

For my project I chose to build an exercise course for the local community and students at Indian River high school to use year-round. In our community there are not many places or trails to use for people to exercise whenever they would like to and membership in a gym can be expensive. Having an exercise course like this will help improve everyone's health.

I was on my High School's cross country team and we ran through the course behind the high school. There was so much land there not being used for the three cross country courses. I spoke with Major Ryman the Coach and he mentioned how he would like to see more things added to the course that students could use and so the idea of an outdoor exercise course started.

I attended several school board meetings because the exercise course had to be approved. I was nervous when they asked questions but made it through. I also had to have it passed by the building and regulations committee of the school board. The school welcomed the idea.

I researched exercise courses online and talked to people and realized that there were so many different kinds. Next I met with Major Ryman to ask what he would like to see. He said whatever I would like to build however he would like the stations to be natural like the course, made of wood and not big metal pieces. I went back and researched what I could build.

Since I didn't have much skills working with wood I talked to several people to see who could help. I spoke to Mr. Bo Waller at the 4H office and he gave me some good ideas. My father and I also talked to construction people to see what we might need. I also went to stores like 84 Lumber and Lowes to see how expensive wood might be. Luckily my father has a lot of tools and saws I was able to use.

Major Ryman also said he would like an exercise course to have at least ten stations and be about a tenth of a mile apart so that the person could jog to each station and exercise that way

as well. This separation gives people who want to work out a good space to run between each station.

It seemed like an easy job until I realized I would not be able to complete all ten stations so I narrowed it down to three. That would be good and I would be able to handle that. And then began the big job of clearing each of the three stations. One station just needed some grasses pulled out and soil turned over. One station was really woody and needed trees cut and weeds pulled. This took quite a long time to get the ground ready. And then it never seemed to stop raining.

Each of the three exercise pieces was built at my house and then transported to the field. Luckily we have a jeep that can get out on the course to work out there. The stations are made up of an exercise portion, a place for stretching and are completely outlined and mulched. And each one also includes a stretching place. The stations are meant to work the core muscles to increase strength.

For the course I made three stations. The first station is a sit up bench. The bench has a table where people can lay down on and do their sit ups. It also has a spot where people can put their feet at different levels depending on what type of sit up they want to do. In the back of the station there is also a part for runners to stretch on.

The next station is a set of balance beams. Each of the three balance beams is at different heights. The balance beams start at the lowest height and keep getting taller and taller. These balance beams are on the course to help improve core muscle strength. From going to physical therapy I learned core muscle strength is needed to help prevent runners from injuries. And in the

center of the three balance beams are small poles at different heights that can be used for balance also.

The last station I built was a set of steps. There are three steps that runners can use on the course. The runners can use these for leg strength while jumping up from step to step. Delaware doesn't have hills so if runners need to they can do a set of exercises on these steps to increase muscle.

I also made a rest station near the center of the course. I was able to get a nice teak bench donated and this was set there. I worked with local Girl Scouts to make bird houses. They liked working with the tools. These bird houses were placed at different places on the course in addition to one at this rest area. The Girl Scouts donated the supplies needed for the bird houses, I brought the tools.

Mr. Hoffman, a graphics teacher at Indian River will have his class make the plaques describing instructions and what types of exercises are done at each station. He is also going to make the big map with where all the stations are. We decided this because that way the course would have uniform look when all the stations are done even though they are built by different people. I built a sign holder at each station and each one has the 4H LOGO on it.

After getting this project started more people are taking interest in it. A Boy Scout is now working on some more of the stations. I also got in touch with the construction teacher at the high school. His students are always making things for the community. I asked if maybe his class would like to make more stations. I am hoping if we get more people then we could get the ten stations like Major Ryman wanted.

Throughout my project I had many hardships that happened and it set my timeline back a lot. First off I tore my ACL during a soccer game which set me back a couple of months in the beginning of my project. It was hard to move around and carry wood when you have two crutches in your hands. I needed to have knee surgery and physical therapy. This took awhile to get back to walking. But I did learn a lot from the physical therapist about correct exercises.

Another setback was the passing of my grandfather. He was very sick and in the hospital for a while and even was put into the hospice. I needed to spend time with him. My grandfather was a role model to me and it was very hard to see him the way he was before he passed.

The last hardship I had was the weather. Throughout the time I had to work on my project it seemed to always rain. This would set me back because it was hard to stabilize the wood in the ground since it was always muddy. But even with these road blocks I still pushed through and finished my project. Having hardships like these teaches you to push through; things will always work out in the end.

Overall I enjoyed doing this project. I got to help out the community and I learned many new skills. One thing I learned how to ask for funds needed for my project. I was able to get a donation from the school and Lowes even discounted lumber for me. This helped get the project done. I also learned how to stay organized and keep everything in line. I also learned new wood working skills. I didn't know how to use many tools in the beginning but after a while I was able to do it all by myself, even the big chop saw. I hope the community and students enjoy using these stations.

