



## Focus on New Trail Encourages Community to Get Active!



Local children from the George J Mitchell School Summer Daycare program enjoy a walk on the Inland Woods Trails.

Your local hospital probably isn't the first destination that comes to mind as you head out to exercise. But Inland Hospital in Waterville has become an increasingly popular meeting place for walkers, road cyclists, and mountain bikers alike.

Throughout the summer, dozens of cyclists gathered at Inland's back parking lot for a popular tour of nearby communities. Mountain bikers come from near and far to explore the Inland Woods Trail and the miles of single track on the adjacent Pine Ridge Recreation Area. An increasing number of families, dog walkers, geocachers, and other outdoor enthusiasts have discovered the trails and restored recreation area, which celebrated its official opening last September.

"By improving our facilities and surroundings for our staff, patients, and community, we can encourage physical fitness and social interaction, and ultimately enhance the quality of life in the Greater Waterville area," said John Dalton, Inland's president and chief executive officer.

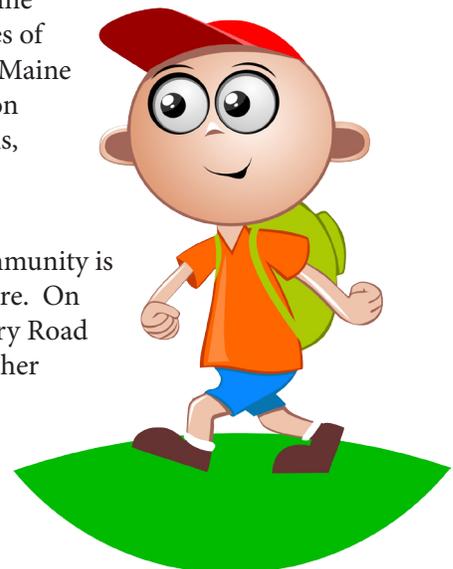
The Maine Department of Conservation's Bureau of Parks and Lands awarded Inland a \$35,000 Recreational Trail Program grant to build the trails on and around its campus. The grant covered nearly three-quarters of the \$48,000 cost, with the balance provided by the hospital and in-kind donations.

Waterville's Parks and Recreation Department, Kennebec Messalonskee Trails and neighboring landowners joined forces with Inland to support the renaissance of the neglected Pine Ridge trail system and to add miles of

trails for all to enjoy. Thanks to the hard work of Inland employees, the Central Maine chapter of the New England Mountain Bike Association, the Maine Conservation Corps, and other enthusiastic volunteers, the beautiful old tote roads, stone walls, and pine forests right in Inland's backyard have quickly become a destination recreation area.

Inland recognizes that in addition to the health benefits provided, an active community is a healthy community economically and attracts people to live, work and play here. On top of establishing the Inland Woods Trail, Inland is proud to support the Quarry Road Recreation Area, Kennebec Messalonskee Trails, and other organizations to further develop walking and ski trails in the Central Maine area.

Also, Inland is working with Maine Department of Transportation and the city of Waterville on projects to enhance pedestrian safety and to encourage access to the hospital campus via all modes of transportation. The projects include a crosswalk at the hospital entrance and installation of bike racks.



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