

Ground-breaking's today on CSI fitness trail

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TWIN FALLS — The Twin Falls Rotary Club will hold a ground-breaking ceremony today at 3 p.m. for the College of Southern Idaho Fitness Trail, a 2.1 mile walking and jogging track being built by the club as a community service project.

The ceremony, to be held in the Vo-Tech parking lot at the northeast corner of campus, is open to the public. The first phase of construction on the trail will start either that afternoon or Saturday morning, said Rotary spokesman Tom Ashenbrener.

The first step will be to strip away sod from the two-mile path in eight-foot-wide pieces, he said. Wright Sod Farm is donating

equipment and labor for that phase of the work.

The second phase will be to level out the path. The Army Reserve 321st Engineer Battalion, Company D, will volunteer their labor and heavy equipment for the second phase, he said.

Construction of the trail will be under the direction of the college maintenance department, but the bulk of the labor will hopefully come from community volunteers, Ashenbrener said. Some CSI summer work-study student crews and government grant workers will assist in the construction.

Rotary is asking other organizations in the community to volunteer labor for construction of the exercise stations and the trail. So far, a list of volunteers has not been "firmed

up," he said.

The trail should be finished by late August and the most likely date for the kick-off celebration is September 1, he added.

The bark-covered track and 10 exercise stations are being built entirely with donated funds, material and labor. Rotary has been collecting monetary donations since November of 1986 and now have the needed amount of \$50,000 to spend on the trail, Ashenbrener said.

The trail will have a small loop running along both sides of the coulee on the eastern side of campus and a larger loop around Frontier Park and the Expo Center. Exercise stations will be situated on the small loop and the large loop will be only a jogging or walking path.

The trail, as well as the activity areas, will be on a four-inch surface of bark chips. The chips provide a softer surface than is sometimes used and will be easier on walkers' feet and joints, but may require more maintenance, said Karl Kleinkopf, head of the CSI physical education department.

Exercise structures and signs for the trail's activity stations have been purchased from Fit-Trail, a North Carolina organization, and are on their way, Ashenbrener said.

Other materials, such as the redwood chips, have all been purchased locally, he added.

The path will combine two trails designed by Fit-Trail — the Seniors Walking System and the Jogging System for basic fitness

trail are designed especially for seniors, and the other 32 will be aimed at younger fitness enthusiasts.

The materials from Fit-Trail come with a five-year guarantee against breakage, including vandalism.

There will be two starting points on the trail, one located by the parking lot of the northern Vo-Tech building and one located by the library annex at the south end of campus.

Rotary Club will be holding a community-wide "Name the Trail" contest during the month of July, Ashenbrener said. A \$100 cash award will be given to the person whose name suggestion is chosen for the trail.

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