## Richfield's Trail System

## **Mayor's Fitness Challenge**



Richfield Village in cooperation with University Hospital are the sponsoring organizations.

Health & Fitness & Nature

The Mayor's Fitness Challenge was started to promote a healthy lifestyle and exercise in the community..

The program was started in 2013.

**Summit County** 



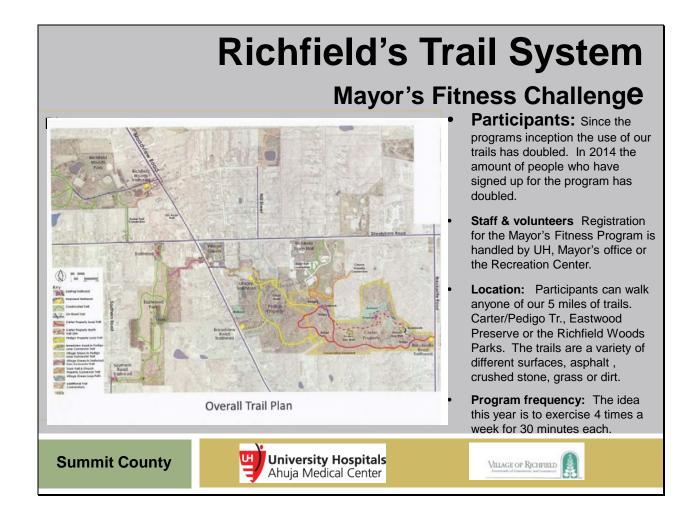


**MAYOR'S FITNESS CHALLENGE:** The program was started when the Village of Richfield partnered with University Hospital as our medical advisor to our Fire Department. UH offered to work with the Mayor on a fitness program that included so many hours a week of exercise. Mayor Beshara started a regular walk program on our trails the first year (also included any fitness program you participate in) this could be private, Zumba, Jazzercise etc.

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The Village of Richfield is lucky to have 5 miles of trail connections in our park system. This includes the Carter/Pedigo Trail, Eastwood Preserve and Richfield Woods Park with the connector trail, Parker/Serdinak Trail.

Our Eastwood Trail system goes past our community gardens and at any given time you can stop and chat with any one of our gardeners. We have also had a number of Eagle Scout projects that have provided us with what we call the "Eagle Bench" which have been placed in numerous locations throughout our trail.

We have at all of our trails great trailheads where people can leave their cars and walk that particular trail or to any of our other trails.

All of our trails are walkable but not all are handicapped accessible because of the terrain. Maintenance of the trails is a "chore". The bridges on the Carter/Pedigo trail limit vehicle

accessibility.



Mayor Beshara has partnered with University Hospitals to promote fitness in the community. We have had a mile trail in our original trails at Richfield Woods. As we have purchased and developed more Parks we have included a trail system on each of them. We have also had the insight to plan connector trails to make it easier for walkers to walk all the trails if they so desire.

We have seen an increase in park use because of the trail but we have noticed that it is not only the "young " who are using the trails but the more "mature" residents who are walking on a regular basis. By providing a constructed trail that is used regularly we have provided a safe environment not only in the type of path they are walking on but also that there is enough traffic on the paths that you will pass by someone while walking.

With the Mayor's Fitness Challenge we have encouraged residents to form groups. These groups then have the opportunity to meet their neighbor(s) or someone new in the community, it has become a great social scene.



We post pictures of the event on our Facebook



The lesson learned the first year was that we needed to make the participant have flexible time to complete the requirements. Doing a set walk time did not allow for enough participation. In 2014 the requirement was expanded as to require more activity to promote better fitness.

The setting is in the heart of suburbia....

- -Richfield Village is very lucky that we have had a multi-purpose trail attached to our comprehensive land use plan.
- -Project Story: The Fitness Challenge was started in 2013 when the Village of Richfield partnered with University Hospitals as our medical advisor to our Fire Department. They expressed the idea to the Mayor and then ran with it. Ever since they have supplied t-shirts each year as well as donated pedometers and this year duffle bags if you complete the Challenge requirements.