

HealthRidge Walking Club



May 2 - Oct 26, 2023

Tuesday & Thursday Evenings

5:45 - 6:30 pm



The HealthRidge Walking Club (formerly known as HealthRidge Hiking Club) is a community outreach to improve the health of Henry County residents and HCH team members.

Who Can Participate:

Anyone, ages 13+, who wants to enjoy the benefits of fitness walking (hard-surface walks) may participate.

What to Expect:

Schedules including location, walk description and meeting place will be available March 1, 2023, on line at hchcares.org or at HealthRidge. All walks approximately 45 minutes and moderately paced. Locations will be varied all around New Castle.

Pre-registration Required:

Preregistration is open from Feb 1-April 30. Preregistration is required. To preregister contact HealthRidge at 765.521.1216 or email labrams@hcmhcares.org.



Tuesday, May 2, 2023

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

Location: Baker Park, New Castle, IN (located on Trojan Lane - South of I Avenue and East of Main Street)

Meeting Place: Meet at the main screened-in shelter located in the center of Baker Park at 5:45 pm.

Thursday, May 4, 2023

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.

Location: Wilbur Wright Trail (at State Road 103), New Castle, IN

Meeting Place: Meet at the Wilbur Wright Trailhead (starting at SR 103) at 5:45 pm.

Tuesday, May 9, 2023

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.

Location: South Mound Cemetery, New Castle, IN (Bundy Street Entrance)

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 at 5:45 pm.

Thursday, May 11, 2023

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

Location: Memorial Park, New Castle, IN

Meeting Place: Meet in front of Doughboy @ Smith Building in Memorial Park at 5:45 pm.

Tuesday, May 16, 2023

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 Northfolk Southern Railway.

Location: Wilbur Wright Trail (in front of YMCA), New Castle, IN

Meeting Place: Meet at the Wilbur Wright Trailhead, which adjoins the YMCA Parking Lot at 5:45 pm.

Thursday, May 18, 2023

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.

Location: Forest Ridge Medical Pavilion, New Castle, IN

Meeting Place: Meet at the Forest Ridge Medical Pavilion in the back parking lot (on the back row), which overlooks the pond, at 5:45 pm.

Tuesday, May 23, 2023

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).

Location: Westwood Park, New Castle, IN

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) at 5:45 pm.

Thursday, May 25, 2023

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

Location: Baker Park, New Castle, IN (located on Trojan Lane - South of I Avenue and East of Main Street)

Meeting Place: Meet at the main screened-in shelter located in the center of Baker Park at 5:45 pm.

Tuesday, May 30, 2023

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.

Location: Wilbur Wright Trail (at State Road 103), New Castle, IN

Meeting Place: Meet at the Wilbur Wright Trailhead (starting at SR 103) at 5:45 pm.

Thursday, June 1, 2023

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.

Location: South Mound Cemetery, New Castle, IN (Bundy Street Entrance)

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 at 5:45 pm.

Tuesday, June 6, 2023

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

Location: Memorial Park, New Castle, IN

Meeting Place: Meet in front of Doughboy @ Smith Building in Memorial Park at 5:45 pm.

Thursday, June 8, 2023

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 Northfolk Southern Railway.

Location: Wilbur Wright Trail (in front of YMCA), New Castle, IN

Meeting Place: Meet at the Wilbur Wright Trailhead, which adjoins the YMCA Parking Lot at 5:45 pm.

Tuesday, June 13, 2023

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.

Location: Forest Ridge Medical Pavilion, New Castle, IN

Meeting Place: Meet at the Forest Ridge Medical Pavilion in the back parking lot (on the back row), which overlooks the pond, at 5:45 pm.

Thursday, June 15, 2023

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).

Location: Westwood Park, New Castle, IN

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) at 5:45 pm.

