Pumpkinvine Trail Talk

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April 2007

Commissioners approve grant applications

The Elkhart County Commissioners approved two transportation enhancement grant applications for the Pumpkinvine Nature Trail at their February meeting. The Elkhart County Park department submitted both applications.

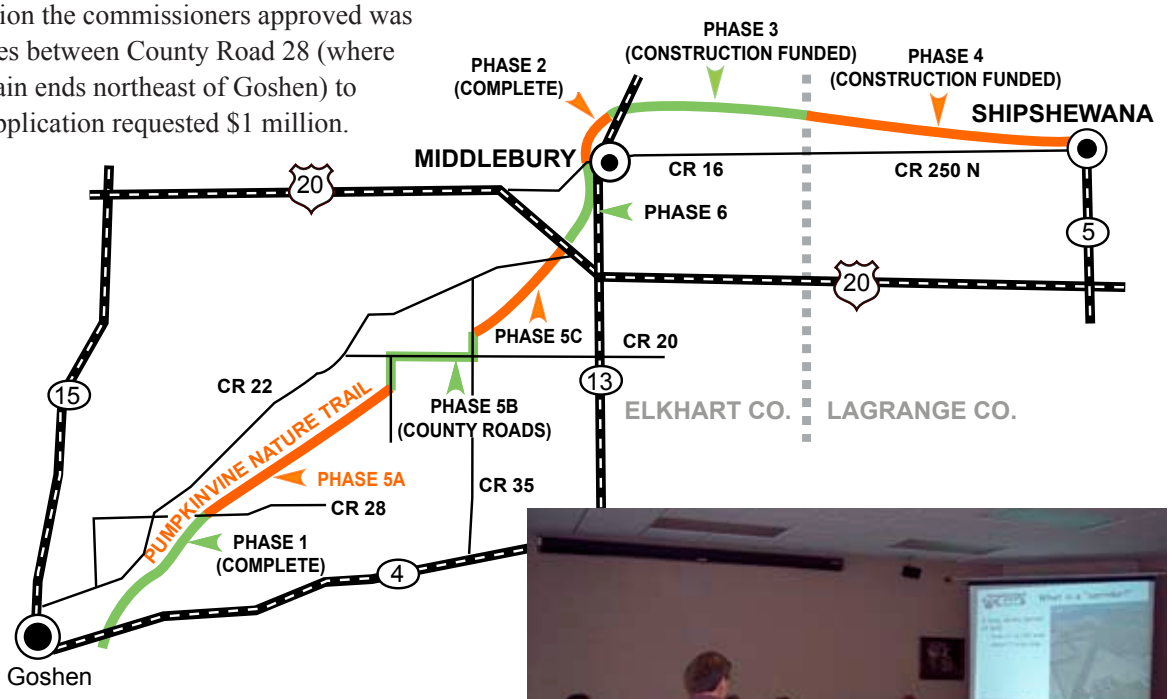
The first application requested supplemental funds for phase 3 of the Pumpkinvine corridor from York Drive in Middlebury to the LaGrange County line. This section was funded earlier with $565,420 transportation enhancement grant, but careful review by the park board's engineering consultant and the Indiana Department of Transportation (INDOT) suggested that another $300K would be needed to complete the project as specified.

The second application the commissioners approved was for phase 5A for 3.4 miles between County Road 28 (where the current developed train ends northeast of Goshen) to County Road 33. This application requested $1 million.

These transportation enhancement applications follow the one for phase 6 submitted by the town of Middlebury last fall for nearly $1 million to construct a 1.2 mile section from Wayne Street to south of US 20. That application includes plans for tunneling under US 20, if funding allows.

The applications require the approval of the highest elected official in the area receiving the grant, i.e., the county commissioners, in order to eligible for submission to INDOT.

Notification from INDOT as to who will be awarded grants is expected in the third quarter, 2007.



INSIDE: RESERVATION FORM FOR THE 2007 ANNUAL FRIENDS MEETING
Tuesday, April 24, 2007, 6:30 p.m.
Greencroft Senior Center, Goshen, Ind.

