



SPRING 2016

FRIENDS OF THE FALLING WATERS TRAIL

www.fallingwaterstrail.org

BOARD OF TRUSTEES

Mark Ott, President
Todd Zeller, Vice-President
Amanda Newberry, Treasurer
Mistique Ott, Secretary
Brenda Konieczki, Trustee
Penny Rumsey, Trustee
Taylor Woodruff, Trustee

CALENDAR

- RSVP Annual Meeting
4/22/16
- Annual Meeting
5/3/16 5:30 PM
- Earth Day Celebration
4/23/16
- Community Bike Rally
5/14/16
- FWT RUN/WALK
10/2/16

The Falling Waters Trail is one of 131 Rail Trails in the Upper and Lower Peninsulas of Michigan. This 10.41 mile trail is part of over 1,431 miles of Rail Trails in the state.

NEW BATHROOM AT TEFT ROAD



After many years of research and fundraising efforts, the Friends of the Falling Waters Trail is proud to announce that a permanent bathroom will finally be installed at the Teft Rd parking lot this summer! Located where the port-o-potty has been for years, the new bathroom will be a single stall waterless vault-style bathroom made out of several tons of concrete. The CXT-brand buildings are high quality and have been installed in numerous national forests and national parks. Thank you to all who have donated to help make this possible!

ANNUAL MEETING

The Friends of the Falling Waters Trail will be holding our **annual meeting** on **Tuesday, May 3rd** at the **Cascades Manor House**. Light snacks and drinks start at **5:30pm** and dinner starts at 6pm. There will be a presentation by the County Parks department talking about the last year happenings on the trail as well as exciting current and future projects. Additionally, election of new board members will take place. As an additional fundraiser there will be a silent auction with proceeds going to the Friends of Falling Waters Trail.

Cost for the dinner is \$15, payable at the door. Please RSVP via email to fallingwatersmi@gmail.com by Friday, April 22.



Twitter: [@fallingwatersmi](https://twitter.com/fallingwatersmi)

facebook.com/FallingWatersTrail

www.fallingwaterstrail.org

email us at fallingwatersmi@gmail.com



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Although the Falling Waters trail is a county park, projects such as permanent bathrooms can only be done with funds we raise from you, the Friends of the Falling Waters Trail. Please graciously consider become a member.

Membership Form

| Select | Membership Type | Amount | Name | | | |
|--------|--------------------------------------|--------|-------------|-----|--|--|
| | Individual (Annual) | \$20 | Address | | | |
| | Family (Annual) | \$30 | City | | | |
| | Lifetime | \$200 | State | Zip | | |
| | Corporate | \$500 | Phone (Day) | | | |
| | Maintenance and Development Donation | \$ | (Evening) | | | |
| | Renewal | | E-Mail | | | |

[Newsletter by email only, unless specified that you do not have email]

Make your tax-deductible check payable to: Friends of the Falling Waters Trail and mail to: Friends of the Falling Waters Trail, c/o Jackson County Parks, 1992 Warren, Jackson, MI 49203

Donate using PayPal at www.fallingwaterstrail.org



FALLING WATERS TRAIL RUN/WALK 2016

The Falling Waters Trail Run/Walk (formerly the Wildlife Marathon) had its 7th running in early October and it was a huge success. Over 450 athletes participated in the 5K, 10K and the half-marathon that started at Concord High School and headed out to the trail. The weather was a little rainy and a little chilly, but that means perfect weather for racing. Many people ran their first race, and many ran personal bests as well. A big thank you goes out to all our volunteers, especially the Spring Arbor University Cross Country & Track teams, Concord High School Cross Country, and Jackson College Cross Country who worked road crossing and aid stations. The money raised is all going towards the Falling Waters trail, including the permanent bathroom soon to be installed at the Teft Rd parking lot as well as other future projects along the trail. Mark your calendar for **Sunday, Oct 2, 2016** for this year's race! More information including registration can be found at www.fwtrw.org.



www.fwtrw.org

Come see what are doing!

We formally invite any member or potential member to join us at any of our board meetings. They are held at the Jackson County Parks & Recreation Office, (Cascades Golf Course) 1992 Warren Ave, Jackson. Meetings start at 6pm.

Upcoming 2016 Meeting Dates

- April 5
- May 3 (Annual Meeting)
- June 7
- August 2

How do you cast your shadow on the Falling Waters Trail? Tell us your story and we may publish in upcoming newsletters. Send your submission to us at fallingwatersmi@gmail.com

We are always looking for volunteers to help with fundraising, advertising, or any other talent you are willing to contribute! Drop us a line at fallingwatersmi@gmail.com

TRAIL CONNECTOR UPDATE

Funds for the Kibby Road connector trail, which connects the Dr. Martin Luther King Jr. Equity Trail to Sparks Park, have been procured from the state and local sources. This connector trail is planned to be complete during the summer of 2017. Jackson County Parks has completed the RFQ's (request for quotation) and they are currently working to complete the needed engineering studies. We can't wait to see the positive impact this trail provides!



EARN YOUR HIKING BADGE ON THE TRAIL

Attention all Scout Leaders, Falling Waters trail is a great place to earn your hiking badge. The trail is a safe, paved trail that is accessible to all. You can find a wide variety of plants, insects, and wildlife available for inspection. Pack a lunch and take a pit stop at the isthmus picnic tables looking out a Lime Lake. Contact us at fallingwatersmi@gmail.com to set up a guided tour.



CHIPMUNKS ON THE TRAIL

The chipmunk, whose lifespan is around 3 years, run 3-5 mph and have a shrill bird like chirp. They are known as the housekeeper squirrel due to the animals' role in plant dispersal through their habit of collecting and storing food for winter use. Chipmunks live in underground burrows up to 11 feet long divided into chambers for nursery, food storage resting area etc. During the summer and fall the omnivore chipmunks gather up to 8 pounds of food (insects, nuts and fruit) and store it for the winter. They carry the food to the burrow in their cheeks that can expand three times the size of their head. Eastern chipmunks hibernate, staying in the burrows until spring. They have 2-8 kits in a litter twice a year, once in early spring and again in early summer.



SPRING FITNESS

Besides planning healthy meals and tracking calories, consider including the Falling Water Trail (FWT) in your spring fitness plan. The FWT is a great way for people of all ages and fitness levels to incorporate a beautiful and scenic background into their exercise routine. Being on the FWT is such a peaceful and enjoyable experience, you will hardly realize you are burning calories.

Here are some fitness options you and your family can enjoy on the trail:

- Walking and/or speed-walking
- Running or jogging
- Biking
- Exercising your dog
- Strolling your baby, grandchild, or your neighbor's child
- Roller blading
- Horseback riding
- Rehabilitation - the flat surface is perfect for walkers or crutches as part of your rehab plan

The number of calories burned in a workout is influenced by body weight, intensity of the exercise, conditioning level, and metabolism. Losing weight and getting fit on the FWT doesn't have to be a chore. Several applications ("apps") are available to help you calculate the number of calories burned based on your weight, height, gender, and the duration of your workout. "Map My Walk" and "My Fitness Pal" are two such apps.

However you plan to enjoy the trail, we hope to see you out there soon! And share your pictures on our Facebook page!