Tuesday, June 20, 2023

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

Location: Baker Park, New Castle, IN (located on Trojan Lane - South of I Avenue and East of Main Street)

Meeting Place: Meet at the main screened-in shelter located in the center of Baker Park at 5:45 pm.

Thursday, June 22, 2023

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.

Location: Wilbur Wright Trail (at State Road 103), New Castle, IN

Meeting Place: Meet at the Wilbur Wright Trailhead (starting at SR 103) at 5:45 pm.

Tuesday, June 27, 2023

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.

Location: South Mound Cemetery, New Castle, IN (Bundy Street Entrance)

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 at 5:45 pm.

Thursday, June 29, 2023

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

Location: Memorial Park, New Castle, IN

Meeting Place: Meet in front of Doughboy @ Smith Building in Memorial Park at 5:45 pm.

Tuesday, July 4, 2023

No Walk Today!

Thursday, July 6, 2023

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.

Location: Wilbur Wright Trail (in front of YMCA), New Castle, IN

Meeting Place: Meet at the Wilbur Wright Trailhead, which adjoins the YMCA Parking Lot at 5:45 pm.

Tuesday, July 11, 2023

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.

Location: Forest Ridge Medical Pavilion, New Castle, IN

Meeting Place: Meet at the Forest Ridge Medical Pavilion in the back parking lot (on the back row), which overlooks the pond, at 5:45 pm.

Thursday, July 13, 2023

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).

Location: Westwood Park, New Castle, IN

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) at 5:45 pm.

Tuesday, July 18, 2023

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

Location: Baker Park, New Castle, IN (located on Trojan Lane - South of I Avenue and East of Main Street)

Meeting Place: Meet at the main screened-in shelter located in the center of Baker Park at 5:45 pm.

Thursday, July 20, 2023

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.

Location: Wilbur Wright Trail (at State Road 103), New Castle, IN

Meeting Place: Meet at the Wilbur Wright Trailhead (starting at SR 103) at 5:45 pm.

Tuesday, July 25, 2023

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.

Location: South Mound Cemetery, New Castle, IN (Bundy Street Entrance)

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 at 5:45 pm.

Thursday, July 27, 2023

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

Location: Memorial Park, New Castle, IN

Meeting Place: Meet in front of Doughboy @ Smith Building in Memorial Park at 5:45 pm..

Tuesday, August 1, 2023

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.

Location: Wilbur Wright Trail (in front of YMCA), New Castle, IN

Meeting Place: Meet at the Wilbur Wright Trailhead, which adjoins the YMCA Parking Lot at 5:45 pm.

Thursday, August 3, 2023

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.

Location: Forest Ridge Medical Pavilion, New Castle, IN

Meeting Place: Meet at the Forest Ridge Medical Pavilion in the back parking lot (on the back row), which overlooks the pond, at 5:45 pm.

Tuesday, August 8, 2023

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).

Location: Westwood Park, New Castle, IN

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) at 5:45 pm.

Thursday, August 10, 2023

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

Location: Baker Park, New Castle, IN (located on Trojan Lane - South of I Avenue and East of Main Street)

Meeting Place: Meet at the main screened-in shelter located in the center of Baker Park at 5:45 pm.

Tuesday, August 15, 2023

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.

Location: Wilbur Wright Trail (at State Road 103), New Castle, IN

Meeting Place: Meet at the Wilbur Wright Trailhead (starting at SR 103) at 5:45 pm.

Thursday, August 17, 2023

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.

Location: South Mound Cemetery, New Castle, IN (Bundy Street Entrance)

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 at 5:45 pm.

Tuesday, August 22, 2023

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

Location: Memorial Park, New Castle, IN

Meeting Place: Meet in front of Doughboy @ Smith Building in Memorial Park at 5:45 pm.

Thursday, August 24, 2023

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.

Location: Wilbur Wright Trail (in front of YMCA), New Castle, IN

Meeting Place: Meet at the Wilbur Wright Trailhead, which adjoins the YMCA Parking Lot at 5:45 pm.

