



## From the desk of the Executive Director

By: *Megan McClellan*

I want to start this newsletter with a big THANK YOU to all of you who donated to the trails during the past year. Thanks to you, it was a banner year for private donations, business sponsorships and grants. We will continue to write grants and solicit further donations going forward but because of your generosity, we are on good financial footing going into 2017.

This is the time of year when we start planning all the fun we will have once the weather warms. This includes a long list of events as well as several construction projects. You will find the dates for many of the events listed inside. For more details, like us on Face-

book, check the website, or give me a call. A new event we are starting this year is a "Couch to 5K". For more details on what that is and what you can gain from participating, see Lyle's article. There are two main construction projects in the works for this Spring: constructing trail along Pickwick Drive where it crosses State Route 13, and doing maintenance around Syracuse Lake. Once the trail along Pickwick reaches SR 13 on either side, INDOT will install a pedestrian light at this intersection. You will see this improvement first thing in the Spring. Fundraising continues for the Conklin Bay Boardwalk and Trail. Over the winter, we received permits from the DNR and the Army Corps of Engineers. The only thing

delaying construction now is a need for donations from people like you.

We have many projects and events 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 trail 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](mailto:ed@syracusewawaseetrails.com)).

See you on the trails!





# Couch to 5k

By: Lyle Schrock

First off, what is a 5k? A 5k (5 kilometers) is 3.1 miles. That sounds like a lot and it is, trust me, when I first started running a few years ago I thought that if I could run a full mile without killing myself it would be amazing. Before I knew it I was doing way more than that. It becomes something you strive for because of how it makes you feel.

I did not follow the "couch to 5k" plan. I should have, because I pushed myself too much and had a couple of minor injuries. I think the "couch to 5k" is the best starting point for anybody that has an interest in bettering their health. It is more walking than running the first couple weeks and then we slowing starting running a bit more and walking less. This is not a race so speed does not matter. This is all about getting outside and getting healthier and in return you start to feel more energy, self-confidence, and motivation, just to name a few. I have come to look forward to every run!

The basic breakdown is: we meet once a week for 9 weeks. Each class is 45 minutes which includes 20 minutes of walking and running, while the rest is warm up, cool down and tips. We start with a stretch and warm up. Trust me, it helps to prevent injuries and soreness. The first week would be 60 seconds of running, then 120 seconds of walking, then repeat until the 20 minutes is up,



then a cool down walk. Warm up and cool down are no more than 5 mins each. We build up each week till on the 9th week we will be able to run the entire 20 mins. We also recommend that you have two "runs" on your own, using the time schedule used in the class that week. We will also be giving tips on running and nutrition and answering anybody's questions. At the end, we will all run a 5k together.

If you want a transformation you will achieve it thru this! I will provide lots of nutrition tips and links to check out because it has been half of my journey to feeling more energized, self-confident, and motivated. I look forward to helping you feel better.



photo courtesy of The Papers, Inc.





# The Livability Index

*Adapted from [aarp.org/livabilityindex](http://aarp.org/livabilityindex)*

The livability Index is an online tool that scores every neighborhood and community in the United States. The livability index measures 60 indicators spread across seven categories of livability: housing, neighborhood, transportation, environment, health, engagement, and opportunity. A livable community is one that is safe and secure, has affordable and appropriate housing and transportation options, and offers supportive community features and services. The communities are scored by comparing them to one another, so the average community gets a score of 50. This information can help

community leaders and individuals identify gaps between what people want and need, and what the communities provide.

Syracuse's livability score is 51, Kosciusko County's score is 48 and Warsaw's score is 52. Digging a little deeper into Syracuse's number we see that Syracuse scores high in the areas of Neighborhood, and Transportation, but low in Health. According to this survey, we have good access to parks and libraries, compact neighborhoods with good walkability and a below average crime rate. Where we have an opportunity for improvement is in county-wide access to exercise opportunities. In 2014, only 48% of people lived within

3 miles of a park, gym or community center, whereas the national average is 83% of people.

Help support the trail as we make our way out into the county to increase access to exercise opportunities. Physical activity doesn't just help people get in shape, it also reduces the risk of medical conditions such as obesity, diabetes, cancer, and dementia. Easy access to parks, trails and recreational facilities not only makes residents more likely to exercise, but also creates a sense of community, since these locations often double as meeting places.

*For more information on Index Scoring, please visit [aarp.org/livabilityindex](http://aarp.org/livabilityindex).*



# Save the Dates

## 2017 Trail Events

**April 11-June 6** – “Couch to 5K” Spring session

**April 21** – Earth Day Trail Clean-Up

**April 29** – Tails and Trails Community Dog Walk

**May 6** – Bike Rodeo at Touch-a-Truck

**May 27-28** – Lakes Festival in Warsaw

**June 10** – National Trails Day

**June 24** – Mudtastic Classic at WACF

**July 4** – Wawasee Flotilla road race

**July 8** – Tour des Lakes bike ride

**Aug 6** – Oakwood Car Show

**Aug 12** – Wawasee Kiwanis Triathlon

**Aug. 19** – Conklin Concert with James and the Drifters

**October 14** – Fall Harvest Festival

**October 21 and 22** – Falltastic Trail Walk at WACF



*Tour des Lakes Bike Ride*



*Tails and Trails Community Dog Walk*



## Committee Members

Kay Young, *Chairman*

Dr. Tom Edington, *Treasurer*

Sam Leman, LuAnn Leatherman,  
Chad Jonsson, Jodi Buhrt, Jerry Wright,  
Ken Pearish, 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](http://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.

## Donation Request

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

Thank you!



## 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](http://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

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

Mar. 4 – **Daddy Daughter Dance** at Oakwood resort, 7-9pm

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

Apr. 8 – **Easter Egg Hunt** at Lakeside Park. Hunt begins promptly at 10:30

Apr. 15 – **Free Fishing Day** statewide. See [www.in.gov/dnr/fishwild](http://www.in.gov/dnr/fishwild) for more details.

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

Apr. 21 – **Earth Day Trail Clean-Up** meet at the Syracuse Community Center at 5pm, bring brooms.

Apr. 22 – **3rd Annual Tails and Trails** community dog walk, at the Syracuse Community Center at 3pm.

May 6 – **Bike Rodeo** in conjunction with Touch a Truck, at the Syracuse Community Center at 10am-2pm.

Every Wednesday – **Wednesday Walks** leaving from the Community Center at noon. If they are cancelled, it will be posted on Facebook.

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 Community Center  
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