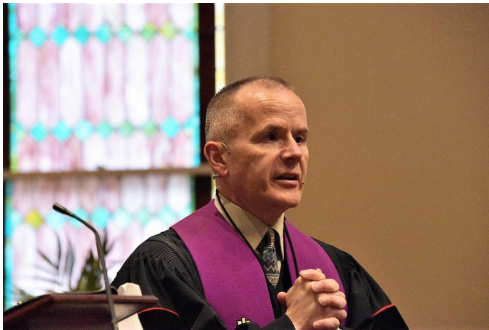


Newton Trails' activities resuming; public health guidelines to be followed

Newton Trails will soon resume group hikes, bicycle rides, walk/runs, trail maintenance, and other activities. In doing so, appropriate public health guidelines will be followed and all participants will be asked to sign a release from liability form.

Watch for further information via email messages or on Newton Trails' website and social media pages.

Stories about trail users: Servolution Trailblazers and Doug Gilreath



Doug Gilreath, senior pastor at Covington First United Methodist Church, loves trails and would love to see an expanded trail system.

Gilreath is an avid walker, runner, and cyclist. Twenty some years ago he started walking to lose weight. That progressed to include running and cycling. He now exercises daily including running three or four times a week.

He continues to exercise for his health, but these days it is also a form of therapy and a time for prayer. "When I come back from a run I am more focused and less stressed," said Gilreath. "If I have a problem I can go out for a run and usually in that time resolve the issue. It's also my prayer time. Time spent with just me and God."

One reason Gilreath loves trails is that he has a visual impairment. Trails and other places with little or no traffic are therefore safer for him. The Covington portion of the Cricket Frog Trail allows him to safely roam Covington, running sometimes on the trail and sometimes on quiet, connected streets and sidewalks.

"I would love to see the trails expand," he said. "I am now running anywhere from 3 to 8 miles and it would be wonderful to be able to run down the trail, turn around and get that distance in, while feeling safe the whole time."



The **Servolution Trailblazers** started walking as a group a little over a year ago. Before group hikes were suspended due to the coronavirus pandemic, members walked five miles up and down the Eastside Trail three days a week.

The Servolution Trailblazers began with three people and has now grown to include about 14 walkers. All are members and volunteers at Springfield Baptist Church in Conyers. Most are retired.

Ann Green who serves as the group's spokesperson, said they enjoy walking the Eastside Trail because it is shady, paved, clean, safe, and they get to see a variety of wildlife and flowers as they walk. Because their walks start before dawn, one of their biggest joys is seeing the sunrise.

Green added that the group would enjoy an expanded trail system, particularly in western Newton County because some members live Rockdale County.



2020 Supporter Campaign update: \$18,841 raised toward \$21,000 goal



Thanks to the generosity of many contributors, Newton Trails has received cash donations equivalent to about 90% of goal for its 2020 Supporter Campaign.

If you have not already done so, please consider giving today. To learn how, go to newtontrails.org/donations. If you are already a donor, thank you!

Newton Trails plans to combine the proceeds from this year's Supporter Campaign with funds provided by the City of Covington and two different granting agencies to open as much of the Cricket Frog Trail within Covington as possible, including the Dried Indian Creek Bridge.

Newton Trails' newest corporate sponsors

PATH Foundation (pathfoundation.org) has made an in-kind donation of the engineering and design work needed to convert the Dried Indian Creek railroad trestle into a Cricket Frog Trail bridge. Newton Trails thanks the PATH Foundation's board of directors and staff members.



Covington/Newton County Chamber of Commerce (gocovington.com) has contributed to the 2020 Supporter Campaign. "The Chamber is excited about what trails mean to the community and the connectivity they bring to residents and visitors alike," said Debbie Harper, president. Newton Trails thanks the Chamber's board of directors, members, and staff members.



Newton Trails' 2020 corporate sponsors

In becoming a 2020 supporters, the Chamber of Commerce and the PATH Foundation have joined Newton Trails' growing list of corporate sponsors. That list includes the City of Covington, Piedmont Newton Healthcare, and Newton Federal Bank.

Newton Trails appreciates and always seeks to recognize and thank individuals and businesses which contribute time, money, or materials in any amount. For details, about Newton Trails' Sponsorship/Supporter Program, please [click here](#).



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Newton Trails' mission is to promote, develop, and sustain a connected system of trails that supports a vibrant, healthy, and prosperous community.

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