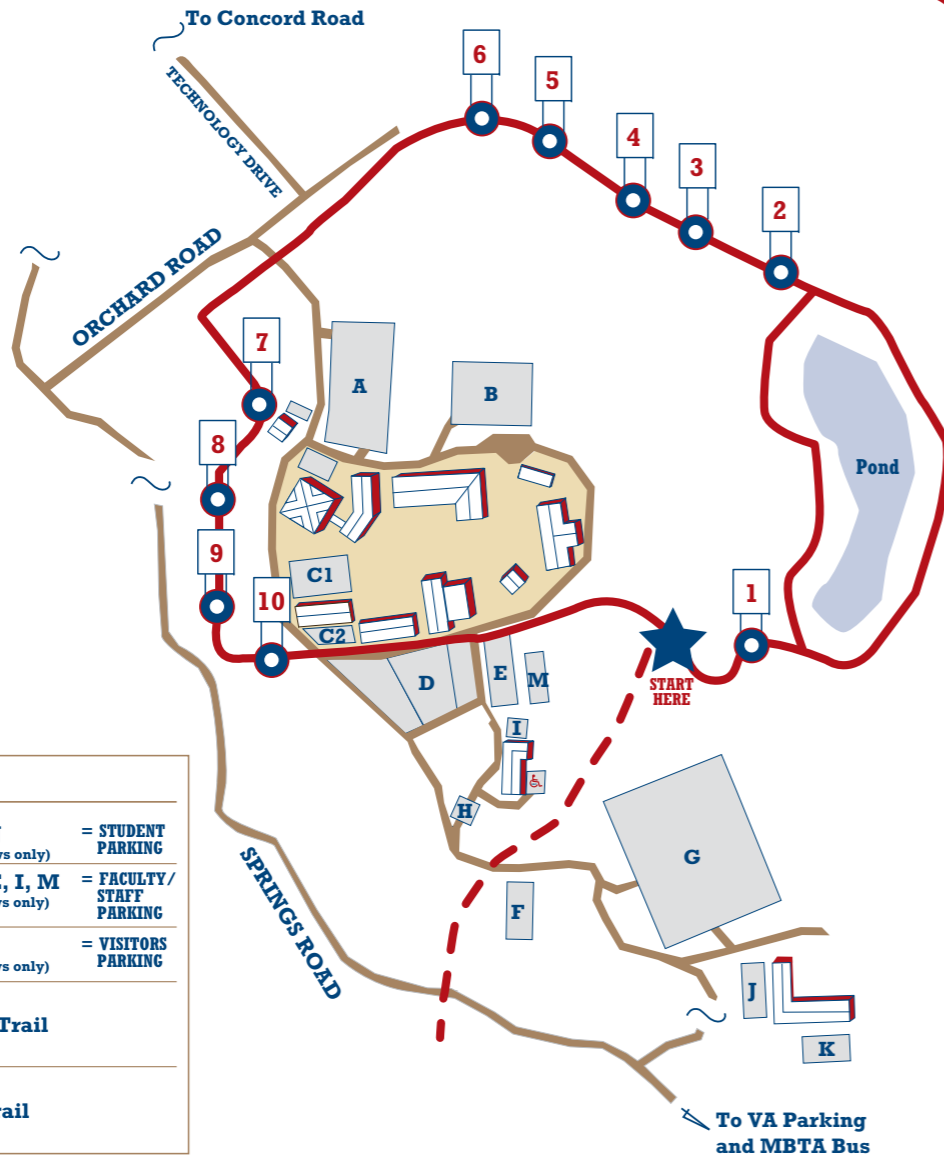







Fitness Trail Map



Key	
 A, D, H, F, G, J (Lot D designated rows only)	= STUDENT PARKING
 B, C1, C2, D, E, I, M (Lot D designated rows only)	= FACULTY/STAFF PARKING
 D, K (Lot D designated rows only)	= VISITORS PARKING
	= MCC Fitness Trail
	= Bay Circuit Trail

From start to finish, these Fitness Stations offer the following fitness and exercise options:

Station 1	Calf Stretch	Station 6	Body Raise/Reverse Pull-Up
Station 2	Hamstring/Quad Stretch	Station 7	Balance Walk
Station 3	Bent Knee Hang	Station 8	Side Bend
Station 4	Sit Up and Leg Raise	Station 9	Hamstring Pull/Lift/Drop
Station 5	Leg Stretch and Push-Ups	Station 10	Tension Release

Bay Circuit Trail

The MCC Fitness Trail is directly connected to an extensive trail system named the Bay Circuit Trail (BCT). Proposed in 1929 as an “outer emerald necklace,” the BCT traverses more than 200 miles through 50 cities and towns in Massachusetts, linking parks, open spaces and waterways from Plum Island to Kingston Bay. The MCC Fitness Trail is a small but critical section, providing an important trail link between Bedford and Billerica. Find more information on the Bay Circuit Trail, including a detailed map, at www.baycircuit.org.



The MCC Fitness Trail is not a supervised trail system. Use the MCC Fitness Trail and its equipment at your own risk.

If you are unfamiliar with how to use the fitness equipment or it appears that the equipment/trail is damaged in anyway, please do not use the equipment/trail and contact the Middlesex Fitness and Recreation Department. General questions, concerns or feedback about the MCC Fitness Trail may be directed to:

Jonathan Crockett
 Fitness and Recreation Department
 Middlesex Community College
 591 Springs Road
 Bedford, MA 01730
 781-280-3785
crockettj@middlesex.mass.edu
 website: www.middlesex.mass.edu
 (select **FITNESS TRAIL** from drop down menu)



Self-Guided 10-Station Fit-Trail

Walking/Jogging Paths



Getting Fit Can Be Fun for All!



