

High Point Civic Association
Sandy Springs, Georgia
www.HighPointCivic.com

To preserve and enhance the integrity of our neighborhood by maintaining a consistent and unified adherence to sound land use.



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[Ridgeview Park Fitness Trail](#)

Monday, March 2nd, 2009



From left, Mayor Eva Galambos, City Commissioner Tibby DiJulio, John Willis, chair of Friends of Ridgview Park, Ronnie Young, director, recreations & parks, Alan Powell, president of High Point Civic Association & Doug Isenberg with Friends of Ridgview Park admire the new fitness trail at Ridgeview Park.

Fitness Trail Added to Ridgeview Park

A Park Fit For Fun

Ridgeview Park has a new look that is healthier for its visitors. High Point Civic Association and Friends of Ridgeview Park worked together with the city of Sandy Springs to provide the equipment for a fitness trail at Ridgeview Park. This is the first time ever in Sandy Springs that a civic group, a park committee and the city park service have come together to enhance a park for the community.

“This is the greatest gift that a civic association has ever given Sandy Springs. It is so unusual and an outstanding way for the city and community to come together for the good of the citizens,” Mayor Eva Galambos remarked. The park, located off Trimble Rd. next to Riverview Middle School, has been in place since the 1970s. It was improved with playground equipment and pavilion and picnic tables by Fulton County

about a decade ago. The park is about 20 acres and most of it is wooded. A small trail winds through the wooded portion, and a Boy Scout troop built an outdoor classroom of mostly wooden benches in the woods many years ago.

“This is a great example of what the city and community can do when they get together to improve a city park,” Tibby DeJulio, City Council, District 5, remarked. Doug Isenberg and John Willis informally started the Friends of Ridgeview Park a few years ago. High Point Civic Association adapted it as one of its committees with John Willis as chair. This is a group of people interested in maintaining and making improvements that are consistent with the park’s layout and location in a residential neighborhood.

“High Point Civic Association is proud to create a venue that helps promote a healthy lifestyle for its residents. The fit trail is an excellent way for families to stay in shape and is conveniently located close to home. It is a fun activity that families can do together,” Alan Powell remarked. High Point Civic Association donated \$9,155 to purchase the entire 20 station system and the city of Sandy Springs provided \$7,400 for the Fit-Course installation through LRS Landscapes.

Fit Trail is a timber fitness trail that combines scientifically designed exercises with walking or jogging to provide a well-balanced physical fitness routine for the entire body. Individual exercise stations with apparatus are spaced along a walking trail or jogging path. Participants proceed from one exercise station of the fitness course to the next and perform the exercises illustrated at each station.

Fit-Trail is recognized by the President’s Council on Physical Fitness and Sports as “an ideal resource for communities and agencies dedicated to improving the health and fitness of Americans.” Communities across the country have installed Fit-Trail fitness systems to market and promote a variety of related programs and facilities.

The High Point Civic Association, formed over 25 years ago, exists to serve residents in southeast Sandy Springs, to improve the quality of life in the area, with a focus on community affairs, zoning and schools. Visit www.highpointcivic.com for more information.