Jim Smith presents to the Elkhart County Commissioners at their February meeting. Photo by Bob Carrico

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Friends of the Pumpkinvine Nature Trail, Inc. are cyclists, hikers, equestrians and naturalists who are working with area park departments to create a linear park and greenway on the former Pumpkinvine corridor between Goshen, Middlebury and Shipshewana, Ind.

Learn more about the Pumpkinvine and Rails to Trails issues, or see back issues of our newsletter at: **www.pumpkinvine.org**

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From the president

Exercise your brain: walk the Pumpkinvine

Recently, I started taking a 15-minute walk at noon around the neighborhood where I work. As a result I found that I was noticeably more alert and productive in the afternoon.

What I discovered about the benefits of walking was the subject of the cover story of the March 26, 2007 issue of *Newsweek.* It reports that scientists are making the case for a direct connection between exercise and physical and mental well being. We've know for years about the physical benefits of exercise, but the mental well being is something new.

Under the headline, "Exercise and the Brain" is the subhead: "We know that working out is good for the body. But now research says it also makes us smarter—and may help fight breast cancer and Alzheimer's."

Well, I can't claim a leap in I.Q. because of walking 15 minutes at the lunch hour, but I can tell a difference in my productivity.

These articles, and many others, point out that walking is one of the best ways to get exercise because you can do it in short bursts any time of the day.

"Walking is often underrated as a form of exercise, but it is something nearly everyone can do," one article says. "All you need is decent shoes; no workout gear or showering afterward is required. Walking slowly burns about five calories per minute, walking briskly burns seven calories per minute and jogging burns roughly nine calories per minute" (*Newsweek,* March 26, 2007, p. 63).

Walking has many benefits.

- It lowers your blood pressure.
- It reduces levels of bad cholesterol.
- It enhances stamina and energy.
- It is easy on your joints, i.e., doesn't abuse your knees like jogging.
- It can be done at all ages.
- It doesn't require any special skills or training.
- It can be done anywhere there's open space.
- It strengthens bones and raises the heart rate.
- And now scientists say it might make you smarter.

Naturally, I think the Pumpkinvine is an ideal place to walk and enjoy these benefits. Many of you agree with me. When I walk or ride on the trail, I estimate that two thirds of the people I see are walkers or joggers and one third cyclists. (According to a survey[1] done in September and October 2000, walkers make up about 38 percent of the users on the Goshen section, joggers 20 percent and cyclists 40 percent.)

If walking on the Pumpkinvine isn't possible, be creative and walk during the day or around your neighborhood in the evening.

Walking with others is also fun. That's another incentive: join us for a walk on the Pumpkinvine on National Trails Day, June 2. An article in this issue gives the details of the walk. It will be good exercise and give you a better idea of the potential of using the Pumpkinvine corridor in Middlebury for walking your way to health.

– John D. Yoder

[1]The study was done by the Eppley Institute for Parks & Public Lands School of Health, Physical Ed. & Recreation, Indiana University Bloomington and the Center for Urban Policy & the Environment School of Public & Environmental Affairs Indiana University Purdue University Indianapolis.

Friends' annual dinner and meeting April 24

What happened in the development of the Pumpkinvine nature Trail in 2006? The board of the Friends would like to tell you about it in person.

You are invited to the 6th annual dinner and meeting of the Friends of the Pumpkinvine Nature Trail, Tuesday, April 24, 2007, at the Greencroft Senior Center located at 1820 Greencroft Blvd. in Goshen. The doors will open at 6 p.m. for light refreshments and viewing exhibits. The dinner meeting will start at 6:30 p.m. sharp and last about two hours.

Our guest speaker this year is Ray Irvin, director of Greenways and Bikeways for the Indiana Department of Transportation. Governor Mitch Daniels appointed Irvin to this new position in 2006. Before undertaking his new position, Irvin was the greenways administrator for the City of Indianapolis. Many are aware of the Monon Trail in Marion County, one of the trails for which Irvin was responsible.

In his new position, Irvin's challenge will to help the state of Indiana accomplish on a broad scale what the City of Indianapolis was able to do in developing trails and greenways for its citizens.

