



Ride the Drive-Northside

Sunday, August 12, 10a.m. – 3p.m.

August 2012

Bikers, runners, walkers took to the streets of Madison's northside on Sunday, August 12 for Ride the Drive – Northside. The second event of this year drew approximately 11,000 participants to leave their cars behind, get on a bike or walk on some of the signature streets of Madison's northside.

In 2012, Ride the Drive changed things up by hosting the second event in a neighborhood, rather than the downtown location. The Northside Planning Council, along with Alders Rhodes-Conway and Weier, lobbied to have this first neighborhood Ride the Drive event on the northside. The northside threw out the welcome mat and Sunday's event certainly set the bar high for the next neighborhood!

The route circled Warner Park along Sherman Ave, Northport Drive, Troy Drive, Sheridan Drive, through the Brentwood neighborhood and back to Sherman Ave. Riders were treated to views of Lake Mendota, the expansive gardens at Troy Gardens, and the unusually quiet ride along Sherman Ave.

Families transporting their kids in trailers, or bike carriers were certainly the most popular of the attendees. Families had lots of activity villages to stop and let their kids enjoy fun activities like bounce houses, games, and music. Neighbors along the route enjoyed the day by inviting friends out for a bike ride and a BBQ, or sitting on the front porch and waving to the participants.

For one young girl, Sunday's Ride the Drive will forever be the day she learned to ride a bike! Carly's parents had been working with her for over 6 months to try to teach her to ride her two wheeler. Carly saw the write up about one of the Ride the Drive activities called "Learn to Ride" in the Northside News and said, "Dad, I want to go to this." Carly and her family arrived on Sunday morning eager to begin. So after 6 months of working with her parents, and about 45 minutes of work with the City Bike Safety Education coordinator, Steve Meiers, Carly was riding her bike!!! As a reward for her hard work, she decided to ride her bike down to St. Paul's Church and enjoy the afternoon in a bounce house! Well done Carly!

Ride the Drive is possible only with the support of sponsors, volunteers and participants who come to the event. Thank you to our sponsors: Trek, 105.5FM, UW-SP Adventure Tours, Northside Planning Council and Hallman/Lindsay Paints for making such a great event possible. Thank you to the volunteers who worked as intersection guides, area captains, set up, bike ambassadors, and in the information, merchandise and donation booths. Your hard work, friendly faces and enthusiasm made this a great community event. And thank you to everyone who came out to enjoy the day at Ride the Drive! Your participation shows us how important this event is to our city, our neighborhoods, our community.

Check out photos on Facebook: www.facebook.com/ridethedrive.



Cherokee Marsh Boardwalks

Thanks to the members of Operation Fresh Start, we have a new boardwalk to hike on at Cherokee Marsh. Operation Fresh Start is a non-profit organization in Dane County that provides comprehensive employment and training services to individuals. Employees learn basic skills and preparation for the high school equivalency examination, instruction in independent living skills, counseling, and supportive follow-up. The organization primarily focuses on building houses for low and very-low income first-time homebuyers and has recently branched into conservation work. This group of 10 to 15 individuals renovated the observation boardwalks that weave through the Cherokee Marsh in order to make them safer and more accessible for visitors.

Built many years ago, the wooden boardwalks that wrap around the marsh have begun to decay, warp, and break in places. They were expensive to maintain and made it difficult for park staff to do controlled burns of the marsh to get rid of invasive species without damaging the wooden walkways. They are being replaced with aluminum walkways that will last much longer and hold up against the Wisconsin winters better. They also provide a safer, more stable surface for visitors to traverse and are handicap accessible. Instead of being anchored into the ground with stakes, the panels of aluminum will rest on pads, allowing the legs to be adjusted if the ground should shift.

According to Russ Hefty, Madison Parks Conservation Resource Supervisor, the aluminum boardwalks should be completely installed by the end of summer. He also hopes to replace the wooden observation deck that sits off of the boardwalk with a new, stronger deck that would last for years to come.

Personal Trainer at Warner Park Community Recreation Center

At Warner Park Community Recreation Center, our goal is to provide for Madisonians, among many other things, a comfortable place to exercise. Of course, no two people have the exact same fitness needs and goals, a reality we understand and embrace at WPCRC.

Case and point, meet Gina Currie: our personal trainer. Originally a nurse, she has an inherent appreciation for good health and vitality, a passion she has fostered in her clients for over nine years at WPCRC.

