

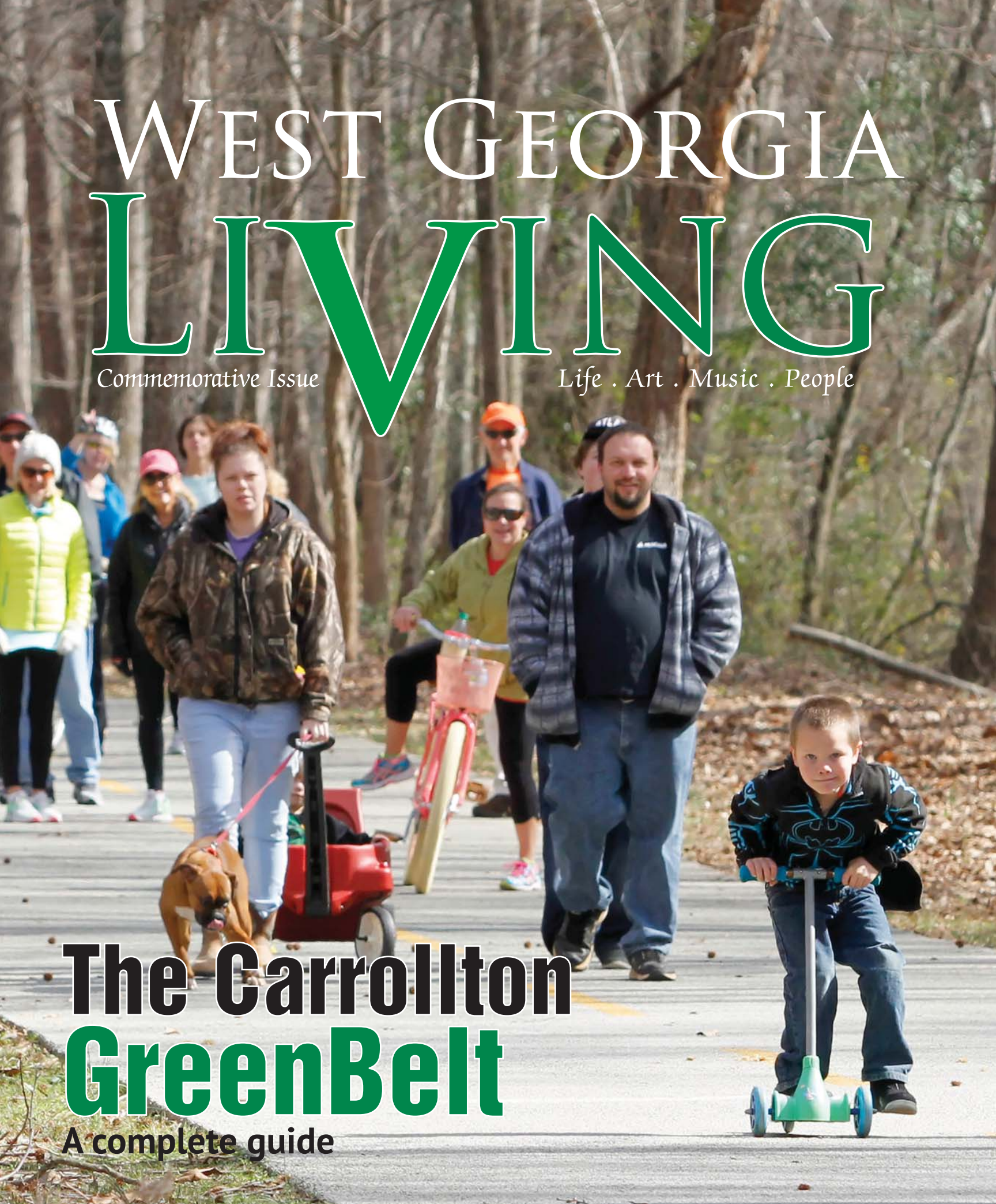
WEST GEORGIA LIVING

Commemorative Issue

Life . Art . Music . People

The Carrollton GreenBelt

A complete guide



What does the GreenBelt mean

Fresh air,
sunshine & clouds,
my happy place! ☺
Kelly Binkley

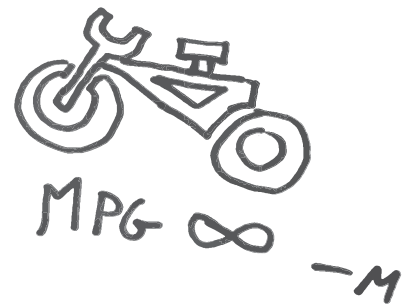
Green Belt Rocks!
Morgan Oil
Michelle Morgan

The Green Belt
is a good way
to stay healthy.
Bulleigh
mm

Green belt -
get out of your car &
on the trail!
Love it!
Patricia E.

It is peaceful &
beautiful!
Jenny

A wonderful place to
bike without worrying
about cars!
Isabel
Machett



Peace and quiet
Tina & think and
Shutdown the
Smart Phone
J. Dockery

It is a beautiful
place to walk.
m kuykendall

Running
with no
traffic
worries!
Amy

Healthy
family
Time!

I love the Green Belt, it makes
4 A great convo piece
mitchell "DUCK" Wilkins

Love the Greenbelt!
Can't wait til it's done
M. King

I like to ride my
-hate. Bike.

I love the greenbelt -
it's safe &
beautiful. more
5k's please!
-Brittan
W

mean to you?

The Green Belt
makes Carrollton
SUCH a great
place to live!

Let's all get connected —
to nature, to each other!!
Alex Powers

We asked people
across Carrollton
what they thought
about the 18-mile
trail system around
the city, and this is
what they said:

So GREENBELT GO! ♡ I like² ride my
bicycle

A safe trail
for my furbabies!
ooo
O

It means more
people walking into my
work place. TARGET



I like the green belt because it
is close to my house and
I ride my bike on
it. — Tarafina ♡

We love the
Green Belt!
Thank You!

The Green belt is a great place
for me to walk my dog Trix
and great for riding my bike with
my sister
— Ada

I'm Hot For
the Green Belt.

Awesome. Love
it. Great trails
for our city!

Great place to run safely

it is a good
place to have
time with friends
to hang out

Great reason
to live in C'ton!
XCE

Every town
needs a
trail!
— Adam

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Laura Richards was the driving force behind the completion of the GreenBelt, a vision years in the making.

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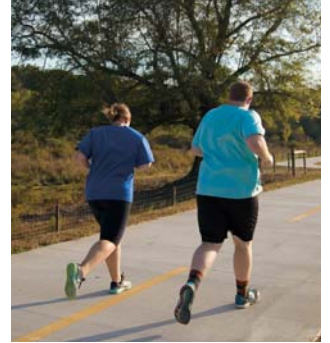
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WEST GEORGIA LIVING

*Commemorative
GreenBelt Edition*

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ABOUT THIS ISSUE

The GreenBelt is an 18-mile biking, walk-
ing and running trail that surrounds the
City of Carrollton - but to those who live
here, the trail has become much more than
a paved lane through woods and across
streets.

The GreenBelt has evolved into the city's
unofficial meeting place. Friends, old and
new, have helped make the GreenBelt the
social heart of this community. And be-
cause it offers an unparalleled opportunity
for exercise and non-polluting forms of
travel, the GreenBelt has already made the
city a healthier place to live.

This special issue of *West Georgia Living*
commemorates the launch of the GreenBelt
and serves as a guide to this incredible as-
set to Carrollton and all of Carroll County.

We are greatly indebted to the support of
many people whose creative efforts made
this possible, as well as the assistance of
Southwire, Tanner Health System and the
law firm of Tisinger Vance, P.C.

Special thanks are also extended to Erica
Studdard, Community Development Direc-
tor for the City of Carrollton, who helped
bring this project together. Also to Jona-
than Reed, whose photography illustrates
many of these articles, and who created
the incredible map of the GreenBelt in the
center of the magazine.

The GreenBelt is perhaps the greatest gift
that the City of Carrollton has given itself
in many, many decades. And for years in
the future, it promises to contribute to the
health and economic vitality of the com-
munity. As an amenity for its citizens, it is
almost unique in the state. As a draw for
tourists and visitors, it is already paying
dividends. And it should always serve as a
lure for new residents to our community.

We encourage everyone to get out and
enjoy the GreenBelt as often as possible.
You'll enjoy yourself - and improve your
life in the process.



TANNER
HEALTH SYSTEM



Southwire®

Tisinger Vance, P.C.
ATTORNEYS AT LAW

Carrollton - home of the Green



Lake Carroll

Welcome to Carrollton, where over 25,000 people who daily enjoy the benefits of a small town, yet have access to all the variety of a major American city, only an hour away.

Carrollton is the home of high tech, light industry and a booming economy. Carrollton is also the home of friendly people, good friends and pleasant spaces. It's a place where neighbor meets neighbor



Horton's bookstore

at the local shops; it's where people live and work within easy distance; and it's where families stay connected through the years. It's

the home to a fast-rising university where students excel. It's a place that people visit, then decide to call it home.

The city was incorporated in 1829 and is the county seat of Carroll County. This dynamic Main Street city is centrally located in the county, 14 miles south of Interstate 20 at the intersections of US Highway 27 and Georgia

Highways 16 and 166.

Serving as the commercial, industrial, cultural, educational, and medical hub of the west Georgia region, Carrollton offers a little something for everyone. Newcomers and visitors find an inviting mix of Southern gentility and cosmopolitan excitement, where a quick stroll down shaded streets of historic homes leads to a lively public square filled with bistros, shopping and eclectic art.

The downtown area has been the recipient of many public funding programs that have created a pedestrian friendly streetscape, and has reaped many state awards for excellence. The Carrollton Cultural Arts Center showcases a wealth of local theatrical, musical, and artistic talent, as well as hosting many national programs and exhibits, while our downtown amphitheater ("The Amp") provides a state-of-the-art venue for movies, presentations, and performances by nationally known entertainers. The Carrollton GreenBelt, an 18-mile paved bicycle path, has become one of the city's most popular destinations. The trail is a local favorite to run, bike, or walk with family and friends.

Carrollton has prospered through the years as an industrial leader in the state. It is home to Southwire, the world's largest



Downtown shops

GreenBelt

manufacturer of wire and cable. This company began as a small entrepreneurial venture and has become a multi-billion dollar enterprise and the county's largest manufacturing employer of over 2,600.

That's just one example of the successful entrepreneurial spirit that lives within this community. Our highly diverse industrial base keeps pace with changes in the global marketplace, including advanced technology for healthcare and human services, auto parts manufacturing, and fiber optics for the communication industry, textiles, food production, plastics, and metal fabrication, as well as distribution and call centers.

We are also home to Tanner Health System, a network of five hospitals and 11 other medical facilities spread across the west Georgia region, providing its residents with state-of-the-art diagnostic and treatment facilities that are among the best in the state.

The University of West Georgia is quickly becoming one of Georgia's recognized leaders in quality education, preparing thousands of students each year for successful careers. The diversity of students here, plus the vibrant life of arts and culture on campus, is an ever-renewing source of vitality to the entire community.

Carrollton is also a significant arts center, with its own symphony, talented artists and skilled craftsmen. And each week, dozens of talented

musicians entertain with a variety of music, ranging from country to rock, and from jazz to rap.

Carrollton's Mayor and four Council members provide outstanding governance and policy development to this progressive city, while a full-time City Manager and able staff handle the day-to-day operations. This synergy enables proactive policy development, conservative fiscal management and an ongoing commitment to responsible long-range planning.

In turn, Carrollton is positioned to best serve growth opportunities well into the future. A full-service police department includes 68 certified police officers and 22 support staff providing uniform services, criminal investigations and

support services. The Carrollton Fire Department recently attained a "1" ISO rating, a distinction fewer than 150 fire departments have nationwide.

But perhaps the best testament to the quality of life we have here is the people who come and share it with us. And it turns out that those who visit often return, again and again, and quite often decide to make this their home.

Carrollton is many things - a quiet rest, a happy home and a fulfilling life. We hope you enjoy your visit here, and we're pretty sure you'll be back soon.

Visit www.carrollton-ga.gov, for more information.

Concerts downtown



Welcome to the GreenBelt!



Helen Keller once said, "There are no shortcuts to a place worth going." The tale of the creation of the Carrollton GreenBelt is no exception.

I went for my usual run the other day on the GreenBelt. It was a beautiful, late afternoon and I chose to run the Ayers Dairy Farm section of the trail. As I was running, I passed people on bicycles; a gentleman walking his dog; a couple of women with baby strollers; a group of walkers; there was also a grandmother, a mother and her two teenage children, all spending time together as a family. Not to mention a few cows who were just people-watching.

As I jogged along, I reflected on how far the GreenBelt project has come over the last decade. At times, the plan to build the trail in five years seemed like a distance too far.

I first learned about the Carrollton



GreenBelt when I moved to Carrollton in 2004 from Athens, Ga. I was a city planner, and Kent Johnston, the Superintendent of Parks, brought me up to speed on what was,

ERICA STUDDARD

at the time, only an idea that seemed to be taking root.

We had the outline of a plan that included a 16-mile paved loop, similar in design to the Silver Comet trail 30 minutes north of Carrollton. A piece of property had already been purchased for the trail with state greenspace funds, and we set out to apply for every state and federal grant possible to build our very own trail.

Fast forward seven years, to 2011. Although the GreenBelt concept was alive and well, we still did not have anything to show for it. It was a good idea that had no momentum. Public awareness of the project was moving just as slowly. The project needed

a jumpstart.

At the time, a local benefactor, Laura Richards, youngest daughter of Roy and Alice Richards, was tasked with overseeing the distribution of a grant for the GreenBelt

As I jogged along, I reflected on how far the GreenBelt project has come over the last decade. At times, the plan to build the trail in five years seemed like a distance too far.

from the Alice Huffard Richards Charitable Fund.

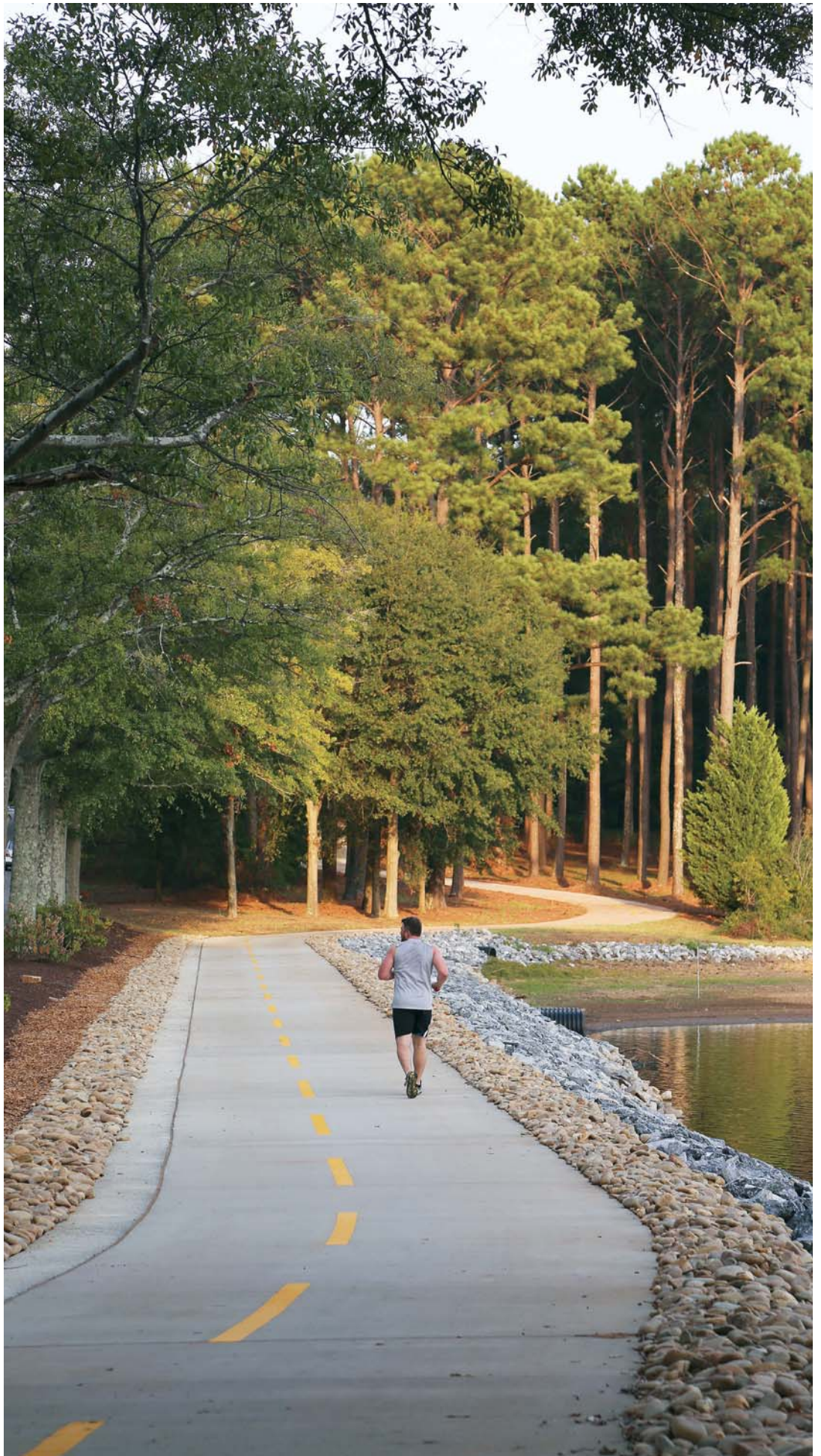
Alice Richards was a local philanthropist, and her husband, Roy, had founded Southwire. Few people have had a greater impact on this community than Mrs. Richards. After she passed away, her family established a fund in her honor to continue her legacy of giving back to the community. With an initial round of grants, \$1 million was designated to the Carrollton GreenBelt.

From her experience of living abroad, where trails are more prevalent, Laura Richards recognized there was an opportunity in Carrollton to create a trail system that could also function as a sustainable transportation alternative. Almost immediately, she understood that the workload and commitment necessary to make the GreenBelt a reality was more than the city could do alone.

In April 2011, after attending a Park Pride conference in Atlanta, Richards founded the Friends of Carrollton GreenBelt, a non-profit organization that partnered with the city to oversee the planning and construction of the trail. She quickly assembled an implementation team including our trail designers, representatives from the Community Foundation of West Georgia, city leaders, a real estate specialist, several local community activists – and Ed McBrayer, executive director of the PATH Foundation.

McBrayer and his organization are legends in the trail-building world; they were the chief architects of the Silver Comet! During one of those early meetings, Richards gave us our marching orders: build the 16-mile loop by 2016. Construction began in the summer of 2011.

At the end of 2016, we had not only met our goal of closing the loop – we had actually added two additional miles of trail to the project. Today, the GreenBelt represents the largest greenspace conservation and trail



project the city has ever undertaken.

Laura Richards continues to chair the Friends of Carrollton GreenBelt, and our Implementation Team is the same group that began the project five years ago. It has been a whirlwind experience for everyone involved. I do not believe anyone, including our trail building team, anticipated the impact the GreenBelt would have on this community.