The meeting also will include a "state of the trail" presentation, bringing you up-to-date on the progress made since the last annual meeting.

Please make this annual meeting a priority in your busy schedule. Bring a friend interested in promoting greenways in our area. The cost of the meal (including gratuity) is $22. You can make reservations by returning the form at the bottom of this page.

After dinner, there will be a drawing for a variety of prizes.

Please complete the reservation form. Make your check to "Friends of the Pumpkinvine." Then as soon as possible, send both your reservation form and check to Friends of the Pumpkinvine, P.O. Box 392, Goshen, IN 46527-0392. If you cannot attend the meeting, please consider sending a gift in your place. All donations are tax-deductible and go entirely for direct project expenses. We have no paid staff.

For questions, please do not hesitate to contact Jim Smith (kneesrus@comcast.net and 574-533-7862).

Friends of the Pumpkinvine Annual Meeting & Dinner

Greencroft Senior Center, 1820 Greencroft Blvd., Goshen, Ind.

Tuesday, April 24, 2007; doors open at 6 p.m., dinner at 6:30 p.m.

NAME(S): _____

ADDRESS: _____

CITY / STATE / ZIP: _____

PHONE: _____ E-MAIL: _____

Send in your reservation as soon as possible to secure your place at the table.

- Circle the number of tickets and write a check for that amount.
- Make check payable to: Friends of the Pumpkinvine.
- Mail to:
  FRIENDS OF THE PUMPKINVINE
  P.O. BOX 392
  GOSHEN, IN 46527
- No refunds after April 11.
- Your ticket(s) will be mailed to you. (For reservations received after April 11, tickets will be available for pickup at the Greencroft Center after 6 p.m. the evening of the annual meeting and dinner.)

Ticket Calculator
1 x $22 = $22
2 x $22 = $44
3 x $22 = $66
4 x $22 = $88

Can't attend? Please consider making a tax-deductible gift to the Friends.

- Enter your name and address above. Indicate the amount of your gift.
- Make check payable to: Friends of the Pumpkinvine.
- Mail check and this form to: Friends of the Pumpkinvine, P.O. Box 392, Goshen, IN 46527-0392
- A receipt will be sent to you for your gift.

8th annual bike ride June 16

Get your summer started right. Join other cyclists from around the Midwest who will ride the 8th annual Pumpkinvine Bike Ride June 16. There are two staging areas for the ride (Goshen's Abshire Park and Shipshewana's soccer field) and five routes to choose from (22, 42, 65 and 102 mile loops, plus a 15-mile Country-Life loop).

Special features of the ride include:

- Excellent SAG stops with cyclist-specific food and drinks, restrooms and biker assistance.
- Homemade pie with Vic's ice cream at the end of the ride.
- Free massages (Goshen staging area only).
- Opportunity to see working farms with horses, foals, sheep, goats and cattle.
- The Country-Life loop has optional stops to visit a Shetland and miniature pony farm, an Amish owned and operated bike shop.
- Colorful short-sleeved T-shirts available for purchase.

Proceeds from the ride support the Friends of the Pumpkinvine Nature Trail, Inc., in their efforts to convert the 17-mile Pumpkinvine corridor into a linear park.

Cost of the ride is $18 by May 30 and $23 after May 30. Family registration is $36 by May 30 and $46 after May 30. T-shirts are $10.

For more information and maps of all the routes, check our web site: **www.pumpkinvine.org** or contact Bob Carrico at **(574) 266-1362** or **rjcarrico1@verizon.net.**

REGISTER EARLY … SAVE MONEY!
To be sure to get this year's commemorative T-shirt, preorder on the Bike Ride registration form.

National Trails Day hike planned for June 2

For the first time, the Middlebury Parks and Friends of the Pumpkinvine Trail are sponsoring a hike on the Pumpkinvine corridor on National Trails Day, June 2, 2007. The walk will showcase the finished section of the Middlebury Greenway from York Drive to Wayne Street and the unfinished section from Wayne Street to U.S. 20, for which the Town of Middlebury recently applied for funding to develop.