“There is a moment of joy when you help a person to heal and return to a renewed health status,” she said.

Gina works with people of all ages and lifestyles, from youth to seniors,

from those who exercise on a regular basis to those looking to build a new routine. Guiding and supporting her clients in their fitness regiments, she teaches them not only what to do, but why they need to do it.

“Through my training, I want people to learn both why and how they can exercise,” she said. “I would love to see them learn

movement in a way that allows them to fall in love with their bodies.”

From Jennifer Frederick, this is exactly what Gina was able to do. Seeing her since early October, Jen has seen great results from her work with a personal trainer.

“I tend to get bored with the same repetition, but Gina has made working out more fun and continues to challenge me,” she said. “My endurance and strength have vastly improved since I started.”

We offer a number of programs that move people to “fall in love with their bodies,” a variety accommodating to both beginners and people at a more advanced level. Whether you are looking to lose weight, change up your exercise routine or simply stay active, we have a program suited for your goals:

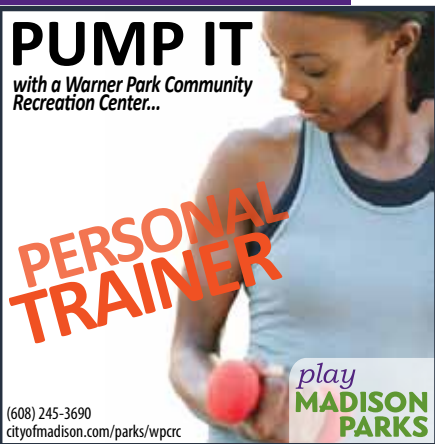
For more information on personal training at Warner Park Community Recreation Center or to schedule your first appointment, call (608) 245-3690 or visit us online at cityofmadison.com/parks/wpcrc.



Before



After



In Training: Mud Run

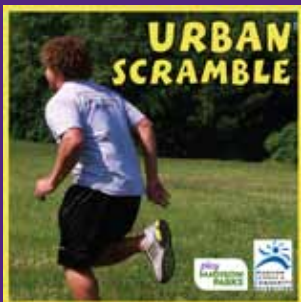
Get down and dirty this fall! Each Sunday, complete a variety of challenges including playground obstacles, running drills, agility and balance play and some fun surprises to prepare you for the Madison Mud Run on Sunday, October 28. T-shirt included in the fee. Race registration is NOT included in the fee and must be completed separately. Information at www.msqr.org.



IN TRAINING: MUD RUN
Every Sunday (9/23 - 10/28)
Kennedy Park and Hoyt Park
play MADISON PARKS

Urban Scramble

Go on a Madison workout adventure with the Urban Scramble. This class will park-hop throughout Madison using playgrounds, green space, trees and more to get your heart pumping. Get to know your Madison parks with a dynamic, high-energy workout. Information at www.msqr.org



Olbrich Displays Inflated Steel Art

Olbrich's outdoor gardens have a pop of color this summer not only from beautiful flowers, but also from multi-hued inflated steel sculptures by artist Robert Anderson.

Anderson, who also created Olbrich's Garden Kaleidoscope, created these inflated steel sculptures as a temporary exhibit for the outdoor gardens. The three-dimensional inflated steel sculptures begin as flat sheet metal vessels just under 1/16" thick with welded seams. The vessels are inflated using pressurized air or water to form the desired shape.

Many of the sculptures currently on display are inspired by forms found in nature. The structures of "Pod Study IX," located in the Rain Garden by the Herb Garden, are stainless steel pyramid shapes reminiscent of seed pods. "Pod Study IV," found in the Perennial Garden, consists of vertically stacked red steel "pods" that form tall, stalk-like structures.

Tour the gardens to see this unique art throughout Olbrich in the Rain Garden, Gravel Garden, Perennial Garden, Prairie Dropseed Meadow, floating in the Rock Garden Pond, and on the Lussier Terrace. Olbrich's outdoor gardens are always free and open from 8 a.m. to 8 p.m. during August and September. For additional information about artist Robert Anderson, visit www.rcandersondoorcounty.com.





Madison Meet & Eat to continue into September!

