



From the desk of the Executive Director

By: Megan McClellan

This has been a busy summer. I hope you are having as much fun as I am. We had several great events, including a record breaking Tour des Lakes and our first annual Car Show at Oakwood resort. We have built a wider, safer sidewalk along Eli Lilly Road and have been steadily improving our trailheads. Just this month I moved to a new office, which will facilitate the writing of many grants towards the Conklin Bay Boardwalk and Trail. Plus, we are getting set up for next Spring's projects: working with INDOT to improve the SR13 crossing at Pickwick and completing a sidewalk to the new Elementary.

The Syracuse-Wawasee community continues to astound me with its generosity. The trails received \$4,000 from the Tour des Lakes bike ride and over \$800 from the Inaugural Car Show. More than 75% of the cost of the Eli Lilly Road trail expansion was donated by individuals. I am writing grants to cover \$1.12 million of the \$1.7 million cost of the Conklin Bay boardwalk but that still leaves \$580,000 to be raised by the community. So far we have raised approximately \$220,000 of that. We cannot do this work without your generous support. If you would be interested in providing a matching grant to inspire others in your community to support the trails, please contact me.

We have many 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 trail committee meetings are open to the public and occur on the third Monday of every month at 6:00pm at the new office, 801 N. Huntington Street. 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!



Future site of the Conklin Bay Trail.



7th Annual Tour des Lakes a Success



By: Tammy Cotton

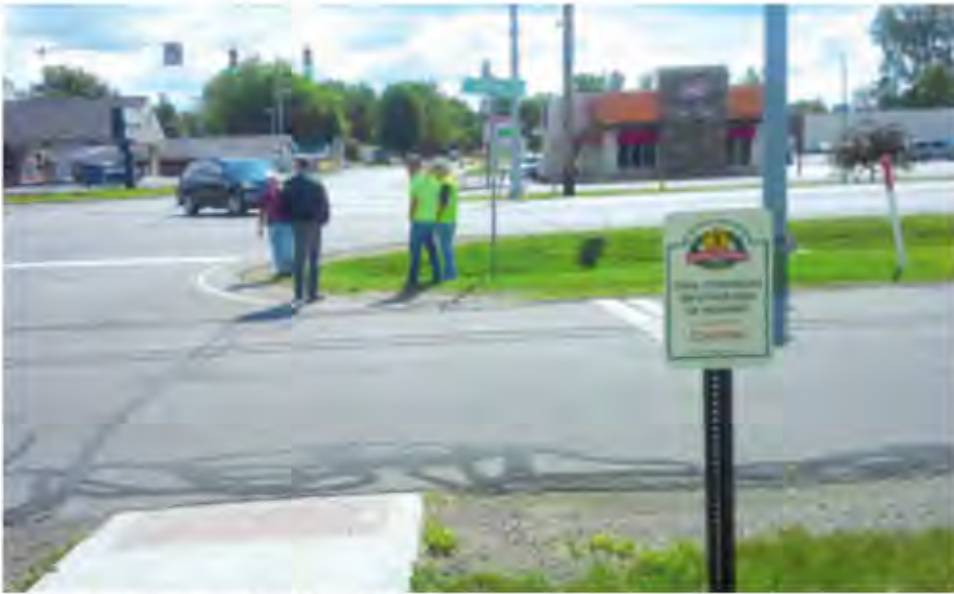
The 7th annual Tour des Lakes was a record breaker. There were 308 riders this year, compared to 220 last year. This year there was more interest in the BMX show which had more than double the number of riders as last year. We had our first ever raffle with half the proceeds to benefit the skate park. There were also more vendors than last year.

None of this would have been possible without the many volunteers who helped to plan and organize the event as well as day-of volunteers who kept everything running smoothly. We would also like to thank the K21 Health Foundation for being our event sponsor as well as the many area businesses who support this ride every year.

This year's Tour des Lakes made approximately \$13,000. Half of that amount is being held back to help grow next year's ride. Rotary, Chautauqua, Kosciusko County Velo Bike Club, and Pee Wee Football each received \$250 for hosting a rest stop along the route. The Parks department received \$500 for all of their help and the use of the Syracuse Community Center. This is, however, mainly a fundraiser for the Syracuse-Wawasee Trails. They received \$4,000 this year, as compared to \$2,500 last year.

Mark your calendars for the 8th Tour des Lakes on July 8th, 2017. We just keep growing and improving. If you would like to be part of this fun event stop by the next meeting September 9th at 1 pm at the trail's office (805 N. Huntington Street).