We have built trails through the Carrollton City Schools campus, shopping centers, several neighborhoods, most of the city parks, and the University of West Georgia. We have gone under the railroad, over a creek, and even through a lake. The bridges, the boardwalks, and the trees we have saved have all become part of our story and our success.

But the biggest indicator of how great an impact the GreenBelt has had on the community are the trail users themselves. A wide diversity of people, of all cultures

and ages, are using the GreenBelt as runners, walkers or bikers. As they pass one another on the trail, they engage one another with a smile or quick hello. I get the opportunity to spend many hours on

creates an opportunity for growth without the dreaded infrastructure improvements required for vehicles.

Over time, we hope to see a boost to the

the GreenBelt and have yet to see an unhappy trail user.

What was created as a recreational destination is also slowly becoming more than a trail. Just as Laura Richards envisioned, it has become a transportation solution for the community. Children are walking and biking to school – in fact, a close friend told me she can bike her children to school more quickly than she can take them in her car. Once this daily commute was a headache; now it's something her family looks forward to every day.

Students at the University of West Georgia are also using the GreenBelt to commute to class. The trail connects to Carrollton's three largest employers, making it easier for more residents to bike or walk to work. This



GreenBelt Construction Timeline



local economy directly resulting from the construction of the GreenBelt. While this project's full economic impact may not be fully realized for several years, there is already anecdotal evidence that things are changing. Real estate turns over more quickly when properties are adjacent to the trail; developers are looking at ways to build spurs to new neighborhoods; and we have seen new home construction along the trail.

Our long-term goal is to create an improved quality of life for the residents of Carrollton and to attract others who have skills or expertise needed in the community. Providing a small-town atmosphere with the amenities of a larger urban area will attract new industry, and the GreenBelt already plays a key role in attracting new business professionals to the area.

The tale of the trail is not without challenges. Most of the trail is located on property the city does not own. So, the 75 property owners who contributed their property for its construction are the real heroes of this project. Without their assistance, we would not have the Carrollton GreenBelt.

When we were planning the GreenBelt, we were sometimes turned away by those who did not want it to run through

their property. We even redesigned one of the section at least five times, trying to maneuver around owners who were reluctant to work with us. Even those who were willing presented us with challenges, as they were in different states. There was one occasion in which our counsel drove several hours to one of those states to meet a contract deadline. And for another property owner, we had to revise the language of our easement agreement to specify who would be responsible for shoveling snow off the trail (a pretty infrequent problem in Carrollton.)

Most of these minor problems will be forgotten, and some already have been. Our children's children will not know how the trail came to be, nor will they care.

But I am sure the Carrollton GreenBelt will always remain an example of the power of

a good idea. Real success is not measured in the miles of trail we have built, but in the lives that we are affecting in a positive way. We hope the trail continues to be a catalyst for creating a more walkable and bicycle friendly community.

Since we began this project, many communities have reached out to the Friends of Carrollton GreenBelt for advice or assistance on how they may develop a similar project. Of course, it takes planning, funding, organization, and hard work. But more than anything, we have the Carrollton GreenBelt because Laura Richards had the boldness and courage to begin the project without any guarantee of success. It was the right person, at the right time, in the right place. For that, our community is grateful. **WGL**



Laura Rich



On her family's farm, the little girl peddled her bicycle as her dog trotted by her side.

It was a time of innocence and exploration; the kind every child experiences on warm, sunny days. Surrounded by the serenity of nature, Laura Richards felt free and safe from the noise of a busy world less than a mile away.

It's been said that children are universally viewed as creative, but that we adults must struggle to recall how we did it all those

years past. If we could rediscover that wonder and talent, it's also said, there's no telling what new ideas we could bring into the world.

"Laura was so happy, joyful and fun to be around, and to this day still has such a great smile," said Angie Slappey, her childhood friend and classmate through eighth grade at Oak Mountain Academy. "We both loved the days during recess when our teachers

would let us play in the woods, just being little girls exploring and using our creativity to make little houses out of pine tree limbs. Even today, we still both love being outside."

After graduating high school in 1990, Laura left Georgia for the first time to study at the University of North Carolina-Chapel Hill. Her studies expanded her intellectual well-being, but it was still the outdoors where Laura felt most at home.

After leaving her first job with Adams

JOE GARRETT

ards



EMERGENCY: 911
MAINTENANCE: (770) 832-1161

Software in Atlanta, Laura embarked on a cross-country adventure in 1996, when she biked across the United States. She was no longer the little girl dreaming of seeing the world. Here, pedaling on two wheels, strapped with food and camp gear, opened her eyes to the beauty of the great outdoors.

"Everyone needs beauty as well as bread, places to play in and pray in where nature may heal and cheer and give strength to the body and soul," wrote John Muir, the naturalist and explorer who helped create

"That's when it clicked for me regarding bicycle paths, when I first rode with tour guests on trails separated from roads," Laura told a group of graduates from Southwire's 12 for Life Program. "On a linear park trail, pedestrians and cyclists do not have to compete in the same space as cars and trucks. And that feeling of safety brings out more families on the trails—making it a positive quality of life component for a community, and not just exercise."

Yosemite National Park.

Following her cross-country exposition, Laura felt called to apply for a job as tour guide with Vermont Bicycle Touring. Over the next three years, Laura led bicycle groups throughout France, Spain, Italy and Holland.

The driving force behind completing Carrollton's GreenBelt

Laura noticed people holding hands while they biked, carrying pets and often riding with their groceries strapped on their backs. She realized that the path was, for them, more than a trail.

"The motorists benefit as well," Richards told the graduates. "Many drivers prefer not to share the road with a child learning to ride a bike because too often they weave. Some adults do too."

After leaving her role as a tour guide, Laura lived in New York City, San Francisco and London with her husband Jim Naughton while starting a family. In 2009, Laura, Jim and their three daughters Alice, Fiona and Maria moved to Carrollton.

"One of Laura's biggest assets to our community is her time spent traveling and living overseas," said Erica Studdard, the previous executive director of Friends of Carrollton GreenBelt. "She has visited places where others haven't been, and returned to tell stories they haven't heard before. And she has such extensive

“When the GreenBelt steps through the wardrobe and opens a gorgeous natural vista that, without the trail, maybe no one would have ever seen – this is the experience I want everyone to share.”

— Laura Richards
founding member of the Friends of Carrollton GreenBelt
and Chairperson of the Implementation Team

experience from visiting trails throughout the world to make the GreenBelt a place to build a healthier community.”

Laura calls the experience of being on the trail itself her “Narnia moment,” after the book “The Chronicles of Narnia,” by C.S. Lewis.

“When the GreenBelt steps through the wardrobe and opens a gorgeous natural vista that, without the trail, maybe no one would have ever seen – this is the experience I want everyone to share,” said Richards.

The GreenBelt is an 18-mile shared-use path, designed for pedestrians and non-motorized vehicles. It is the largest greenspace and greenway conservation project the City of Carrollton has ever undertaken, and it’s also the largest paved loop trail system in Georgia.

Originally, it was to be built over a span of 30 years.

“One night we were talking about her vision for the GreenBelt and the conversation moved to John F. Kennedy’s proposal in 1961 to put a man on the moon,” said Naughton. “It was a nine-year plan. Laura was so determined to see this project through, that she believed if humanity was able to put a man on the moon in less than nine years, surely a bicycle trail full of greenspace could be completed within 60 months.”

In 2011, Laura formed the Friends of Carrollton GreenBelt, a non-profit group through the Community Foundation of West Georgia.

“The mission statement, like Laura’s work ethic, was truly laser-focused,” said Studdard. “To complete the GreenBelt by 2016—or five years after breaking ground,



which was May 2011.

“She took a big idea, drove it from the start, and the city of Carrollton government officials embraced her dream, trusted her vision and had total faith in her to make this happen,” continued Studdard. “Laura has sacrificed family time to work tirelessly since the start to see this project through. Furthermore, she has the education and resources to live anywhere in the world, but she chose Carrollton. That’s special.”

It’s easy to see it’s a family tradition.

“Laura’s dad, Roy, had offers to join world-class corporations following his graduation from Georgia Tech,” said Naughton.

“Instead, Roy, who grew up poor, wanted to move back to his hometown to start a company in Carroll County that would bring electricity to rural homes in the area.”

In 1950, Roy Richards, Sr. founded Southwire, which today is one of North America’s leading manufacturers of wire and cable for the transmission and distribution of electricity, with \$4.8 billion in sales, employing more than 7,000 individuals across North America, Mexico, Canada, Honduras, China and the United Kingdom.

While her dad built Southwire into a global powerhouse, Laura’s mom, Alice, played an instrumental role in serving the community.

“Alice Richards wanted every child in Carroll County, and other areas where Southwire employees lived, to have access to magazines, newspapers, books, and to expand their learning capacities,” said former Carrollton City Schools Superintendent Tom Upchurch. “The apple didn’t fall too far from the tree when



I first worked with Laura a few years ago. Budget cuts were threatening our schools to eliminate their arts and music programs. Through the Alice Huffard Richards Foundation, Laura stepped in to help us, which literally saved those programs and kept them alive."

And Laura has continued the legacy of serving her community.

"Laura Richards is an asset to this community," said Upchurch. "She truly wants a better community for all of us. Think about it – the GreenBelt isn't just for a small group. It isn't for a select few. It's for every single person living in our community."

Like John F. Kennedy, her mission was accomplished, only sooner.

"For those to whom much is given, much is required," said Kennedy. "And when at some future date, the high court of history sits in judgment on each of us – recording whether in our brief span of service we fulfilled our responsibilities to the state – our success or failure, in whatever office we hold will be measured by the answers to four questions: First, were we truly men of courage. Secondly, were we truly men of judgment. Third, were we truly men on integrity. Finally, were we truly men of dedication."

It's easy to answer "yes" to Kennedy's questions for Laura's model citizenship, and for the ambassador she has been for our community.

"She's so nice, kind and doesn't want to call attention to herself," said Studdard. "She's so humble about telling the GreenBelt story. Her heart and soul are in this project."

As the city of Carrollton has become a showcase and role model for building a healthier community, Laura Richards has been the catalyst in her hometown to transform lives in the 21st century.

"I can't say enough good things about her," said former Carrollton Mayor Wayne Garner. "She does so many things behind the scenes that people don't know about that are just unbelievable. Carrollton is a better place to live because of Laura Richards."

She has driven this project, educating property owners and government officials on the vision and benefits of the GreenBelt. And she and her team were intentional in designing the trail to weave together all of Carrollton. The trail touches different economic groups, local education systems (Carrollton City Schools and University of West Georgia), Tanner Medical Center, the business community, retailers, and many of our recreational facilities.

It hasn't always been easy, but she has persevered in this project, as she has in life. When she was 13-years old, she lost her dad to cancer. Several years later, she would endure the heartbreak of cancer again when she lost her mother.

"Her experience was quite different from

mine when our dad died," said Laura's sister Nancy Farese. "Laura was the only sibling still living at home, as the rest of us were in our adult years. That was a time where she and our mother formed a strong bond. They were always close and this was also a time where Laura watched my mom's activism to help others and how much she loved Carrollton."

Like her mother, Laura also has striven to make her community a better place to live.

"When she and Jim decided to move to Carrollton, I was nervous for her because she had some big shoes to fill, and I wondered how she would establish her own identity," said Nancy. "She has blossomed into this wonderful woman and created her own footprint, and her own direction in serving her community, and dedicating her life to a project she loves so much."

Even though her parents are no longer around to see her long hours and commitment to completing the GreenBelt, it's obvious their spirit continues to shine in west Georgia.

"Her dad always believed in doing what one person can," said Naughton. "And I know her parents would be so proud of her and the legacy she has built in this community."

And as thousands exercise, bond and even heal on this beautiful 18-mile paved trail, it's easy to see that the community is proud of her too. **WGL**

Friends of the GreenBelt

When Laura Richards founded the Friends of Carrollton GreenBelt in 2011, she also created an Implementation Team to execute the project.

That team she initially “drafted” has stayed together for the entire project. It’s often said that genuine success is never an accident. This team’s achievements are



Laura Richards

Founder and Chairperson

Laura serves as the founding member of the Friends of Carrollton GreenBelt and Chairperson of the Implementation Team. Through her steadfast leadership and guidance, the team successfully designed and built over 18 miles of trail. Laura also serves on the National Board for the Trust for Public Land and as Secretary of the Board of Directors for the PATH Foundation. In addition to Laura's leadership role as Chairperson of the Friends of the Carrollton GreenBelt, she also served as the unofficial "chief sanity officer" by sharing New Yorker cartoons at the beginning of every meeting of the Implementation Team.



Ed McBrayer

**Executive Director
PATH Foundation**

Ed McBrayer served as the construction manager for the Carrollton GreenBelt project. Known as the chief architect of the Silver Comet Trail, Ed has built more than 250 miles of trail throughout the southeast in the PATH Foundation's 25-year history. Under his leadership, Ed has leveraged more than \$100 million of public funding with more than \$60 million from private sources to build trails. He has also served as a mentor for communities across the country who want to blaze trails of their own. In his free time, he is an avid cyclist and group cycling instructor in Atlanta, Georgia.



Erica Studdard

**former Executive Director
Friends of Carrollton GreenBelt**

Erica Studdard is currently the Community Development Director at the City of Carrollton. She served as the Executive Director of the Friends of Carrollton GreenBelt from May 2011 through July 2016. During her term, she led the organization through the acquisition of property, the design, and construction of the Carrollton GreenBelt. Prior to her role with the Friends of Carrollton GreenBelt, Erica served as the Planning and Zoning administrator for the City of Carrollton and a Long Range Planner in Athens-Clarke County. In her free time, she enjoys running, traveling, and spending time outdoors on her small farm with her family.

t Implementation Team

the result of high intention, sincere effort, intelligent direction, skillful execution, and the vision to see obstacles as opportunities. Each member of the Friends of Carrollton GreenBelt Implementation Team embodies that statement, and it's time to recognize these individuals for their steadfast effort at seeing this project to completion.



Kim Jones

**President, Community Foundation
of West Georgia**

Kim Jones has served as the first President of the Community Foundation of West Georgia which began operations in 2003. In this capacity, she is responsible for the operation, growth, and development of the Foundation. During her tenure, the foundation has grown to over \$44 million in assets. She has worked on multiple initiatives to address identified area needs, often in partnership with other nonprofits; faith based groups, the business community and local educational institutions. She has developed the Community Impact Grant program utilized by the foundation for the past 13 years to distribute over \$3.6 million in grants in Carroll, Haralson and Heard counties. Last year, in collaboration with Foundation donors, over \$17.8 million was granted to area projects and programs. Prior to the foundation,



Greta deMayo

Owner, Kaizen Collaborative

Greta deMayo was part of the design team for the Carrollton GreenBelt. Following a path of continuous improvement in the landscape architecture and planning field, Greta founded KAIZEN Collaborative in 2010 with the specific intent of bringing together the best talent to provide expertise to clients building active transportation and recreation facilities. Prior to founding KAIZEN Collaborative, Greta worked for more than 20 years in Atlanta's private sector for design firms EDAW and Ecos Environmental Design; in Atlanta's public sector for Fulton County Parks and Recreation Department and General Services Department; and in Atlanta's non-profit sector for the PATH Foundation and Trees Atlanta. She is a registered landscape architect with a broad range of experience in bicycle/ pedestrian trails, parks, open spaces, and recreation planning and design.



Tim Grizzard

**City Manager,
City of Carrollton**

Tim Grizzard is the city manager for the City of Carrollton. He has been with the city for over 12 years. Previously, he was the deputy director of the Douglasville Water and Sewer Authority for 12 years, and prior to that served 13 years in the commercial nuclear power industry. Tim is a 1980 graduate of the Georgia Institute of Technology, with a Bachelor of Nuclear Engineering and is a Registered Professional Engineer. He and his wife Laurie have eight children who range in ages from 13 to 33, and they live on a farm in Franklin.



Kent Johnston

**Superintendent
City of Carrollton
Parks and Recreation Department**

More than 25 years ago, as the University of West Georgia Horticulturist, Kent Johnston was part of a small group of Carrollton cyclists who dreamed of a path around the city. He helped set the stage for the GreenBelt when Governor Roy Barnes proposed that each county, and in turn any city wanting funds, should create a long-term greenspace plan. He presented the GreenBelt concept to the small committee of city appointees tasked with preparing the greenspace plan, and they designated priority areas where work might begin. The goal was to connect local neighborhoods and the schools to build energy and a desire for more trail. Money received from the state purchased the 28-acre Hays Mill tract that became the first mile of trail.

**Dan Patrick
Patrick Southern, Inc.**

Dan Patrick has served the community's real estate needs for many decades. He currently works in private client real estate and served on the Implementation Team as a volunteer to assist with real estate transactions. Dan's expertise and knowledge of the Carrollton community was the secret ingredient to our team. He assisted in dozens of transactions and served as a point of contact for the team for many property owners.



Martyna Griffin

**Vice President
Friends of Carrollton GreenBelt**

Martyna moved to the U.S. more than eight years ago from Poland expecting daily police car chases, everyone to wear a cowboy hat and frequent UFO landings. Instead, she found a fair amount of squirrels, deer and ... opossums! Her fear of small towns proved to be irrational, as she found her heart in Carrollton, Georgia. She began working with the Friends during the summer of 2016. Primarily, she manages the Adopt-A-Trail program, the group's digital presence through social media and the website, inquiries from the community, and was the sole author of the City's Bicycle Friendly Community application.

**John Bass
Georgia and West, Incorporated**

John Bass is a registered Professional Engineer in Georgia and Alabama. He is also a Level II certified plan designer with the Georgia Soil and Water Conservation Commission for erosion, sedimentation, and pollution control. John holds a bachelor of science in Civil Engineering from the Georgia Institute of Technology. Throughout his career, John has served as a project engineer on many civil site projects of varying facets including shared-use path, residential, commercial, industrial, municipal, and institutional projects.

**Anna Berry
Deputy Executive Director,
Georgia-Alabama Land Trust**

Anna Berry served as a financial and real estate advisor for the Friends of Carrollton GreenBelt. She is formerly the Vice President and Treasurer of Southwire Company and the Mayor of the City of Heflin, Alabama. She currently serves on the Boards of Tanner Medical Center, BB&T Bank of West Georgia, Trustee at the University of West Georgia Foundation, and as a Senior Warden for the Episcopal Church of the Messiah. Anna's experience with working in local government helped forge the public-private partnership between the Friends of Carrollton GreenBelt, the Community Foundation of West Georgia, and the City of Carrollton. In her free time, Anna enjoys cooking and spending time with her family, especially her granddaughter.

**Stacey Blackmon
Tisinger Vance, P.C.**

Stacey Blackmon serves as the attorney for the Friends of Carrollton GreenBelt. She is a Partner at Tisinger Vance, P.C., a 95 year-old law firm located in Carrollton. She assisted Chuck Conerly, the City Attorney, in real estate matters regarding the development of the trail. She also negotiated contracts on behalf of the Friends of Carrollton GreenBelt between all of the partners of the project. Stacey's commitment to the GreenBelt went beyond her professional contributions. She was a strong advocate for the trail and even became an avid trail user herself during the five-year construction period.

