

Handshake Partnership Program Report - FY 2013 Recipients

1. Name of Corps Project/Lake: Caesar Creek Lake

2. Handshake Project Name: Caesar Creek Fitness Trail

3. What has been accomplished? Please provide photographs; before, during, and after!:
Completion of a 1 mile fitness trail with fitness stations and interactive kids play pods along the trail.

	Total
Handshake Program Funding Amount	\$20,000
Local Corps Office Funds (total expended on labor, materials, contracts, etc.)?	\$13,000
Partner's Contributions (total value of funds, goods, services, volunteer hours, etc.)	
Partners Name	Total Value of Contributions
1 Friends of Caesar Creek cooperating association	\$35,000
2 Boy Scouts of America Troop 51 of Waynesville Ohio	\$1,500
3	\$
4	\$
5	\$
6	\$

4. Handshake Program Recipient Feedback

Please take this opportunity to provide feedback on all aspects of the Handshake Program and the Challenge Partnership Agreement authority. Your productive comments are important to the ongoing improvement of the program. Make sure to let us know how the Handshake funds have benefited your efforts to initiate and/or strengthen your partnerships.

A. Comments About Handshake Program: A great program to reach goals.

B. Comments About Challenge Partnership Agreement: A wonderful chance to meet and work with other like minded groups in the comunittee

C. Recommendations: _____

5. Handshake Summary:

Please also include a separate one-page newspaper type article describing the project and the benefit to the Corps of Engineers and to the public as a result of this partnership project. Examples can be found on the gateway under Handshake Success Stories.

**NEWS RELEASE
FOR IMMEDIATE RELEASE
December 07, 2015**

New fitness trail at Caesar Creek Lake:

Contact: Kim Baker, Park Ranger

For Release: Immediate

Phone: (513) 897-1050

Caesar Creek Lake family friendly fitness/exercise trail with environmental stewardship learning pod play stations

Partnering with the “Friends of Caesar Creek Cooperating Association” and the Boy Scouts of America (BSA) Troop 51, Caesar Creek Corps of Engineers is proud to announce the opening of our new fitness trail.

The new fitness trail exists in conjunction with the 3/4 mile Adena Trace Trail on site at the Visitor Center. The Visitor Center Interpretive Trail and connecting pathways are included as walking portions, making the total trail length just over 1 mile. Some sections have been paved.

There are nine fitness stations placed along the trail. Each station includes signage explaining proper exercise technique and usage, correct body position and the muscle groups targeted at the station. The Scouts developed and executed the placement of the interpretive signs at each of these stations and securing with concrete. A printed user guide has also been developed and can be picked up at the beginning of the trail.



Along with the exercise site are play stations that contain a fun exercise play pocket. The play pocket combines exercises and environmental activities in an interactive, thought provoking activity format allowing families to interact and engage together, enhancing the total experience.



This trail supports an active lifestyle by providing an area for children and their families to get outdoors. This trail is the first of its kind, innovative in that it provides a new concept of community based recreation and fitness while providing environmental stewardship during the activity.



Early clearing and prep work for pod placement and the paved portion of the trail.

About the Fitness Trail at Caesar Creek Lake

The Fitness Trail at the Visitor Center encompasses three different workout sites along the 3/4 mile long Adena Trail managed by the U.S. Army Corps of Engineers. Each site has three separate stations that work different areas of the body and help to provide any walker a full body workout.



Also included along the trail are three separate children's stations designed to inspire enthusiasm in nature. These are the Tree Climber, the Vine Climber, and the Spider Climber.

Fitness Made Possible by Friends of Caesar Creek

Friends of Caesar Creek (FOCC) is a 501c(3) non-profit independent organization dedicated to preserving our natural resources through educational and historical programs and activities.



The Friends Fitness Trail was made possible by FOCC and was built through a handshake partnership with the Army Corps of Engineers. If you would like to become a member or make a donation please call the Friends of Caesar Creek at (513)897-1050 or come visit us at the Caesar Creek Visitor Center.

Adena Trace Fitness Trail At Caesar Creek Lake



U.S. Army Corps of Engineers Visitor Center
4020 Clarksville Road
Waynesville, Ohio



Welcome to the Fitness Trail at Caesar Creek Lake



Equipment at Station 3:

- Squat Press
- Balance Steps
- Pull-up/Dip



Equipment at Station 2:
Chest/Back Press
Plyometrics
AB Crunch/Leg Lift



Equipment at Station 1:

- Assisted Row/Push-up
- Tai Chi Wheels
- Cardio Stepper

