



At the Trail Head . . .

by Kay Young, Committee Chair

We are more than half way through fall and by the time you receive this newsletter the leaves will have been raked and we will be anticipating cooler, maybe even cold days. But that does not mean we at the Trails have not been busy or that we will be slowing down.....

During the summer months we completed the St. Rd. 13 crossing at the corner of St. Rd. 13 and Pickwick Rd. This is a leg that will make crossing 13 safer for the trail that continues west to Wawasee High School and east down Pickwick and on around the lakes area. We also completed some repairs and final finish around the Syracuse Lake leg. This 5 mile section of trail is a really great place to start your trek with nice views and moderate hills.

If you are used to walking or biking the Pickwick/Eli Lilly

road section you will notice that on the curve as you are going east onto Eli Lilly that area that has been revamped with a new drain. Standing water after rain made the trail slippery as well as making the road wet and even icy in the winter months. Thanks to the county highway department for helping us with this problem and installing a drain to move the water away from the trail.

Tour de Lakes was a huge success this year with a record number of bikers riding the 3 different routes. Starting at the Syracuse Community Center a large number road the complete route going from Syracuse to Winona Lake and back. A large portion of the funds collected come back to the Trails committee for use building more trails.

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photo courtesy of The Mall Journal

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2018 will also be a busy year for us with 2 major projects planned

A safe trail along the Syracuse- Webster road from the high school down to the Brookpoint Inn is in the works for a spring 2018 start. This will service 3 of our major housing areas giving students of all age's access to the high school and new elementary school. Watch for more information on this project in the coming months.

After many months (years?) we finally have the design and permitting of Conklin Bay complete, now all we need are FUNDS! This 1.7 million dollar project starting at the south end of Harkless road and continuing to the area of the Sleepy Owl will provide a safe route down State Road 13 for bikers, runners and walkers. We are very excited that we are now in a position to start construction as soon as we have procured the

funds necessary. The cooperation of the town of Syracuse, the Indiana highway department, and the Wawasee Area Conservancy Foundation, whose property we will be going through has made this entire project possible. BUT, we need your help as well! Funds are what are needed now! Please consider making a donation to this project. We have many opportunities for matching funds currently attached to this project so every dollar you donate will be multiplied getting us closer to our goal to start construction in 2018! Need more information on how you can help....call the Trails office and Megan will be happy to fill you in on the details.

Our goal of connecting the lakes and the communities with safe trails for everyone is getting closer to being a reality....with your support we can continue to realize our goal.

Looking forward to seeing you.....on the TRAILS!

Couch to 5K success

by Megan McClellan

Before my daughter was born, I was a very active person. I participated in Zumba until I was 7 months pregnant and water aerobics till the weekend before her birth. After she was born, however, my priorities changed and when I was not at work, I didn't want to be anywhere but by her side. For some reason, I just couldn't lose the baby-weight.

When I got the position as director for this fantastic trail system, I thought I would finally be getting more exercise. Sadly though, a lot of my work is behind a computer: planning, organizing, and writing newsletter articles.

I started a walking group to get me out on the trails at least once a week. This was a great way to make connections with other trail users and get some movement in, but that weight stayed right where it was.

Friends of mine were runners and touted its many benefits, so I thought I would give it a try. About two blocks later, I decided running wasn't for me.

Then I saw an ad for a "Learn to Run" class. This sounded promising but was too far away to be practical. I was talking to Lyle Schrock one day and he said that he could lead a similar program called a Couch to 5K. I got it organized and we had a fantastic group of 6 women join us for the first class.

We met weekly and were supposed to run twice a week on our own. I admit that I did not always do all of the "homework" but finally the pounds started to come off and my confidence went up. In the end I even completed a 5K. I did not run the whole time but I am proud of what I accomplished. Not only that but my now 5-year-old daughter walked the 5K and after running through the finish



Pictured at the Blackburn Run for Others 5K in Winona Lake (from l-r): Megan McClellan, Amara McClellan, Lyle Schrock, and Kathie Wilber.

line she came up to me and said "Mommy, I'm a runner".

