

**Saturday September 12, 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 to win a \$50 camping gift card or a copy of the new documentary "Indiana State Parks: Treasures in Your Own Backyard" 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	Hike	Nature Center Parking Lot	1 mile (rugged) Discovery Trail Walk
Chain O'Lakes State Park	Walk	Beach Concession Area	2.0 miles (moderate) walk or 10 mile hike(rugged) (bring food, H2O, sunscreen!)
Charlestown State Park	Walk	Campground Parking Lot	1.8 miles (moderate) along Trail 5
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 Trace
Hardy Lake	Walk	Island Trail Trailhead	2 miles (easy); not accessible
Harmonie State Park	Walk	Campground Entrance Gate	2 miles, walk through the campground
Indiana Dunes State Park	Walk	Beach Pavilion	2 miles (moderately rugged through sand) (Note: 9:30 CDT start time)
Cagles Mill Lake (Lieber SRA)	Walk	Basketball Courts	Flexible mileage (easy) accessible, in picnic area
Lincoln State Park	Hike	Beach Parking Lot	2 miles (moderate), walk around the lake to the firetower
McCormick's Creek State Park	Hike	Nature Center	1.5 miles (easy) accessible Trail 3
Monroe Lake	Walk	Nature Center in Paynetown SRA	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	Walk & Scavenger Hunt	Patoka Lake Visitor Center	1 mile (moderate) along forested hillsides
Pokagon State Park	Walk	Inn Parking Lot, Main Entrance	3.5 miles (moderately rugged), over some hills
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	Chapel Shelter	1.5 miles (moderate) paved surface, easy hike along Berry Drive
Roush Lake (Little Turtle SRA)	Walk	Little Turtle Shelter #1	1.5 miles (moderate) Metekyah Trail, paved road/woodland path(some stairs)
Salamonie Lake	Hike	Interpretive Center	1.5 miles (easy) on the Wildlife Management Trail
Shades State Park	Hike	Hickory Shelter	2 hours (rugged), highlighting overlooks and waterfalls
Shakamak State Park	Walk	Nature Center	2.5 miles (moderate, not accessible) along the road
Spring Mill State Park	Hike	Nature Center	1.5 miles (moderate) along Trail 5 around the lake
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**

Mississinewa Lake                      Mighty Mississinewa Triathlon    Miami SRA-Beach Shelterhouse

**How to Participate**

If you are a registered participant in the INShape Program, you will receive a coupon via email in September that grants you free admission to any state park or reservoir for one of the InShape Indiana Fitness Activities on September 12, 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.