Tuesday, August 29, 2023

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.

Location: Forest Ridge Medical Pavilion, New Castle, IN

Meeting Place: Meet at the Forest Ridge Medical Pavilion in the back parking lot (on the back row), which overlooks the pond, at 5:45 pm.

Thursday, August 31, 2023

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).

Location: Westwood Park, New Castle, IN

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) at 5:45 pm.

Tuesday, September 5, 2023

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

Location: Baker Park, New Castle, IN (located on Trojan Lane - South of I Avenue and East of Main Street)

Meeting Place: Meet at the main screened-in shelter located in the center of Baker Park at 5:45 pm.

Thursday, September 7, 2023

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.

Location: Wilbur Wright Trail (at State Road 103), New Castle, IN

Meeting Place: Meet at the Wilbur Wright Trailhead (starting at SR 103) at 5:45 pm.

Tuesday, September 12, 2023

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.

Location: South Mound Cemetery, New Castle, IN (Bundy Street Entrance)

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 at 5:45 pm.

Thursday, September 14, 2023

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

Location: Memorial Park, New Castle, IN

Meeting Place: Meet in front of Doughboy @ Smith Building in Memorial Park at 5:45 pm.

Tuesday, September 19, 2023

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 Northfolk Southern Railway.

Location: Wilbur Wright Trail (in front of YMCA), New Castle, IN

Meeting Place: Meet at the Wilbur Wright Trailhead, which adjoins the YMCA Parking Lot at 5:45 pm.

Thursday, September 21, 2023

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.

Location: Forest Ridge Medical Pavilion, New Castle, IN

Meeting Place: Meet at the Forest Ridge Medical Pavilion in the back parking lot (on the back row), which overlooks the pond, at 5:45 pm.

Tuesday, September 26, 2023

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).

Location: Westwood Park, New Castle, IN

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) at 5:45 pm.

Thursday, September 28, 2023

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

Location: Baker Park, New Castle, IN (located on Trojan Lane - South of I Avenue and East of Main Street)

Meeting Place: Meet at the main screened-in shelter located in the center of Baker Park at 5:45 pm.

Tuesday, October 3, 2023

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.

Location: Wilbur Wright Trail (at State Road 103), New Castle, IN

Meeting Place: Meet at the Wilbur Wright Trailhead (starting at SR 103) at 5:45 pm.

Thursday, October 5, 2023

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.

Location: South Mound Cemetery, New Castle, IN (Bundy Street Entrance)

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 at 5:45 pm.

Tuesday, October 10, 2023

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

Location: Memorial Park, New Castle, IN

Meeting Place: Meet in front of Doughboy @ Smith Building in Memorial Park at 5:45 pm.

Thursday, October 12, 2023

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 Northfolk Southern Railway.

Location: Wilbur Wright Trail (in front of YMCA), New Castle, IN

Meeting Place: Meet at the Wilbur Wright Trailhead, which adjoins the YMCA Parking Lot at 5:45 pm.

Tuesday, October 17, 2023

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.

Location: Forest Ridge Medical Pavilion, New Castle, IN

Meeting Place: Meet at the Forest Ridge Medical Pavilion in the back parking lot (on the back row), which overlooks the pond, at 5:45 pm.

Thursday, October 19, 2023

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).

Location: Westwood Park, New Castle, IN

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) at 5:45 pm.

Tuesday, October 24, 2023

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

Location: Baker Park, New Castle, IN (located on Trojan Lane - South of I Avenue and East of Main Street)

Meeting Place: Meet at the main screened-in shelter located in the center of Baker Park at 5:45 pm.

Thursday, October 26, 2023

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.

Location: Wilbur Wright Trail (at State Road 103), New Castle, IN

Meeting Place: Meet at the Wilbur Wright Trailhead (starting at SR 103) at 5:45 pm.

Please check back in March, 2024, for an updated healthRidge walking club 2024 schedule!