The City of Madison is pleased to announce that Madison Meet and Eat at Meadowood will continue into September. Due to popular demand, this unique neighborhood event that brings a collective of local Madison's food cart vendors to a neighborhood and encourages friends and neighbors to enjoy a fun night out will take place four more times. This event will switch to every other week on Thursday 5:00-7:30pm. Upcoming dates include August 9, 23 and September 6 and 20th. The location for the 2012 Madison Meet & Eat events will remain the same just adjacent to the Meadowood Shopping Center at 5800 Raymond Road.

An Afternoon in Madison Parks on a B-Cycle

Did you know there is any convenient, affordable, and fun way to explore many of Madison's parks? The B-Cycle bike sharing program is a great way to discover new places in Madison. An affordable 24-hour membership will allow you to bike around the isthmus and explore some of Madison's parks. Memberships can be purchased online at madison.bcycle.com or directly at a B-Cycle station. Your membership will get you unlimited rides under 30 minutes, while rides over 30 minutes cost a small hourly rate. With 27 rental stations in Madison, the route described below is only one of many possible options when using a B-Cycle bike.

The starting point for your trek can be any B-Cycle, however for this trek, we'll be starting at the rental station near the Capitol on the corner of W Main and S Carroll. The first destination will be Olbrich Gardens a scenic 15 minute ride down the Capitol City Trial. Follow the trail as it runs along Willy Street and check out some of the unique shops you pass along the way! When you reach Olbrich Gardens, return your B-Cycle to the rack and head into the Gardens. Check out the many different gardens and stroll along the scenic paths lined with flowers, or bring a book and just relax! When you finish exploring Olbrich, hop back on a B-Cycle bike and head back down the Capitol City Trial towards our next stop, Tenney Park!

When you arrive at Tenney, return your B-Cycle bike at the station located right next to the park on Johnson Street. Tenney is one of Madison's most beautiful parks with its storybook scenery, the winding Yahara River, and arched bridges located throughout the park. Simply walk around and explore the park or check out the scenic shoreline of Lake Mendota. Tenney is also a great place to fish, swim, or have a delicious picnic! Once you've completed your visit at Tenney, hop back on a B-Cycle bike for a short 20 minute ride to our next destination, Vilas Park!

Return your B-Cycle at the station and head to your next activity, kayaking or canoeing at Wingra Boats! Canoe and kayak rentals from Wingra Boats in Vilas Park are affordable and fun for the whole family! After paddling the lake, end your afternoon by grabbing some ice cream from the park concession stand and check out the

Henry Vilas Zoo, only steps from Lake Wingra! When you're done, grab another B-Cycle bike for your trip back to the Capitol. All locations on this trip are less than a 20 minute bike ride away and provide a fun way to exercise, be outdoors, and explore some of Madison's incredible parks! Try this easy, fun, and affordable B-Cycle bike tour the next time you're looking for a fun afternoon trip!



Hand-Painted Madison B-cycles feature artwork of local youth

(Madison, WI) - Madison B-cycle riders can now make a difference when they choose to travel by B-cycle. The recently announced "ArtBikes" collaboration hit the Madison B-cycle system today, and with every ride of the ten special bikes throughout August, Metcalfe's Market will donate \$1 to the Boys and Girls Club of Dane County.

In June, ten bikes from Madison's bike sharing program were removed from the fleet and stripped down to the frame by DreamBikes. The frames were then painted by youth members of the Boys and Girls Club with unique and colorful designs. The freshly painted frames were weatherproofed by Trek Bicycle at their Waterloo, WI global headquarters and reunited with their parts at DreamBikes and Madison B-cycle for their return today to the Madison B-cycle system.

The ArtBike project was made possible by a grant from the Capitol Times Kids fund, allowing BGC to buy supplies for the project and hire the mechanical services of DreamBikes of Madison.



Michael Olbrich



Olbrich Botanical Gardens



Softball at Olbrich



Getting to Know Our Parks

Olbrich Park, an eastside gem

Olbrich Park is one Madison's favorite and most popular parks. With its endless array of activities possible and beautiful location on the shore of Lake Monona, Madisonians have been enjoying Olbrich Park for almost 100 years. The history of Olbrich Park begins with one man, Michael Olbrich, a UW Law School graduate working as a private attorney in Madison. Born in 1881, Olbrich envisioned a sweeping park and lower garden on the undeveloped shores of Lake Monona. Highly interested in the preservation of direct public access to Madison's lake shores and Lake Monona in particular, Olbrich purchased 3500 feet of the lakes shoreline in 1921. Later that year, he sold the land to the City of Madison in 1921 at cost once they had acquired enough money for the purchase. The park was slowly improved over the next 30 years and in 1952, Olbrich Botanical Gardens was born when the first structures were built on the property, the Sunken Garden shelters. Over the next 50 years, the Gardens continued to add a variety of other gardens and structures on the original land Michael Olbrich acquired. Olbrich Park also continued to add amenities and today provides a pristine space for Madison residents to enjoy a variety of activities.