# Timeline

Item	Date Started	Date Completed	Total Hours	Materials Needed
Presented project to school principal and cross country coach	January 23, 2012	January 23, 2012	2	none
Went to hardware store to check for prices of materials	January 30, 2012	January 30, 2012	1	None
Researched different exercise stations	February 7, 2012	February 7, 2012	1.5	Computer
Went to Mr. Hoffman for presentation board and drawing of school course	February 15, 2012	February 15, 2012	1	None
Presented idea to school buildings and regulations committee	February 18, 2012	February 18, 2012	2	Presentation board
Presented idea to school board	February 20, 2012	February 20, 2012	1.5	Presentation board
Drew plans of outdoor exercise fitness trail	February 25, 2012	February 25, 2012	3	Pencil and paper
Walked course to plot out stations	March 3, 2012	March 3, 2012	.5	None
Picked sites for stations	March 7, 2012	March 7, 2012	.5	None
Cleared brush	October 2012	November 2012	20	Trimmers
Cleared trees	October 2012	November 2012	25	Saw
Leveled grounds	October 2012	November 2012	10	Level and shovel and sand
Meet with girl scouts to ask help with the course	December 3, 2012	December 3, 2012	1	None
Helped Girl scouts make bird house to put along the course	December 10, 2012	December 17, 2012	5	Wood and materials for bird houses
Went to lowes to get wood to start building	December 15 <sup>th</sup> 2012	December 15 <sup>th</sup> 2012	1	None
Started building bench for station one	May 2013	June 2013	4	Wood
Went to lowes to	May 26 <sup>th</sup> , 2013	May 26 <sup>th</sup> 2013	1	none

get more wood cut				
Finished bench for station one	May 2013	June 2013	5	wood
Went to course to put the bench at its station	June 5 <sup>th</sup> , 2013	June 5 <sup>th</sup> 2013	.5	Bench
Went to lowes for cement	June 14 <sup>th</sup> 2013	June 14 <sup>th</sup> 2013	.25	None
Cemented bench into the ground for satiability	June 14 <sup>th</sup> 2013	June 14 <sup>th</sup> 2013	2	Cement
Outline station one with wood	June 18 <sup>th</sup> 2013	June 18 <sup>th</sup> 2013	1.5	wood
Nailed the outline wood into the ground	June 18 <sup>th</sup> 2013	June 18 <sup>th</sup> 2013	1	Nails
Put tarp around station so weeds will not come up	June 30 <sup>th</sup> 2013	June 30 <sup>th</sup> 2013	15 mins	Tarp
Mulched on top of tarp	June 30 <sup>th</sup> 2013	June 30 <sup>th</sup> 2013	½	Mulch
Meet with major ryman for approval of first station	August 15 <sup>th</sup> 2013	August 15 <sup>th</sup> 2013	1	None
Started building balance beams	August 2013	September 2013	7	Wood
Went to lowes for more wood	August 20 <sup>th</sup> 2013	August 20 <sup>th</sup> 2013	1	None
Finished first two balance beams and set them out at the course	September 2013	September 2013	5	Wood
Found the height needed for third balance beam	September 1 <sup>st</sup> 2013	September 1 <sup>st</sup> 2013	15 mins	Measuring tape
Built third one	September 1 <sup>st</sup> 2013	September 1 <sup>st</sup> 2013	5	Wood
Went to lowes for cement	September 4 <sup>th</sup> 2013	September 4 <sup>th</sup> 2013	1	None
Cemented all balance beams into the ground for satiability	September 4 <sup>th</sup> 2013	September 4 <sup>th</sup> 2013	2	Cement
Outlined station	October 6 <sup>th</sup> 2013	October 6 <sup>th</sup> 2013	3	Wood
Put tarp out to	October 6 <sup>th</sup> 2013	October 6 <sup>th</sup> 2013	½	tarp

help kill weeds				
Mulched station	October 7 <sup>th</sup> 2013	October 7 <sup>th</sup> 2013	1	mulch
Went to 84 lumber for wood and stair frames	November 1st 2013	November 1st 2013	½	none
Built and finished stairs	November 2013	December 2013	8	Wood and stair frames
Put tarp out on station for stairs	December 12 2013	December 12 <sup>th</sup> 2013	1	tarp
Put stairs at the station	December 14 <sup>th</sup> 2013	December 14 <sup>th</sup> 2013	½	stairs
Outlined and mulched final station	December 15 <sup>th</sup> 2013	December 15 <sup>th</sup> 2013	3	Wood and mulch
Got wood for stretching stations	December 15 <sup>th</sup> 2013	December 15 <sup>th</sup> 2013	1	none
At each exercise station I put a stretching station in the back	December 17 <sup>th</sup> 2013	December 17 <sup>th</sup> 2013	4	Wood and leveler
Got wood from lowes to put bird houses on	December 23 <sup>rd</sup> 2013	December 23 2013	2	none
Set birdhouses with post throughout the course	December 27 <sup>th</sup> 2013	December 27 <sup>th</sup> 2013	5	Bird houses and post
Had school board and advisor finalized my stations for approval	January 1 <sup>st</sup> 2014	January 1 <sup>st</sup> 2014	½	none
Set post out at each station for plaques to be made description and who made the station	January 2 <sup>nd</sup> 2014	January 2 <sup>nd</sup> 2014	2	post
Contacted Mr. Timmons to see if school construction class wanted to do some stations for course	January 5 <sup>th</sup> 2014	January 5 <sup>th</sup> 2014	½	none
Clear out cove and made resting	January 5 <sup>th</sup> 2014	January 5 <sup>th</sup> 2014	3	Trimmers, bench, weed killer