**Bill Messer
Captain, Carrollton Fire
Department**

Captain Bill Messer has been with the City of Carrollton Fire Department for 26 years. He reviewed construction plans for the Carrollton GreenBelt to insure that the trail would be easily accessed by public safety and emergency personnel, if needed. Bill also organized trainings with public safety personnel as the trail was completed. He and his wife both enjoy the outdoors, especially biking and hiking and working on their small farm.

Hail CAESAR

The unofficial dog of the GreenBelt

As a member of the Carroll County Board of Commissioners, I see the Carrollton GreenBelt as a asset that enhances quality of life, improves community health, and strengthens the local economy.

But as an outdoor enthusiast, runner – and proud mother of a Standard Poodle named Caesar – the GreenBelt means so much more.

Most mornings, Caesar impatiently waits in the kitchen as I drink coffee and scroll through emails and texts that came through during the night. I grab the keys, he jumps into the car, and we drive to Morgan Oil to start our run.

Along the way, we stop at the Lakeview BP. Caesar laps up water as I poke my head inside to say “Hello!” to our employees and customers.

At that time of the morning, you see a city in motion. Men and women in uniform drop in for a cup of coffee. Medical professionals grab breakfast and an energy drink. Shift workers fill-up with gas and purchase a handful of snacks. But even during the hustle and bustle of the morning rush, Caesar remains the star of the show – earning compliments, treats, and adoration as our community prepares for a new day.

Back on the GreenBelt, Caesar leads the way. Like a cross-country coach, he sets a brisk pace that is usually interrupted by a darting squirrel, curious canine, or members of Caesar’s fan club.

Sometimes we socialize with friends along the way. Other days, we slow down and peek at the babies being pushed in strollers by their moms, meet and greet the cows, or talk shop with constituents. The Carrollton GreenBelt often becomes my office, and Caesar is a trusted business

partner who moves the meeting forward.

On days when Caesar decides to bury himself under the covers at home, I run alone. Early in the morning – and without Caesar – I’m indistinguishable. Just another brown ponytail bobbing down the trail. But when I’m behind the leash, everything changes. After many miles, countless races for charity, and photos plastered on social media, Caesar has become synonymous with GreenBelt. Sure, people recognize their elected officials, but Caesar is nothing short of a celebrity.

I chose to live and raise a family in Carroll County. I earned degrees from the University of West Georgia and started a business here. Through community involvement and my time on the commission, I have seen firsthand what makes Carroll County the ideal place to live, work, and play. At the top of the list is the Carrollton GreenBelt. After hundreds of miles together, I am confident that Caesar – the unofficial dog of the GreenBelt - would wholeheartedly agree. **WGL**

Michelle Morgan represents District 4 on the Carroll County Board of Commissioners.



MICHELLE MORGAN

Michelle Morgan, left, and the Morgan family

THE CARROLLTON MODEL

for trail development

It only took one visit to this bustling little college town, a few miles from the Alabama line, for me to conclude that this project would be a winner. A generous and committed philanthropist was leading the advocacy group, city leaders were engaged, and a vibrant downtown square teeming with college kids gave me confidence that my time here would be well spent.

In five years, the GreenBelt went from being a draft plan on paper to a completed, 18-mile greenway trail totally encircling the city. How did it happen so fast? How did it happen at all? Can the formula for success be duplicated by other trail-starved cities trying to keep pace in the modern world?

I'm not sure what has happened in Carrollton *can* be duplicated. There were champions for the GreenBelt at every level of government, and from within the community. There was never a question of whether the trail would be built; the question was how it would be completed in five years or less. I've yet to encounter another community with Carrollton's level of resolve.

Having a very generous and totally engaged philanthropist funding many of the segments was huge; but what if no one in Carrollton had stepped in with significant private funding? Would the Carrollton model fail if it depended largely on public funding sources? It shouldn't.

Local governments build roads, sidewalks, parks, storm drains, and recreation centers. If a community wants to develop a trail network, it should allocate adequate funding and build it. Local governments can draw from special local option sales taxes, impact fees, hotel and motel taxes, bond referendums, and an annual budget. In my opinion, lack of private funding in another city should not cause the Carrollton model to fail.

The secret to the Carrollton model was the people involved, and the incredible dedication shared by each person to get the trail finished. The Implementation Team, consisting of Friends members; the engineer; the design team; a real



estate consultant; a pro-bono attorney; the city manager; the parks director; representatives from police and fire rescue; PATH, and Erica Studdard, Executive Director of the Friends group, met monthly and guided the project through construction. All the decision makers were in the room, so decisions were made and the project moved forward.

Our team was so persuasive that rights-of-way needed for the trail were frequently donated. People could see completed segments of the trail, so they knew what they would have next to their home. As momentum built, most everyone we encountered either used

finish segments of the GreenBelt or knew people who did.

The team found creative ways to solve every issue that arose. The preferred alignment for the trail bisected a cattle farm near Newnan Road. We were faced with the requirement that cows could cross the proposed trail corridor within the pasture. We picked the perfect spot to build a bridge on the trail so cattle could pass freely underneath, as could their owner's pickup truck. We then fenced the new trail corridor through the pasture to keep cattle off the trail.

When the trail was proposed along the periphery of a large shopping center, the out-of-town owners weren't so sure our trail would be a plus for the center. We offered to build a spur trail to the ice cream parlor in the shopping center, thus making an ally of the shop keeper who, in turn, convinced the owners the trail was a good idea.

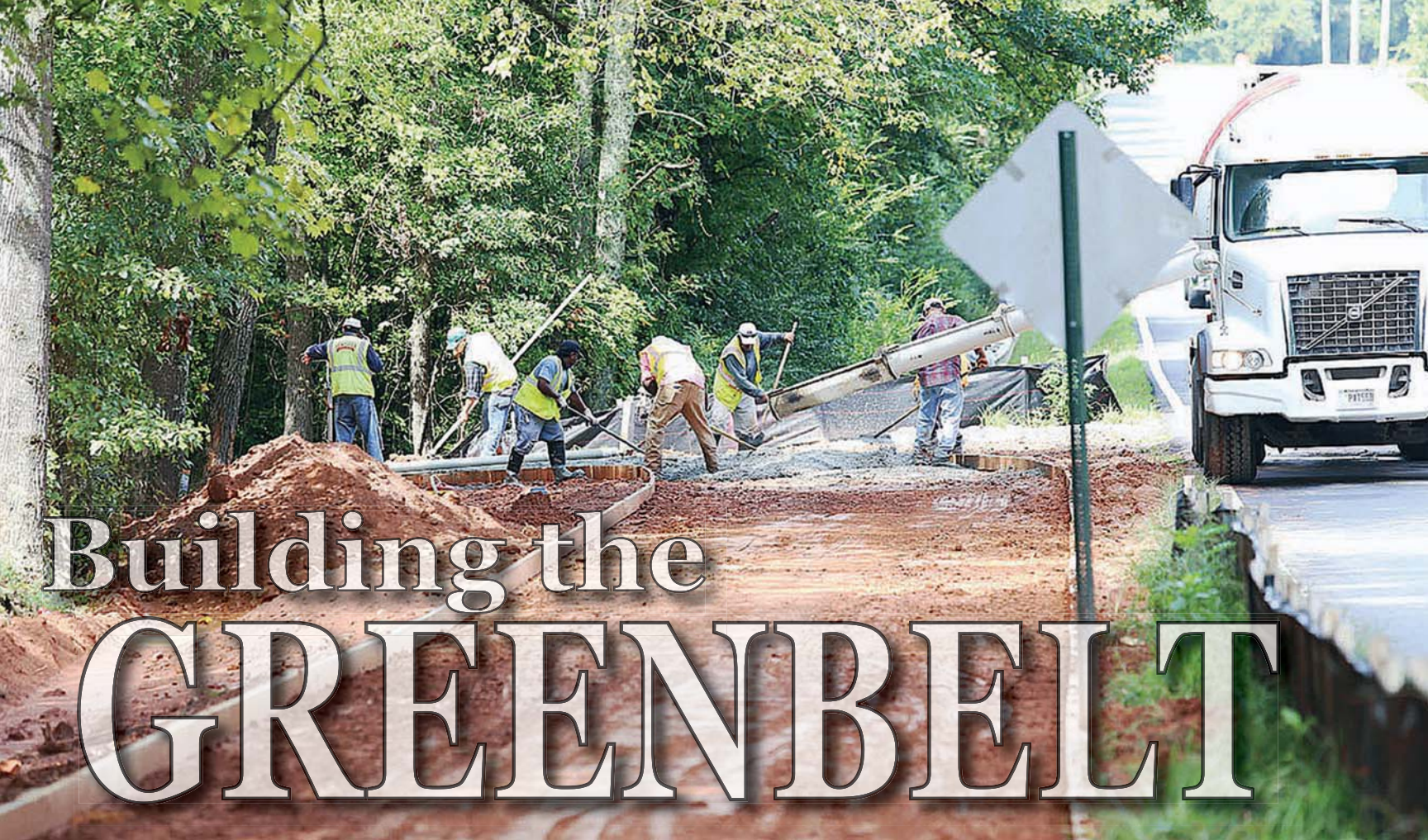
The City of Carrollton let us close a busy highway for 30 days to install a box culvert under the road for the trail. We were done in 23 days, saving almost \$300,000 by not having to keep the road open and building the culvert in stages.

There were so many issues to address in our attempt to thread a trail through a fully developed city that the exact trail alignment was not set until the last foot of concrete was poured in December. The group adjusted the alignment at almost every monthly meeting, dodging poor soils, healthy trees, and uncompromising neighbors. An engaged design team and engineer kept the project moving, even when obstacles were encountered.

So, the viability of having the Carrollton model succeed in a different community is more dependent on the ingenuity and dedication of the team members than the availability of private funding. There are many ways to finance a trail project, but the extraordinary team that guided the Carrollton GreenBelt to completion may just be one of a kind. **WGL**

Ed McBrayer is executive director of the PATH Foundation

ED MCBRAYER



Building the GREENBELT

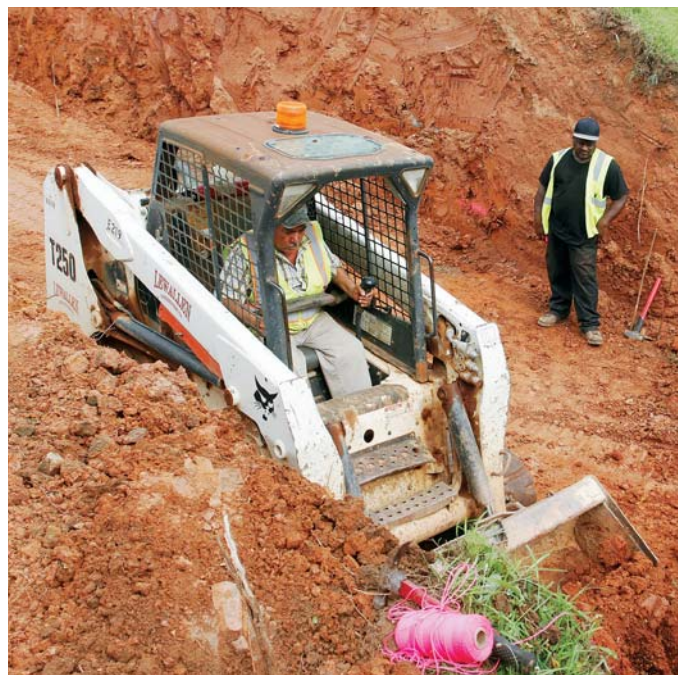
Construction of the Carrollton GreenBelt began in June 2011. In order to finish by the end of 2016, sections of the trail were under construction continuously until December 2016. In fact, there was only one brief two-month window in 2013 where there was not any part of the trail under active construction. Finding newly poured sections of concrete became an exciting adventure for many of the city's trail hounds.



Progress on the Newnan Road tunnel went quickly and contractors completed the project in less than one month.



Lewallen Construction begins the excavation of Newnan Road, removing dirt to install a tunnel underneath the roadway.



Prepping the trailbed near Ayers Dairy.



Pouring concrete near Kingsbridge Road.

A photograph of three cyclists riding on a paved road that curves through a dense forest. The cyclist on the left is wearing a blue and yellow jersey with 'Amazons' written on it, a blue helmet, and sunglasses. The cyclist in the middle is wearing a white jersey with an American flag design, a white helmet, and sunglasses. The cyclist on the right is wearing a red and white jersey with an American flag design, a red and white helmet, and sunglasses. The road has a yellow dashed line down the center. The background is filled with green trees.

The **Tour de Carroll**

An annual ride for fun and fitness



In 2012, the Carroll County Emergency Shelter wanted to hold a new kind of fund raising event. We wanted one that focused on health and fitness, and one that promoted families having fun together.

The Carrollton GreenBelt was the perfect venue for such an activity. After coordinating with the Parks and Recreation Department, the Emergency Shelter secured a date for the inaugural Tour de Carroll in 2013. The family friendly bike ride was the first organized bike ride of its kind on the Carrollton GreenBelt. We chose Hobbs Farm Park as the gathering place, or hub, for the event.

The attendees were very excited about a bike riding event on the GreenBelt. The trail was becoming a popular destination for 5k races, but no group thus far had organized a ride.

People from all over west Georgia came out to Hobbs Farm for what proved to be a wonderful day. It truly was a family event, bounce houses and all. Adam Alvord

**The community has
embraced this bike ride and
it seems everyone looks
forward to the next one.**

from West Georgia Cycling, a sponsor of the event, was there to check bikes and make sure everyone was well equipped for the ride. Our City of Carrollton Police Department had a bike patrol escort for the group to make sure everyone stayed safe.

Hobbs Farm was such a successful venue for a community, family, fun-filled event, we chose the same location for our Second Annual Tour de Carroll. Our crowd grew from the previous year; people from all over the region brought their families to enjoy a

day on the GreenBelt. We could lengthen the ride in 2014 because so much more of the trail had been built by the Friends of Carrollton GreenBelt.

By 2015, more sections of the GreenBelt had been completed, and to showcase more of the trail, we started our Third Annual Tour de Carroll at the McIntosh Plaza shopping center. The riders were very excited to see the new sections of the GreenBelt and seemed quite proud to get to participate in an event like this one on our trail. They almost had a sense of ownership of the project.

The largest Tour de Carroll we have hosted was last year, in October 2016. We had over 200 riders, made up of people of all sizes, cultures, and ages. The community has embraced this bike ride and it seems everyone looks forward to the next one.

“People come in my shop and ask me when the next Tour de Carroll will be held, and if the ride will be even longer next year,” said Alvord. “I am so excited to get to be part of the ride and giving back to the community.

JILL DUNCAN

What a great trail system we have to host such an event."

The Carroll County Emergency Shelter uses the ride to promote both their non-profit organization, as well as the Carrollton GreenBelt. Each year, the board tries to do more with the ride.

The 2017 Tour de Carroll is expected to be the best yet. It will be the first year the ride will occur on the completed loop, and so will hopefully attract cyclists who want a longer circuit. We will continue to promote the event as family friendly, offering shorter options for our younger riders.

The Carrollton GreenBelt is another example of why Carrollton is such a great place to live, work, and play. This grassroots-driven project impacts so many organizations that use the trail to help support their efforts at making Carrollton better. It's what sets us apart from neighboring communities. **WGL**

Jill Duncan is a State Farm Insurance agent in Carrollton



Bike Ride Across Georgia

In June 2015, the Bike Ride Across Georgia – BRAG - made its way to west Georgia and the Carrollton GreenBelt. The 60-mile course travelled from Newnan to Carrollton, and included almost 12 miles of the GreenBelt. BRAG is a not-for-profit organization dedicated to providing affordable, quality bicycle tours in and across the state. Along these routes, Georgia residents open their towns and communities to participants, making for a truly memorable experience. After this event in Carrollton, many of the riders said the Carrollton GreenBelt was the best part of the entire tour. BRAG is a bicycle ride, not a race. It is about the journey, and participants range in age from teenagers to senior citizens.





Above, Jackie Fillingam gives directions to evening entertainment in Downtown Carrollton to BRAG participants.



Hobbs Farm GreenBelt loop proved to be a favorite section for the BRAG participants as they travelled through Carrollton. This 200-acre natural park just north of the square serves as Downtown Carrollton's very own "Central Park."



RULES

OF THE

Etiquette and

The Carrollton Greenbelt Trail System is a beautiful park, open every day from dawn until dusk, and includes the longest continuous loop paved trail in Georgia.

It is intended as a fitness resource for walkers, runners, and cyclists of all ages, and for non-motorized transportation around the city. For everyone's safety and enjoyment, users of the trail need to know the basic rules of the road, which apply to those who bike, or those who walk or run.

Before you head out on the GreenBelt, you should carry a cellphone in case of emergencies. It is also a good idea to have water and snacks if you plan to be out for an hour or more. While the GreenBelt is close to town, it can seem very remote, especially to pedestrians.

Georgia state law requires all riders under 16 years of age to wear a helmet when operating a bicycle, but we recommend helmet use for *all* bicycle riders.

The GreenBelt is a concrete pathway with travel in two directions. As such, all users should stay to the right of the painted centerline unless passing. Dog walkers need to keep their animals on a short leash to accommodate this. Parents, please pay special attention to small children on bikes and on foot to keep them clear of the oncoming lane.

Before passing slower-moving pedestrians, cyclists and runners should say "On your left" when within earshot of the pedestrians, early enough to let them know without startling them, indicating an intention to pass on the left. Most pedestrians will turn their head at the sound, see the cyclist/runner, and move to the right slightly.

ALLEN GRIFFIN

THE ROAD

d courtesy on the Carrollton GreenBelt

Occasionally a pedestrian will misinterpret and move to the left, so faster users should always *slow down* when approaching, and pass with caution. A pedestrian who doesn't turn his or her head may be wearing headphones, or be talking on their cellphone, and so should be passed with extra care. And if *you* are going to wear headphones, it is recommended you keep the volume low enough to hear what is going on around you.

At one point on the northwest side of the loop, the GreenBelt passes under railroad tracks and under a roofed structure about 50 feet long with a rough stone wall on one side. Within that 50 feet, the trail makes an 'S' curve in both directions so that riders cannot see oncoming traffic. Exercise caution in this area. It is a good idea to shout 'coming through' as one approaches. This might also be a good practice at the Hay's Mill Road underpass.

At several places where the GreenBelt crosses a street, there are pedestrian control buttons for traffic lights. Both cyclists and pedestrians should use these to stop traffic before crossing the street. Cyclists should stop before crossing streets, and there are stop signs on the GreenBelt at those places. Motorists will generally be very courteous to trail users, but care should be exercised when crossing streets in any case.

Be aware that the Carrollton Greenbelt goes through designated 'wetlands,' and users may encounter wildlife at times. Small animals on the trail should be left alone and not disturbed. Deer and larger animals



will likely move away from humans, but no attempt should be made to get close or touch any wildlife. If you are exploring the trail with your pet, please be prepared to pick up behind them. Trash cans are placed intermittently along the path for your convenience.

