

Donations will be matched!

The trail is free for anyone to use but it does take time and money to build and maintain these trails. That is why we are so thankful for our volunteers and donors. If you have recently made a donation; thank you and know that it is being put to good use:

- Connecting parks, lakes, schools, neighborhoods and businesses.
- Through safe and attractive non-motorized transportation routes.
- Which encourage healthy, outdoor, family-oriented activities.
- And attracts businesses and professionals considering relocation.

If you have not yet made your tax-deductible donation, there is no better time... **The Laudeman family has agreed to match individual's unrestricted contributions, dollar-for-dollar.** That means that your \$100 donation will be worth \$200 of trails connecting our communities.



Future Newsletters

If you do not receive this newsletter at your home and would like to receive future copies, please do one of the following:

1. Go to the trail's website: syracusewawaseetrails.com and click on the "Newsletter Sign up" button in the red banner. This will bring you to a secure page where you can enter your contact information.
2. Return the donation slip provided with this newsletter (with or without a donation). Be sure to include the address to which you would like the newsletter sent.

If you only want the newsletter e-mailed to you, please mark that option on either the webpage or the donation slip. If you choose this option, you will not receive a paper copy of the newsletter.

Thank you for your interest and support.



Upcoming Events

November 7 – **Community Indoor Garage Sale** at the Syracuse Community Center from 9:00am-2:00pm

November 16 – **Trails Committee meeting** at the Syracuse Community Center at 6:00pm. Public Welcome

November 21-Dec 19 – **Mistletoe Market** every Saturday on Main St.

November 21 – **Holiday Magic** at Crosson Mill Park from 4:00-7:00pm

December 5 – **Breakfast with Santa** at the Syracuse Community Center from 8:00am-11:00am

December 21 – **Trails Committee meeting** at the Syracuse Community Center at 6:00pm. Public Welcome

January 30 – **Winter Carnival** on Syracuse Lake, and downtown Syracuse

Every Wednesday – **Wednesday Walks** leaving from the Trails office (108 Main St) at 1:00pm weather permitting

From dawn till dusk – **Ice Skating** at Harold Schrock Athletics Complex; Free and open to the public, weather permitting

For more details on these and many other events happening along the trail see our community events calendar at <http://www.syracusewawaseetrails.com/events/>.

For the most up to date information on events and much more, "like" us on FaceBook.



From the desk of the Executive Director

By Megan McClellan

It's that time of year again. The weather is getting cooler and we all just want to curl up under a blanket with a good book. Consider walking to the library to get that book, however, since the Surgeon General has recently announced that there is definitive medical evidence that moderate physical exercise, like walking on a trail, boosts your health. You are lucky enough to live in a community that has not only put resources into a beautiful library but has also put a priority on sidewalks and trails to get you there.



I have now been the trails director for a little over a year and I want to take this opportunity to thank you for being such a generous and supportive community. The Trails Committee members, in particular, have been extremely valuable and supportive as I learned the ropes and road names.

We have had a lot of success in the past 19 months. This includes completing the loop around Syracuse Lake, completing the section of trail along Harkless Drive, as well as getting started on the ambitious Conklin Bay boardwalk and trail. We are working even more closely with the Wawasee Area Conservancy Foundation, INDOT and the schools. The trail heads are expanding and improving and we are organizing and participating in more events.

In this newsletter you will find articles on past success, updates on current projects and plans for the future. The 6th annual Tour des Lakes had record breaking success. Be sure to check out the preliminary design for Conklin Bay boardwalk and trail (it takes up both pages). Take a look into the future with the Safe Routes to School article, and Upcoming Events. If you will be out after dark, which just keeps getting longer, be sure to follow the tips provided by Jodi Buhrt in her article on trail safety.

Breaking news: The Laudeman family is pledging to match unrestricted donations received from individuals through the end of the year. Your tax-deductible donation will be matched dollar for dollar. That means that your \$150 donation will be worth \$300 towards keeping these projects moving forward.

