

Wonderful Fall Day

Since I joined the YMCA (Anyone Feel like dancing here???, not me thanks!), Thursdays has been one of the days I stop after work to get a little exercise in. Today I just could not see dropping in. It was just too nice out. Still I needed to get a little exercise in and still enjoy the fall evening.

My youngest and I took a quick trip to [Harrison Lake State Park](#) and took a stroll around the lake. Roughly 3.5 miles of hiking. Not a bad way to spend the afternoon. There was a cross-country meet going on, so we had to find an out of the way spot to finally park. We were able to avoid most of the runners (not get in their way) and we had a good time walking.

The walk around the lake reminded me of the last time I took the full trip around the lake. It was quite a few years ago. My daughters always liked picnics at the park for birthdays and such. Since 3 out of 4 were born in months when picnics are in season, we did it quite often. Harrison Lake was one of the many parks we went to (They have swimming there). My wife and I made the trip around that lake once. That was some 15 or 16 years ago. I'm not sure why we never made the walk again, but we didn't. I remember that walk because I had 1 of my daughters in a baby carrier on my back. One of the best ways ever devised to carry children (except for the hair pulling). When the 2 in the middle were young enough, I remember having one in the back pack and one in a front carrier. That actually made it easier to walk. More balance.

Anyway back to the first walk some years ago. I remember we didn't know the park very well, and at one point we thought we were going through peoples' back yards. At the time we may have been, but as of today, the park seems to own most of the trail around the lake. There were two stretches of the walk when we had to walk on the roads around the park. Slight safety issue for those trying this walk with children, but it

is minimized.

One more thing on the runners, that will never be me...