Enriching York County communities and countryside through the development of a network of public, multi-use trails.

Carl Knoch
Chairman

Mack Johnson
Vice-chairman

Ed Hughes
Secretary

Dennis Flickinger
Treasurer

Pamela Gay
County Representative

Henry Herman
Jeffrey Hines
Heidi Hormel

Gwen Loose
Executive Director
Newsletter Editor

We salute Hanover Hospital, sponsor for this edition of Trail News & our partner in promoting active lifestyles!

Express Care
New Oxford  (717) 624-1337
Spring Grove  (717) 225-9869
South Hanover  (717) 637-0470
www.HanoverHospital.org

Oh, By Gosh, By Golly, It’s the Old Hanover Trolley!

By Kim Shue, Occupational Health Physician Assistant for Hanover Works at Hanover Hospital

Have you heard the news? According to a recent study conducted by The University of Wisconsin Population Health Institute and Robert Wood Johnson Foundation, York County ranks 59 out of 67 Pennsylvania counties for availability of health & fitness opportunities in the surrounding physical environment (countyhealthrankings.org).

Certainly, our physical surroundings play a major role in our overall mental and physical health and fitness level. The medical community constantly reminds us of the positive benefits of physical activity: to help control weight, reduce the risk of heart disease, diabetes and other chronic diseases, strengthen bones and muscles, decrease symptoms of depression and stimulate mental alertness. All of these benefits ultimately reduce the number of employee/student absences due to sick time or injuries and increase productivity and creativity. In fact, many employers are engaging their employees in wellness programs and often offer monetary incentives to promote a healthier lifestyle.

There are several factors that determine whether we will successfully be able to squeeze a fitness routine into our busy schedules and stick to it:

Location: We are more likely to visit parks, trails and fitness facilities if they are located within a few miles of our homes or work site.

Cost: Membership fees and fitness equipment/apparel can be costly. Most parks and trails may be accessed at little or no cost.

Accessibility: Places that are open most hours of the day and most days of the year are usually better attended. Ample parking areas are a necessity.

(Continued on page 3.)
**Northern Extension of HRTCP: Phase 2 Bridge & Ramps**

Construction begins!

Construction is now underway for a bridge and ramps over the Codorus Creek at Emig Road, Springettsbury Township, which will bring the Northern Extension to the east bank of the Codorus Creek. The bridge is being built within the shadow of the existing highway bridge and will be exclusively for trail use. Kinsley Construction of York, PA is scheduled to complete this $1.5 million project by December 2012.

The project is funded by PA Department of Transportation’s Enhancement Program, PA Department of Conservation & Natural Resources’ Keystone Recreation, Park & Conservation Fund and Growing Greener Bond Fund, and many generous contributors to the TRAIL LINKS Capital Campaign.

**Hanover Trolley Trail Construction Gears Up in Jackson Township!**

Jackson Township Public Works Department has cleared brush from the Metropolitan Edison utility corridor between Hershey and Martin Roads. Their donated services will continue throughout the spring with installing the drainage system and stone sub-surface for the trail. A construction contract will be bid to complete the trail surface, fencing & gates. This ¼-mile section is scheduled to be complete by early summer. An opening ceremony is being planned for July 2012.

**Students “Dig” the Trail**

Spring Grove Area Middle School students of Team 7-2 are learning about native trees and flowers in preparation for a spring planting along the Hanover Trolley Trail in Jackson Township. On March 8, Rail Trail Authority Executive Director Gwen Loose and Mike Hollins of Sylva Native Nursery in Glen Rock, PA gave students a presentation on the history of the York Hanover Trolley Line, the project to convert the line to a trail, and the benefits of native plants. Sixty student “diggers” will learn the basics of planting trees and flowers on April 26 in preparation for a May 4 planting.

**Sign up for E-Trail News**

**Monthly Trail Construction Updates**

Follow construction progress with photographs and information provided each month to your “In-box.” Email the York County Rail Trail Authority at info@yorkcountytrails.org. Place “Trail Construction Updates” in the subject line. Provide your name and email address. Then look for monthly updates delivered through Mail Chimp.
**Safety:** Fitness buffs are attracted to places that have well maintained equipment and trails and low crime statistics.

Can you think of any parks, trails or fitness centers that meet the above criteria in your area? Well, if you live in the Hanover area of York County, the **Hanover Trolley Trail** meets all of the above factors!

This relatively new, well maintained trail has ample parking at Moul Field and Cherry Tree Court where you can start your walk, jog or bike ride. The trail is approximately 1 mile from Moul Field to Cherry Tree Court. It is open every day from dawn to dusk and is free! Located in the Hanover area, near the industrial section, this trail is easy to access before or after work. Many businesses are in close proximity to the trail, so employees can take a 30 minute power walk at lunch time or relax on one of the benches and let the mental stress melt away. Do you exercise better with others? Start a walking club through your company, social contacts or church organizations. Take your family for an outing in the fresh air and teach your children to ride a bicycle without the worries of traffic.

