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## Second Century Trail to open at NSU-Broken Arrow April 18

(Broken Arrow, OK) --Ready to hit the Second Century Trail? Folks of all ages can enjoy the newly built fitness and nature trail at Northeastern State University Broken Arrow beginning April 18. A grand opening ceremony is scheduled for the front lawn of the Administrative Services Building at NSUBA at 1:30 p.m. and will be followed by a community bike ride.

"Built for the students and paid for by students fees, the Second Century Trail is not only an NSU fitness trail, it is a community trail as well," said Dr. Christee Jenlink, dean of NSUBA.

The Second Century Trail is designed to give the community and NSU students, faculty and staff an opportunity to improve their physical fitness with a quick jog or bike ride. As an extension of an existing trail, the new path loops into the Liberty Trail that runs along the Creek Turnpike through Broken Arrow and Tulsa.

"Second Century Trail offers several workout stations, a community gazebo for resting and a pergola and seating area overlooking a scenic pond," said Jenlink.

Following the ribbon-cutting ceremony, community bike ride participants will pedal the 13 miles to the Tulsa Community College Southeast Campus and return back to NSUBA. The ride signifies the partnership between NSU and TCC which was established with the Blue to Green campaign. Through this partnership, TCC students can make a seamless transition into NSU to pursue a four-year degree.

Limited edition T-shirts and first-aid kits will be available to participants of the bike ride. On-site assistance throughout the trail's workout stations will also be available to support participants with advice on proper techniques for exercise and fitness.

NSU Student Health Services will offer an information booth to provide health and wellness insight. This health and wellness initiative was designed to support the internal NSU community and the Broken Arrow and Tulsa communities.

For more information on joining the community bike ride, please call (918) 449-6026.

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