

Richfield's Trail System

Mayor's Fitness Challenge



- Richfield Village in cooperation with University Hospital are the sponsoring organizations.

Health & Fitness & Nature

The Mayor's Fitness Challenge was started to promote a healthy lifestyle and exercise in the community..

The program was started in 2013.

Summit County



MAYOR'S FITNESS CHALLENGE: The program was started when the Village of Richfield partnered with University Hospital as our medical advisor to our Fire Department. UH offered to work with the Mayor on a fitness program that included so many hours a week of exercise. Mayor Beshara started a regular walk program on our trails the first year (also included any fitness program you participate in) this could be private, Zumba, Jazzercise etc.

Name: Ruth Jocek, Director, Richfield Parks and Recreation

Phone # 330-659-5818

E-mail address: recreationdept@richfieldvillageohio.org

Richfield's Trail System

Mayor's Fitness Challenge



- **Participants:** Since the programs inception the use of our trails has doubled. In 2014 the amount of people who have signed up for the program has doubled.
- **Staff & volunteers** Registration for the Mayor's Fitness Program is handled by UH, Mayor's office or the Recreation Center.
- **Location:** Participants can walk anyone of our 5 miles of trails. Carter/Pedigo Tr., Eastwood Preserve or the Richfield Woods Parks. The trails are a variety of different surfaces, asphalt , crushed stone, grass or dirt.
- **Program frequency:** The idea this year is to exercise 4 times a week for 30 minutes each.

Summit County



The Village of Richfield is lucky to have 5 miles of trail connections in our park system. This includes the Carter/Pedigo Trail, Eastwood Preserve and Richfield Woods Park with the connector trail, Parker/Serdinak Trail.

Our Eastwood Trail system goes past our community gardens and at any given time you can stop and chat with any one of our gardeners. We have also had a number of Eagle Scout projects that have provided us with what we call the "Eagle Bench" which have been placed in numerous locations throughout our trail.

We have at all of our trails great trailheads where people can leave their cars and walk that particular trail or to any of our other trails.

All of our trails are walkable but not all are handicapped accessible because of the terrain. Maintenance of the trails is a "chore". The bridges on the Carter/Pedigo trail limit vehicle

accessibility.

Richfield's Trail System

Mayor's Fitness Challenge



Unique! You can't get any more unique than the part of the Fitness Challenge that is available to the public on our trails.

Benefits, Goals & Results

The Fitness Challenge was designed to get people MOVING,. This has increased the amount of people who use the trail by 1/3rd.

Transferability:

This program can be adapted at other trail locations. Any trail that is walk able or provide some kind of fitness (running, jogging) would be able to work on any trail.

Summit County



Mayor Beshara has partnered with University Hospitals to promote fitness in the community. We have had a mile trail in our original trails at Richfield Woods. As we have purchased and developed more Parks we have included a trail system on each of them. We have also had the insight to plan connector trails to make it easier for walkers to walk all the trails if they so desire.

We have seen an increase in park use because of the trail but we have noticed that it is not only the "young " who are using the trails but the more "mature" residents who are walking on a regular basis. By providing a constructed trail that is used regularly we have provided a safe environment not only in the type of path they are walking on but also that there is enough traffic on the paths that you will pass by someone while walking.

With the Mayor's Fitness Challenge we have encouraged residents to form groups. These groups then have the opportunity to meet their neighbor(s) or someone new in the community, it has become a great social scene.

Richfield's Trail System

Mayor's Fitness Challenge



Buzz on the Street

Lexi Behsara : Like the trails and preservation of land!

Arlene Fassinger: Safe place to walk and take the dogs.

Dolores Leffler: Likes the fitness Challenge and the many options

Summit County



VILLAGE OF RICHFIELD

Centrality of Community and Commerce



We post pictures of the event on our Facebook

Richfield's Trail System

Mayor's Fitness Challenge

Village of Richfield Fitness Challenge

Sunday, March 23 – Sunday, August 10

UH Ahuja Medical Center and the Village of Richfield, under the direction of Mayor Bobbie Beshara, invite you to join the free 20-week Fitness Challenge!

- Fitness Challenge kick-off event on Sunday, March 23 | 1 – 3 p.m., Village Hall: 4410 West Streetsboro Road, Richfield
- Sign up by Sunday, March 23 and receive a stop watch to track your progress
- Individual goal is 2,400 minutes of exercise over 20 weeks (approximately 30 minutes per day, four days per week)
- Wellness Challenge checkpoints: Third Monday, April – July | 6 – 7 p.m., Masonic Hall, 3750 Grant Street, Richfield
- Participants who reach the goal of 2,400 minutes of exercise will receive a sport duffel bag on Sunday, August 10
- Fitness Challenge wrap-up on Sunday, August 10 at Richfield Community Day

Register at the Village of Richfield Town Hall or call 216-285-4069.

 **University Hospitals**
Ahuja Medical Center

joins with  **VILLAGE OF RICHFIELD**
Covenant of Community and Commerce

UH Ahuja Medical Center
3999 Richmond Road
Beachwood, Ohio 44122
216-593-5050
UH@uhj.org



© 2014 University Hospitals. 416-0821

The success of the use of the Trails is only limited by the creativity of our idea's.

We can use the trails for nature education, fun events for many different holidays or just for a walk

Summit County



The lesson learned the first year was that we needed to make the participant have flexible time to complete the requirements. Doing a set walk time did not allow for enough participation. In 2014 the requirement was expanded as to require more activity to promote better fitness.

The setting is in the heart of suburbia....

-Richfield Village is very lucky that we have had a multi-purpose trail attached to our comprehensive land use plan.

-Project Story: The Fitness Challenge was started in 2013 when the Village of Richfield partnered with University Hospitals as our medical advisor to our Fire Department. They expressed the idea to the Mayor and then ran with it. Ever since they have supplied t-shirts each year as well as donated pedometers and this year duffel bags if you complete the Challenge requirements.