We have many more projects in the works and I am always interested in hearing new ideas. We could not accomplish any of this without our fantastic volunteers. If you have ideas to share or would like to become more involved with the trails, please let me know. The trails committee meetings are open to the public and occur on the third Monday of every month at 6:00pm at the Syracuse Community Center. You can also give me a call on my cell phone at (513)835-5631 or send me an e-mail (ed@syracusewawaseetrails.com).

See you on the trails!

Trail Safety

By Jodi Buhrt

As we enter into the fall and winter months in Indiana, our daylight hours diminish. It can be challenging to find time to get outside and enjoy the trails. Many pedestrians still enjoy using the trails during the darker hours of the day, like at dawn and dusk. Remembering some basic trail and road safety guidelines will help keep both our drivers and pedestrians more secure around the community.



Trail Safety Tips:

- Wear brightly colored and/or reflective clothing
- Carry a flashlight or mount a flashing light on your bicycle
- Stay on the designated trail/sidewalk when possible
- Use crosswalks, when available
- Be alert when crossing - take out headphones/get off cell phone
- Most importantly - don't assume drivers will see you

Stay alert and be cautious when using the trails at all times. Do your part to keep our community safe year-round.

Committee Members

Dr. Tom Edington, *Chairman*

Erick Leffler, *Vice-Chairman*

Donn Baird, *Treasurer*

Sam Leman, LuAnn Leatherman,
Kay Young, Bob Trame, Chad Jonsson,
Jodi Buhrt, Jerry Wright



In order to make a donation

Please send checks with the donation slip provided below.

If you would prefer to use your credit card, you can go to the trail's website: syracusewawaseetrails.com and click on the "Donations" button.

Trail Contribution Form

Please show your support with your tax-deductible contribution.

Name _____

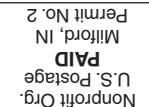
Address _____

City _____ State _____ Zip _____

E-mail _____ check here to have future newsletters e-mailed to you

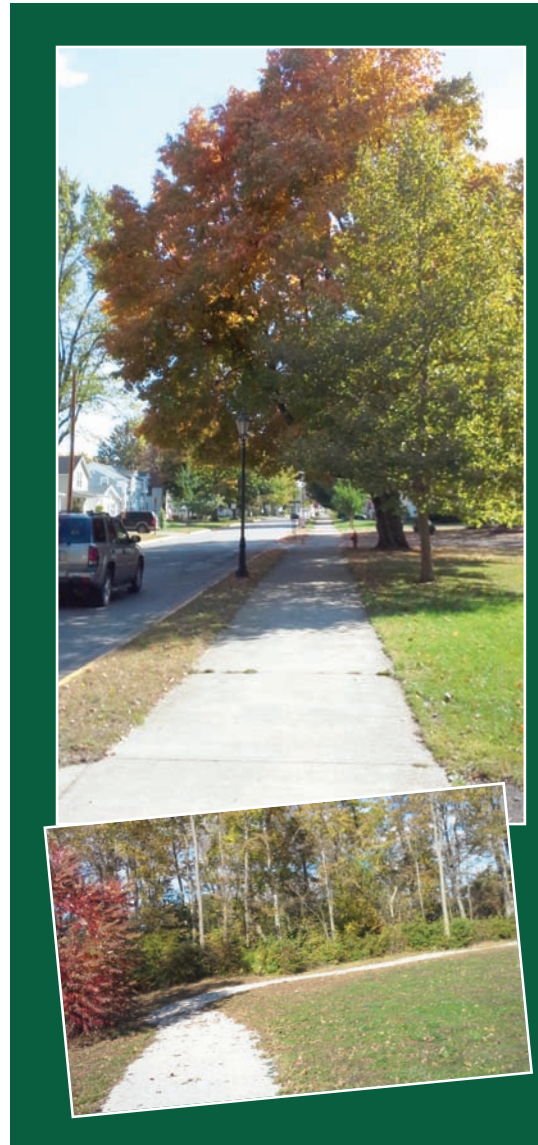
Make checks payable to "Syracuse-Wawasee Park Foundation, Trail Committee". Your gifts are tax deductible and we will furnish a receipt.

