



MEDIA RELEASE

PHFoundation
400 Quincy Street – PO Box 299
Hancock, Michigan 49930

Contact: Kevin Store; Executive Director
T: 906.523.5920
kstore@phfgive.org

FOR IMMEDIATE RELEASE

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Allouez Township Awarded nearly \$21,000 from the Portage Health Foundation to Construct a Seneca Lake Fit Trail and Install a New Sand Volleyball Court at Mohawk Park

[Hancock, MI] Allouez Township was recently awarded \$20,952 from the Portage Health Foundation to install a new sand volleyball court at Mohawk Park and to construct a Fit Trail around Seneca Lake.

Allouez Township applied for funding under the PHFoundation's outdoor recreation RFP. The grant funding was a result of the foundation's Spring Gala where a total amount of \$60,000 was raised. The foundation sought applications focused on programs and resources that promoted outdoor activities, particularly for youth and families. As a result, many worthwhile applications were submitted throughout the foundation's four-county service area.

To encourage outdoor recreation, Allouez Township will be installing a new sand volleyball court at Mohawk Park and constructing a Fit Trail around Seneca Lake. According to Kevin Store, Executive Director of the Portage Health Foundation, "The foundation appreciates that the township identified two gaps in outdoor recreational activities for area residents and visitors in their two applications. Once these gaps are filled, the township can more effectively combat some of today's health issues by providing easily accessible outdoor recreational opportunities for people of all ages." The sand volleyball court will be a terrific way for youth, friends, and families to gather for a fun game of volleyball while the Fit Trail will offer silent sport enthusiasts access to a nearby trail. "A new trail provides an excellent opportunity to engage in physical activity while surrounded by beautiful scenery. This project also compliments the work the township has already done at Seneca Lake with the addition of a dock and picnic area," added Store.

The township has already commenced work on the two projects. According to Kevin Gherna, Allouez Township Supervisor, "The township is really happy about the grants. We are working on the parking lot and finishing plans for the lake trail." The township anticipates a completion date by the spring or early summer of 2016.

Today, we face a number of health issues such as obesity, diabetes, and depression, which often stem from living sedentary lifestyles. The PHFoundation believes it is important to combat these health issues through recreational activities. Research has shown that physical activity can lead to better mental and physical health by reducing depression, relieving stress, and improving self-esteem. These healthy changes often lead to positive economic and social benefits for local communities such as the promotion and creation of social bonds, livelier communities, and stewardship.



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The Portage Health Foundation is a 501(c)3 charitable organization that receives and contributes charitable donations, which support the health needs of the community through enhanced philanthropy and community collaboration throughout the counties of Baraga, Houghton, Keweenaw, and Ontonagon.

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