's been a wonderful experience to be able to train and run along the Minnehaha trails, up and down the Mississippi River, across the Midtown Greenway, and the wonderful Chain of Lakes trails. I firmly believe the Twin Cities Marathon has acquired its "The

Most Beautiful Urban Marathon in America" slogan because of the beautiful and amazing greenways of the Minneapolis Parks and Recreation Board. It's been an exciting experience to be able to run and train on the Marathon course especially since it's practically in my backyard. The frequency of water fountains and water pumps along the paths also is advantageous in that I don't need to carry water with me as I run around the city.

Lake Nokomis is the closest lake to where I live and I seem to find myself running over there about 3 to 4 times per week. Very quiet and serene, except for the occasional airplane, I find Nokomis to be very relaxing. I run in groups occasionally and I know many find enjoyment when running in a group atmosphere, but for me I find real happiness in the solo aspect of running. With just me

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Robert Srichai

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Local Runner's Perspective

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This newsletter was sponsored by our founding members—thank you all for joining us! If you would like to sponsor a future newsletter please contact us via e-mail.

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and the path ahead, I can immerse myself in my thoughts and solve problems that have been plaguing me through the day. While running my typically two laps around Lake Nokomis, I can sometimes be in deep thought and not realize that my two laps are complete. A lot of this I attribute to the fact that there is just less foot traffic on the path around Nokomis. The popular Chain of Lakes (Cedar, Lake of the Isles, Calhoun, Harriet) can sometimes be so crowded that I find myself having to stay focused on the path ahead to ensure that I don't bump into other people. Focusing so hard on the path ahead leaves me with no time to go into deep thought, which is why I cherish Nokomis so much.

The scenery is also a big plus at Nokomis. One of the things that I have been fond of at Lake Nokomis is that there is green space to the right and left of Lake Nokomis Parkway. Only on a small section between Cedar Avenue and 54th Street are there houses on Lake Nokomis Parkway but, when running on the walking path through this area, Nokomis Knoll pond and an open field sits between the path and Lake Nokomis Parkway. This openness around Nokomis is truly a gem and makes running around the lake an even more pleasant experience. The addition of the Art Walk in 2010 around Lake Nokomis appeared to bring some more pizzazz around the lake. Prior to the addition of the Art Walk, the only other thing to look at around the lake was the antiquated Vita course exercise apparatus strategically

placed at different locations around the lake. More than half of the signs for the exercise equipment are either faded away or missing so you can never be certain what specific exercise was supposed to be performed.

While I typically do my easy runs around Lake Nokomis, I also like to challenge myself with some Tempo runs around the lake. Doing speed runs around Lake Nokomis can get interesting and be a challenge due to the busy Cedar Avenue running right through the western part of the lake. At 2.7 miles on the walking path around the entire lake, accomplishing this run non-stop at a tempo can be difficult with the two stop lights on Cedar Avenue. This is why on Tempo run days, I have to resort to taking the "short-cut" route by following the path along the Cedar Avenue Bridge and cutting the lake to only 2.5 miles per lap. I hate having to cut out the western section of the lake, which is actually part of the Hale Page Diamond Lake neighborhood mainly because it is my neighborhood and I take pride in being able to run through portions of my own neighborhood. Sometimes when I run through the western section of the lake in the HPDL area, I like to look up at the landing planes descending over Nokomis and wave.

The City of Minneapolis's dedication to have the paths cleared of snow and ice in the winter has allowed me to enjoy running and training year-round. I enjoy being able to step out my front door, make my way over to the running paths, and be able to run practically throughout

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Grants Available for Water-Friendly Landscaping

Want to help protect clean water as you plan to beautify your yard this spring? The Minnehaha Creek Watershed District (MCWD) can help. The MCWD offers grants for projects that protect water resources in a variety of ways, regardless of whether you live on a lake or stream. The deadline for residential projects is **May 31, 2013**.

Polluted stormwater runoff is the biggest water quality problem we face today. In developed areas, rainwater flows off roads, parking lots and rooftops, carrying dirt, fertilizer, pesticides and other harmful material into lakes, streams and wetlands. Eroded shorelines and streambanks also contribute sediment and excess

nutrients to waterways. The poor water quality that results affects recreation, fish and wildlife, and reduces property values.

The MCWD encourages using stormwater Best Management Practices (BMPs) that catch polluted stormwater before it reaches nearby water bodies. The District can help you plan what's best for you and pay for up to half of the cost of your project.

Projects eligible for MCWD Cost Share grant funding include:

- Raingardens - planted depressions that filter stormwater
- Pervious pavers - hard surfaces which allow water to pass through

- Native plantings along streambanks and shorelines that prevent erosion, filter and absorb pollutants

- Any other innovative BMP that captures and filters stormwater

Grants are available for improvements on any public and private property located within the Minnehaha Creek Watershed District, including residential homes, apartments, businesses, schools, corporations, or cities.