station				
Got benched donated				none
Lowes donated half price lumber				none
Indian river gave \$200 dollar donation				none
Wrote final report	January 2014	January 2014	10	commputer

# **Supplies and cost**

### Station 1- Sit up bench

Item	Amount Needed	Cost	Total Cost	Source/vendor	Funding	Comments
4 inch by 4 inch by 6 foot	3	\$7.47 Ea.	\$22.41	Lowes	purchased	To support station
1 inch by 6 inch by 8 foot	5	\$3.97 Ea.	\$19.85	Lowes	purchased	Used as table boards
2 inch by 4 inch by 10 foot	1	\$5.97 Ea.	\$5.97	Lowes	purchased	Brace support
1 inch by 24 inch pipe	1	\$9.97 Ea.	\$9.97	Lowes	purchased	To keep legs down
Deck screws	1 box	\$23.97 box	\$23.97	Lowes	purchased	Keep things secured
4 inch by 4 inch by 12 foot	6	\$12.97 Ea.	\$77.82	Lowes	purchased	Legs for table
Tarp 10X12	1	\$6.98	\$6.98	Lowes	donated	Kill weeds
Bag of landscaping anchors	1 box	\$3.99 a bag	\$3.99	Lowes	purchased	Keep tarp down
mulch	1 yard	\$28.00	\$28.00	Southern States	purchased	Keep area around stations nice
Bottle of round up	1 bottle	\$18.97	\$18.97	Lowes	purchased	Kill weeds
Olympic wood protector	1 gallon	\$19.97	\$19.97	Lowes	purchased	To keep wood protected
total	-----	-----	\$237.90	-----	-----	-----

Station 2- Balance Beams

Item	Amount Needed	Cost	Total cost	Source/ vendor	Funding	Comments
4 inch by 4 inch by 6 foot	4	\$7.47 Ea.	\$29.88	Lowes	Purchase	Cut for legs
4 inch by 6 inch by 8 foot	3	\$12.97 Ea.	\$38.91	Lowes	Purchase	Beam to walk on
2 inch by 6 inch by 12 foot	1	\$10.97 ea.	\$10.97	Lowes	Purchase	Side plates for stability
4 inch by 4 inch by 12 foot	6	\$12.97 Ea.	\$77.82	Lowes	Purchase	Used for outline
tarp	1	\$6.98 Ea.	\$6.98	Lowes	Donated	Kill weeds
Landscaping anchors	1 bag	\$3.99 a bag	\$3.99	Lowes	Purchase	Hold tarp down
mulch	1 yard	\$28.00	\$28.00	Southern States	Purchase	Keep station looking nice
Cement	2 bags	\$2.99	\$5.98	Lowes	purchase	Keep station stable
Total	-----	-----	\$202.53	-----	-----	-----

Station 3- Stairs

Item	Amount	Cost	Total cost	Source/vendor	Funding	Comments
3 step stringers	2	\$7.98 ea	\$15.96	48 lumber	Purchased	Precut/ preform stairs
2 inch by 6 inch by 12 foot	2	\$9.97ea	\$19.94	Lowes	Purchased	Used for steps/ risers
4 inch by 4 inch by 6 foot	1	\$7.47 ea	\$7.47	Lowes	Purchased	Support post
4 inch by 4 inch by 12 foot	4	\$12.97 ea	\$51.88	Lowes	Purchase	Used for outline
tarp	1	\$6.98	\$6.98	Lowes	donated	Kill weeds
Landscaping anchors	1 bag	\$3.99	\$3.99	Lowes	purchased	Hold tarp down
mulch	1 yard	\$28.00	\$28.00	Southern states	purchased	Keep ground nice looking
Telephone poles- used for all three stations	1	\$500	\$500	Telephone company	Donated	Stretching stations, cut into piece
Total	-----	-----	\$634.22	-----	-----	-----

# Labor

Name	Type of Labor	Hours	Cost/ value	Comments
Ashley Conroe	Project manager	160 and ¾ hours	\$1500	
Greg Conroe	Resource and help	160	\$1500	safety
Girl Scout troop	builders	17	\$500	Built bird houses
Bo Waller	Resource for wood project	4	\$250	Resource help
Major Ryman	Resource For course design	10	\$100	Donated time
Greg Weir	engineer	2	\$300	Donated time
Mr Hoffman	graphics	7	\$400	Drew up plans of course











