



At the Trail Head . . .

By: Kay Young, Committee Chair

Summer has arrived to our area and it is great to see so many people out using the trails. It seems that no matter which segment we are on there are lots of people out enjoying the ease and safety of using the trails.

We enjoyed a great turn out for the Tails and Trails event in April. There were lots of dogs, and lots of people and it was a very pretty spring day to be out. It is amazing how they all got along as they went around the Syracuse Lake loop.

You should start to notice some activity along the Syracuse Lake trail as we have some repairs done in the next few weeks. We will also be adding to the trail in the area of the Dairy Queen on St. Rd. 13 this summer making it safer in all directions.

Saturday July 8th is the day for the 8th annual Tour des Lakes bike ride. There is a distance for everyone from 25K to 100K and it is a great fund raiser for the Trails.

If you don't ride there will still be lots of fun things

going on at the Community Center that day. The routes will be well marked for the riders, so get out and cheer them on as they come by. Last year we had hundreds of riders from Indiana and several surrounding states. We are looking forward to an even bigger group of riders this year. Interested in riding? Go to our website for the link to the Tour des Lakes registration.

It seems sometimes like we have been working and planning for the trails for so long, and yet at times, when we are building, it seems like we are just getting started as we prepare to lay boardwalk and hard surface trails in a new direction. The dream of having a trail system around both lakes is getting closer with every foot of the system that we can lay. The goal of connecting the lakes and the communities with safe trails for everyone is going to be a reality....with your support we can continue to realize our goal.

Best wishes for a great summer.....
and we will see you on the trail!





History of Tour des Lakes

By: Megan McClellan

As many of you know the Tour des Lakes bike ride is a leisurely bike ride through Kosciusko County. It takes place every year on the 2nd Saturday in July. There are three route options; 25k, 50k and 100k. The 100k is the most popular route and guides riders around several beautiful lakes, including Lake Wawasee, Webster Lake, Chapman Lake, Winona Lake and Tippecanoe Lake.

What you may not know is how it all began.

Even before 1985, Wawasee Rotary Club ran a kids Bike-a-thon ride. The kids would get sponsors to pledge \$5, \$10 or \$20 per mile ridden. There was a 4.8 mile course around Syracuse Lake and a 16.8 mile course around Lake Wawasee. Prizes awarded included a savings bond, a new bike, and a Walkman.

In the early years funds raised were used for the scouts. When Junior Achievement came to Wawasee High School in the early 2000s, they assisted Rotary with the bike-a-thon and it became a bike-walk-run event. One third of the money raised went to the

Syracuse Wawasee Rotary Club, one third of the money raised went to Junior Achievement of Wawasee and the remaining third went to a designated civic or community organization. This event happened in the Spring while school was still in session. The last Bike-athon was in 2008.

After two years without the ride, Doc Brungardt from the Syracuse-Wawasee Rotary Club came to Tammy Cotton, then director of the Syracuse-Wawasee Chamber of Commerce, with a desire to restart the bike ride. They decided to have the ride in the summer and call it the "Liberty Bike Ride". This ride went through the country side and though riders enjoyed the area, it was critiqued for having insufficient volunteers to properly support the riders. After two years, the ride was overhauled. It emerged in nearly its current form in 2013. Every year since, the ridership has increased, primarily due to word of mouth about how wonderful the ride has become.

For more information on the Tour des Lakes, go to: <https://www.tourdeslakes.com/>

Hydration



Path to Improved Health

Whether you're a serious athlete or simply exercise for recreation, it's important to stay hydrated. Good hydration means getting the right amount of water before, during, and after exercise. Water regulates your body temperature and lubricates your joints. It helps transport nutrients to give you energy and keep you healthy. If you're not hydrated, your body can't perform at its highest level.

How much water should I drink while exercising?

There are no exact rules for how much water to drink while exercising, because everyone is different. You need to consider factors including your sweat rate, the heat and humidity in your environment, and how long and hard you are exercising.

The American Council on Exercise has suggested the following basic guidelines for drinking water before, during, and after exercise:

- Drink 17 to 20 ounces of water 2 to 3 hours before you start exercising.
- Drink 8 ounces of water 20 to 30 minutes before you start exercising or during your warm-up.
- Drink 7 to 10 ounces of water every 10 to 20 minutes during exercise.
- Drink 8 ounces of water no more than 30 minutes after you exercise.

What about sports drinks?

