

HEALTHRIDGE WALKING CLUB

2024 SCHEDULE

May 7 - Oct 24, 2024

Tuesdays and Thursdays

5:45 - 6:30 pm (45-minute walks)

Walk Leader and Contact:

Laurie Abrams 765.521.1216 (wk.) or 765.524.4928 (cell)



COME JOIN THE FUN! IT'S FREE!
ALL WALKS are LOCATED IN NEW CASTLE, INDIANA

WALK ROTATION DESCRIPTIONS:

#1 - Location: Baker Park (located on Trojan Lane - South of I Avenue and East of Main Street)

Description: This 45-minute fitness walk consists of paved surfaces and sidewalks that interconnect and stroll through the easily accessible, bustling urban Baker Park

Meeting Place: Meet at the main screened-in shelter located in the center of Baker Park

#2 - Location: Wilbur Wright Trail 103 (at State Road 103: **Walking East**)

Description: This 45-minute fitness walk consists of walking on the newest stretch of the Wilbur Wright Walking/Biking Trail. It is a paved surface and strolls through a beautiful wooded area on the edge of town. It has mild rolling hills that help make this slightly more challenging, and oh so beautiful to experience.

Meeting Place: Meet at the Wilbur Wright Trailhead (starting at SR 103 and walking East)

#3 - Location: South Mound Cemetery (Bundy Street Entrance)

Description: This 45-minute fitness walk consists of paved surface access roads that interconnect within the beautiful, gentle rolling hills and landscaped gardens throughout South Mound.

Meeting Place: Bundy Street cemetery entrance - You can park on the adjoining side street that runs East and West, and walk in from the Bundy Street entrance to meet directly beyond the gates

#4 - Location: Memorial Park North (Walking **North side** of park)

Description: This 45-minute fitness walk consists of meandering hard-surface park access roads, which weave through the beautiful and lush Memorial Park.

Meeting Place: Meet in front of Doughboy @ Smith Building in Memorial Park

#5 - Location: Wilbur Wright Trail Garner (at Garner Street Trail Head)

Description: This 45-minute fitness walk consists of walking through farm-fields and beautiful wooded areas on a hard-surface walk/bike trail that parallels an historic, operational railroad via Norfolk Southern Railway.

Meeting Place: Meet at the Wilbur Wright Trailhead on Garner Street, which adjoins the gravel parking area

#6 - Location: Forest Ridge Medical Pavilion

Description: This 45-minute fitness walk consists of walking on paved lots and road surfaces that curve up the hill overlooking a pond, entering into the charming wooded drive/parking area of Forest Ridge Senior Living.

Meeting Place: Meet at the Forest Ridge Medical Pavilion in the back parking lot (on the back row), which overlooks the pond

#7 - Location: Westwood Park

Description: This 45-minute fitness walk consists of walking on paved lots and road surfaces that meander through the gorgeous wooded Westwood Park and overlook Westwood Lake. There is a \$5.00/car entrance fee, if you do not have an annual season pass. Annual season pass cost: \$35.00 per family (or car).

Meeting Place: Meet at the upper parking area that overlooks the lake and lake access, next to the main shelter house in Westwood Park (opposite side from campground)

#8 - Location: Wilbur Wright Trail 103 (at State Road 103: Walking **South West**)

Description: This 45-minute fitness walk consists of walking on the newest stretch of the Wilbur Wright Walking/Biking Trail. It is a paved surface and strolls through a beautiful wooded area on the edge of town. It has mild rolling hills that help make this slightly more challenging, and oh so beautiful to experience.

Meeting Place: Meet at the Wilbur Wright Trailhead (starting at SR 103 and walking East)

#9 - Location: Memorial Park South (Walking **South side** of park)

Description: This 45-minute fitness walk consists of meandering hard-surface park access roads, which weave through the beautiful and lush Memorial Park.

Meeting Place: Meet in front of Doughboy @ Smith Building in Memorial Park

May

- Tuesday, May 7: **#1 Baker Park**
- Thursday, May 9: **#2 Wilbur Wright - 103 (walk E)**
- Tuesday, May 14: **#3 South Mound**
- Thursday, May 16: **#4 Memorial Park (walk N side)**
- Tuesday, May 21: **#5 Wilbur Wright - Garner**
- Thursday, May 23: **#6 Forest Ridge**

- Tuesday, May 28: **#7 Westwood Park**
- Thursday, May 30: **#8 Wilbur Wright 103 (walk SW)**

June

- Tuesday, June 4: **#9 Memorial Park (walk S side)**
- Thursday, June 6: **#1 Baker Park**
- Tuesday, June 11: **#2 Wilbur Wright - 103 (walk E)**
- Thursday, June 13: **#3 South Mound**
- Tuesday, June 18: **#4 Memorial Park (walk N side)**
- Thursday, June 20: **#5 Wilbur Wright - Garner**
- Tuesday, June 25: **#6 Forest Ridge**
- Thursday, June 27: **#7 Westwood Park**

JULY

- Tuesday, July 2: **#8 Wilbur Wright 103 (walk SW)**
- Thursday, July 4: **No Walk Today!**
- Tuesday, July 9: **#9 Memorial Park (walk S side)**
- Thursday, July 11: **#1 Baker Park**
- Tuesday, July 16: **#2 Wilbur Wright - 103 (walk E)**
- Thursday, July 18: **#3 South Mound**
- Tuesday, July 23: **#4 Memorial Park (walk N side)**
- Thursday, July 25: **#5 Wilbur Wright - Garner**
- Tuesday, July 30: **#6 Forest Ridge**

AUGUST

- Thursday, August 1: **#7 Westwood Park**
- Tuesday, August 6: **#8 Wilbur Wright 103 (walk SW)**
- Thursday, August 8: **#9 Memorial Park (walk S side)**
- Tuesday, August 13: **#1 Baker Park**

- Thursday, August 15: **#2 Wilbur Wright -103 (walk E)**
- Tuesday, August 20: **#3 South Mound**
- Thursday, August 22: **#4 Memorial Park (walk N side)**
- Tuesday, August 24: **#5 Wilbur Wright - Garner**
- Tuesday, August 29: **#6 Forest Ridge**
- Thursday, August 31: **#7 Westwood Park**

SEPTEMBER

- Tuesday, September 5: **#8 Wilbur Wright 103 (walk SW)**
- Thursday, September 7: **#9 Memorial Park (walk S side)**
- Tuesday, September 12: **#1 Baker Park**
- Thursday, September 14: **#2 Wilbur Wright -103 (walk E)**
- Tuesday, September 19: **#3 South Mound**
- Thursday, September 21: **#4 Memorial Park (walk N side)**
- Tuesday, September 26: **#5 Wilbur Wright - Garner**
- Thursday, September 28: **#6 Forest Ridge**

OCTOBER

- Tuesday, October 3: **#7 Westwood Park**
- Thursday, October 5: **#8 Wilbur Wright 103 (walk SW)**
- Tuesday, October 10: **#9 Memorial Park (walk S side)**
- Thursday, October 12: **#1 Baker Park**
- Tuesday, October 17: **#2 Wilbur Wright -103 (walk E)**
- Thursday, October 19: **#3 South Mound**
- Tuesday, October 24: **#4 Memorial Park (walk N side)**
- Thursday, October 26: **#5 Wilbur Wright - Garner**

**PLEASE CHECK BACK IN MARCH, 2025,
FOR AN UPDATED HEALTHRIDGE
WALKING CLUB 2025 SCHEDULE!**