

# Lehigh Valley Greenways Conservation Landscape SUCCESS STORY

By: Lower Mount Bethel Township  
PO Box 257  
Martins Creek, PA 18063  
www.lowermtbethel.org

## Lower Mount Bethel Township Fitness Trail (Awarded 2011)

### SUMMARY

The Lower Mount Bethel Township Fitness Trail was developed along the Lower Meadow Trail at LMBT Welcome Center located in the village of Riverton. The fitness trail includes nine stations with instructions for three exercises at each station. The stations are warm-up, chin-up, sit-up, push-up, inclined body curl, balance beam, hip rotation, leg lift, and cool down. Each station is constructed of heavy gauge steel with rubberized low maintenance paint. The stations are located just off a crushed stone path circling the Lower Meadow and provide views of the Delaware River, wetland, and wooded areas.



### CHALLENGE

As the trail system in LMBT has expanded to over four miles and facilities for organized sports were completed, the township noticed a need to promote physical fitness for all age levels. LMBT was watching an aging of the community while at the same time a slight decrease in numbers in each age group of young people. The LMBT Board of Supervisors and the LMBT Recreation Board have discussed the change in demographics and future needs. One of the strategies for moving forward suggested by Recreation Board was a fitness trail. The Martins-Jacoby Watershed Association had previously secured a grant from LVG for \$5,000 to use permeable pavers along a stretch of a LMBT trail paralleling Del Haven Road. As the road crew and MJWA discussed the trail issues along Del Haven Road, it became obvious that a grassy trail would promote the maximum infiltration of storm water run-off over permeable pavers.

### FUNDING

**Grant Award:**  
**\$5,000.00**

**Match:**  
**\$5,541.90+**

**Total Project Cost:**  
**\$10,541.90+**

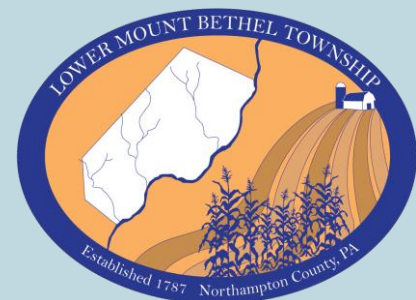
### PARTNERSHIP IS KEY

**\*LMBT Recreation Board provided funding and planning.**

**\*LMBT Road Crew provided site preparation and mulch.**

**\*COSTARS, PA government purchasing program enabled LMBT to purchase extra stations at no additional cost.**

**\*Martins-Jacoby Watershed Association provided grant and project management.**



## SOLUTION

After numerous conversations between the LMBT Board of Supervisors, LMBT Recreation Board, and the MJWA, it was decided the issues of storm water run-off and changing demographics of LMBT could best be resolved by proceeding with a grassy pedestrian path parallel to Del Haven Road and the refocusing of township resources toward an aging community. The plan was to ask LVG to consider a reallocation of the grant funds to match with Recreation Board funds to secure a five to seven station fitness trail. The Recreation Board sought quotes on several types of fitness apparatus. The MJWA wrote and discussed the change of plans with LVG.



## RESULTS

After reviewing the plans submitted by LMBT and the MJWA, Lehigh Valley Greenways approved a change in the grant terms. Former Conservation Coordinator, Sherry Acevedo, strongly recommended that the project avoid using any apparatus constructed of wood. LMBT and MJWA officials agreed with Acevedo's suggestions and began by looking at devices constructed out of steel and with long lasting finishes. Township Secretary/ Treasurer, Lori Stauffer, suggested contacting COSTARS, a Pennsylvania government purchasing program. Stauffer was able to go through COSTARS and acquire a total of nine stations instead of the original five to seven stations for the same amount of funding. The nine stations were installed in November of 2014. The weather during the winter of 2014 was not ideal for use of the fitness stations. However, positive comments from "It's about time." to "Wow! Just what I need." and "Now I have something to do while my kids are playing."

### Contact



[www.LVgreenways.org](http://www.LVgreenways.org)

#### Claire Sadler, Conservation Coordinator

Delaware & Lehigh National Heritage  
Corridor

2750 Hugh Moore Park Road

Easton, PA 18042

610-923-3548 ext. 226

[Claire@delawareandlehigh.org](mailto:Claire@delawareandlehigh.org)

[www.delawareandlehigh.org](http://www.delawareandlehigh.org)

#### Diane Kripas, Division Chief

PA DCNR Bureau of Recreation and  
Conservation

717-772-1282

[dkripas@pa.gov](mailto:dkripas@pa.gov)

[www.dcnr.state.pa.us/cli](http://www.dcnr.state.pa.us/cli)