For more information, visit <http://minnehahacreek.org/CostShare> or contact Joe Barten, MCWD Cost Share Specialist, at (952) 641-4523 or jbarten@minnehahacreek.org. 💧

Metro Blooms Raingarden Workshop

Metro Blooms will be hosting a Raingarden Workshop at the Lake Nokomis Community Center on **May 9 at 6 P.M.** This three-hour session combines the content of their A and B workshops.

Participants will learn about watershed management, stormwater runoff, and raingarden basics including design, installation and maintenance of raingardens using native plants. In the second

half of the session participants will receive hands-on assistance in planning a raingarden project.

Cost: \$15.00

http://www.metroblooms.org/workshop_signup_B.php 💧



Survey for Neighborhood of Raingardens Project

The City of Minneapolis, Metro Blooms, Minneapolis Park and Recreation Board, and the Friends of Lake Nokomis are partnering to protect the water quality of Lake Nokomis. The neighborhoods surrounding Lake Nokomis are part of Metro Blooms' upcoming Neighborhood of Raingardens project. In order

to tailor outreach for this project, Metro Blooms is conducting a study to better understand the knowledge, practices, and concerns in the community in regards to stormwater runoff. We would greatly appreciate your participation in the neighborhood survey to help us understand how to support

you in protecting Lake Nokomis. Simply visit www.surveymonkey.com/s/metroblooms to participate and don't hesitate to contact Laura Hurley at Metro Blooms, laura@metroblooms.org or 218-230-4376, with any questions or to obtain a printed copy of the survey. 💧

Lake Nokomis Neighborhood of Raingardens Subwatershed Map



Lawn Care with a Master Gardener

What: LILaC with HCMG Ron Soleta

When: April 25, 6:30 -7:30 P.M.

Where: Lake Nokomis Community Center in the Craft Room

Join Hennepin County Master Gardener Ron Soleta to learn about the University of Minnesota's Low Input Lawn Care strategy. It focuses on low maintenance grass varieties and reduced use of pesticides and fertilizers as well as water, time and labor traditionally thought to be necessary for maintaining a healthy lawn. 💧

FLN President Running for MPRB Commissioner of District 5

Friends of Lake Nokomis President, **Steffanie Musich**, is running for public office. With the announcement of our current Minneapolis Park and Recreation Board Commissioner Carol Kummer's retirement from office at the end of her term, our president has decided to seek election to Kummer's District 5 seat.

Steffanie's experience with the Friends of Lake Nokomis has

given her an extensive education in how the various municipal, county, regional and watershed governing bodies interact and share responsibility for various aspects of the Minneapolis Park system. It has also given her a unique perspective on how the public interacts with the MPRB and helps shape management and development of the city's parks.

She looks forward to an active campaign season leading up

to this Fall's election. If you're interested in helping the Friends of Lake Nokomis while our president is otherwise engaged, please let us know. We're looking for people to write articles for the newsletters, assist with volunteer event coordination and assorted other tasks. To learn more about Steffanie's campaign, you can visit her website:

www.musichforparks.com ♣

MPRB Meeting Handouts and Presentation

The presentation materials and preliminary beach use and landscaping plans for the Lake Nokomis Concession are available on the Minneapolis Park and Recreation Board website for community members that were unable to

attend the public meeting on February 28th: <http://www.minneapolisparke.org/default.asp?PageID=1340>

The handouts from the meeting are listed in the Public Participa-

tion section of the page:

[Agenda](#)

[Handout - Meeting #1 2/20/2013 Project Advisory Committee \(staff Committee\)](#)

[Presentation](#) ♣

EARTH DAY

Earth Day Clean Up!

Join us at the Nokomis Community Center on **April 20 from 9:30 A.M. to noon** to give the Nokomis and Hiawatha parks a thorough spring cleaning. We'll be providing hot coffee and refreshments to ensure you're not heading out on an empty stomach. Please dress for the weather and wear waterproof footwear

and work gloves that will keep your hands dry. This time of year is typically wet and muddy. With the low water levels in the creek and lakes there will be ample opportunities to remove years of built-up trash along the banks were there has been water cover in previous years. ♣



Common Snipe (Gallinago gallinago).
Credit: David Ward/USFWS

Local Runner's Perspective

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the entire city. During the winter months, the biggest risk I take is just making it over to the paths. I have to stumble up and down un-shoveled sidewalks, and avoid slipping and falling, but I know once I reach the running paths, I know I will be delighted with a plowed, salted, and sanded path suitable for running. I can

once again enjoy the run on the paths until it's time to go home and I once again have to stumble and avoid falling on the sidewalks to reach home.

As we approach the spring months, my training will once again pick-up as I start the training process for the Twin Cities Marathon. Having run the marathon now for the past 8 consecutive years, there

is a familiarity about the entire training process that I will repeat and that familiarity will once again include Lake Nokomis. If you see me running around Lake Nokomis as I normally do each year, wave me a big hello. If I don't initially respond to you, just let it be known that I am probably deep in thought and will try to acknowledge you if I see you again around the lake. Take care, be fit, and live well. 💧



Scan this QR code with your smartphone for mobile access to our website.



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