



## Central New York Trails Day

Sponsored by the NYS AHPERD Central North Zone

& BRiDGES to Prevent Tobacco

- On, **Saturday, January 28, 2012, from 10:00am to 1:00pm** Central New York is featuring three (3) trail systems for families to use for snowshoeing. Each trail will offer free equipment. Hot chocolate and granola bars will be available. This is a tobacco- free event.
  - Our mission is to promote outdoor adventure activities that can be enjoyed by the entire family and expose individuals to the public trail systems available in Central New York.
  - Our goal is to promote life-time fitness activities that can be enjoyed by family and friends while meeting our Physical Education NYS Standard #3: Utilizing our community resources. We hope that your family will explore a new trail each week while creating a positive healthy and active lifestyle through enjoyment of the outdoors.
1. **BREIA Trails in Alder Creek, 9338 Egypt Road, Boonville, N.Y. 13309** will provide snowshoes and some instruction. Meet at the warming hut to pick up equipment. The BREIA trail offers many 1 ¼ mile loops totaling approx. 6 miles of trails for all fitness levels. For more information call Elaine at 733-7978.
  2. **Highland Forest, 1254 Highland Forest Road, Fabius, NY 13063** will provide snowshoes. For more information call Meg Gibbons at (603) 361-0918 or Steve Yarnell at 656-0812.
  3. **Root Glen in Hamilton College, Clinton, NY** For more information call Christina Buschmann at 404-3846. Christina will provide snowshoes.

**\*Please bring this flyer with you and present for entrance to event!**

This is a **FREE** event offered to all who are interested in coming out to enjoy some aerobic winter fun!



Hope to see you on January 28th!