I am happy to announce that we will be having our second year of Couch to 5K classes, starting in May of 2018. The goal this year is to be ready for the Flotilla run on July 4th. If you would like to become a runner or shed a few pounds and gain confidence, give me a call to register.

If running is still a step away from where you are, consider joining us every Thursday for a half hour walk around Syracuse. We leave from the library at 9:45 and there is optional chair-yoga when we get back.

Enjoy the Holidays, and keep on moving!



Our thanks to Boy Scout Troop #728 who installed the kiosk at the East shore trailhead.



On the Trail

Taking a Look Back, Before Moving Forward

by Dr. Erick Leffler

As I look back to six years ago, I was searching for a new place to call home. I visited many communities in Illinois, Indiana, and Ohio. I always knew that being near water would be part of my decision in finding a new home, but I also wanted to move to an active community and one that allowed for many opportunities to be outdoors. After all, my profession as a Chiropractor is focused on 'Health through Movement' and living an active lifestyle. Syracuse clearly offered the water and 'lake life' opportunities, but what stuck out to me the most was the trail system around Syracuse Lake and along Eli Lilly Rd. I knew that any community willing to support a trail system would be both active and health conscious. So, the decision was made. I would be moving to the small town of Syracuse, IN!

Any of you who know me, know that I'm not typically one to sit idly by and watch things happen. I like to get involved in those things that I'm passionate about. Being that the trails system was one of the key factors in my decision to move here, I decided to join the committee to see how I could help us expand this system. Since joining the committee,

we have completed the trails around Syracuse Lake, installed sidewalks along Harkless Drive, inserted a cross walk across SR 13, widened trail along Eli Lilly Rd and completed the planning process for many exciting projects.

Among those projects are two of the most important projects to date. The first of which is a safe walkway for the children in our community along Syracuse-Webster Rd to the high school and new elementary school and the second is a boardwalk across Conklin Bay to the WACF property along SR 13. Both of these sections of trail will vastly improve the safety of our community members as they enjoy the beautiful lakes and outdoor activities that our town has to offer.

My wife and I just welcomed our first child, and I'm excited to think of the life and opportunities she will be able to have in this community. I will soon be walking along these amazing trails with her

safely by my side, all thanks to the volunteers in this community and the many supporters of our trail system. My family would like to thank each and every one of you for making Syracuse the great place that it is and for welcoming us into what will always be our home!



*Lauren Leffler and
daughter Millie*

Donations will be matched!!!

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

The Dekko Foundation will match your contribution to the Conklin Bay Trail, dollar-for-dollar. That means that your \$100 donation will be worth \$200 of beautiful boardwalk, connecting people to nature, WACF, and points south on Lake Wawasee.

Please make your contribution today.

Thank you!

Committee Members

Kay Young, Chairman
Dr. Tom Edington, Treasurer
Sam Leman
LuAnn Leatherman
Chad Jonsson
Jerry Wright
Bob Smith,
Dr. Erick Leffler

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 "Subscribe to the Trail's Newsletter" button on the top right. This will bring you to a se-

cure 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

Save the Date – 2018 Events

- January 27** – Winter Warm-up 5K, registration is now open
- April 20** – Earth Day Trail Clean-Up
- April 28** – Tails and Trails Community Dog Walk
- May 2- July 4** – Couch to 5k (end at Flotilla)
- May 5** – Bike Rodeo at Syracuse Park's Touch-a-Truck event
- July 14** – 8th annual Tour des Lakes bike ride, Registration is open at TourDesLakes.com
- Aug 5** – Car Show at Oakwood Resort
- October 21 and 22** – Falltastic Trail Walk at WACF



photo courtesy of The Mail-Journal

The Trail Committee meets on the 3rd Monday of each month at the trail's office (801 N. Huntington St) at 6pm. These are open to the public.

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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