

**Saturday May 2, 2009**

**Outdoor Activities for Fitness**

Activities begin at 10:00 a.m. local time. Wear comfortable clothing. Bring along a filled water bottle, sunscreen and bug repellent. Names of participants will be submitted for a drawing for one of ten annual passes to be given away by the Division of State Parks and Reservoirs.

Property	Activity	Meeting Site	Details and Other Info
Brookville Lake - Mounds SRA	Hike	Glidewell Trail Parking Lot	Glidewell Trail; 2 miles (moderate) through field and rolling hills, not accessible
Brown County State Park	Mushroom/IN-SHAPE hike	Nature Center Parking Lot	1 mile (rugged) Trail #10, 2 hours, highlighting spring morel mushrooms
Chain O'Lakes State Park	Walk	Campground Entrance Gate	2.5 miles (moderate), along Trail 1 & 2
Charlestown State Park	Wildflower walk	Campground Parking Lot	1.8 miles (moderate) through state park forests
Clifty Falls State Park	Walk	Swimming Pool Bath House	2.2 miles (moderate) upland walk through field, forest, roadside, etc.
Falls of the Ohio	Walk	George Rogers Clark Homesite	3 miles (moderate) Floodwall/grass
Fort Harrison State Park	Walk	Delaware Lake Picnic Area	2 miles (easy/moderate) along paved Harrison TraceHardy Lake
Hardy Lake	Walk	Island Trail Trailhead	2 miles (easy); not accessible
Harmonie State Park	Walk	Pool Parking Lot	2.5 miles, paved, additional activities planned
Indiana Dunes State Park	Walk	Beach Pavilion	2 miles (moderately rugged through sand)
Cagles Mill Lake (Lieber SRA)	Walk	Basketball Courts	Flexible mileage (easy) accessible, in picnic area
Lincoln State Park	Lincoln's Landscape Walk	Troy Rd Picnic Area, Spring Shelter	2 miles (moderate), on packed dirt & rock. Refreshments available.
McCormick's Creek State Park	Hike	Nature Center	1.5 miles (easy) accessible Trail 3
Mississinewa Lake	Walk	Beach Shelter in Miami SRA	1 mile, (easy/moderate), on pavement, concrete, and grass
Monroe Lake	Walk	Paynetown Service Bldg	1.5 mile (easy) along paved road
Mounds State Park	Walk	Poolhouse	2 miles (moderate), along Trails 5 & 4
O'Bannon Woods State Park	Hike	Nature Center	3 miles (moderate), Tulip Valley and Rocky Ridge hiking Trails
Ouabache State Park	Walk	Kunkel Lake Spillway Parking Lot	2 miles (moderate) Bike Trail/Road/Trail 4, accessible to Trail 4
Patoka Lake	Fitness Walk	Modern Campground Shelter	2 mile (moderate) Paved Fitness Trail, with 22 fitness stations
Pokagon State Park	Walk	Inn Parking Lot, Main Entrance	3 miles (moderate), some hills and a stairway
Potato Creek State Park	Walk	Nature Center	2 miles, Trail #1(moderate)
Prophetstown State Park	Walk	Blazingstar Shelter	2 miles (easy & accessible) Paved Bike Trail/Road
Raccoon Lake/Mansfield Mill SRA	Walk	Bluebird Shelter	1.5 miles (moderate) roadside walk & trail 6 (archery trail)
Roush Lake (Little Turtle SRA)	Walk	Little Turtle Shelter #1	2 miles (easy) along Metekyah Trail, blacktop road and woodland
Shades State Park	Hike	Hickory Shelter	2 hours (rugged), highlighting overlooks and waterfalls
Shakamak State Park	Walk	Log Cabin	2.5 miles (moderate, not accessible) along the road
Spring Mill State Park	Hike	Cave River Valley Parking Lot	1.5 miles (moderate/rugged); 3 cave entrances/"Lovers' Leap" rock formation.
Summit Lake	Hike	Beach Parking Lot	2 miles (moderate), Trail #1, prairie grass fields (on roads if muddy)
Tippecanoe River State Park	Walk	River Shelter Parking Lot	2 miles
Turkey Run State Park	Hike	Turkey Run Inn	2 hours (very rugged), Trails 3 & 4 (2 hr moderate hike also available)
Versailles State Park	Walk	Oak Grove Parking Lot	2.25 miles (moderate), Trail 1
Whitewater Memorial State Park	Hike	Poplar Grove Picnic Shelter	2.5 miles through forest (moderate). Not accessible.

### Associated Activities

Fort Harrison State Park	Outdoor Gear Expo	Delaware Lake	10:00 am; Contact <a href="mailto:jcummings@dnr.IN.gov">jcummings@dnr.IN.gov</a> for details.
Salamonie Lake(Huntington Co)	Canoe/Kayak Float	Small boat launch off 400W	11:00 am; Bring equipment & permits. Contact <a href="mailto:wley@dnr.IN.gov">wley@dnr.IN.gov</a> for details.
Tippecanoe River State Park	Camp Equipment "Garage Sale	Modern Campground	Contact <a href="mailto:dkonter@dnr.IN.gov">dkonter@dnr.IN.gov</a> for details.

### How to Participate

If you are a registered participant in the INShape Program, you will receive a coupon via email in late April that grants you free admission to any state park or reservoir for one of the InShape Indiana Fitness Activities on May 2, 2009. To register as an InShape participant, sign up at [www.INShape.IN.gov](http://www.INShape.IN.gov). Present your coupon at the entrance gate to receive free admission. Information is also available about INSHAPE Indiana at 1-800-433-0746.