Send checks with this form to: Director, Syracuse Park and Recreation Dept.,
Syracuse Community Center
1013 N. Long Drive
Syracuse, IN 46567



Syracuse-Wawasee Trail
Syracuse Parks and Recreation
Syracuse Community Center
1013 N. Long Drive
Syracuse, IN 46567





Safe Routes to School

By: Megan McClellan

Not long ago, children routinely traveled to and from school by foot or by bicycle. That is no longer the case. The circumstances that have led to a decline in walking and bicycling to school have created a self-perpetuating cycle. As motor vehicle traffic increases, parents become convinced that it is unsafe for their children to walk or bicycle to school. They begin driving them to school, thereby adding even more traffic to the road and sustaining the cycle.

In order to break this cycle we need information about walking and biking in Syracuse. We will begin gathering data on the number of students who are using active transportation to get to

school using a program called Active4.Me. If a child uses an active method to get to school, they can receive a tag which they attach to their backpack. Then when that child travels under the Derro Zap counter, located by the front door of their school, their trip will be counted. Not only will the students be improving their health and the environment, they will also accumulate points with which they can earn prizes

For more information go to the trails website (www.SyracuseWawaseeTrails.com) "kids" tab. Here parents can access a secure link to register their child's tag. Community members can visit this site to see school wide data from Syracuse Elementary and Wawasee High Schools.

Surgeon General Rx: More Walking, More Walkable Places

By: Jay Walljasper

A major study released this year shows that lack of exercise is twice as deadly as obesity, according to Cambridge University researchers who studied more than 300,000 people over 12 years. Their findings match another comprehensive study that found sitting for long periods is linked to higher death rates.

The federal Centers for Disease Control and Protection (CDC) recommends Americans walk at least 30 minutes a day, five days a week — or bike, run, swim, dance, garden, do aerobics and play sports. (For kids, it's 60 minutes a day, seven days a week.)

The U.S. Surgeon General Vivek H. Murthy announced a national campaign to encourage Americans to walk more and make all communities safer and easier for walking. "Walking is a simple, effective and affordable way to build physical activ-

ity into our lives," Murthy says. "That is why we need to step it up as a country ensuring that everyone can choose to walk in their own communities."

The landmark report — which is being compared to the surgeon general's 1964 warning on the dangers of smoking — is based on definitive medical evidence that moderate physical exercise boosts your health, cutting your chances of diabetes, dementia, depression, colon cancer, cardiovascular disease, anxiety and high blood pressure by 40 percent or more.

"Exercise is medicine. It's also good for the social fabric of our communities," says Regina Benjamin, U.S. Surgeon General from 2009 to 2013, explaining why she added a walking path to the grounds of her health clinic in rural Alabama. "Health does not just happen in doctors' offices and clinics — it happens where we work, live, play and pray," she says.



Tour des Lakes

By: Tammy Cotton

This summer was the 6th annual Tour des Lakes. It was extremely successful with a record 218 riders participating. Some of the riders came from as far away as Chicago, Ohio and Michigan. There was even a rider who came to Syracuse from Texas, specifically for this ride.

There were three route options. The longest was 100km long and included four rest stops. Each rest stop was sponsored by a local business. There was also a Tour des Parks for families. The youngest rider on this ride was only 3 year old. The adult riders rode on the road while the Tour des Parks took place entirely on the sidewalk/trail system and included stops at 4 local parks.

When riders returned to the Community Center following their ride, they were provided with a chicken lunch and entertainment by a duo of BMX riders.

One rider commented that the Tour des Lakes is "one of the best rides in the area. A few rolling hills to keep it interesting and lovely scenery". Another said "This is a great ride. Very well organized! Very friendly and helpful people".

Proceeds from this event are given to area service organizations, the Syracuse Parks Department and the Syracuse-Wawasee Trails Committee.

