

**Biser Fitness Trail
 Gettysburg Borough
 Adams County, PA**

Project Description:

Laid out in a loop surrounding the 52-acre Recreation Park, the one mile long Biser Fitness Trail is ideal for leisurely strolls or cardio and strength

training activities. Ten new all steel fitness stations have replaced 20 wooden stations that were nearly two decades old. The new stations offer equipment for strengthening the back, abdomen, upper and lower body, as well improving agility and endurance.

While the old equipment was located sporadically throughout the park, the new fitness stations are now linked with a blacktop path.

Extensions from the path to baseball, basketball and football fields, playgrounds, pavilions, a skate park and an amphitheater make all of the park's facilities easily accessible. As the trail winds through various portions of the park, it leads walkers through busier sections and quieter parts, under the shade of trees and into the sun.

This variation appeals to residents. "The fitness trail is used by people of all fitness levels and physical abilities," said Beth Corson, Director of Gettysburg Area Recreation Department. "We also use it for exercise and fitness programming for seniors and moms with infants in our senior walking group and our 'strollercise' class."



Just across the street from the Gettysburg Hospital, patients often walk on the Biser Fitness Trail as part of their cardiac rehabilitation. Other health related groups have used the trail for walk-a-thons and community gatherings. In the spring of 2008, hundreds of people participated in a fundraising walk on the Biser Fitness Trail, which was

organized by the Central Pennsylvania Chapter of the National Multiple Sclerosis Society.

Noting its extensive uses, "What an awesome addition to the community park this trail has been," said Corson.

Other improvements were also made to the park with the aid of a \$28,500 Keystone grant from DCNR including increased signage and ADA accessibility. The path enhancements were completed in the summer of 2007 and will continue to foster health and wellbeing in Gettysburg Borough.

Quote: Gareth Biser, developed trail in memory of his sons, Chris and Kyle

"Trails with fitness stops are becoming more popular. It's a way to exercise that all people can use. There's really a generational focus."

Amount of Keystone funding awarded, year and matching sources:

2004: \$28,500
 Local Match: \$28,500