At its westernmost reach, along the Little Tallapoosa River, the GreenBelt passes through a flood zone. When this portion of the trail is underwater, it is off limits and should be avoided. The Hays Mill underpass, and the preceding section along Buffalo Creek, are also subject to flooding and can be dangerous in flood conditions, which could exist after a heavy or sustained rain.

The Carrollton Police Department has officers on ATV's and bicycles patrolling the trail. Police can be summoned using the 911 system, as can local ambulance and

emergency medical services. All points on the GreenBelt can be reached by emergency vehicles.

The GreenBelt main loop is about 16.5 miles in length, and several spurs add 1.5 miles to the trail system. If you are planning to explore the full main loop, plan on taking around two hours by bike, and six hours or more on foot. Parking is available at many places around the perimeter, but no private motor vehicles are allowed on the GreenBelt at any time, except electric wheelchairs.

The GreenBelt is a wonderful addition to our community. Enjoy it and make regular use of it part of your healthy lifestyle, but remember to exercise due caution and courtesy with ALL users. **WGL**

Allen Griffin is owner of Perpetual Motion Bicycles, Inc., of Carrollton



Keeping the GreenBelt

SAFE



The Carrollton Police Department established a Bike Unit in December 1994. At present time, the bike unit consists of four officers who patrol the trail (and other parts of the community) by bicycle or four wheeler. The bike unit is an integral part of keeping the 18 miles of the Carrollton GreenBelt safe for the trail users. Many children in the community proudly don helmet stickers the officers have given them for wearing their helmets. In addition to daily patrols, the bike unit also helps to educate the community on bicycle safety. They host educational events, such as the bike rodeo at MayFest, and annually donate several hundred bicycles to children who cannot afford to purchase one.

Carrollton, better on a bike.



Bike sharing is here.

Get rolling with the **Zagster** app or at zagster.com/carrollton



Carrollton, better on a bike.

Your adventure awaits at 10 bike share stations across your city.
Get rolling with the **Zagster** app or at zagster.com/carrollton.

HOURLY RATE

\$3

MONTHLY MEMBERSHIP

\$15

ANNUAL MEMBERSHIP

\$25

Join — Unlock — Ride — Return

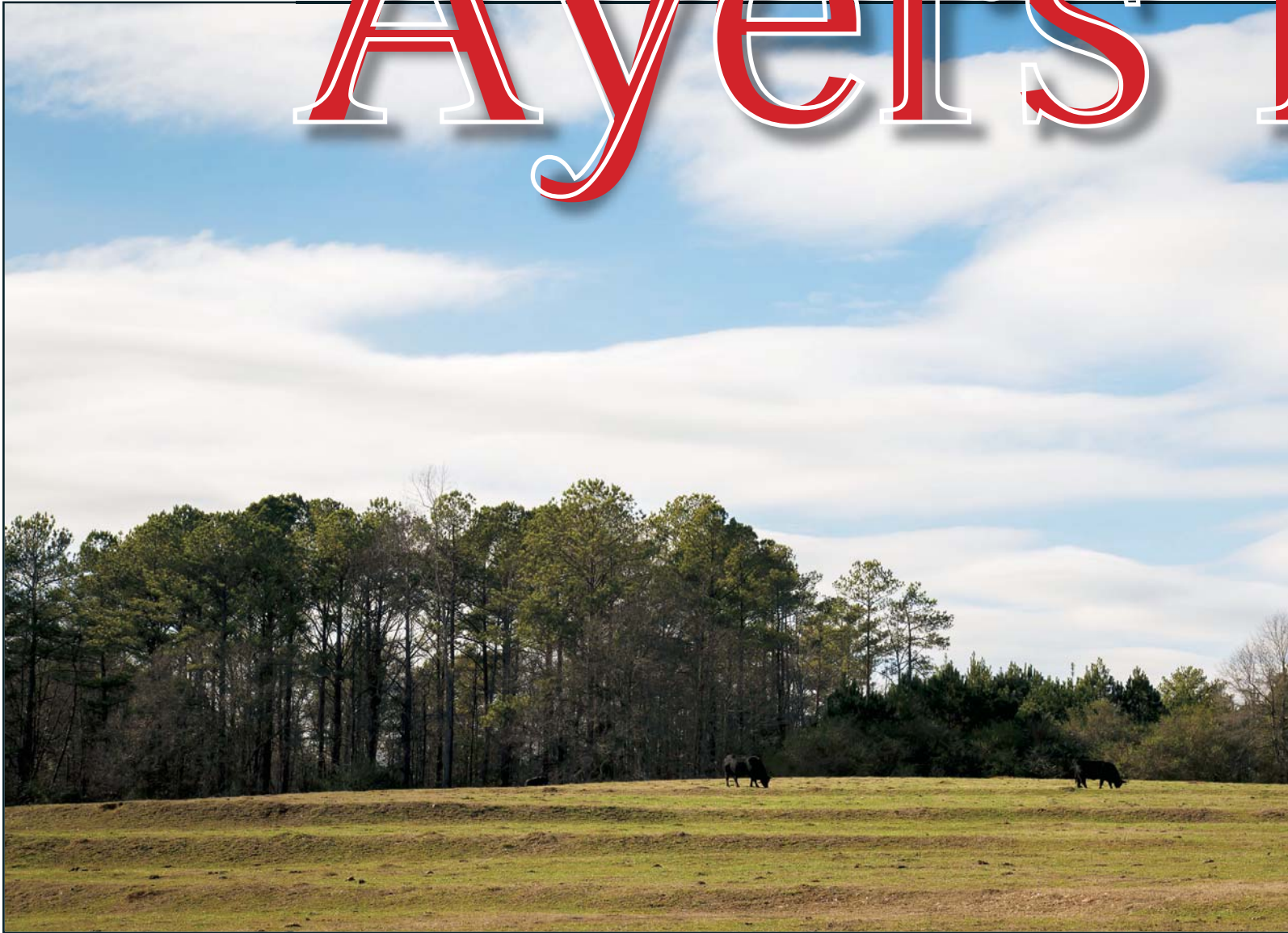


With a membership, rides under 1 hour are **FREE!**

Rides over 1 hour are \$3/hr.



Ayers

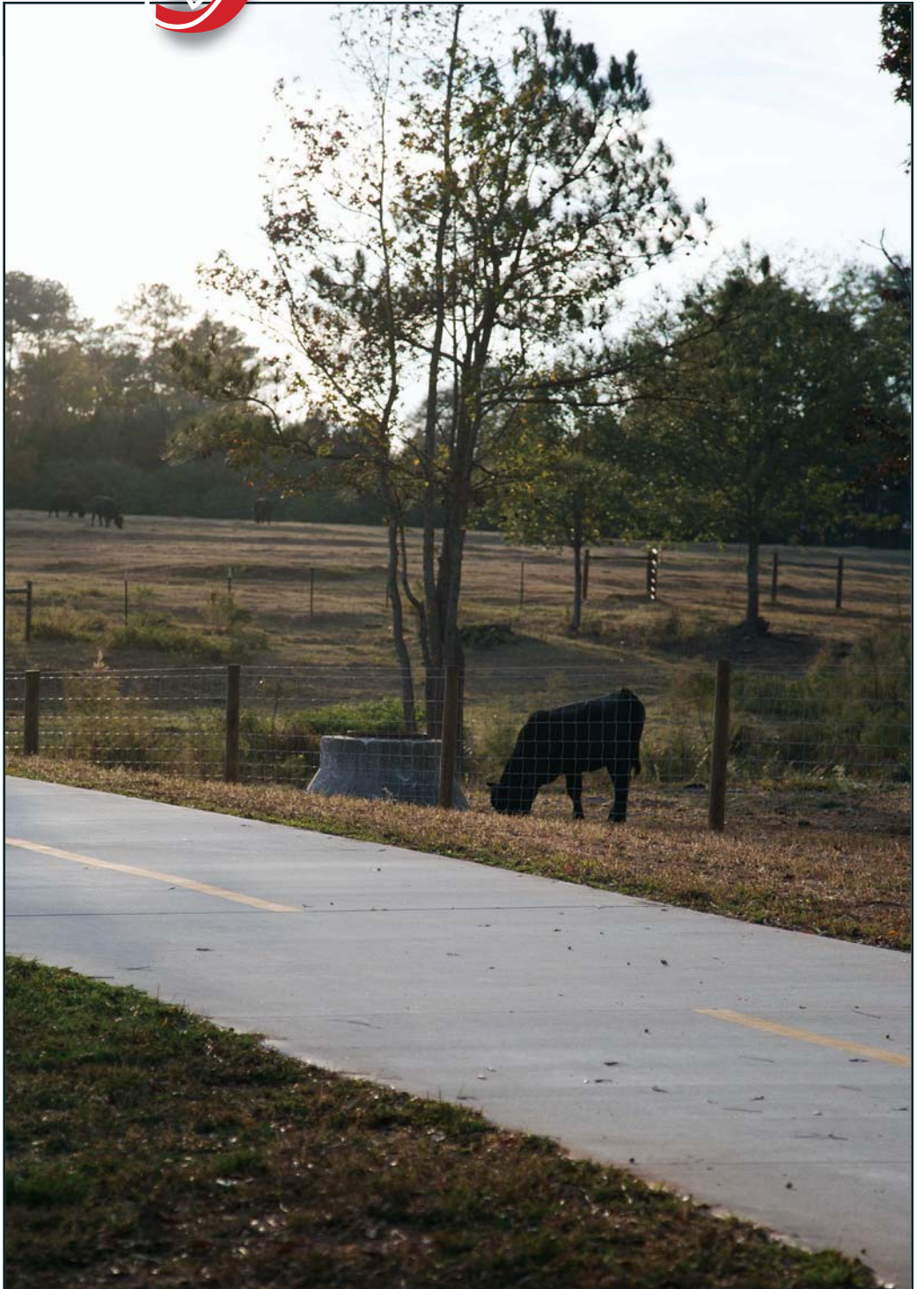


A touch of country along the

Dairy



GreenBelt





This massive oak was the focal point for the trail design for the Ayers Dairy section of the GreenBelt.



What's in a name? The Ayers Dairy Farm section of the Carrollton GreenBelt got its name from a piece of family history.

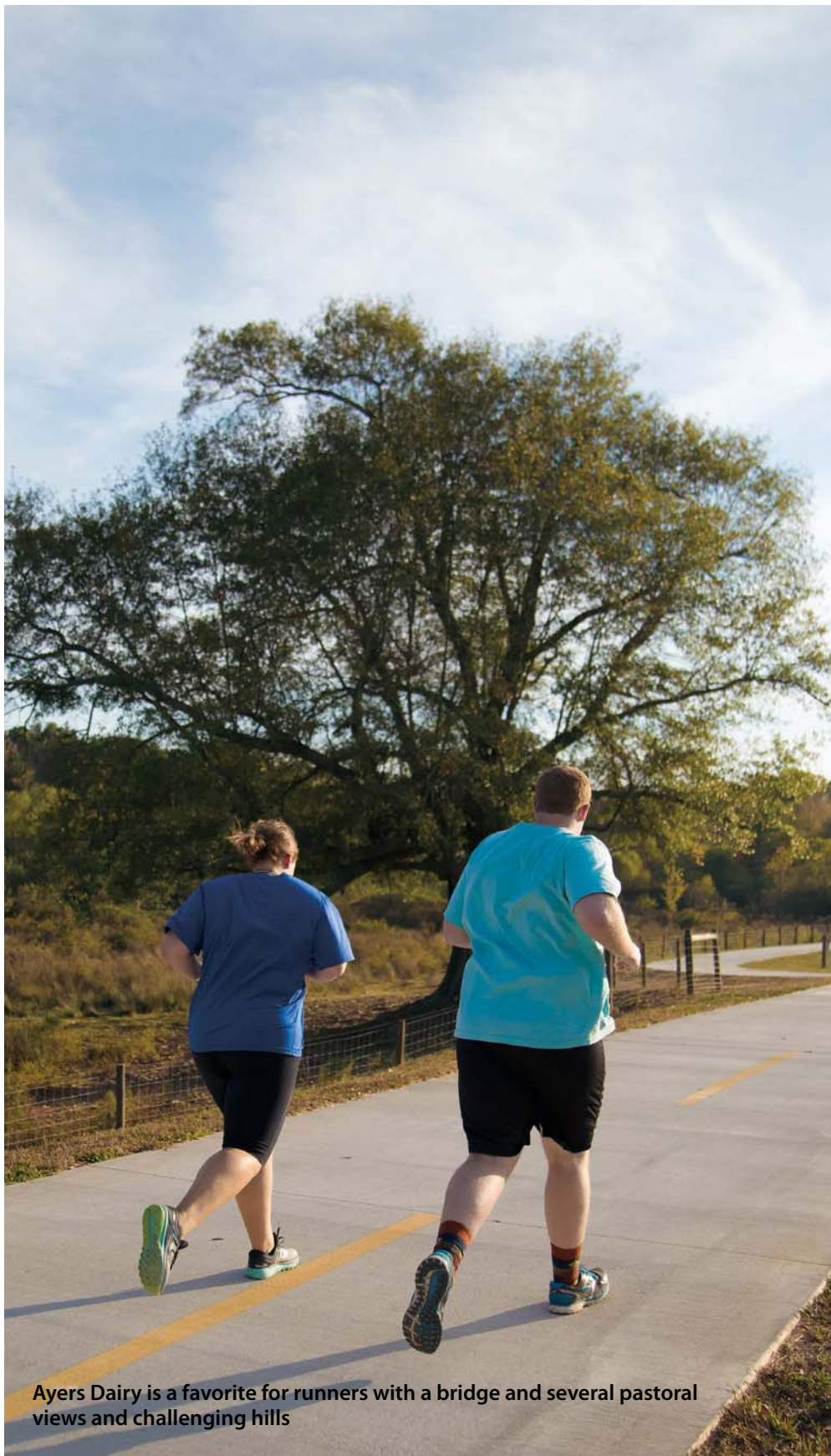
Rhudy and Doris Ayers started their dairy farm on Newnan Road in 1948. At that time, the land was used to graze the family's dairy cows. In the early days, the cows were milked by hand, but they soon changed to milking by a machine. Back then, milk was shipped to Carroll Creamery, located across from the modern day Water Treatment Plant on Highway 27. The creamery was owned by Burt Hobbs. The Hobbs family eventually sold the creamery to Atlanta Dairies. On July 25, 1968, the Ayers Dairy Farm converted to a beef cattle



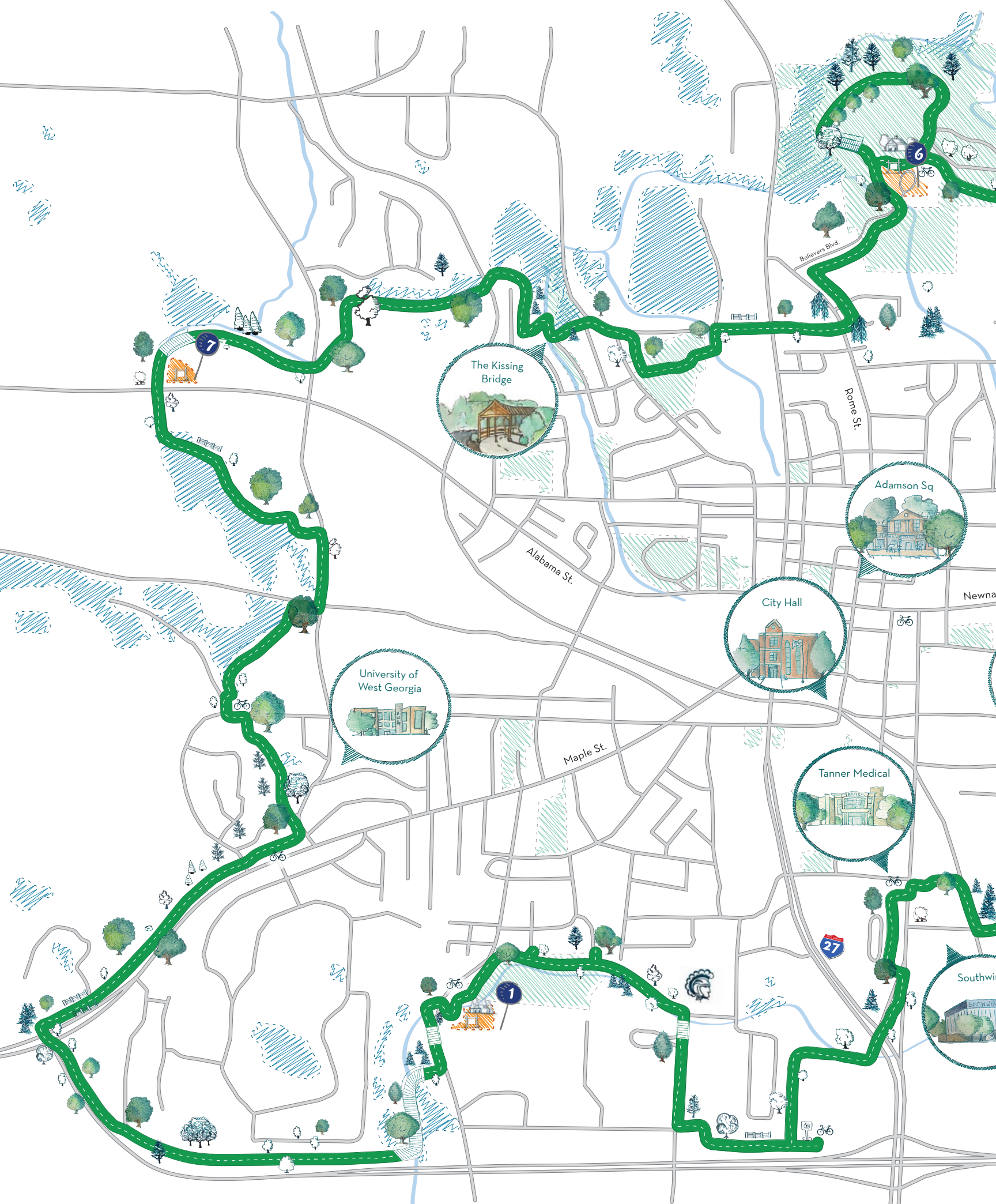


operation. They traded in their 60 Holstein jerseys and guernsey's for black angus cattle.

The 100-acre tract was cut in half when the Carrollton Bypass was built. Today, the family still owns the property on both sides of the highway. Roy and Ralph Ayers worked with the Friends of Carrollton GreenBelt to provide access to their property while keeping it an active family farm for their beef cattle. These cattle have become the subject matter for many photographs, and the community unofficially claims them as "the most popular cows on Instagram and Facebook."



Ayers Dairy is a favorite for runners with a bridge and several pastoral views and challenging hills



The Kissing Bridge



University of West Georgia



City Hall



Adamson Sq



Tanner Medical



Southw

Alabama St.

Maple St.

Rome St.

