



## Rock County Chapter of the Ice Age Trail Alliance

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### **Chapter Officers**

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#### **Committee**

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The Rock County Chapter of the Ice Age Trail Alliance fully supports the Leadership Development Academy's Team Mission Possible and their community project - 'Stress Out the Stress'.

Janesville has some great multiuse trails within its boundaries. These trails connect different parts of the City, with a few of them connecting us to other communities. The Ice Age Trail connects Janesville to other Wisconsin communities while following some of the most popular trail segments within Janesville.

One of the more popular trail segments is the one goes from South Jackson Street, over Spring Brook Creek, goes past Rotary Gardens, winds through Palmer Park, and up through greenbelts on the east side of Janesville to the Milton Connector. Always a popular park and trail segment, 2020 saw an increase in use of Palmer Park, and some behavior changes as more people, and people with families, began getting out more to walk, skate, and bike the trails due to Covid restrictions.

The addition of the stretching/exercise stations along the Ice Age Trail in Palmer Park and going north is a logical progression of trail utility. To keep the momentum of increased usage, adding these stations will add value by offering a new experience to users. Additional user value will be increased health benefits, emotional benefits, and stress reduction. Families with children will benefit from this as well.

Our Chapter is going to support this project with a donation, but also with local and statewide promotion. We have active Instagram and Facebook presences, and we will host a hike along the segment with the stations to promote the completion and show how to use them.

Rock County Chapter Coordinator

### **Ice Age Trail Alliance**

Creating, Supporting and Protecting the Ice Age National Scenic Trail

800-227-0046 • [www.iceagetrail.org](http://www.iceagetrail.org)