FOR IMMEDIATE RELEASE:

NEW “TOT TRAIL” FITNESS AREA IN VETERANS’ MEMORIAL PARK; OPENING SEPTEMBER 29
- Ribbon cutting, trail promotes physical activity for young children-

PENFIELD, N.Y., SEPTEMBER 24, 2009 – The Town of Penfield, in partnership with the Greater Rochester Health Foundation, has installed a new mini-fitness trail in Veterans’ Memorial Park for its youngest residents. The 300-foot “Tot Trail,” designed for children ages two to five, is located on the west side of the 85-acre Veteran’s Memorial Park near the Dolomite Lodge, just south of the playground. The trail features four age-appropriate fitness stations designed to develop strength, agility and balance. Children exploring the trail will find an upper body strength trainer, a low-to-the-ground curved balance beam, a group of mini pod toad stools, and an inviting rock-bluff. A new butterfly garden alongside the trail is part of the installation.

A ribbon-cutting for the Tot Trail will be held Tuesday, September 29, at 10:30 a.m. in Veterans’ Memorial Park. The public, especially families with young children ages 2-5, is invited to attend, try out the new fitness trail, and enjoy a healthy snack.

The Tot Trail was funded by a mini-grant from the Greater Rochester Health Foundation to increase physical activity and improve nutrition for children two to 10. Trail design and labor were provided by the Town of Penfield. The project team, led by Councilman Jim Mulley, includes town engineers as project designers with planning and installation support from Penfield Parks and Recreation departments.

“This new addition to Veterans’ Memorial Park is designed to encourage children to be physically active. The Tot Trail furthers the efforts of the town to promote healthy, active lifestyles and combat childhood obesity,” said Town Councilman Jim Mulley.
Supervisor George Wiedemer adds, “The Tot Trail is a wonderful introduction to Penfield’s extensive trail system and a great addition to our popular Passport to Family Wellness.”

Please direct any questions regarding the project to Councilman Jim Mulley. To learn more about the Passport to Family Wellness and Penfield’s trail system, visit www.penfield.org and go to Parks and Recreation, Town Trails (maps are provided for each trail).

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