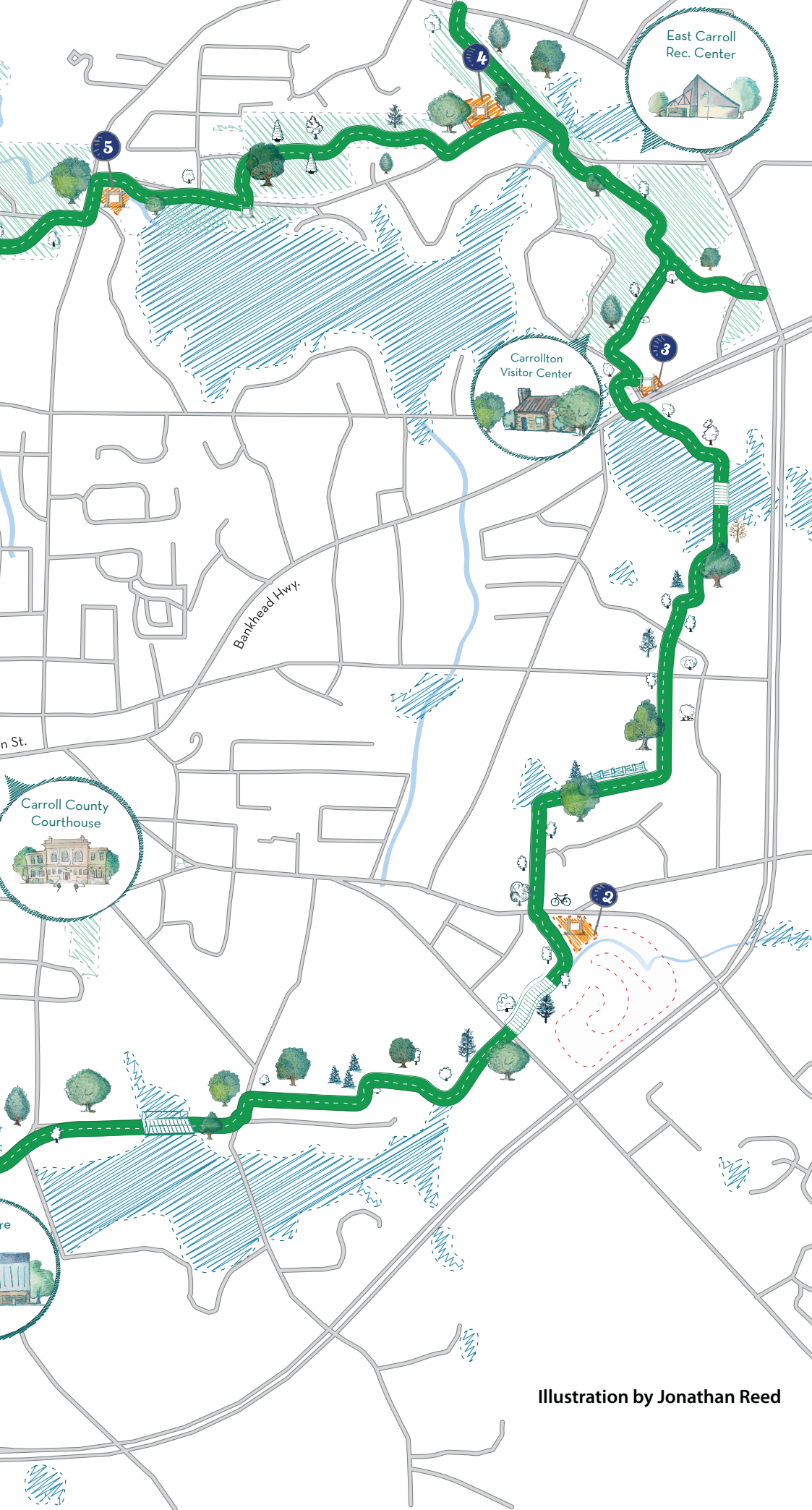
Belivers Blvd.

27

7

1

6



Carrollton Green Belt

Where to access the Carrollton GreenBelt:

- #1 - Laura's Park at Hays Mill
- #2 - Old Newnan Road
- #3 - Visitors Bureau
- #4 - Castle Playground
- #5 - Lakeshore Park
- #6 - Hobbs Farm Park
- #7 - Alabama Street

Additional parking is available in the following locations:

- * McIntosh Plaza (1109 South Park Street)
- * East Carrollton Park (300 Northside Drive)
- * Firestation #24 (150 Fire Station Drive)
- * North Lakeshore Drive
- (Small parking lot located on the corner of Lakeshore Dr and Stewart St.)
- * Maple Street Commons (2125 Maple St)

MAP LEGEND:

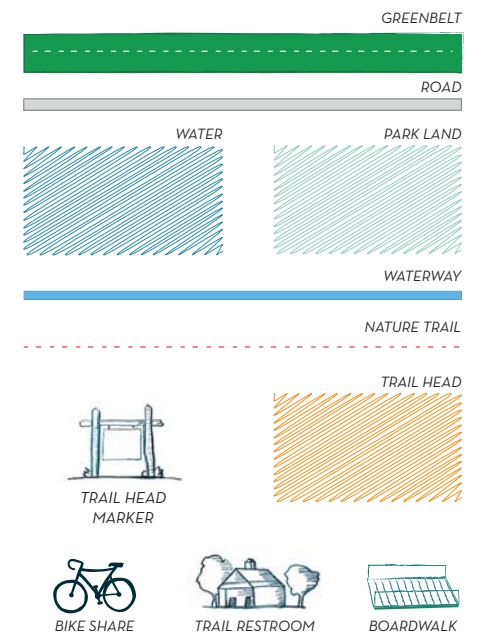


Illustration by Jonathan Reed

Hobb's Farm

History and beauty combine at popular meeting spot

The Carrollton GreenBelt trailhead at Hobbs Farm Park is one of the most popular meeting spots for trail users. Many often ask about the history of Carrollton's very own "Central Park" and how the park received its name.

The land that makes up the park was part of the estate of Oak Lawn Farm on Rome Street. This property has been a fixture in Carrollton since well before the Civil War. It is linked to the Kingsburys of Vermont, who came South in the early 1800's. They had a vision to build a Greek Revival house, surrounded by gardens. The family loved equestrian sports and put up matching stables, which would become home to some of the area's most prolific racing horses.

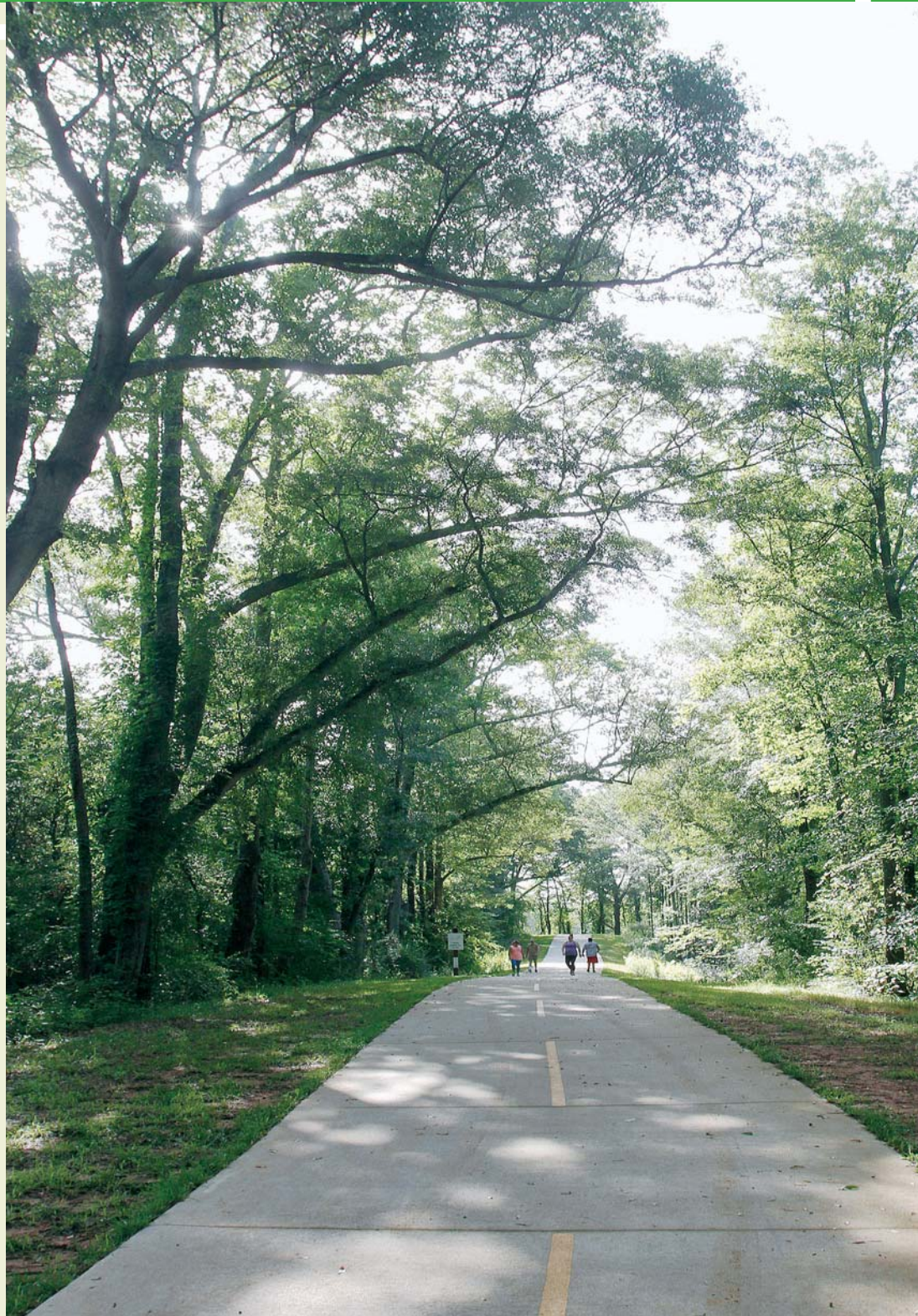
Sanford Kingsbury (sometimes spelled Sandford) was born in 1805 in Vermont. He moved to McDonough, Ga., in 1827, and then relocated to Carrollton in 1830.

Kingsbury was one of the first pioneer merchants of Carrollton, and built one of the first permanent homes in town on Rome Street. In addition to being a pioneer merchant here, Kingsbury was a breeder of prize Black Hawk horses.

About 1847, the plantation known as Oak Lawn just north of the town on the Little Tallapoosa River became available. There was a race to file for the 400-acre plantation in Springfield, and Sanford rode one of his famous horses 50 miles per day for three days to become the first to file for the property.

Soon after he assumed ownership, he built a grist mill on the river to grind corn and wheat, and the mill was patronized by farmers for about 20 miles around.

ERICA STUDDARD



The plantation was well known for its crops, prize race horses, cattle and hogs. It is noted that the family changed the spelling of their surname to Kingsbury when they moved to Georgia. The family decided to return to Vermont in 1849 and set out in their covered wagon with their three sons. The journey took 48 days. After a very brief period, they returned to their Oak Lawn home in Carrollton.

The family owned the property for several more decades, until, in the early 20th century, the Kingsbury's sold it to the Hobbs family of Aiken, S.C., a place known for its racing horses. Celestine Hobbs raised Steeple Chase champions, along with polo ponies and prize-winning thoroughbreds, thus perpetuating the proud tradition of these regal animals at Oak Lawn.

The City of Carrollton partnered with Carroll County and purchased almost 200 acres of the original Kingsbury farm from the Hobbs family in 2013. Today, it serves as a hub for the Carrollton GreenBelt and the Carrollton Disc Golf Course. On any given day, you will see people out riding bikes, playing disc golf, or just taking advantage of a lazy afternoon by reading in a hammock.

The Inn at Oak Lawn Farms remains in private ownership. The newest owner and innkeeper, Steve McAllister, is resolved to maintain the stylish integrity of Southern hospitality while offering a unique and historic setting for special events. **WGL**



The GreenBelt

BOARDWALKS

The Carrollton GreenBelt includes 2000 linear feet of boardwalk made of pressure treated pine. They are constructed by driving piles into the ground and then building the decking and rails onto these piles. There are four different boardwalk sections of the 18-mile trail.

The longest boardwalk, known as Molly's Walk, is located near Sunset Hills Country club.

Boardwalk is often used when the trail crosses wetland areas where bridges are used for crossing larger bodies of water.

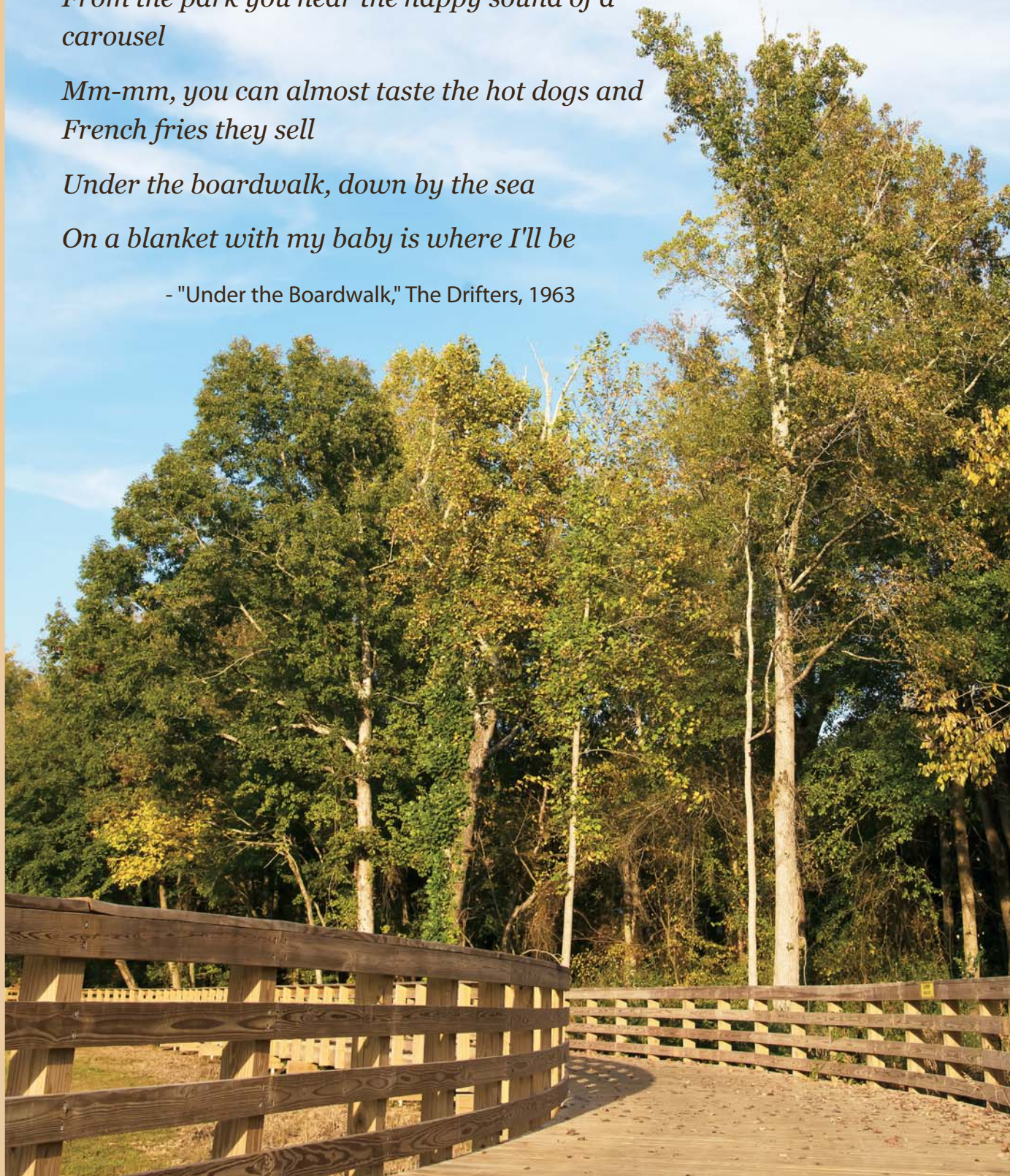
From the park you hear the happy sound of a carousel

Mm-mm, you can almost taste the hot dogs and French fries they sell

Under the boardwalk, down by the sea

On a blanket with my baby is where I'll be

- "Under the Boardwalk," The Drifters, 1963



Legends of ...



... THE COVER



There are legends about covered bridges.

In some parts of rural America, covered bridges are called “kissing bridges” or “courting bridges” because the privacy offered by the roof makes them a perfect place to steal a kiss from your sweetheart. Smooching your beloved while passing through is also said to bring good luck.

There’s another tradition, this one involving wishes. Anyone with enough self-control (and lung power) to hold their breath the entire length of the bridge is said to have a wish granted.

In 2016, Carrollton gained its very own “kissing” covered bridge with the construction of the GreenBelt near the Norfolk Southern Railway trestle. The 100-

foot long covered “bridge” actually goes *underneath* the active railroad line adjacent to the Little Tallapoosa River.

The cover was designed to protect trail users from objects that may fall from overhead. However, when you see a red-faced person running through holding their breath, or a couple arm in arm under the bridge, consider all of the wishes that are being granted and the wishes yet to be requested.

The tradition of the “kissing bridge” or “wishing bridge” stems from a bygone era. However, with a little imagination and creativity with the construction of the GreenBelt, Carrollton has an opportunity to bring this tradition home.

So for good luck, do not forget to make a wish! **WGL**



RED BRIDGE

"The answer to a good retirement is a **BIKE**"

It's an early Fall morning, and our GreenBelt team is on the trail trying to get a few good pictures of a newly poured section.

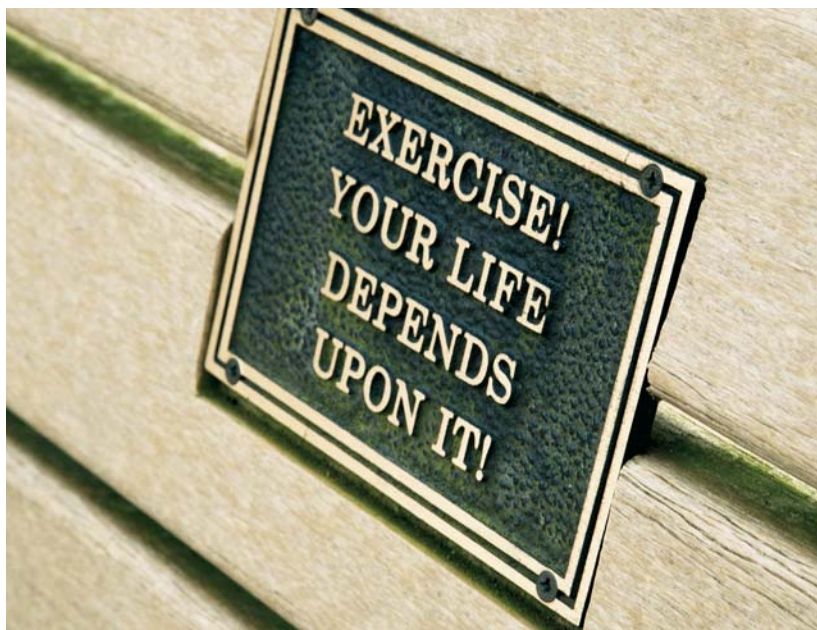
Not many people in the community have seen this part of the GreenBelt because we just finished construction, so we are mostly alone. After a few minutes, I see an approaching cyclist making his way down the new path. It doesn't take long to realize it is Vern Zander on his road bike, doing his daily ride.