Planning for a pedestrian light.



The trail's new office.

Fitting Your Bike Helmet

The Proper Helmet Fit

Helmets come in various sizes, just like hats. Size can vary between manufacturers. Follow the steps to fit a helmet properly. It may take time to ensure a proper helmet fit, but your life is worth it. It's usually easier to look in the mirror or have someone else adjust the straps. For the most comprehensive list of helmet sizes according to manufacturers, go the Bicycle Helmet Safety Institute (BHSI) Web site at: www.bhsi.org/.

Size:

Measure your head to find your size. Try on several helmets in your size until one feels right. Now put the helmet level on your head and adjust the sizing pads or fit ring until the helmet is snug.

STEP 1

Position:

The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.

STEP 2

Side Straps:

Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.

STEP 3

Buckles:

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.

STEP 4

STEP 5

Chin Strap:

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.

STEP 6

Final Fitting:

- A.** Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on your head. If not, refer back to step 5 and tighten the chin strap.
- B.** Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle and shorten the front strap by moving the slider forward. Buckle and retighten the chin strap, and test again.
- C.** Does your helmet rock forward into your eyes? If so, unbuckle and tighten the back strap by moving the slider back toward the ear. Buckle and retighten the chin strap, and test again.
- D.** Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.

Trails Around the World: Scotland



Stormy Calton Hill,
Edinburgh

By: Dr. Erick Leffler

This past fall, my wife and I were fortunate enough to be able to travel to Scotland. While there, we couldn't help but notice the abundance of walking and biking trails being used by residents and tourists alike. During one of our morning walks, we came across Hume Walk on Calton Hill in Edinburgh. Hume Walk was resurrected in 1775, when David Hume and others in his community saw the need to "create a public walk which would encourage healthy pursuits and living."

Our community is very fortunate to have many friends, volunteers and donors who are supportive of our trail system. Similar to those people in Edinburgh, we have a desire to create public walks to not only encourage healthy pursuits and living,

but also to create safe pathways for non-motorized travel.

Our executive director and our committee members are dedicated to improving and expanding our trails. We look forward to the many challenges that lie ahead of us as we expand our efforts across Conklin Bay. We truly appreciate the help and support that this community has offered. We wouldn't be able to do any of the things that we have done without each and every one of you!

See: <http://www.walkhighlands.co.uk/lothian/calton-hill.shtml> for photos.



Before, during and after of the Eli Lilly Road Trail improvements.



Committee Members

Dr. Erick Leffler, *Chairman*

Kay Young, *Vice-Chairman*

Dr. Tom Edington, *Treasurer*

Sam Leman, LuAnn Leatherman,
Chad Jonsson, Jodi Buhrt, Jerry Wright,
Kristi Martin, Ken Pearish, Heather Pressler

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 below (with or without a donation). Be sure to include the address to which you would like the newsletter sent.

If you 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.

Donation Request

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.

If you have not yet made your tax-deductible donation, you can send a check with the donation slip below or go to the trails website: www.syracusewawaseetrails.com.

We are currently seeking individuals, or organizations interested in providing a matching grant to encourage others in the community to give generously this holiday season. If you are interested, please contact Megan McClellan on her cell phone at (513)835-5631.



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: Director, Syracuse Park and Recreation Dept.,
Syracuse Community Center
1013 N. Long Drive
Syracuse, IN 46567

Calendar of Events

Sept. 9 – Tour des Lakes planning meeting at the Trail's Office
(801 N. Huntington Street, Suite 4) at 1:00pm. Public Welcome

Sept. 20 – Trails Committee meeting at the Trail's Office
(801 N. Huntington Street, Suite 4) at 6:00pm. Public Welcome

Sept. 29 – Bicentennial Torch Relay ending at Lakeside Park at
noon

Sept. 30 – Homecoming/ Bicentennial Parade Downtown
Syracuse to Wawasee High School, 4:30-6:00pm.

Oct. 5 – International Bike to School Day

Oct. 8 – Syracuse Fall Festival Lakeside Park

Oct. 17 – Trails Committee meeting at the Trail's Office
(801 N. Huntington Street, Suite 4) at 6:00pm. Public Welcome

Every Wednesday – Wednesday Walks leaving from the
Community Center at 1:00pm

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.



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Syracuse-Wawasee Trail
Syracuse Parks and Recreation
Syracuse Community Center
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