Welcome!

The MCC Fitness Trail system, situated within the scenic woods of the Bedford campus, consists of a 1.25 mile, 10-station Fit-Trail with a separate .75 mile loop around a tranquil pond. Supported by an MCC Foundation Grant, the trails traverse the perimeter of a frog pond, pass through stands of pine forest, and wind through open meadows and fields. Fern beds, stone walls, waterfalls, quiet pools, and a wide variety of plant and animal wildlife make the Fitness Trail a memorable experience.



Whether you are an avid outdoor enthusiast, or just looking for a 15-minute break from your daily routine, this is a place for you. The Fitness Trail is perfect for hiking, walking, jogging, mountain biking, birding, skiing, snowshoeing, photography, meditating, reading and relaxing.



For a structured workout, the 10-station Fit-Tail combines a series of scientifically designed exercises which when combined with walking or jogging can provide a well-balanced physical fitness routine for the entire body. Individual, user-friendly exercise stations with apparatus are spaced throughout the trail. Participants proceed from one station to the next and perform the exercises illustrated at each station.

Fit-Trail Stations

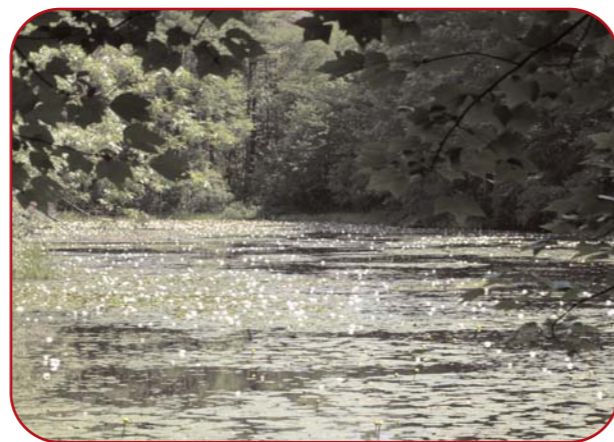
The Fit-Trail route starts and ends near MCC's Campus Center (Building 8), and travels in a loop. The first station is at the base of the field adjacent to Parking Lot M. These fitness stations provide a structured workout routine for trail users. Each station is equipped with a large, detailed sign, explaining how to safely use that station for a specific exercise. Refer to the Trail Map in this brochure for the specific location of each fitness station, or discover the stations on your own as you walk the path.



Trail Restrictions

For the safety and enjoyment of trail users, and the protection of the trail and wildlife, the following activities **ARE NOT PERMITTED** along the MCC Fitness Trail, or in adjacent woods or meadows: hunting (bow or firearms); paintball; camping, swimming and use of motorized vehicles, including dirt bikes, ATVs, quads, etc.

Dogs **ARE** permitted, provided that they are kept on a leash at all times, and that owners clean up after them.



Safety Tips

Though this is not a complete list of safety tips, observing the following guidelines will increase your personal safety while using the trail:

- **Walk with a partner at all times, and carry a trail map with you.**
- Use fitness stations exactly as outlined on the instructional signs.
- Wear insect repellent and sunscreen, and carry water.
- Follow all directional signs and posted regulations.
- Use trails during daylight hours only, and stay on marked paths.
- Bring a cell phone and a whistle to use in the event you get lost or need emergency help.
- In case of an emergency, call 911 immediately.
- Carry identification that includes name, phone number, pertinent medical information, and emergency contact information.
- Be alert for natural hazards such as stinging insects, thorny vines, poison ivy, etc.
- Do not leave valuable items visible in your parked vehicle. Store valuables in the trunk or other secure location while you are on the trail.
- Make sure that young children are closely supervised at all times while using the trail.

Trail Ethics

Please help keep this space safe and beautiful for all. **Do not smoke** while using these trails – it creates a significant safety hazard, and compromises the air quality and the environment. Carry out any litter you carry in, and pick up litter you see, even if it's not your own. Be respectfully quiet on these trails – noise pollution is irritating to trail users and local wildlife. Please respect the woods and the wildlife by staying on the marked trails, and by not vandalizing fitness stations, signs or trails. Feel free to remove any small debris (sticks, branches) from the trail that may be a tripping hazard to other trail users. Walkers should yield to bikers or runners, while bikers and runners should slow down and use caution when passing walkers.

Hours of Operation and Parking

The MCC Fitness Trail is open from dawn to dusk. During weekdays, trail users are encouraged to park in MCC Student Lot D, adjacent to Building 9 (Enrollment Center). If Lot D is full, additional parking is available in Lot G near the Facilities Building (Building 11). Parking stickers are not required for vehicles parked in Lots D or G. However, stickers are required for vehicles parked in Lot E, Lot M, handicapped parking, or 30-minute parking spaces, and violators will be ticketed and/or towed at the owner's expense. During weekends, there is generally ample parking in Lot D, or in Lot M, the gravel parking lot adjacent to the start of the MCC Fitness Trail.



Cultural History

Rich in history, this remarkable site was once home to the Maryvale Seminary, which opened in the fall of 1926, offering educational programs and training for the Catholic priesthood. One priest had a particular interest in the woods and a pond located on this property, and took it upon himself to cultivate these areas. This teacher of Greek and Latin dredged the pond, and landscaped the woods. Students helped with the strenuous work of pulling weed clumps out of the pond to clear it. Even after years of neglect, many of these original trails still exist.

