

# Association for the Wolf Lake Initiative

A not-for-profit organization and land trust

Working across state boundaries to enhance Wolf Lake



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August 6, 2023

Bi-state Labor Day

Bike Ride, Nature Walk

Contact: Michael Boos, 219 933-7149, 312 220-0120

## Immediate Release

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The bi-state Labor Day Bike Ride will be held Monday, Sept. 4, at this year's 20th annual Active Living Faire.

Sponsored by the Association for the Wolf Lake Initiative (AWLI), the 15-mile ride, with frequent stops along the way, will begin at 8:30 a.m. with a sign-in near the Visitors Center at William W. Powers State Recreation Area, 12949 S. Avenue O, Chicago. Bike riders are required to wear helmets.

Riders will view parts of the watershed while enjoying early autumn colors.

A second event, a nature walk, begins at 1 p.m. at Eggers Grove Forest Preserve. Entrance is at East 112th Street and S. Avenue E.

After entering the forest preserve, drive to the stop sign at the T-intersection and turn left (east). Drive past the brick caretaker's building into the east lot, and park.

Marianne Kozlowski, co-steward at Eggers Grove Forest Preserve, will lead the walk. It will be a tour of fruits of the season: wild cherry, elderberry, viburnum— nannyberry, blue-fruited dogwood, American hazelnut, wild grape, cat briar, rose hips, and poison ivy.

She says asters and goldenrod might be in bloom, Grasses will be showing seed heads: bottlebrush, silky rye, Canada rye, little bluestem, cordgrass, big bluestem, and Indian grass.

Kozlowski also will give an overview of Eggers: history, environments, past restoration work and future plans.

Walkers should wear long pants, sturdy shoes and long-sleeve shirts.

On-line registration is required for both events. Consult AWLI's website at [www.wolflakeinitiative.org](http://www.wolflakeinitiative.org). Registration deadline is August 31.

The Active Living Faire is organized to promote health and fitness for visitors to the Wolf Lake watershed.

AWLI is a not-for-profit organization and land trust seeking to protect and enhance the thousands of acres that comprise the Wolf Lake watershed. The watershed serves a population base of 3.4 million in Northwest Indiana and Southeast Chicago and suburbs.

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Note to Editors: Attached is a map of the bike ride.

### Individuals

Jim Buiter

Marianne Kozlowski

Colleen McVeigh

Dr. Richard Morrisroe

Dr. Valerie Pennanen

Dr. Amy Rauch

Dr. James P. Sullivan

Linda Trinkle

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