

**Pictured: Marie Haigh's daughter Elly, 10, with their dog, Clover, on the Schuylkill River Trail.**



Marie Haigh and her family, like many others, have found solace in nature during the very challenging COVID-19 health crisis. With stay-at-home orders and physical distancing guidelines in place throughout the state, the Schuylkill River Trail is resource still open to the public for enjoyment, exercise and a mental reprieve.

“There’s some days when we all just need a mental check and need to get out of the house. We just call it a health day,” Marie said.

Marie has a home in Pottstown but said her yard is small so sometimes it’s necessary to venture elsewhere to have more room to move. She is grateful to live near Pottstown Riverfront Park which is one of the trailheads for the Schuylkill River Trail.

“It (the Schuylkill River Trail) is beautiful. You just feel more connected to nature and you breathe deeper,” Marie said.

Marie and her family took a special trip to trail in March to celebrate the birthday of their Golden Retriever Clover. Clover turned eight on March 15 and spent the day running on the trail.

“In my mind I was thinking, today is Clover’s birthday and we have to do something for Clover. What would Clover want to do?” Marie said.

She knew her fun-loving dog would want to be somewhere she could run and be with the family. Marie and her children took their bikes to the trail so Clover could enjoy the day by running alongside them.

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