As with any fitness program, you should consult your family doctor first for a medical evaluation. To prevent injury, start your activity with warm up stretches and use proper foot wear. Stay well hydrated and use sun protection. As your stamina increases, you can burn extra calories by increasing your pace, adding arm swings and/or carrying weights.

If you have not done so yet, add the Hanover Trolley Trail and York County rail trails to the top of your activity list and go outside and play! Visit www.HanoverHospital.org/Main/CommunityHealth.aspx for more ideas on being and staying healthy.

**Special Announcement:** PA Department of Conservation & Natural Resources has announced a grant of $99,990 for development of the Penn Township section of the Hanover Trolley Trail. Look for construction to begin before year’s end.

**RAILS in the NEWS**

**Stewartstown Railroad’s future uncertain.**

The Stewartstown Railroad is an historic York County gem. This 7.4-mile, short-line railroad began providing freight and passenger service in 1885 from Stewartstown, PA to an interchange in New Freedom, PA with the former Northern Central Railway. Its future is currently under review by the Surface Transportation Board.

“Steam into History” is coming!

Rail history is about to be reborn on a portion of York County’s Northern Central Railway, as Steam into History, Inc. anticipates an early spring 2013 completion of a mid-1800s era steam train. Civil War and railroad history will be chronicled as visitors enjoy a scenic, rail excursion between the train stations at New Freedom and Hanover Junction, PA.

---

**Business Meetings**
Meetings begin at 7 PM and include opportunities for public comments.

- **April 16 & September 17**  
  YCRTA Office, 45 Cherry St., Seven Valleys, PA. 17360.

- **May 21**  
  Springettsbury Twp. Bldg., 1501 Mt. Zion Rd., York, PA 17402

- **June 18**  
  Hellam Twp. Bldg., 44 Walnut Springs Rd., York, PA 17406

- **July 16**  
  Adventure Cycling & Fitness, 4370 W Market Street (RT 30), York, PA 17408

- **August 20:**  
  Sacred Heart Parish Center, 1031 Sprenkle Rd., Spring Grove, PA 17362  
  (Annual Bike Ride/Walk at 5 PM. Location to be announced.)

**Information Tables**

- **July 28, 8 AM-4 PM**  
  Hanover Dutch Day  
  Frederick St., Hanover, PA

- **August 4, 10 AM-4 PM**  
  Arts & Outdoor Fest  
  Shank’s Mare Outfitters, Wrightsville, PA

- **September 15, 10 AM-4 PM**  
  New Freedom Fest  
  New Freedom Train Station  
  New Freedom, PA

**Special Events**
Visit www.yorkcountytrails.org for information on trail opening ceremonies.
FRIENDS OF YORK COUNTY RAIL TRAILS MEMBERSHIP FORM

Benefits of membership include:

- One-year subscription to YCRTA newsletter, Trail News
- Invitations to special rail trail events
- Knowledge that you have joined a special community of rail trail supporters

Membership Levels: (Check one)

- Student $10.00  
- Individual $25.00  
- Family $30.00  
- Supporter $50.00  
- Organization $100.00  
- Small Business $250.00  
- Municipality $500.00  
- Corporation $1000.00

- Regular Membership  OR  - Gift Membership

(If a gift membership, you will be mailed a certificate to present to the recipient.)

Your Information:

Name ____________________________________________
Address ____________________________________________
City, State and Zip ________________________________
E-mail address ____________________________________

Gift Recipient Information: (If applicable)

Name ____________________________________________
Address ____________________________________________
City, State and Zip ________________________________
E-mail address ____________________________________

MAIL with contribution to YCRTA, PO Box 335, Seven Valleys, PA 17360  USE PAYPAL at www.yorkcountytrails.org/Join.aspx

The York County Rail Trail Authority is organized under the Pennsylvania Municipality Authorities Act of 1945. Contributions are used exclusively for the development of public trails and, as such, may be fully tax deductible pursuant to the Internal Revenue Code. Official registration and financial information may be obtained by contacting the Authority at (717)428-0999.

Visit these trail-friendly businesses & thank them for supporting York County rail trails!

ADVENTURE CYCLING & FITNESS
4370 W Market St. (RT 30)
York, PA 17404
(717) 792-4400
www.adventure-cycling.com

STEAM INTO HISTORY
Relive Civil War Railroad History Aboard the Northern Central Railway!
www.steamintohistory.com

THE GLEN ROCK MILL INN
50 Water Street
Glen Rock, PA 17327
(717) 235-5918
www.glenrockmillinn.com