

directions



Drink to Your Health. We all know to drink while exercising, but what's best to drink—"smart drinks," sports drinks, soft drinks or water?

RTC asked Dr. Roger F. Landry, a preventive medicine physician from Dallas, Pa. Dr. Landry specializes in keeping military pilots, astronauts and, most recently, seniors, healthy and performing at their best. Here is his advice on summertime hydration:

For exercise less than one hour:

Drink plain water or fluids without sugar, caffeine or alcohol

Drink about 17 ounces two hours before exercise

Drink every 15 minutes during exercise

Keep fluids cooler than air temperature and very handy

For intense exercise over five to six hours:

Add a complex sports drink with electrolytes

For exercise more than one hour:

Drink a sports drink with carbohydrates (not greater than eight percent concentration)

Take 30 to 60 grams of carbohydrates per hour

Consider drinks with sodium and potassium (mostly for palatability to encourage drinking)

In short:

Water is best.

Use sports drinks for fuel after one hour.

Use sports drinks with electrolytes for major workouts.

TRAILS STRENGTHEN ECONOMY

Detractors claim that trails are an economic drag, but recent findings around the country show that the opposite is true.

- In Wisconsin, the Brown County Planning Commission examined the economic impact of the 14-mile Fox River Trail on surrounding residential and commercial areas. In the commission's study, released Dec. 28, two area real estate agents say potential buyers "absolutely" view closeness to trails as an amenity; one agent says trail proximity automatically raises property value by at least \$5,000. The study reports that the combined property value of two houses near the Fox River Trail has improved by a whopping \$280,000 since the trail opened in May 2001.

The trail has been good for local businesses too. Since it opened, 13 of 33 businesses in the trail's vicinity have reported increased summer and fall sales. During the study, one business mentioned the trail in its advertisements. Now, 12 have plans to mention it.

Brown County itself collected \$58,618 last year in sales of daily and yearly trail passes for cyclists, inline skaters and cross-country skiers. For more information, visit www.co.brown.wi.us.

- The small town of Prentiss, Miss., experienced an economic rebirth thanks largely to the Longleaf Trace Trail it flanks. Between April and December 2001, six new retail stores opened in Prentiss, where 650 jobs had evaporated in 1999 due to factory closings.

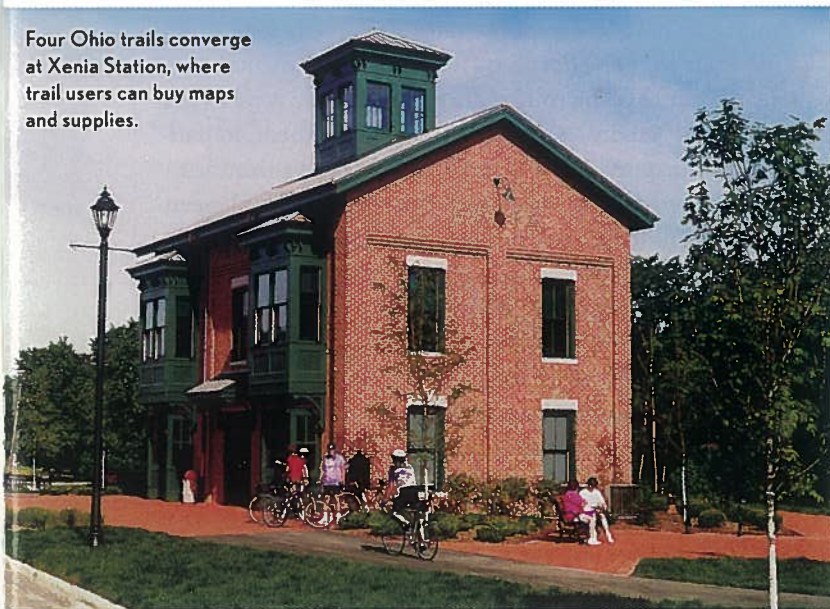
By attracting tourists, the Longleaf Trace, which opened in September 2000, was a

major player in the economic revival, town officials and local economists claim. A local newspaper hailed the rail-trail as an "economic savior." Town alderman and store owner Willie Davis says the trail helps because "we are seeing people from parts of the state and country we never expected to see." Now Prentiss is looking at new ways to maximize the trail's draw, such as organized trail rides. For more information check out www.prentissms.org.

- A four rail-trail network called the Bikeways of Greene County has rejuvenated Xenia, Ohio. The town slumped economically when Amtrak, Baltimore and Ohio, and Conrail abandoned routes there in the 1970s and '80s. The four trails, which converge at a train depot, have "definitely" helped business, says Jim Schneider, Greene County's trails supervisor. "Bike shops in the area have experienced double growth," he explains, "and there are several bed-and-breakfasts along the trails now."

The trails include the Ohio to Erie Trail, which opened in 2001; the Little Miami Scenic Trail, opened in 1997; the Creekside Trail, opened in 1996; and Kauffman Avenue Bikeway, opened in 1998. For more information visit www.ci.xenia.oh.us.

Four Ohio trails converge at Xenia Station, where trail users can buy maps and supplies.



A PATH TO BETTER COMPANIES

Corporate leaders are vacating the boardroom and heading outdoors to foster employee camaraderie. One destination: Mountain Challenge, a retreat site in Maryville, Tenn., that hosts some 7,000 corporate employees each year.

Based just outside Knoxville, Mountain Challenge has staged retreats for major corporations including Nokia, Marriott International and Ruby Tuesday (also based in Maryville). The goal of the retreats is to develop employee problem-solving, teamwork and communication skills.

The heart of the program is a "ropes course" event, a kind of life-size puzzle that a group solves together. Mountain Challenge runs 18 ropes courses in the Smoky Mountain foothills. Mountain Challenge director Bruce Guillaume says trails lead participants to the courses. The trails "create the illusion" of entering wilderness, says Guillaume, and "add dramatically" to feelings of escaping the conventional world. Clients "acknowledge the trails all the time," he says. For more about Mountain Challenge visit www.mtnchallenge.com.