

# The Trailblazer Times



**TRAILBLAZERS**

Winter/Spring 2006



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**Mission:** Trailblazers are ambassadors promoting and maintaining Carmel Clay Parks and Recreation's trails and greenways for the benefit of the community.

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## **CENTRAL PARK OPENING – Spring 2007**

At the January meeting, Carmel Clay Parks Assistant Director, Michael Klitzing, gave an overview of the new park, which opens in a little over a year.

Central Park will encompass more than 161 acres and include both indoor and outdoor recreation facilities.

Additionally, the temporary bypass that has been created for Monon Trail users will remain intact.

To learn more about Central Park, just log onto the Carmel Clay Parks website at <http://www.ci.carmel.in.us/parks/>.

## **The Monon to be Featured in National Magazine**

Coming next winter to Rails to Trails magazine in Washington, DC, our very own Monon Trail will be featured in their guide. A photographer has been assigned to take some photos of our greenway and the story will be assigned to a reporter later this year.

**For more information, contact the Trailblazer President, Monty Degenhardt, at 317.501.4914 or e-mail him at [mgd@chefforhire.com](mailto:mgd@chefforhire.com).**

## **NEW TRAIL ADOPTION IS NOW UNDERWAY**

A special THANKS goes out to the Webber family who have devised a unique and valuable way for all trails users to get involved with their favorite trail – it's the new Trail Adoption Program!

Right now, most of the trail “adopters” are covering the largest of the Carmel Clay community trails, the Monon. This program has been devised to help keep our trails clean and to have fellow Trailblazers serve as Ambassadors in their preferred area(s). The trail “adopters” serve as the eyes and ears of that designated section for the public.

Trail “adopters” are asked to keep their self-designated areas free of debris, check bathrooms (if applicable) to ensure that facilities are in working order and to help keep the Carmel Clay Parks department aware of any broken or potentially hazardous items, such as burnt out lights, broken door locks, overgrown shrubbery, etc.

The maintenance department can be contacted at 317.371.4144 during regular business hours and after hours contact “Todd” at 317.710.5671 or Andrew Burnett at 317.710.5671.

There are still numerous sections of the Monon and other trails within the community that need Trail Adopters. **To get involved, please contact Al or Linda Webber at 317.848.2911.**

Your involvement is most appreciated and you and your adopted section will make many happy – not to mention you're getting some good exercise, meeting our friendly trail users and knowing that you are making a real difference!



## PRACTICE SAFE TRAVELS WHILE ON THE TRAILS AND STAYING MOTIVATED THROUGH THE WARMER WEATHER

Even though spring is just a few short weeks away, it's important to practice the following tips for cold-weather walking or running outdoors:

- ❖ Dress in layers and wear breathable fabric such as polypropylene, which wicks away moisture from perspiration;
- ❖ Avoid overdressing; you'll warm up with exercise. A good rule of thumb is to dress as though it were 20° warmer outside than it really is;
- ❖ Coat your face with a layer of petroleum jelly in extreme cold; and
- ❖ Run or walk in a direction which allows the wind to hit your back on the way home. This will help you avoid getting chilled from wind hitting you after you have perspired.

### Staying Motivated...

- ✓ **Set goals**, starting with simple ones and then progress to longer-range goals.
- ✓ **Choose an activity that fits your lifestyle** (prefer to workout in groups or solo; competitive vs. non-competitive activities, etc.). Check out the Carmel Clay Parks and Recreation department's Recreation Guide or log onto their website at <http://www.ci.carmel.in.us/parks/> to find out what activities you can sign up for and keep active.
- ✓ **Fit exercise into your daily routine.** Look for opportunities throughout your day to slip in some physical activity, such as going for a walk during your child's music lesson, parking further away from your office entrance or taking the stairs, instead of an escalator or elevator, etc.
- ✓ **Track your progress.** Assess your fitness level at regular intervals. Recording your efforts helps you work towards your goals and reminds you that you're making progress.
- ✓ **Reward yourself.** Work on developing an internal reward that comes from feeling of accomplishment, self-esteem and control of your behavior. Savor the good feelings that exercise gives you and reflect on what you've just accomplished.
- ✓ **Be flexible.** If you're traveling or you're especially busy on a certain day, it's okay to adapt your exercises. Be gentle with yourself if you don't feel up to exercising. The important thing is to get back on track, sooner than later.

## Things to Remember...



There are several parks and trails available to you, your friends and family to check out such as the following:

- ❖ Flowing Well Park – 5100 E. 116<sup>th</sup> Street (18 acres with a 1.5 mile walking trail, wetlands and access to Cool Creek)
- ❖ Meadowlark Park – 450 Meadow Lane (17 acres with a butterfly garden, paved path, picnic shelter and newer playground)
- ❖ Prairie Meadow Park – 5282 Ivy Hill Drive (5 acres with paved ½ mile circular path and native wildflowers and grasses)
- ❖ River Trail Greenway – 13410 River Road ( 2.5 miles with linear trail between 126<sup>th</sup> and 131<sup>st</sup> streets)
- ❖ West Park – 2700 W. 116<sup>th</sup> Street (80 acres with interactive water feature, children's prairie maze, sledding hill and walking path)

**For questions, please contact Lauren Walters (Carmel Clay Parks & Recreation) at [lwalters@carmel.in.gov](mailto:lwalters@carmel.in.gov) or Monty Degenhardt at [mgd@chefforhire.com](mailto:mgd@chefforhire.com).**