Besides providing a beautiful view of downtown Madison and Lake Monona, Olbrich Park has a huge variety of amenities that allow visitors to use the park all year-round. In the spring, summer, and fall park goers use the large open fields for soccer, football, and ultimate frisbee or play softball on one of the diamonds. In the evening, a picnic in the park will provide one of the best views in Madison, and many people can be seen enjoying a romantic stroll along the shoreline pathway. Hop on a B-Cycle rental bike from the rental station in the park and take a bike ride along the shoreline, or meet

up with the Capitol City Trail, only a short ride from the park. For smaller children, Olbrich Park has two awesome playgrounds that provide hours of fun! In the winter months, check out the park's large ice-rink maintained by Adopt Ice Partnership members or bring the whole family to sled down the spacious hill! Alongside all of the recreational activity options, one of the biggest draws to Olbrich Park for visitors year-round is the Olbrich Botanical Gardens.

The Olbrich Botanical Gardens were the brainchild of Olbrich Park beneficiary Michael Olbrich, who dreamed of a flower garden near the shore of Lake Monona for the public. The Gardens were officially established in 1952 when the Olin Trust Fund gave the Madison Parks Commission \$22,000 to begin development. Over the years, Olbrich Gardens has added many new structures and gardens such as the Bolz Conservatory and Thai Pavillion Garden in order to keep up with the increasing volume of visitors. Open year round, the Gardens provide a beautiful place to go for a stroll, sit and read, or simply learn about different types of flowers or trees every month of the year. While they employ 30+ people for regular maintenance, a team of over 600 volunteers puts over 26,000 hours a year into upkeep of the Gardens. Along with summer concerts on the Great Lawn, Olbrich Botanical Gardens provides many programs and classes for gardening beginners and experts alike. The best thing about the Gardens is that it's completely free to enter any time of the year!

Olbrich Park is a genuine piece of Madison history and a beautiful place to enjoy a myriad of activities from biking to swimming to sledding. While it started off as just a piece of land on Lake Monona, today it provides many outdoor recreation options for Madisonians to enjoy all year round. Come check out this historic park and discover just how amazing it really is!

Olbrich Park, 3527 Atwood Ave.

www.cityofmadison.com/parks/olbrich

VISION:
To provide the ideal system of parks, natural resources and recreation opportunities which will enhance the quality of life for everyone.

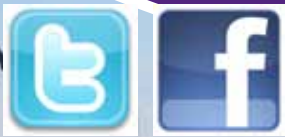
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MADISON PARKS



How to get your kids moving

Reprinted from www.philly.com, posted by Sari Harrar,

One of my summertime goals was to take more walks in our woody neighborhood with my daughter. We both need the exercise; walking together also gives us a chance to connect, relax and talk about things that we might not get to when things are busy at home. It's working! So I was happy to read about a brand-new study finding that, indeed, kids are more active when their parents are.

Researchers from National Jewish Health in Denver, Colo., followed 83 families who had signed up for a family intervention program aimed at preventing excessive weight gain in overweight kids, ages 7 to 14. Families received pedometers and were asked to increase their daily step counts by about 2,000 - roughly a mile. The results:

- On days when mothers reached or exceeded their 2,000-step goal, children took an average of 2,117 additional steps.
- On days when moms didn't hit their goals, kids got about 1,000 fewer steps.
- The activity levels of fathers had a similar effect.
- Kids and parents both increased their step counts on weekends, when families had more time to have active fun together.

Yesterday's steps didn't help today's totals. A parent's higher activity level one day didn't translate into a lot of extra steps for kids the next day. It's an of-the-moment kind of thing.

"It has long been known that parent and child activity levels are correlated," said lead researcher Kristen Holm, Ph.D. "This is the first intervention-based study to prospectively demonstrate that when parents increase their activity, children increase theirs as well. The effect was more pronounced on weekends."

In other words, if you move, they will, too.



play
MADISON PARKS