I first met Vern in 2012, when he contacted me about sponsoring a bench at Hobbs Farm Park. He and his wife, Marilyn, were both supporters of the project and wanted to give back to the community.

As the years passed, and we completed more and more of the trail, I got to know Vern and Marilyn better. It turns out that Zander, at age 77, is quite the cyclist; he has even made it into a couple of Wall Street Journal articles about cycling in retirement. Zander has completed rides in all 50 states, and in 2009, he cycled coast to coast, beginning in San Diego, and ending in Saint Augustine, Fla. The cross-country ride took him 40 days to complete – with many flat tires and stops to rest tired legs along the way. The number of miles he rides is very impressive, but what is most impressive is that he did not start cycling until he retired in 2002.

The Early Years

Zander spent most of his adult years behind a computer screen. He graduated with a math degree from the University of Washington in Seattle in 1961. Once he obtained his Ph.D, he moved to Carrollton, and became a math and computer-science professor at what was then called West Georgia College, in 1968. Eventually, Zander founded Intercoastal Data Corporation, which he sold in 2000 to



Internet Commerce Corporation. This company eventually merged with AT&T Inc., where Zander spent the last two years of his career before retiring.

Vern and Marilyn have been married for 42 years, and have four daughters and five grandchildren. Zander bought a road bike and started cycling in 2003. He credits his love of cycling to helping him remain healthy. "So far, I have avoided having to take any vitamins or prescription drugs," says Zander. "The answer to a good retirement is a bike. I don't see why I would ever stop riding."

The Chain Gang

Zander's love of cycling extends to his willingness to share the hobby with others.

What began as a group of four retirees enjoying time in the "saddle" together evolved into a bona fide cycling club in 2003. They appropriately named themselves "The Chain Gang." This group of mostly retired professionals travel around the world looking for the next great ride. Notable past rides have included the Greek Islands, the Pacific Northwest – including

the Columbia River Gorge – and a route from Amelia Island to Key West. BikeJournal.com says that Zander's Chain Gang ranks seventh in the nation in total club miles (133,000 miles), and ranks first in the nation for average miles for active members (5800 miles) among clubs of more than 10 members.

The most miles a single rider traveled in 2016 is more than 22,000 miles. Zander set a lifetime goal for himself of riding 100,000 miles, and he is currently at 85,000. Their oldest rider is 81. Several of the members also compete in triathlons, and one member recently participated in an Iron-Man competition.

Zander credits cycling with introducing him to this great group of friends: "Back in the 1970s, when my family was touring Mt. Rainier, my daughter, Carolyn, made an interesting comment. She said 'I sure do wish my friends could be here with me.' Well, bicycle touring with the Chain Gang has fulfilled this wish for me. And these folks in the club are really great people — my great friends."

Bringing it Home

The Carrollton GreenBelt, in many ways, has been a type of homecoming for Zander. Although he has had the opportunity to see the world on two wheels, he spends many hours and most days on his home community's Carrollton GreenBelt.

"I seriously consider our own GreenBelt as one of the outstanding 18-mile loop rides I have taken," Zander said. "I am proud to get the opportunity to support the project."

Vern and Marilyn have sponsored several plaques along the trail. Most have an inspirational message for trail users, like "Exercise! Your Life Depends On It" and "Stop. Relax. Enjoy the View." In a way, Zander's life is a living, breathing, inspirational message. **WGL**

ERICA STUDDARD

The GreenBelt benches

Along the 18-miles of Carrollton's Greenbelt, there are several benches to give walkers, runners and bicyclists a spot to sit and rest. Many of these benches have markers on them; some are positive exhortations, but others are tributes to friends and family members whose memories continue to inspire.



REMEMBERING DON WAGNER

Donald R. Wagner, dean and professor emeritus at the University of West Georgia, was a treasured friend and a passionate advocate for faculty rights and the value of higher education.

He died October 4, 2012 at age 71 after a long illness. Wise poets have written that great souls never die, but live on in the lives, memories, and contributions of the persons they have served and inspired. Don was one of those great souls, who not only sought to leave the world better than he found it, but did so on a daily basis.

For years, Don walked miles each day, frequently with his little dog at his side. He walked in every season and in all kinds of weather, often beginning at 5:30 am because of his heavy schedule of professional responsibilities. He was excited for the community when the city broke ground for the GreenBelt Trail in

2011, but was too ill to walk very far at that point.

We learned about the possibility of placing benches on the GreenBelt and decided to contribute one in Don's honor. We arranged for it to be placed in a scenic area off Hays Mill Road, within walking distance from the home where Don and his wife, Linda, lived. Holding on to the hope that Don might miraculously recover, we looked forward to the day we'd get to see the bench altogether. Sadly, that didn't come to pass, but we're pleased the bench continues to serve as a reminder of Don's love of walking and the significance of his presence to so many.

Had he lived longer, we believe Don would have relished walks on the GreenBelt. And, as an academic who mentored many younger faculty, we feel he would also have

been pleased to learn that in 2015, a team of researchers from the University of West Georgia (Lisa Gezon, Emily McKendry-Smith, and Anne Kristen Hunter) undertook a research project focusing on how the existence of the GreenBelt Trail affected users' participation in and attitudes toward physical activity.

In December of 2016, we walked the GreenBelt and found our way to Don's bench. It was a brisk, cold, sunny day.

We imagined Don sitting there with us, exchanging greetings and holiday best wishes with fellow citizens. We recalled Don's boyish laughter and our memories blended with the quiet breeze moving through the trees. The sun was bright, the sky a clear blue. We enjoyed the opportunity to reminisce about our dear friend Don's good company in one of the many beautiful spots along the GreenBelt Trail. **WGL**

FRED AND ANNE RICHARDS

From the family of *Tee and Dana Reeve*

"I only went out for a walk and finally concluded to stay out till sundown, for going out, I found, was really going in."

— John Muir

John Muir, a crucial figure in the creation of our national park system, was also a visionary prophet of environmental awareness. What a coincidence that his spirit seems to have been reincarnated in our little town of Carrollton.

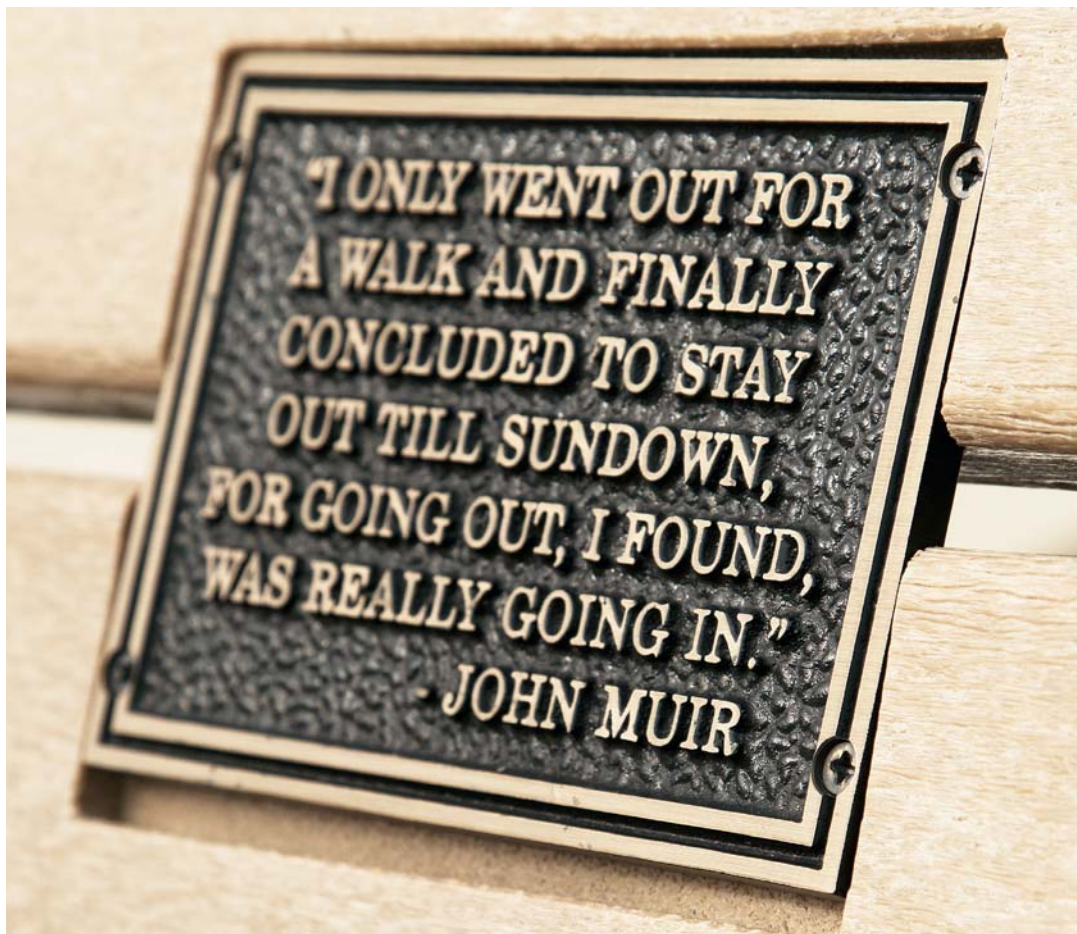
Given the opportunity to sponsor a bench for the Carrollton GreenBelt, our family collectively was passionately excited to do so.

As a child growing up here, my friends and I rode our bikes to and from all parts of the city and the many "spurs" in the outlying areas of the county (without our parents' consent or knowledge). I also had the rare, but good fortune of having a father who had no interest in hunting any form of wild game, thus, we gained access to many a plot of land that would have otherwise been inaccessible. My father cherished hiking with his children and their friends in the beautiful and pristine woods of west Georgia and east Alabama. I was naïve enough to think that all my friends did the same.

During those childhood days, on any given Saturday or Sunday, my father would go to the woods as if summoned by some spiritual and gravitational pull. He would pack up his camera, binoculars, a walking stick, a pocket knife, a sack of fresh apples, pears, or oranges, and gather us and any friends willing to go, then load up the station wagon and head out.

We'd go to Hay's Mill dam and rock quarry; Hobbs farm; Buffalo Creek; Tyus; Oak Mountain; Summerlin and Jackson Shoals, as well as Trickum Valley; Turkey Heaven; Booger Hollow; Turner-Round Mountain; Goldworth Farms; Dog River; McIntosh Reserve; Caney Head/Roosterville; Blackjack Mountain; or Notnomis Creek. The list is endless, the new friends countless.

His passion was to seek, observe and absorb the world around him, and



everything which was at his fingertips and to enjoy each and every aspect of nature. We collected various pinecones (longleaf clearly the favorite), assorted acorns (none tasty to humans!), small wildflowers, and lonely smooth pebbles in the dry creek beds. The chance to share this with the next generation (his children, grandchildren and their friends) clearly was his motivation and the light of his life. It is now ours.

My wife and I have walked, run, and biked the Carrollton GreenBelt more than 20 times over the last two years during its construction phase. We've pieced together the segments to be finished, savoring every foot, yard, and mile of exposure to the beautiful parcels of Carrollton landscape. I have walked and driven by these places for so many years, but have never observed

with the intensity that I do now.

Our GreenBelt has allowed our family to reinvigorate our interest in traversing our city by foot and bike, relive my childhood hiking and biking days, meet new friends, and truly absorb the homegrown beauty present in every segment. It will hopefully inspire everyone to not only seek physical, spiritual, and emotional refuge in Mother Nature's offerings, but also kindle the desire and passion to observe each and every intricate quirk of her artistry. Thus, just as Muir said, each time we "go out" for a walk or bike, we are actually 'going in' to a place we love and cherish.

"Climb the mountains and get their good tidings," Muir said. "Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop away from you like the leaves of Autumn." **WGL**

TEE REEVE



Molly's

WALK

In 2014, Peter and Joan Worthy wanted to donate to the Carrollton GreenBelt. They felt the GreenBelt was one of the most important projects the city had ever undertaken. At the same time, they also wanted to honor someone who, in her short walk through life, made a lasting impact on others: Molly Garner, daughter of Wayne and Jerri Garner.

Wayne became the Mayor of Carrollton in 2004 and served in that capacity until his retirement in 2015. His public leadership was one of the catalysts for the GreenBelt, and he was always available to help in any way he could to move it along throughout the construction process. He and his family were delighted when the Worthys made the gesture to sponsor the longest section of boardwalk on the trail in the name of the Garners' daughter. That section is appropriately named "Molly's Walk."



A PLACE TO CELEBRATE LIFE



Molly Garner's walk through life was guided by faith, fueled by love, and accompanied by the masses. In 18 years, Molly's walk changed lives around the globe. From the Maple Street Diner, to the school cafeteria, to the slums of Nairobi, Molly's feet carried her on a journey of sharing the Gospel and providing a safe harbor of love and compassion to all. Molly's Walk on the Carrollton GreenBelt is the perfect place to follow in Molly's footsteps.

As you walk this path, we hope that you will keep these truths at heart:

There are occasions when walking is boring, so feel free to skip and feel the breeze on your face instead of the wind chapping your skin. Molly always saw the bright side of things. If you happen upon a stranger, a smile and a kind word can lead to a friendship. People always found a friend in Molly. When you see a piece of litter, pick it up. Molly left this world a much more beautiful place. If someone falls, extend your hand. Molly's hand was extended to all.

Molly's walk on Earth ended when a secret she had been hiding grew even larger than her beautiful heart. Like most 18-year-olds, Molly did not understand the intricacies of brain development. The ability to understand the consequences of risk-taking usually occurs in someone's mid to late 20s.

In December of 2009, Molly gave birth to twin girls, Mary and Martha, alone in her parents' home. Molly had concealed her pregnancy from her friends, teachers, families, and even from herself.

Carrollton's medical care is unparalleled. The staff of West Georgia Ambulance and Tanner Medical Center worked diligently to save Molly's life. In one of life's beautiful mysteries, the staff surrounded Molly's family. They wept, they sang, they prayed. As Molly earned her angel wings, angels who had traded their wings for stethoscopes and scrubs surrounded the Garner family.

We hope that families will take advantage of this beautiful space. Leave your electron-

ics in the car, forget about the stresses of life. Take time whenever you can to walk together.

Children, Molly's Walk is a place where you can let your secrets out. Parents, let Molly's Walk be a place where you listen to your children's mistakes, and share some of your own. There is no problem so large that it can't be fixed.

The limp in Molly's steps on Earth was that she didn't know that she could get up after she tripped. May your steps here lead you to forgiveness, to honesty, to humor, to patience, to passion.

Molly's great love for her community would have been overshadowed by her humility at knowing her name adorned such a beautiful piece of Carrollton's GreenBelt. May this space be a place where 18 years of love and grace swell into a perpetual legacy that shines brighter than the twinkle in her blue eyes. For Mary, for Martha, for Molly, for you.

Emily Garner is the sister of Molly Garner.

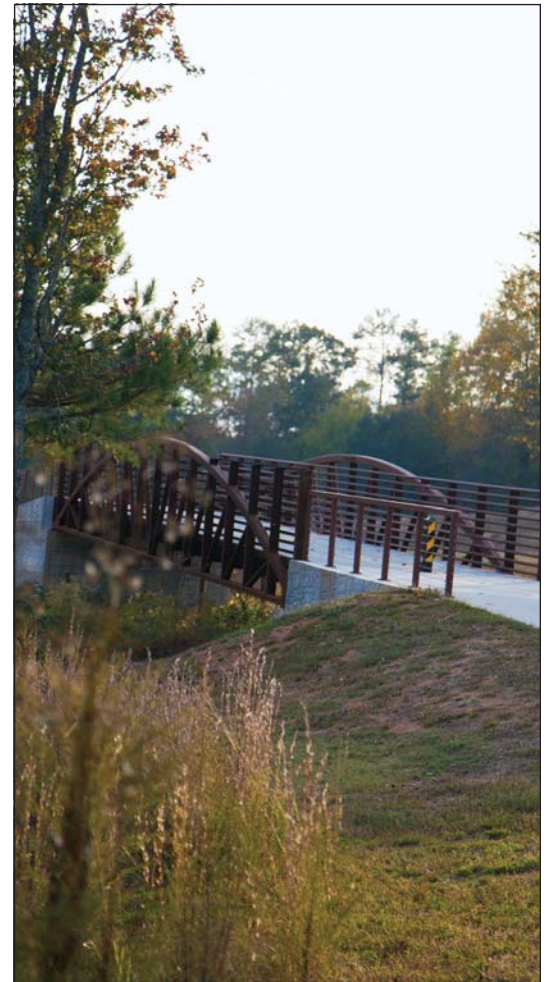
EMILY GARNER

A photograph of a wooden bridge at dusk. The bridge has a wooden railing and deck. Long shadows of the railing are cast across the deck. A signpost is visible in the distance. The background is filled with trees and a clear sky.

The *Beauty* of the *GreenBelt*









Safe Routes to SCHOOL



Getting kids to walk or bike to school in a safe environment

It's 6 a.m., and the Blackmon family is awake and getting ready for the day ahead.

When it comes time to load up the kids and get them to school, their day takes a turn that's a little different from other families. Mom, Lori, and son, Hudson, don't pile into the car with the others. They put on their helmets and hop on their bikes and hit the trail – the Carrollton GreenBelt trail!

Another family, the Alba's, live too far to ride bikes to school. Mom Wendy used to go through the extra effort of loading the four kids' bikes on the SUV so that they could ride to school from a nearby GreenBelt trailhead. Now, however, they've made friends on the trail who let them store their bikes in a shed closer to the school.

So, today, Wendy doesn't just drop off the children; she joins them, with the youngest Alba child nestled into a carrier behind her bicycle. The six of them ride into the school campus.

Chris Rolka, drives her three children, Anna, Carlos, and Alex, to the Target entrance at the GreenBelt every day, so that they can spend a little time together as they walk to school. They're not alone; many parents are starting to see the benefits of walking or biking with their children to school, in part, because of the Safe Routes to School National Partnership.



PHYLLIS HEAD



The Safe Routes to School (SRTS) program is a sustained effort by parents, school officials, community leaders, and local, state and federal government officials to improve the health and well-being of kids of all income levels and abilities, by enabling and encouraging them to walk and bike to school. The program also encourages children to pursue healthier and more active lifestyles.

Physical activity helps boost learning and memory in children. When children are active before class, they are more on-task and fidget less. This is true for girls and boys. Physical activity has also been shown to be particularly beneficial for children who have the most trouble paying attention, such as those with attention deficit disorders.

At the Carrollton City Schools campus, there is growing evidence that this program is thriving. The support of the superintendent, Dr. Mark Albertus and the school board has been noteworthy. The school's principals and teachers have also shown great support for the initiative.

