

## Outdoor trail is good news for handicapped

Keeping fit and in the pink is always good news but now Staten Island's handicapped population has a head start in the pursuit of good physical conditioning and a way to make it more fun.

A new structured exercise trail for use by handicapped people and those confined to wheelchairs was dedicated at ceremonies yesterday at the Staten Island Developmental Center, Willowbrook.

Called the Richmond Hills Vita Course, the outdoor trail has miles of jogging path equipped with exercise stations and a separate wheelchair course. Designed to give handicapped people a complete physical workout according to their capabilities, while enabling them to move along at their own pace, equipment for the trail was donated by the Benevolent Society for Retarded Children. Society president Anthony Pinto and SIDC director Elin Howe conducted yesterday's dedication.

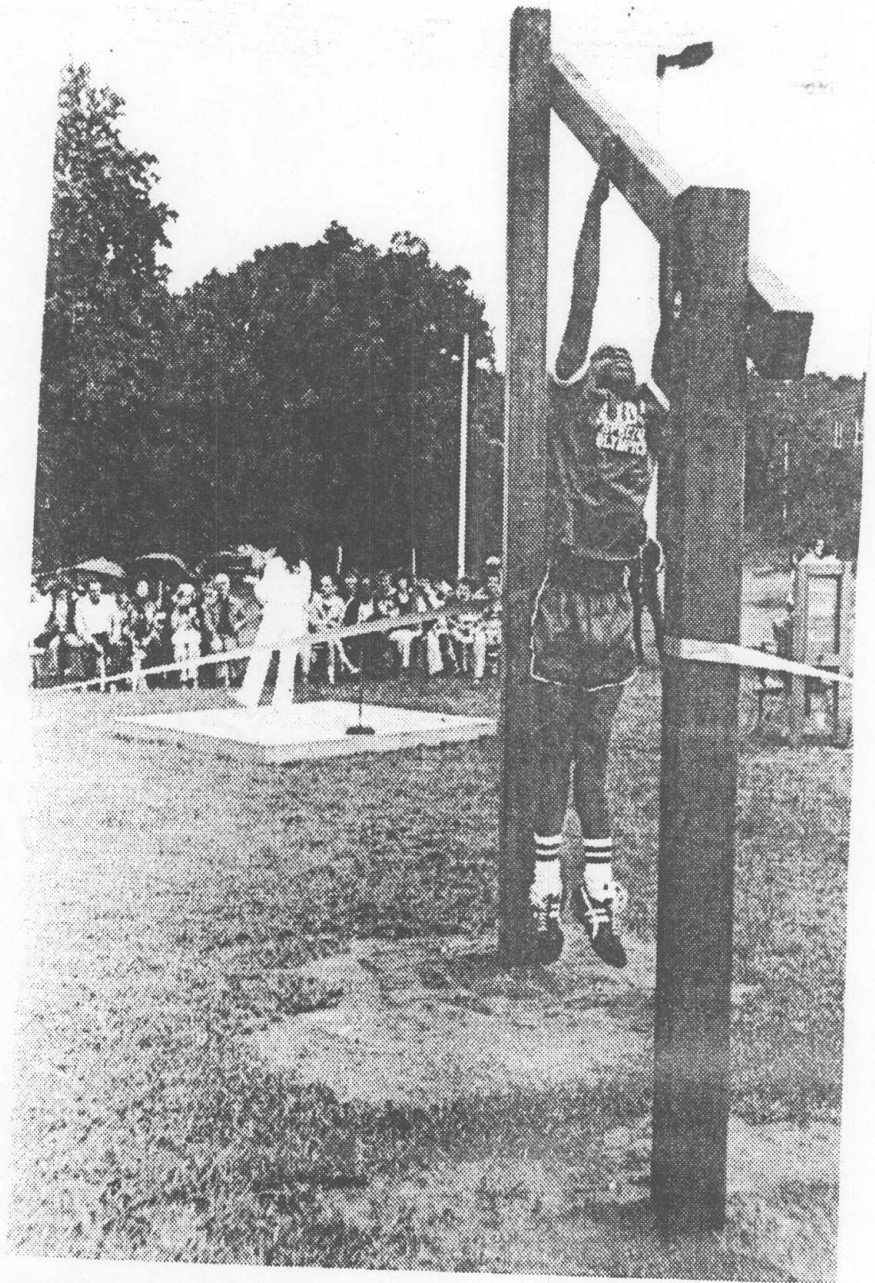
Located on the grounds of the developmental center, the jogging trail is equipped with 20 stations, each with a sign telling participants which exercise to do. Ten of the stations have equipment such as parallel bars or chin bars

for an added workout between sprints.

The wheelchair course has nine stations, with exercises geared to people in wheelchairs.

According to Ellen Forman, project coordinator, the outdoor trails will be open during daylight hours seven days a week. It will be for use by developmental center residents and non-resident members of the Island's handicapped. There will be a sign-in system at the facility's main gate on Victory Blvd.

The developmental center hopes to host the local trials of the Special Olympics for handicapped people, and for that, the new Vita Course would be



Ronald Campbell does an exercise on the trail for physical conditioning of the handicapped dedicated yesterday at the Staten Island Developmental Center.

S.I. Advance Photo by Irving Silverstein

ideal, Ms. Forman explained.

Located on some of the center's wooded acres, it is safe from traffic, and, added Ms. Forman, more fun to fall down on than pavement.

"The stations break up the boredom of straight jogging and it's a pleasing terrain as opposed to running in the street," Ms. Forman said.

Have any good news? Send it, with your name, address, and telephone number, to:

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