The total distance of the hike will be approximately 3.7 miles and last about an hour and a half. Hikers may choose to walk the entire distance or just walk as far as they are able. There will be two starting times: 9 and 11 a.m. No advanced registration is needed.

The hike will begin at the American Legion parking lot at the corner of York Drive and S.R. 13 on the north side of Middlebury. Members of the Middlebury Park Department and the Friends of the Pumpkinvine Nature Trail will lead the hike. Light refreshments will be served at the end of the hike.

This hike will be a great opportunity to meet others in the Elkhart County area who are interested in hiking and walking. Join us for a relaxing walk on the Pumpkinvine corridor.

National Trails Day is celebrated nationally at thousands of events. It was created to

- Promote public awareness of and appreciation for America's trails and the people who build and maintain them.
- Promote the health benefits of trails.
- Build partnerships among trail groups, businesses and public land managers.
- Encourage cooperative efforts among the various trail users, including hikers, bicyclists, equestrians, walkers and other.

National Trails Day is organized by the American Hiking Society, a national nonprofit organization dedicated to establishing, protecting and maintaining America's foot trails. For more information see **www.AmericahHiking.org.**

Friends give sponsors recognition

The Friends of the Pumpkinvine Nature Trail have initiated a corporate sponsorship program that gives visibility to local businesses and organizations that support the Friends financially. Their names and logos appear in this newsletter for the first time.

Sponsors will receive recognition through a display of their organization's name and logo in a variety of ways, depending on the level of their contributions. Examples include: The Friends' web site: www.pumpkinvine.org; the Friends' newsletter, *Pumpkinvine Trail Talk;* the Pumpkinvine bike ride brochure; signs at SAG stops during the bike ride; an insert in the annual meeting packet; and other forms of special recognition at the annual meeting.

"We encourage our members to support these sponsors who are making a significant contribution to the financial health of the Friends," said Jim Smith, Friends executive director.

The 12 organizations who are sponsors for 2007 are:

Platinum Level

- Subway Restaurants, Goshen area

Gold level

- Jayco, Middlebury
- Miller Poultry (Pine Manor, Inc.), Orland
- Team:Bariatrics, Center for Weight Reduction & Get Fit/Get Healthy, Goshen Health System

Silver level

- Dairy Queen, Goshen/Middlebury
- Elkhart County Convention and Visitors Bureau

Bronze level

- DLZ Indiana, LLC, Ft. Wayne
- Essenhaus, Inc., Middlebury
- Goshen Community Bank
- Greencroft Middlebury
- Raymond James
- Michiana Bicycle Association, Granger

If your organization is interested in becoming a Friends' sponsor, contact Jim Smith at **kneesrus@comcast.net** or **(574) 536-7033**.

You may become a member of the Friends of the Pumpkinvine Nature Trail, Inc. or renew your membership by completing the form below. Your tax-deductible donation will be used to complete the Pumpkinvine Nature Trail and toward paying the day-to-day expenses of the Friends of the Pumpkinvine Nature Trail, Inc. No officers receive remuneration.

By showing your membership card, you will be eligible for discounts on specified purchases at the following area bicycle shops: Elkhart Bicycle and Fitness, Elkhart; Family Bicycle, Elkhart; Lincoln Avenue Cycling and Fitness, Goshen; and House of Bicycles, Osceola.

Don't forget your membership dues!

If the date on the label of this newsletter has passed, it's time to renew your membership in the **Friends**. Membership levels are:

☐ Individual $30 ☐ Family $40 ☐ Sustaining $60 ☐ Contributing $100 ☐ Patron $250

☐ Benefactor $500 ☐ Benefactor Bronze $1,000 ☐ Benefactor Silver $2,500 ☐ Benefactor Gold $5,000 ☐ Benefactor Platinum >$5,000

Send your membership payment to:

Friends of the Pumpkinvine Nature Trail • P.O. Box 392 • Goshen, IN 46527

Name _____

Address _____

City _____ State _____ Zip code _____

Phone _____ Fax _____ E-mail _____

Non-Profit
Organization
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PAID
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Goshen, IN 46527

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Pumpkinvine
Nature Trail
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