SRTS is organized around six ideas – also called the Six E's:

- Engineering: Making the environment safer for walking and bicycling
- Encouragement: Encouraging kids to walk and bike
- Education: Teaching both kids and parents safe ways to walk and bike
- Evaluation: Checking to see how many kids are participating in the program
- Enforcement: Changing driver, walker and bicyclist behavior as they share the road
- Equity: working to support safe, active and healthy opportunities for children and adults in low-income communities, communities of color, and beyond.

SRTS assists communities in creating safe opportunities for children to walk, bike or roll to school. Those who run the program are not alone in their efforts. In 2005,





federal legislation was passed to create national Safe Routes to School programs. These programs now operate in all 50 states, with more than 14,000 schools participating.

Today, only about 13 percent of children aged 5 to 14 walk or bike to and from school. That's a huge drop from the late 1960's, when that number was closer to 50 percent. Thus, children are not getting enough physical activity. This lack of activity contributes to the growing rates of obesity and obesity-related health problems, like diabetes.

The Safe Routes to School National Partnership reports that over the past 40 years, rates of obesity have soared among children of all ages in the United States, and approximately 25 million children and adolescents — that's over 33 percent — are now overweight or obese, or at risk for becoming so. In fact, the prevalence of obesity is so great that today's generation of children may be the first in over 200 years to live less healthy lives and have a shorter lifespan than their parents.

Children who are exposed to traffic pollution are also more likely to have asthma and a higher risk of heart and lung

problems as adults. Over the last 25 years, there has been at 74 percent increase in asthma cases among children ages 5 to 14. Schools that are designed in such a way that children can commute to them by walking or biking have measurably better air quality.

With healthier community design in mind, Carrollton City Schools recently added a new bike and pedestrian path to the elementary school. The new path was made possible by donations from the Fulford Family Foundation and Grillo and Associates LLC, two community partners who not only support the GreenBelt, but the programs that compliment it.

Foundations and businesses are not the only partnerships forming because of the GreenBelt. Many parents walking to and from school with their children have found it to be a wonderful opportunity for meeting new people with interesting and diverse backgrounds. New friendships have been formed around a common bond of active and healthier lifestyle choices. Friendships between children, who might never have interacted at school, blossom on the trail.



Exercise is an bonus for mom, dad or any adult who accompanies a child on the trail. The recommended amount of daily exercise for an adult is about 30 minutes a day. So, by the time you've walked or biked with your child to school, you've had your workout for the day!

Good health happens when thoughtful and caring leaders come together to make good decisions for their community. Over the past several years, the Safe Routes to School Task Force at Tanner Health System's Get

Healthy, Live Well has had the privilege of working with many people who do just that for their hometown.

Most of all, however, it is to the Friends of Carrollton GreenBelt and their partners who are most responsible for making this pioneering change in how people in our area get around. They saw the benefits of this project early on, and jumped on board as champions of improving health through fun and active transportation. **WGL**

Don't loosen the GreenBelt

We don't get to choose where we are born. I am a transplant to Georgia, and I have grown quite fond of the state. But I was born in the "sovereign state of Alabama," as Guv'nor George Wallace used to call it.

In fact, my hometown is mentioned in Scripture; bet you can't claim that. Genesis 37:17 says, "Now let us go to Dothan." I know. I know. At least 90% of you have been through there on the way to Panama City.

Well, I was born and raised there; a proud graduate of Dothan High School, back some years ago. And, oh, by the way, Dothan was recently voted, by some business magazine, the number one place to raise kids in that wonderful state. So, if you have kids, and don't mind gnats as big as crows, Dothan is a good place to live.

Some of you are already thinking up Alabama jokes that you can throw in my face when you see me at the grocery store: "What do you call two moon pies on top of each other? An Alabama wedding cake." "Did you hear about the \$3 million lottery winner from Alabama? He gets \$3 a year for a million years." Trust me. I have heard them all. I had to leave the state to hear them. We don't tell them ourselves, which is just as well, because we couldn't understand most of them.

If being the brunt of jokes from Georgians isn't enough, now this: According to a report by a nonprofit group, Trust for America's Health, Alabama folk are the fattest in the nation. And considering the obesity in our land, this is not something that we can chant on Saturdays, "We're number one." The report noted that 28 % of adults in Alabama are obese, (and 90% of Alabamians can't spell obese). Okay, I made up the part about the 90%. Sorry, but I couldn't resist the temptation. I've been in Georgia too long.



So, why is it the wonderful people in Alabama ("the promised land") are the fattest in the land? Could it be that 'Bama does indeed flow with "milk and honey" as the Bible describes, and those items aren't on any diet plan? Or, it could be in Alabama there are more Baptists than people. And you know how big those fried chicken-eating, steak and gravy-eating Baptists are (present company excluded).

Regardless of the reasons for obesity in my

STEVE DAVIS

home state, it is a problem of major "proportions" in our country. Did you know that the direct and indirect cost of obesity in America is more than \$117 billion per year?

But my interest is not so much with the money, but with the spiritual dimension. I can't help but think our spiritual health and physical/emotional health are related. When our physical health suffers, does our spiritual vitality wane? I think so. It seems to me that we have an obligation to care for our bodies as well as our souls.

"Do you not know that your body is a temple of the Holy Spirit who is in you, whom you have from God, and that you are not your own? For you have been bought with a price; therefore glorify God in your body" (1 Corinthians 6:19-20).

The Apostle Paul would have loved the Carrollton GreenBelt. He admonished Christians to "pray without ceasing" (1 Thessalonians 5:17), and what better place to do that than the GreenBelt?

If prayer is talking to God, then you can walk/ride for 18 beautiful miles and do all the praying you want. I do. The GreenBelt is now my closet; Jesus said "Go to your closet to pray" (Matthew 6:6). Every

time I walk the GreenBelt, I thank God for the beauty of nature and for the good world God has made.

Too many of my relatives in Alabama have been loosening their belts at the dinner table. The "sweet" in Sweet Home Alabama has everything to do with apple pie and ice cream. They need a GreenBelt for a smaller waistline and a healthier body.

And that might get them a bit closer to God. It has for me. **WGL**

Dr. Steve Davis is pastor of the First Baptist Church of Carrollton



Pathway to HEALTH

Active communities equals a longer life span

One of the most important factors in how long you live and your health is your address.

The Centers for Disease Control and Prevention (CDC) says that the physical design of your community affects your health every time you step out your door. How well you can move around your town is linked to how much physical activity you receive. And while the benefits of activity are well documented, it can be hard to move around more without access to sidewalks, parks or trails.

High rates of obesity and other chronic conditions — like diabetes and cardiovascular disease — inspired efforts in west Georgia to create more opportunities for physical activity. Those efforts included examining how to build an environment that will motivate people

in the community to get off their couches and into fitness.

Designing a community that encourages residents to become more active helps people live longer and healthier lives. An important part of that equation is making the community more bike-and-pedestrian friendly — and that's what makes the Carrollton GreenBelt one of the region's best resources to improve the community's health.

"There are few resources in the nation that can advance health that are as functional and user-friendly as the Carrollton GreenBelt," said Loy Howard, president and CEO of Tanner Health System. "The GreenBelt ties perfectly with Tanner's mission to improve the health of the communities we serve. The trail is such a great addition to the community that we are incorporating it

into our campus plan."

Recognized as a means to not only preserve the environment, but also the community's health, Tanner last year announced plans to invest \$35 million in a new health pavilion adjacent to the trail.

The GreenBelt is more than a destination where people can take in all the beautiful sights and sounds nature has to offer: it's also a place where people can jumpstart a new exercise program, spend quality time with their families, or come together in support of a local 5K.

"Tanner is grateful for the vision of local leaders and volunteers who wanted to create a sustainable trail system in Carrollton that promotes health, recreation and transportation," said Howard. "The Carrollton GreenBelt is

“Since the GreenBelt opened, there has been a tremendous boost of physical activity in the area. This one single thing is probably going to do more to change the health in our community than we can even imagine. It’s been amazing to see how a shared vision for fun and function has become a reality, and to watch as more and more people begin using it as a way to improve their health.”

— Denise Taylor
senior vice president and chief community
health and brand officer for Tanner

an important addition to West Georgia and plays an integral role in improving community health. It’s helping re-engineer a healthier community.” Having the GreenBelt come through Tanner’s campus has had a great impact on improving the health of Tanner employees. It has given Tanner an even greater opportunity to promote health and to show people how to use the GreenBelt as part of their commitment to exercise.

Tanner is also excited to see how adoption and use of the GreenBelt continues to grow. After seeing the positive impact the GreenBelt was having on the community’s health, Tanner, Southwire, the University of West Georgia and the city of Carrollton joined the Friends of Carrollton GreenBelt to bring the national bike-sharing company, Zagster, to west Georgia.

Denise Taylor, senior vice president and chief community health and brand officer for Tanner, understands that improving the community’s health is a community-wide effort that requires help from partners like Friends of Carrollton GreenBelt.



"We are grateful for the support of our partners in the community who are helping spread awareness about all the great things the GreenBelt has to offer," said Taylor. "Since the GreenBelt opened, there has been a tremendous boost of physical activity in the area. This one single thing is probably going to do more to change the health in our community than we can even imagine. It's been amazing to see how a shared vision for fun and function has become a reality, and to watch as more and more people begin using it as a way to improve their health."

Over the years, the Carrollton GreenBelt has become the go-to destination for people to get more physical activity. As a health system that values preventive care, Tanner loves seeing families exercising together on the GreenBelt and taking proactive steps to get or stay healthy.

"The Carrollton GreenBelt provides the perfect environment for growing a more sustainable and healthier community," said Taylor. "The Greenbelt is also a perfect example of how a community can literally build an environment that encourages health and wellness."

Having the Carrollton GreenBelt has given Get Healthy, Live Well an even greater platform to teach people about healthy living and incorporating exercise in their daily lives. The very existence of the GreenBelt has made the Safe Routes to School program a reality by providing a safe, convenient and fun environment for students to walk or bike to school.

"The Carrollton GreenBelt is such a great gift for our community," said Taylor. "We would like to thank Laura Richards for her leadership and vision to create a trail system that not only helps us get to where we want to go, but helps us live healthier and happier lives."

The GreenBelt is a unique resource for the region and offers a way for people to spend some time outdoors with their loved ones, see something new and get to know the community a little better.

"Tanner is proud that we've been able to join others in the community and grateful for those who have helped make the GreenBelt what it is and what it's destined to be," said Howard. **WGL**



The GreenBelt

SAVED MY LIFE

That title seems melodramatic, but it's true.

In the fall of 2014, my life was like that of many folks, consisting of high stress, fast food, and little physical exertion. My regular exercise regimen consisted of walking to and from my car, and riding in a golf cart for 18 holes every several months. Over several medical checkups, I had gleaned from the cheerful but concerned advice of my doctor, Kevin Webster, that I wasn't leading the lifestyle that led to a healthy future. He convinced me that I was rapidly becoming overdrawn in my health account. My wife, Kay, and I agreed that we needed to start doing something – anything – but what?

We live on the west side of town and had seen that the GreenBelt in front of the University and across from Maple Street Commons was about to open. It looked like a good, safe place to begin biking without the worry of being run over by distracted drivers with their ears to the phone, eating a hamburger, and changing the radio station at the same time.

Because the GreenBelt had appeared right at our doorstep, we decided to get bikes for Christmas 2014. Our initial routes were relatively short, but soon grew longer. As the winter turned into the spring, the days began to get longer and warmer. I decided that I would start walking rather than riding the GreenBelt.

For me, walking constituted a much more consistent form of exercise. It also gave me a chance to listen to new music while I walked. While it was fun to venture out to other parts of the path, my usual route was from Maple Street Commons to the Hay's Mill Pavilion and back. That is a route of a little over three miles, which I could do in a little under an hour, and that became my regular exercise routine. Throughout the spring and the summer and on into the fall, I was consistently putting in 10 to 20 miles of walking every week.

One of the best things about walking on the GreenBelt was that most of the folks with whom I crossed paths were very much like me. We all really needed to be there, and it showed.

Unlike the gym where I felt somewhat intimidated by all the hard bodies with six-pack abs, the GreenBelt walkers were mainly either families having fun or folks like me who knew we needed to be doing something more than what we had been doing. Some were occasional users, while others, like my friends Ralph Johnson and Mike Conner, were so consistent that you could set your watch by the time that you would pass them.

One of the added benefits of being a GreenBelt walker is having the

opportunity to make eye contact and say hello to people who were, generally speaking, in a good mood. There was great camaraderie among the pudgy, the jocks, the kids and the pets. We were all in it together. After months of trekking the GreenBelt, I could tell that I was beginning to build up energy, lose weight, and best of all, feel better. I finally knew what it felt like to be a little bit healthier.

The late fall of 2015 was a very rainy, cold season. You will remember we had terrible weather most days between Thanksgiving and Christmas. Consequently, my trips on the GreenBelt slowed to an absolute trickle. Many of those weeks, I did not get out at all.

Finally, on Christmas Day 2015, we had a spectacular day. The weather was warm and the skies were clear. In a lull between family events on that day, I decided that I was going to go out for a walk to work off too much Christmas feast. Within about a half mile I knew that something was different from usual.

I couldn't decide whether I had swallowed a bowling ball, or one of the Crimson Tide red elephants was sitting on my chest. It was not a particularly painful feeling, but I knew that something wasn't right. My instinct was the familiar refrain of "no pain, no gain" – just keep going. But for some reason on this occasion, rather than forging ahead, I did a quick turnaround and

DAVID MECKLIN

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—David Mecklin

returned home.

After Christmas, I called Dr. Webster and asked whether the strange feeling that I had when walking was something to be worried about. In a reassuring way, he told me that it was probably nothing to worry about but – but for my own peace of mind, I ought to go get a stress test just to be sure.

Armed with that knowledge, I set up an appointment at Tanner Medical Center a few days after New Year's.

I didn't really have a clue what a "stress test" was. After having electrical leads attached all over me and having a sonogram performed of my heart at rest, I was given an opportunity to begin walking on a treadmill. A few minutes into the procedure, I noticed the nurses and the techs in the room cutting their eyes at each other behind my back. It made me feel that I was doing about as well on the stress test as I had on some of the advanced trigonometry tests that I had had in high school.

Suddenly, they stopped the test and told me that there were some "irregularities" shown, and that I needed to go upstairs to the heart catheterization lab for some further tests. Not realizing that they were being deadly serious, my response was "does this mean that I can't pass go and collect \$200?"

Because I didn't think "irregularities" sounded too grave, I also told them that I had a City Council meeting to attend that night, so I would be glad to schedule a visit with the heart cath lab sometime later in the week.

The nurse, who had obviously dealt with my kind before, was quick to catch on to my plan to procrastinate. She very quickly told me that I had two choices: I could either go to the heart cath lab right then and get checked out, or I could go on to my meeting that night and, if I dropped dead in the middle of it, they could figure out what the problem was sometime later in an autopsy.

The clarity of her outline of my choices made the decision very easy. An hour later, I was in a hospital gown, lying on



a metal table, staring into the bright white lights above me. In that most surreal of settings, I had a camera on the end of a wire shoved through my leg up into my heart. As I was lying there, I kept wondering if this is what people had referred to when they mention being drawn towards the light.

Surprisingly, the whole process didn't

hurt. In fact, I kept wondering when they were going to actually start the process. Then the cardiologist popped up from somewhere below me and said that I had 100% blockage in the main artery in the front of my heart.

Now, I am not as smart with mathematics as some of my Georgia Tech friends, but I was able to deduce that 100%

**"I offer my sincere thanks to all those people who had the fore-
I wonder if I would have ever had the opportunity to know what
sure that I wouldn't have known on that fateful Chris**



David and Kay Mecklin

blockage meant that there was 0% blood going through that artery. He asked for permission to fix it (like I was really going to say no) and the problem was quickly solved with the insertion of a stent into that artery.

Within 36 hours, I was back at work as if nothing had happened. Because of the quick response and the teamwork of the

doctors and nurses at Tanner, they made an otherwise very scary experience seem bearable. I am so thankful that we have competent and compassionate medical professionals in our community to take care of us.

My point in writing about this experience is that, without the creation of the GreenBelt here in Carrollton, I would

have never been encouraged to get started on an exercise program. I would have probably kept finding excuses not to exercise.

The creation of the GreenBelt, which I had to drive past on every trip to and from my house, was like a giant invitation to begin. It might as well have had a giant flashing arrow pointing to it saying "Start Here." Because it was there right in front of me, I used it. It reminds me of the line from the movie, *Field of Dreams* – "if you build it, they will come."

The visionaries here in Carrollton did build it and I, like many others around town, did come and keep coming. Our path of dreams has been a blessing to us in so many ways. It has brought jobs, increased property values, brought positive publicity for the town, and given many, like me, a chance to be healthier, happier individuals.

I offer my sincere thanks to all those people who had the foresight to develop and build the GreenBelt because, without it, I wonder if I would have ever had the opportunity to know what I was supposed to feel like after a vigorous walk. I am pretty sure that I wouldn't have known on that fateful Christmas Day of 2015 what I *wasn't* supposed to feel like.

Without the knowledge of feeling something "different", I would have never given the folks at Tanner the opportunity to deal with my heart. Based on what the cardiologist told me, the odds were much greater that one of my mortician friends – and not the ER techs – would have had the pleasure of dealing with the aftermath.

It was such a blessing to deal with the problem before, rather than after, a heart attack. From the foregoing story, you can understand why I feel like the GreenBelt saved my life. For that, I am grateful to the Friends of the GreenBelt (especially to that best friend), the City of Carrollton, and all other people contributing to the GreenBelt effort who made it possible for me to still be hanging around with my friends and family. **WGL**

David Mecklin is an attorney with the Carrollton law firm of Tisinger Vance, PC

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THE CAMPUS CONNECTION

Carrollton's GreenBelt runs through the University of West Georgia campus

Connecting our Campus to the Community. That's how we at the University of West Georgia feel about the Carrollton GreenBelt.

In early 2013, a group from the Friends of Carrollton GreenBelt approached the administration of UWG with the idea of having part of the GreenBelt pass through the center of our campus. At that time, no school in our state's university system had such a physical connection to the community in which they were located.

At UWG our driving vision is "Go West." That's a reminder of an old quote from western pioneer days that refers to blazing a new trail. With our motto in mind, of course we wanted to be part of the GreenBelt. Our team worked with the Friends group to figure out all of the issues. Together, as partners, we approached the University System and the State Board of Regents to present this plan to connect our campus to our community. After much back and forth, dealing with many concerns and issues, our partnership received approval to build the UWG section of the Greenbelt.

The UWG section of the 18-mile GreenBelt extends 1.2 miles, and enters the campus on Maple Street and exits the University at the intersection of Lovvorn and Brumbelow roads. The trail bisects the campus connecting Centrepont dorms, the School of Nursing, Love Valley, and many other areas at the heart of our campus. The first half of the UWG Greenbelt section, from Maple Street is certainly the most densely populated part of the entire GreenBelt. Conversely, the second half of the university section, (from West Georgia Drive to Lovvorn Road) is one of the quietest, most natural portions of the trail.

