



At the Trail Head . . .

by Kay Young, Committee Chair



2018 has been a very busy year for the Trails.... and with Fall in full swing, and winter coming you would think things were slowing down, but not so!

This year found us building trail from the Wawasee High School campus down Syracuse/Webster road to the Brookpointe Inn property to provide a safe way for the students that live in the area to access the elementary and high school campuses. With additional access through the Wawasee

Heights area you can access the Wawasee Village and the additional trails through Syracuse. It has been very exciting over the years to see our vision of a trail system continue to grow!

A continuation of that growth is the Conklin Bay segment that will connect the south edge of

Continued on page 2 ➤

We love the Syracuse-Webster Road Trail

by Jenni Flecker



The addition of a new trail along Syracuse-Webster Road has been a great addition to our community. Every morning when I drive to work, I would consistently see students walking on the road while cars had to swerve out of the way to miss them. Every day, I see a combination of mothers walking with strollers, joggers listening to music (without the fear of watching out for cars on the road), patrons walking their pets, and kids riding bikes and enjoying the outdoors. Personally, I enjoy going on a walk almost every evening into downtown Syracuse, but this was very unsafe before the trail was here.

One of the other great benefits of the trail is how well it has been constructed. The trail blends into the environment and looks like it has been around for many years. I am thrilled that we have this great benefit in our community and look forward to using the trails for many years to come!

At the Trail Head . . .

Continued from page 1

Syracuse out to the area of the Sleepy Owl. This segment will be a combination of trail and board walk and will meander through the wetlands of Conklin Bay and along State Road 13 on property owned by the Wawasee Area Conservancy Foundation. By using this path our walkers and bikers will be off the highway with safe access to the south side of Wawasee. We have received several grants that have boosted our fund for this section quite nicely but still are looking for funding before beginning this very important section of trail. Need more information on how you can help? Give the office a call and we will be happy to sit down with you to talk about our needs.

Other ways you can help see the Trails continue to grow and be used? Think about joining the Trails

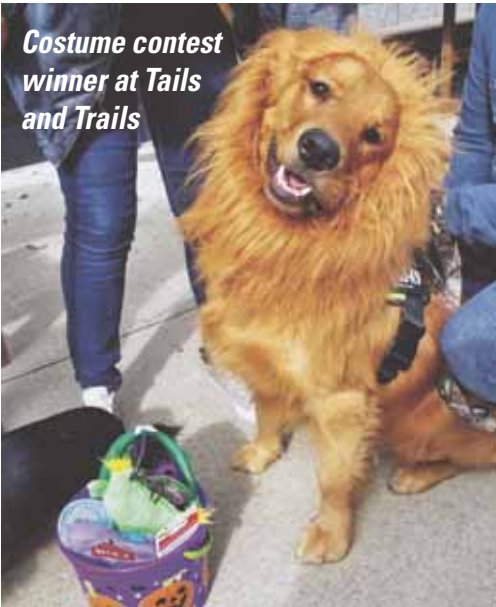
Committee, we need volunteers that are interested in the many facets of the Trails. From management, maintenance, fund raising, or helping with events, there is a place for anyone that is interested. For just a few hours a month you can become a big part of the success of the continuation of the Trails. Give us a call or email to find out how you can help.

With the foresight of the committee members that came before many of us currently on the board and the support of many of the area residents and philanthropic groups we are looking forward to 2019 and the expansion of our current trail system, and your support as well.

Best wishes for a great rest of 2018 and I hope tosee you on the trail soon!

On the Trail

Costume contest winner at Tails and Trails



Costume contest winner at Tails and Trails



Matching Gift Programs

Many employers sponsor matching gift programs and will match any charitable contributions made by their employees. To find out if your donation can be worth twice as much, check with your HR department today.

Committee Members

Kay Young, Chairman
Dr. Tom Edington, Treasurer

Sam Leman, LuAnn Leatherman,
Chad Jonsson, Jerry Wright,
Bob Smith, Dr. Erick Leffler,
Angie Racolta, Adam Richardson,
and Matthew Bochard

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 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 _____

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

Check here if your company matches funds.

Check here to receive information about planned giving.

Check here if you would like to volunteer.

Good Enough for a President

by Adam Richardson

“Walking is the best possible exercise. Habituate yourself to walk very far.”

Our third President, Thomas Jefferson, wrote these not-so-famous words back in 1785 while he served as our ambassador to France. While President Jefferson surely could not have envisioned the variety and vast numbers of exercises and athletic competitions available to us today, he was ahead of his time in realizing that

question the staying power, safety, and validity of any exercise regime that is proclaimed in big bold letters, flashy advertisements, and outlandish claims of turning you into a fitness model. Sure, walking isn't sexy. Never has been, never will, but isn't that the point? Going for a walk is whatever you need it to be. Need a way to relieve stress after a long day at work? Go for a walk. Want to have a nice conversation with a family member, with-

While my wife and I lived in Maryland we walked everywhere. Whether it was for a serene nature hike or down one of the many paved paths of our nation's capital, walking was equal parts exercise, entertainment, and relaxation. When we moved back to the area one of our biggest obstacles was finding safe places to walk. With the recent completion of the Syracuse-Webster Road portion of the trail, our family can now take safe



walks throughout the Syracuse area. Before the trail was built, we would always wave at the motorists who were polite enough to pull way over and slow down, now everyone can go about their day with a better sense of safety. Next time you see us give us a wave, we're the two adults with a stroller and a crazy black lab.

one can continue to exercise via walking, even long into their twilight years. Jefferson was an avid walker well into adulthood, only conceding to old age and resigning himself to horseback riding at the age of 68.

Many people scoff at the idea of walking for effective exercise, eschewing one of civilization's oldest healthy habits for trendier exercise fads. However, one must

out the interruptions of technology and life? Go for a walk. Need to cool off after an argument? Go for a walk. The natural, go at your own pace environment provided by walking molds itself to whatever you need it to be. Whether it's 5 minutes alone or a 5 hour hike, walking has been, and probably will always be, one of the best solutions to whatever life throws at you.

Get out there and see all that the Syracuse-Wawasee trail system has to offer. With over 19 miles of easily accessible trails, and more to come, this network of running, biking, and walking paths is an overlooked gem in our community. And the next time someone tells you that walking is so passe, tell them that if it is good enough for a president, then it is good enough for you.

