

A PUBLICATION FOR TRAIL WORKERS

BRUCE TRAIL

TREADWAY

MARCH 2011

UPDATES
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KEEPING FIT AND HAVING FUN



Most clubs conduct fewer work parties during the winter months - it stands to reason; the ground is frozen; the trail is covered with snow, and let's face it, it's dangerous working in inclement weather. With the possible exception of clearing trees that have fallen across the trail, it's more practical to wait for favourable weather. One club that I know has a rule: work parties are cancelled if

the temperature goes below minus 10 or above 25 degrees.

So how do we keep our trail maintenance volunteers in good physical shape during dormant times? How about hiking? Now there's a novel idea. Why not schedule regular hikes along your section of trail. Stats Canada recently published a study that has some serious implications for our long-term health - although I don't think any of our volunteers were part of the study. The report found that only 15 per cent of adults were getting the recommended minimum amount of exercise - 150 minutes per week - to keep them healthy. Hiking your section of the trail could do two things; help keep you fit and also give you the opportunity to monitor the trail. Watch for blazing that needs improving; side-logging that needs replacing; branches that need cutting back; steps that need repairing, things that can be done when winter has run its course. And what an example you would be to your neighbours and friends - keeping fit and having fun.