

## 70s EXERCISEREVIVAL

**A totally tubular fitness trend makes a comeback.**

**R**emember when the hottest thing in exercise was gettin' physical on your local fitness trail? Olivia Newton John and Richard Simmons look-alikes walked or jogged from one tubular-steel-and-timber station to the next where such drills as chin-ups and log-hops were illustrated on a sign.

For years it seemed fitness trails had gone the way of legwarmers and acid-washed jeans. But the trails seem to be making a comeback—at least when it comes to manufacture and demand. Parcouse (now owned by GameTime) and Fit-Trail, pioneers in the introduction and development of the fitness trail concept in America, have seen an increase in new orders over the past couple of years.

That doesn't mean the courses are easy to find. Many have been either neglected or removed, or are privately owned by corporations that purchase them for employee use. It will probably be a while before the number of trails return to 1970s levels, when thousands stretched

across the nation, according to Russ Horrocks of Marturano Recreation, a company that represents GameTime. But the ones we do see will last longer. New courses, says Rebecca Stover of



COURTESY/FIT-TRAIL

WorldTrails manufacturer PlayWorld Systems, are typically constructed of more durable, weatherproof material than their predecessors.

It's best to contact your local parks and recreation office to find out whether your nearest fitness course, or those where you'll be traveling, are safe and well-maintained. Here are some we've tracked down in the Mid-Atlantic region.

**Challenge Grove**, Caldwell and Brace roads, along Borton Mill Road, Cherry Hill, NJ, 856/795-PARK (7275)

**Jim Barnett Recreation Park**, East Cork Street Extended, Winchester, VA, 540/662-4946

**Laurel Acres Park**, Church Street and Union Mill Road, Mount Laurel, NJ, 856/234-2623

**Mondauk Common**, Susquehanna and Dillon roads, Ft. Washington, PA, 215/643-1600, ext. 3443

**Northeast Branch Stream Valley Park Fitness Trail**, College Park/Riverdale, MD, 301/952-3522

**Rock Creek Park**, Cathedral Avenue and Rock Creek Parkway, Washington, DC, 202/282-1063

**White Clay Creek State Park**, 425 Wedgewood Road, Newark, DE, 302/368-6900

**CENTENNIAL COLORS>>** How many colors does it take to make a rainbow? In Easton, Pennsylvania, home of Crayola Crayons, it's 120 shades and counting. But this year's significant number is 100. That's because the first nickel assortment of eight Crayola colors debuted back in 1903, making this the centennial of the familiar childhood friend in the green and yellow box.

So far, it's been a traveling 100th birthday party for the famous crayon and its parent company, Binney & Smith.

The "ART-rageous Adventure" bus—a 40-footer, where kids can color on see-through walls, paint with melted crayons and build things with special markers—has been touring the country since February, winding its way back home for the big birthday bash on October 11. That's when downtown Easton, at the juncture of the Lehigh and Delaware Rivers, will come alive with Crayola hues for the "100 Years of Color" parade. Plans include music and family entertainment, make-and-take projects on the town square and the world's largest crayon.

While you're there, check out the Crayola Factory Visitors Center at Two Rivers Landing, 30 Centre Square. The center underwent a million-dollar renovation for the centennial. There visitors will see how crayons have been made since cousins Edwin Binney and C. Harold Smith perfected their secret formula.

Call the Crayola Factory at 610/515-8000 for reservations and information, or visit [www.Crayola.com](http://www.Crayola.com) or [www.crayolatour.com](http://www.crayolatour.com).

**AMERICA'S FAVORITE CRAYON turns 100 this fall.**