The Tour des Lakes is organized every year by a group of dedicated volunteers. If you would like to be involved in the planning of Tours des Lakes 2016, please contact Tammy Cotton at the Chamber of Commerce.



Conklin Bay Trail Segment Update

By: Sam Leman

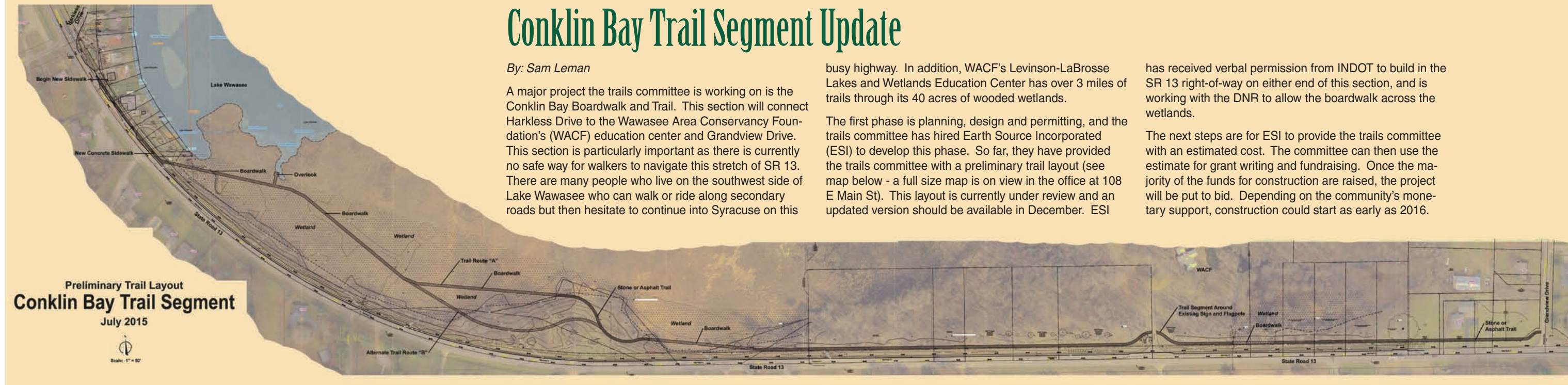
A major project the trails committee is working on is the Conklin Bay Boardwalk and Trail. This section will connect Harkless Drive to the Wawasee Area Conservancy Foundation's (WACF) education center and Grandview Drive. This section is particularly important as there is currently no safe way for walkers to navigate this stretch of SR 13. There are many people who live on the southwest side of Lake Wawasee who can walk or ride along secondary roads but then hesitate to continue into Syracuse on this

busy highway. In addition, WACF's Levinson-LaBrosse Lakes and Wetlands Education Center has over 3 miles of trails through its 40 acres of wooded wetlands.

The first phase is planning, design and permitting, and the trails committee has hired Earth Source Incorporated (ESI) to develop this phase. So far, they have provided the trails committee with a preliminary trail layout (see map below - a full size map is on view in the office at 108 E Main St). This layout is currently under review and an updated version should be available in December. ESI

has received verbal permission from INDOT to build in the SR 13 right-of-way on either end of this section, and is working with the DNR to allow the boardwalk across the wetlands.

The next steps are for ESI to provide the trails committee with an estimated cost. The committee can then use the estimate for grant writing and fundraising. Once the majority of the funds for construction are raised, the project will be put to bid. Depending on the community's monetary support, construction could start as early as 2016.



We need you!

If any of these projects inspires you, or you have an inspiring idea that we have not yet discussed, we need you. We are looking for more volunteers. There is one meeting a month and then you can choose to join sub-committees in your area of interest. You could help plan where new trail will go, help to organize events or focus on the schools. Please contact Megan McClellan with any questions, on her cell phone at (513)835-5631 or e-mail (ed@syracusewawaseetrails.com). Thank you!

