

TRAID ON THE TRAILS

A DAY OF ADAPTIVE RECREATION

2023



WHERE?
Syracuse Inner
Harbor and
Creekwalk

WHEN?
Saturday
Sept. 16th
10am-2pm

Walking, rolling,
cycling, fishing,
geocaching,
yard games,
and more!

Learn about local resources
and try a range of adaptive
recreation equipment as we
enjoy an inclusive day of
recreation. All equipment is
free to try.



PLEASE VISIT WWW.UPSTATEFOUNDATION.ORG/TRAIDONTHE TRAILS OR
MESSAGE PEYTONSEFICK@GMAIL.COM FOR MORE INFORMATION