For most people, water is all that is needed to stay hydrated. However, if you will be exercising at a high intensity for longer than an hour, a sports drink may be helpful. The calories, potassium, and other nutrients in sports drinks can provide energy and electrolytes to help you perform for a longer period of time.

Choose a sports drink wisely. They are often high in calories from added sugar and may contain high levels of sodium. Also, check the serving size. One bottle may contain several servings. If you drink the entire bottle, you may need to double or triple the amounts given on the nutrition facts label. Some sports drinks contain caffeine. If you consume a sports drink that contains caffeine, be careful not to add too much caffeine to your diet. Caffeine may cause a diuretic effect on your body. This means that you may have to urinate more often.

Excerpted from: <https://familydoctor.org/athletes-the-importance-of-good-hydration/>



Skip and Duke (the dog) on the trail. Skip is member of the Hoosier Hiker's Council.



TRAILS at SCHOOL

By: Dr. Tom Edington



Wawasee Community Schools is planning safe walking/biking paths to school as part of on-going facility projects. Safety and easy access to our facilities are priorities as we serve our students and community.

1. Trail Between the New Syracuse Elementary School and Wawasee High School

A marked trail connecting the new elementary to the high school allows easy and safe passage for the short walk between the two buildings. The trail will, also, be used in case of evacuation of one school to the other.

2. Trail Connecting the New Syracuse Elementary School to the Syracuse-Wawasee Trail on Main Street

A trail beginning at the new elementary will be constructed to cross Kern Rd. near the varsity baseball field, travel beside the water tower, cross the softball field parking area, and end at the present trail running beside Main Street/Syracuse-Webster Rd. on the high

school campus. The school corporation and Town of Syracuse are working together to light the trail.

3. Trail Along Syracuse-Webster Road from the Wawasee High School Campus toward Crazy Corners

We are in the early stages of planning a trail which will connect the housing additions of Woodland Acres, Country Cove, and Fox Run to WHS and the new SES. Students biking and walking to school along this heavily-traveled roadway struggle to share the space with autos and buses. The school district is working with the Syracuse-Wawasee Trails on this project.

4. Trail Along Kern Road Connecting the New Syracuse Elementary School to Kern Crossing Addition

If there are funds remaining after completion of our present construction projects, we hope to plan and build a trail along Kern Road between the new school and the rapidly developing Kern Crossing addition.

We appreciate your support as we make Wawasee Schools an ever better and safer place for our children.



Donations

Though the trail is free for anyone to use, it does take time and money to build and maintain. We need your donations now to help make the vision of a community connected by safe, multi-use trails, a reality.

Thank you!

Committee Members

Kay Young, *Chairman*

Dr. Tom Edington, *Treasurer*

Sam Lemman, LuAnn Leatherman,
Chad Jonsson, Jerry Wright, Heather
Pressler, Bob Smith, Dr. Erick Leffler,
and Kristi Martin

Future Newsletters

This is a quarterly newsletter. If you do not receive this newsletter at your home each quarter 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 below (with or without a donation). Be sure to include the address to which you would like the newsletter sent.

Thank you for your interest and support.



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.

We need your help to continue to develop and maintain the Syracuse-Wawasee Trail. Contributions are appreciated.

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: Syracuse-Wawasee Trail,
Syracuse Community Center
1013 N. Long Drive
Syracuse, IN 46567

Calendar of Events

June 29-Aug 10 – Connect with the trails and **Advanced Chair Yoga**, leave from the Syracuse Library at 9:15am every Thursday

July 8 – **Tour des Lakes** bike ride and **BMX Stunt Show**, Community Center

July 18 – **Trails Committee meeting** at the Trail's Office at 6:00pm. Public Welcome

Aug 6 – **2nd annual Car Show** at Oakwood resort, 11am-3pm

Aug 19 – **Conklin Concert**, South Shore Golf Course, featuring James and the Drifters 5-8pm

Aug 21 – **Trails Committee meeting** at the Trail's Office at 6:00pm. Public Welcome

Aug 26 – **Oakwood Fine Arts Festival**, come Chalk the Walk 10am-3pm

Sept 18 – **Trails Committee meeting** at the Trail's Office at 6:00pm. Public Welcome

Oct 14 – **Fall Harvest Festival**, Lakeside Park 9am-2pm

Oct 16 – **Trails Committee meeting** at the Trail's Office at 6:00pm. Public Welcome

Oct 21 and 22 – **Falltastic Trail Walk**, WACF's Ruddell Pavilion

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

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



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

Nonprofit Org.
U.S. Postage
PAID
Milford, IN
Permit No. 2