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## Community

Cincinnati.com » Community Press & Recorder » Get fit on a trail near you  
Last Updated: 2:53 pm | Wednesday, January 9, 2008

# Get fit on a trail near you

The Anderson Township Park District's latest edition of the "Greater Anderson Trail Guide" is available, just in time for all those New Year's resolutions.

The guide covers Anderson Township Park District trails at Julifs, Riverside, Beech Acres, Veterans, W.M. Johnson Hills and Laverty Parks; Hamilton County Park District trails at Withrow Nature Preserve and Woodland Mound Park; and the Anderson Township Five Mile Trail.

A brisk walk on a local trail is a great way to burn off some of that extra holiday "fun." You can go by your self or with your buddies and best of all, it's free. The Hamilton County Park District has a \$5 annual permit, good at all of the 17 developed parks in Hamilton County.

"We have people on our trails 365 days a year," says Ken Kushner, director of the Anderson Township Park District. "Snow removal in our parking lots is the top priority, followed by clearing the trails at Beech Acres Park and Julifs Park. If people are a little patient with us, we'll get them out on the trail as soon as we can after a snow."

Another great way to get moving is the Anderson Trails sidewalk initiative by Anderson Township Government. Anderson Trails is an extensive network of sidewalks, connecting hundreds of homes to businesses, schools and parks.

Visit [www.AndersonTownship.org](http://www.AndersonTownship.org) and click on Citizen Committees, then Anderson Trails for the most current map of sidewalks through Anderson Township.

"Besides, a walk in a park is a whole lot more fun than on a treadmill," said Kushner.

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Here is the place to order a page from your community paper.



Pick up your free Greater Anderson Trail Guide at Juilfs Park, Monday through Friday, 8:30 a.m. to 5 p.m., excluding posted holidays, or contact the Anderson Park District at 388-4513.

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