The GreenBelt affords our students living on or near campus many opportunities. The trail vastly increases mobility for students without cars, or those who don't want to drive their parked vehicles. Many can walk a short distance to the GreenBelt from their residence halls or apartments. Shopping, dining, and other activities can be taken care of within a walk or bike ride of a few miles.



Access to these offerings will continue to grow when the proposed spur connecting our campus with the downtown area is completed in the coming years. Students will be able reach historic Adamson Square's restaurants, bars, merchants, and entertainment spots without having to get into cars.

In fact, the planned spurs will greatly increase access to opportunity. In the near future, a UWG student performing clinical rotations at Tanner Health Systems, or who works as an intern at Southwire, will be able to commute there after morning classes, with perhaps a stop downtown – and within a half hour.

Not only does the GreenBelt provide expanded options for travel, but it offers wellness benefits. It's no secret that walking and biking are among the most beneficial forms of exercise. Research shows that an average person cycling at 10-12 mph for an hour burns between 550-650 calories. For the average walker or runner, the numbers come in at about 275 to 600 calories an hour.

At UWG, our strategic plan calls for us to

be good stewards and active partners in environmental sustainability. A recent study by the European Cycling Federation found that the total carbon production of a cyclist is about 16 grams per driver/passenger kilometer. Production for the average car is about 229 grams, says the same study. So, our students, faculty, and staff using the GreenBelt to travel are doing their part for the environment.

Those are among the practical benefits this wonderful resource has contributed to our community. But we at UWG have some selfish reasons for our excitement at seeing the GreenBelt and future spurs completed.

As we seek to become the best comprehensive university in America, sought after as the best place to work, learn, and succeed, we must retain and recruit the best faculty and staff. In many interviews, candidates have mentioned the GreenBelt as a major enticement as they consider employment at our university. Just like those who already live in Carrollton, they love the fact they can step or pedal directly onto a safe trail and experience the natural beauty surrounding our city.

Speaking of a campus connection, the GreenBelt has led to improvements that make our Carrollton campus more bike friendly. In the last year, we have added bicycle lanes to West Georgia Drive, our major corridor. Recently, we began adding new bike racks on campus.

In the spirit of community connection, we have joined with the City of Carrollton, Tanner and Southwire to create a bike share program that will provide access to bicycles for students and employees of those partners and the community at large.

So, yes, the GreenBelt "connects our campus to community." It provides another opportunity for our paths to cross literally and metaphorically. If you haven't taken the time to experience the trail, do yourself a favor and take a walk or a ride. You'll be glad you did. **WGL**

Kyle Marrero is president of the University of West Georgia

KYLE MARRERO

People for parks

The health benefits of a bicycle-pedestrian trail

The connection between physical activity and health is well-established. According to the Centers for Disease Control and Prevention (CDC), physical activity reduces the risk of major health concerns, including strokes, type 2 diabetes and some forms of cancer.

The closeness of our ties to our neighbors, the strength of our personal relationships, and the resources in our communities are also all related to health. Recent studies in neuroscience suggest that the presence of social support can even protect against the detrimental effects of chronic stress by promoting healthy brain development and strengthening the immune system.

Parks, because of their ability to foster physical activity and positive connections between people, are critical to public health.

The Carrollton GreenBelt

The social aspect of good health was brought into focus through research on the GreenBelt, an 18-mile bicycle-pedestrian trail that loops around the city of Carrollton. The Friends of Carrollton GreenBelt, LLC, broke ground for the trail in 2011, and it will be completed in April 2017. The goal of the GreenBelt is to provide opportunities for recreation, transportation and increased health outcomes along a conduit that connects parks, businesses and schools.

In Fall 2015, a team of researchers from the University of West Georgia began a project to explore the relationship between physical activity, perceptions of



LISA L. GEZON, EMILY MCKENDRY-SMITH
AND ANNE KRISTEN HUNTER

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health and use of the GreenBelt. In a mixed-method approach, researchers asked *whether* and *how* the presence of the trail changed users' participation in and attitude toward physical activity.

A team of four students handed out surveys at four separate, high-traffic locations on the GreenBelt and received 269 completed surveys. After a preliminary analysis of that data, 14 individuals were interviewed using a targeted set of questions.

Socializing and Exercising

Analysis of the survey data confirmed that most people reported that the GreenBelt makes it easier for them to find time to exercise; allows them to get more exercise than before it was available; increases their enjoyment of doing moderate or vigorous physical activity; and leaves them feeling in a better state of health and/or physical ability than before using the trail. Breaking down the results by gender revealed that women reported those outcomes more frequently than men.

Unexpectedly, researchers also discovered the importance, particularly for women, of the GreenBelt as a place to socialize and be with others. "Socializing with friends" was the second-most important reason cited for going on the GreenBelt; "getting exercise" was the first. Women reported using the trail to socialize with friends significantly more often than men (about 30 percent of women reported this, compared to 13 percent of men).

People who visit the GreenBelt with others were significantly more likely to report that it made exercising easier and more enjoyable,



allowed them to get more exercise, and made them feel healthier than before they started using the trail. Additional interviews further explored the connection between socializing on the trail and attitudes toward health, intentionally focusing on women. Fourteen people, including three men, were interviewed about their health and whether it had changed since they started using the trail, as well as about how and why they use the trail with others.

The interviews confirmed that for these men

and women, there is a connection between physical activity, socializing on the trail and better health. Eight out of the 14, all of whom were women, reported being in better health than they were two years prior, and all of them credited the GreenBelt as aiding in that transition. All the interviewees, whatever their report about their health, said socializing was an important part of their GreenBelt experience.

These conversations indicate that the GreenBelt supports social relationships in a variety of ways, ranging from sustaining already existing relationships, to fostering new connections and a sense of community among fellow trail users.

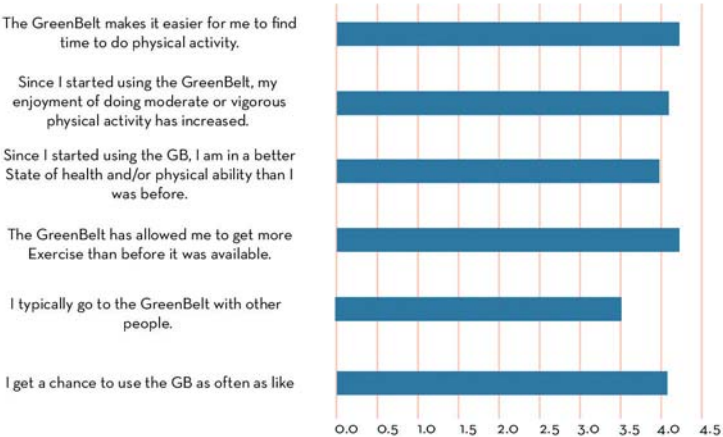
Access and Safety

The connection between physical activity, human relationships and health, in this case, requires an explicit acknowledgement of the GreenBelt's role.

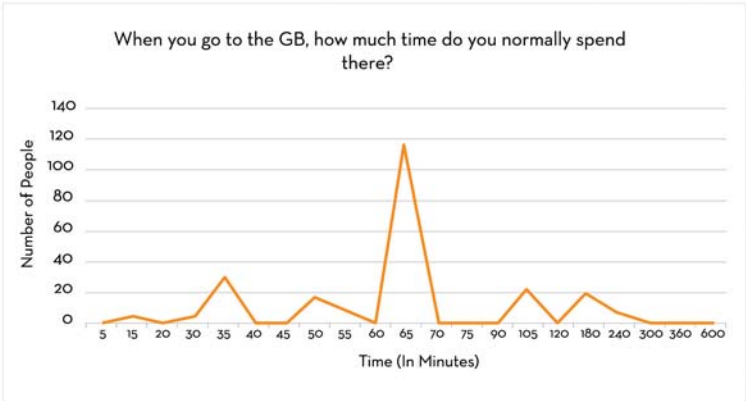
The trail facilitates walking with friends, especially in a city where the lack of sidewalks can make it a challenge to walk anywhere at all, and even harder to walk side-by-side with other people. The GreenBelt is so inviting that many walking groups have formed to use it, including several church-based groups that have developed ministries around gathering as a religious community, while walking or bicycling on the trail.

A couple of caveats are worth noting: Some people want to walk with partners not only to socialize, but also to stay safe. Older people and women of all ages view a buddy as

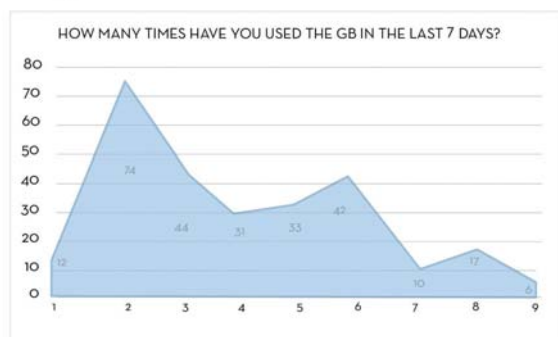
Average Usage Patterns



Usage Patterns



Usage Patterns



protection from assault, as well as a lifesaver in case of an emergency health event.

Out of the 14 people interviewed, five said that safety is an important motivation in exercising with others on the trail. One said that because of her concern for her safety, she would be unlikely to exercise if she was by herself. Survey results showed 21 percent of women considered the lack of a walking partner as prohibitive of them using the trail (compared to only 4 percent of men).

Also, the benefits of the trail may not be equally shared by all demographics. Researchers found that most GreenBelt users are white (86 percent), female (54 percent) and have an average household income of between \$50,000 and \$75,000.

These numbers diverge from the population of the county (which, according to the 2015 census, is about 72 percent white, 51 percent female and has a median household income of \$45,000). This suggests that some community members are having a harder time accessing the health benefits of the GreenBelt.

Targeted interviews with both users and nonusers suggested that time constraints, safe access to the trail and exercise preferences influenced the lower numbers of lower-income and minority trail users. However, at the time of the survey, the trail had not been completed through the lowest-income or more ethnically diverse areas, so these numbers may change over time.



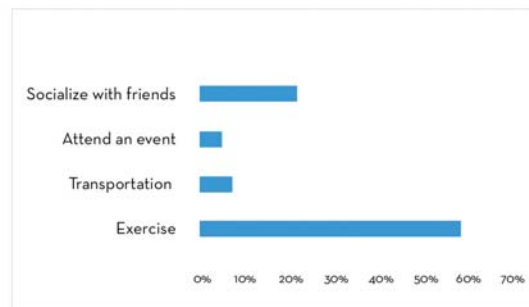
Conclusion and Recommendations

A common perception is that socializing, while valuable for many reasons, is incidental to the health benefits of a park.

This study suggests, however, that the opportunity to be with other people on the trail actually contributes to better self-reported health outcomes. Women reported a higher tendency to socialize on the trail and were also more likely to report that they were in a better state of health than before they began using it. Qualitative interviews confirmed that men and women alike value their time with other people on the trail and give credit to the trail for helping them on their journey to health.

This finding supports research in the social sciences, which proposes that strong relationships with other people contribute to positive health outcomes. This relationship can be playfully presented in the following way:

Motivations for Use



Common perception:

Trails = (physical activity + health) + socializing

Findings: Trails = (physical activity + socializing) = health

The study's findings suggest that facilities designed to promote socializing along trails (such as pocket parks, playgrounds and basketball courts) encourage community building, with benefits not only for health, but also for civic engagement.

These findings also suggest that the issue of safety is a concern to be continuously revisited – implementing

best practices in safe-space design and monitoring is critical – and that encouraging trail use across lines of income and ethnicity through targeted public education and appropriate trail amenities will increase a trail's health benefits.

The take-home message is that trails, and parks in general, contribute to health in multiple ways. Trail experiences play a role in combating stress and building strong community relationships, both critical elements in our nation's public health. **WGL**

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ADOPT-A-TRAIL

Program provides an easy and fun way to preserve the GreenBelt's future



Now that the GreenBelt is complete, the popularity of the trail among residents and visitors alike is growing, and the focus is shifting to the overall maintenance.

With that in mind, a volunteer-based cleanup initiative was organized in 2015. While keeping the GreenBelt tidy was the main reason to introduce Adopt-a-Trail (AAT), there have also been a few unexpected benefits. The growing sense of community that has fostered a desire to care for an amazing and unique amenity is what makes the program a true success.

When the AAT initiative was first introduced, there were only a few segments of the trail in need of periodic maintenance. An incredible amount of progress has been made since then, and, as of today, the program is organized into four trailheads and 23 trail sections, 18 of which have

already been "adopted" by individuals and organizations. Many of these adoptees have signed up for another term.

Boy Scout Troop 138 is a great example of a repeat volunteer group. These Scouts joined AAT during the 2015 season and used the program to earn their service badges.

"It is an excellent way for our Scouts to give back to the community," said Ed Ward, Patrol Advisor for Troop 138. The Scouts also schedule bicycle rides to accompany their clean-ups, which is a great way to show the young participants the immediate impact of their work.

While applying to adopt the Trojan Trail, a section crossing the Carrollton City Schools campus, Candie Hicks, Troop Leader for

Girl Scout Troop 50013, explained their involvement and stressed the Girl Scouts' love for the outdoors:

"Girl Scouts care about our environment, so this is a perfect project! The girls will work to earn badges while supporting our community." They chose the trail in the direct vicinity of the school that most of the troop attends, allowing the girls to take ownership of their surroundings.

In a similar fashion, Oak Mountain Academy chose a trail close to the Castle Playground and the school can reward the students with some extra outside fun.

Education also plays a role in the importance of the program. The Girl and Cub Scouts now involved with the AAT program are becoming more conscious about how an individual's behavior can impact an entire community. They learn firsthand about littering, but also how

MARTYNA GRIFFIN

to advocate for good behavior. The kids of the Southern Hills Pack 2819 Wolves Den are so enthusiastic, they produced a video showcasing their efforts and shared it on social media.

Emily Chesser and Adeline Lewis, two members of the Carrollton High School International Baccalaureate Program (IB), have plans that go beyond the trail upkeep.

“We want to create a butterfly garden to promote local butterfly populations,” said Emily. “We also want to support the Carrollton GreenBelt in creating a cleaner and more beautiful community.”

She and Adeline received a lot of positive feedback from the City Parks’ officials and local garden clubs. The IB program coordinator, Noah Brewer, said he is “super impressed (but hardly surprised) by the initiative of these two young ladies”. He also hopes that the project will benefit the “IB kids” who can practice their organizing skills while they plan and maintain the schedule and recruit other clubs to contribute volunteers.

The trail brings out the best in most of its users. It is not uncommon to see people pick up stray water bottles, move tree limbs off the path, or send an email about a low hanging branch. From there, it is just a few short steps to signing up for AAT.

“We decided to volunteer because we enjoy the GreenBelt so much that we wanted to contribute in some manner - and this is a very doable and important way to do that,” said Lisa Gore, who enjoys the trail during her lunch-break walk and bike rides with her husband, Bruce. The Gores took their three grandsons on their first AAT clean-up. Mrs. Gore added that “there was actually quite a bit of friendly competition among them to see who could get to the trash first!”

There’s also the involvement of the Resident Council Association of the Carrollton Housing Authority (CHA RCA), a group made-up mostly of seniors who have day-to-day access to the Greenbelt.

During their regularly scheduled meeting in October, the resident council voted to adopt a segment of Greenbelt that connects the area between Hwy 27 at Roop Street, through the neighborhood known as Elder Circle, all the way to Dixie Street.

“This part of the Greenbelt gives us a direct, safe, and handicap accessible access to Publix on one side, with our doctors around Tanner on the other end,” said one CHA RCA

member.

The Abstinence Education Program of the CHA, which operates as an after-school program for youth, is also involved and will alternate the clean-up efforts with the seniors.

“Both groups will benefit from the ATT Program” said Jodie Goodman, Social Services Manager for the CHA, and added that the opportunity to improve their neighborhood, exercise and find fellowship with other residents were all important factors for joining.

Want to know how to get involved?

Individuals and families, social clubs, churches, Scout troops, community organizations and businesses are all welcome to join the program in a collective effort to preserve the Carrollton GreenBelt. The volunteers commit to visiting the trail every two weeks for a period of one year.

Joining AAT involves simple but important tasks, such as picking up litter and removing small debris from the trail. Occasionally, the duties include trimming around and cleaning trail signs, and reporting damage or vandalism to the City of Carrollton’s Facility & Parks Maintenance department.

We are proud to present the volunteers for the 2016-2017 season:

- West Georgia Cycling
- Adeline Lewis & Emily Chesser (CHS IB Program)
- Girl Scouts Troop 50013
- Resident Council Association of the Carrollton Housing Authority



- The Power Systems & Solutions Group (Southwire)
- Southern Hills Boy Scouts Troop 2819
- West Georgia Track Club
- Oak Mountain Academy
- Boy Scouts Troop & Pack 138
- St. Margaret's Episcopal Church
- Bruce and Lisa Gore
- Citizens of Georgia Power - Carrollton Chapter
- Jim Whitlock
- Paige Fleming
- Maple Leaf Garden Club
- Tim and Barbara Chowns
- Lacey Robinson

To check trail availability and download the AAT application, please visit www.CarrolltonGreenBelt.com/AdoptATrail.
WGL

What does the GreenBelt

A never ending loop
for Carrollton!
Run Greenbelt or Bust!

I Love the
Trail + my dog
does too.
Jean

The Hays Mill/Carrollton
City Schools trail is
VERY convenient because
it's close to work!

Because it's
smooth and you
can ride your
bike on it.

Connor
Haley

Had Family Bike
Ride. Love it
Khard Family

Absolutely
Fantastic!

Love the GREEN

Love seeing
families enjoying
the Greenbelt!
Pam

I enjoy the green belt
so much. Be glad when
it is completed. Great
idea for Carrollton
Vicki

The
Green
Belt
It's
me
observing
nature.
Emil
Necula + Mihai

Love the Belt
John C.

I Love
Bikes!!!

It
out

Fun



mean to you?

It is so
FUN

We love
the greenbelt!
Shay

BELT! 😊

Thanks for
the trail.
Beautiful!
The
green
Belt

is
AWESOME

I attend UWG
& having this on
campus is AWESOME!
-Brittney

means ~~hanging~~
with family!

The Greenbelt
is an awesome way
to exercise & connect
with nature!
Trina & Carla

A good time with dog's & Friends
Kam

We asked people
across Carrollton
what they thought
about the 18-mile
trail system around
the city, and this is
what they said:

Hays Mill
Trail Head
Great walking
for the 16 month
old grandson.
We love it!

NICE BEING
WITH NATURE!
-Chris M.

LOVE the greenbelt! XO

Jariah
Anderson

THANK YOU FOR
CREATING THIS WONDERFUL
GREENBELT IN OUR COMMUNITY!
I LOVE WALKING ON IT &
EXPLORING "NEW PARTS" OF
THE CARROLLTON AREA! CAN'T
WAIT 'TIL IT'S COMPLETE!

We really enjoy walking
the trails, Chad & Kim

