



HEALTH AND WELLNESS

Steep Rock cares deeply about the health and wellbeing of our environment, our community, and you. May is National Women’s Health Month, Mental Health Awareness Month, and Bike Month! As spring unfolds, the days get warmer, and flowers burst in our preserves, we encourage you to stimulate your health and wellness in three ways:

1. **Get Outside:** Take a casual stroll or a rigorous hike on some of our 47 miles of incredible trails in four preserves. The fresh air and scenery are therapeutic.
2. **Get Exercise:** Join us on May 15th for our annual Rossiter Run/Walk 5k in Steep Rock Preserve or join SRA staff on a bike ride around Lake Waramaug (May 17), and
3. **Get Social:** After Covid isolated us, let Steep Rock reconnect us. Come volunteer in Judea Garden, join our monthly trail parties, collect data for our community science initiatives, or help in the office. These are fun, engaging activities that will connect you with some really great people doing really great things for Steep Rock and themselves. Come join us and let’s stay healthier together.

See you on our trails...

Brian Hagenbuch, Ph.D.
Executive Director

Featured Highlights



A New StoryWalk!

This community collaboration between Steep Rock Association, [Gunn Memorial Library](#), and [Washington Supply](#) offers a fun and educational outdoor activity for families at [Macricostas Preserve](#). Pages from nature-focused children books are posted on display boards along a short, designated trail. Books are changed seasonally so be sure to visit each new season.

[>more](#)



Heartfelt Thank You

In just 36 hours, more than 145 people from 13 states came together to support Steep Rock during **Give Local**, which was sponsored by the [Connecticut Community Foundation](#). We are in absolute awe of your generosity and support. Thank you for rallying for conservation, and for protecting the natural spaces, plants and wildlife we all cherish in Litchfield County.

Upcoming Events!



Dragonfly and Damselfly Survey Training **New Community Science Project*

May 14, 9:00am-12:00pm

Hunt dragons with Steep Rock this summer and contribute to exciting wildlife research. Your help is needed to inventory all Odonata species inhabiting our preserves. Join us for a training session on May 14th to learn from Connecticut's dragonfly

expert and prepare yourself to conduct sampling on an ongoing basis. [>more](#)



Judea Garden Spring Planting Day

May 14, 9:00am - 1:00pm

Judea Garden, The Giving Garden, grows and distributes organically grown produce to our neighbors in need. Start the miracle of a season of growing and giving. Help us sow the garden with seeds and plants. [>more](#)



Don't Miss Steep Rock's 5K!

May 15, 9:00am

Back by popular demand, Steep Rock's 2nd **Annual Rossiter Run 5K Race and Fun Run** will be take place on Sunday, May 15th at 9am at Steep Rock Preserve. Online registration is open through 11:59pm on May 14. All proceeds benefit Steep Rock. [>more](#)



Bike Ride Around Lake Waramaug

May 17, 5:00pm - 7:00pm

Bring your bike and join Steep Rock's staff in a casual road ride around Lake Waramaug. We'll depart from [Steep Rock House](#) at 5pm sharp. Ride is mainly flat, approximately 12 miles long, 12-14mph pace. No drop. Helmets and rear lights are required. [>more](#)



Monthly Trail Work Party

May 21, 9:30am - 12:00pm

Join Steep Rock Association's Monthly Trail Work Party! The Monthly Trail Work Party meets at 9:30 a.m. the third Saturday of every month from April through October.

Details and registration info here [>more](#)



Judea Garden Summer Planting Days

May 28 & May 29, 9:00am - 1:00pm

It's that time of year! Help us get those warmer weather plants in the ground on planting day. Details and registration info here [>more](#)



CT Trails Day

June 4, 12:00om - 2:00pm

Join Steep Rock Association for an exploration of Macricostas Preserve this CT Trails Day. We'll discover unique natural communities, observe an abundance of wildlife, discuss conservation stewardship practices, and enjoy scenic vistas en route to our destination - the Lookout. Please dress appropriately for a 2.25-mile hike over varied terrain, which includes a section of steep ascent. Water, binoculars, and a camera are recommended [>more](#)

You can support all our activities by donating to Steep Rock via credit card, stock, planned giving, crypto, or your Donor Advised Fund. Thank you!

Popular Ways To Give



Steep Rock Association

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