City Website Announcement for NTD “Walk for Health”

Walk for Health! Saturday June 4, 2011.

DANBURY COMMUNITY COUNTER: MILES WALKED _____

APPROXIMATE CALORIES BURNED: _____

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The City of Danbury is sponsoring a “Walk for Health” event on National Trails Day, the first Saturday in June. Citizens are encouraged to visit open spaces and outdoor community walks to enjoy the great outdoors and to appreciate the benefits of exercising in the environment. There will be sponsored and self-guided hikes at the locations listed below. If you participate in the hike you will be included in our community calorie burn for that day. Here is the menu of hikes that you can choose:

1. Bear Mountain Reservation

   Location: Bear Mountain Road, off of Route 37, just north of FCI
   Hike time: Self guided, pick up passports and trail map at Kiosk at Parking Lot
   Hike Distance: __1.5__ miles
   Calories burned: See calorie counter on website: estimate is 526 calories for 200 pound person walking the most distant hike # hours).
   Degree of Difficulty: easy
   Calories burned:
   Estimated completion time: 1-2 hours

   Description: This hike is self guided. It allows people to chooses a number of hikes from the trails that are exhibited on the kiosk that is just off of the parking lot. There is a mailbox near the kiosk where you will find passports. Various trails take you through upland forests, past streams and on to open meadows. The hike can be as easy or as difficult as the hiker chooses. Hiking boots and tick spray are highly recommended. NOTE: A scavenger hike will also be taking place at Bear Mountain Reservation on June 4th. Information on scavenger hike can be obtained from contact, below.

   Contact littlel1225@yahoo.com for more information:

2. Downtown History Walk: “Museum in the Streets”

   Location:Start at Danbury Museum, 52 Main Street. Passports will be available at the Museum.
   Hike time: 10 AM - 3 PM.
   Hike Distance: _1___ miles
   Degree of Difficulty: Easy
   Calories burned: See calorie counter on website: estimate is 150 calories for 200 pound person walking the full hike
   Contact BGuertin@danburyhistorical.org for more information

3. Ives Trail

   Starting location: The Charles Ives Birthplace – 5 Mountainville Avenue
   Passports located on Porch in plastic container.
   Event time: 8:00AM – Sunset (Self guided)
   Degree of Difficulty: Easy
   Hike Distance: 1.0 Mile
   Calories Burned: See calorie counter on website: estimate is 394 calories for 200 pound person walking the full hike.
   Time to complete: 30 minutes

Description of Hike: Participants will start at the Ives Homestead at 5 Mountainville Avenue – walking along the path around the house learning facts about Charles Ives as you go. Then cross Mountainville at the crosswalk and proceed south to the entrance of the Ives Trail (entrance is to the

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right of The Best Friends Preschool building located at 5 Mountainville Rd. under the archway. This path will lead you behind the Preschool building and into the field off Mountainville Rd. (A map shed is located where the trail enters the field.) The walk for health will proceed around the first field, back to the map shed and back to the parking lot at the Ives House. Hiking boots and tick spray are recommended.

Directions: “Google” 5 Mountainville Avenue Danbury, CT 06810

What Cancels? – Event Held Rain or Shine

4. Tarrywile Park

Starting location: Tarrywile Park Red Barn Map shed/Farm area
Passports, etc. located in white mailbox at map shed
Event time: 8:00AM – Sunset
Degree of difficulty: Easy
Miles: 2.0
Calories Burned: See calorie counter on website: estimate is 350 calories for 200 pound person walking the full hike
Time to complete: 40 minutes
Description of hike: Self Guided – “Health Walk” trail map located on back side of Red Barn mapshed. --- From Red Barn follow white trail around Parks Pond and back to mapshed. Hiking boots and tick spray are recommended.

Directions: www.tarrywile.com –with Parking in the lower Mansion parking lot – Mapshed located through red gate to Red Barn.

What Cancels? – Event Held Rain or Shine
Contact tarrywile.mansion@snet.net for more information

4. Still River Greenway

Location:Start at Still River Greenway behind Kimchuk building at Commerce Park, located on 5 Corporate Drive, behind Kimchuk building. Passports will be distributed by trip leader.
Hike time: 8AM
Hike Distance: _2___ miles
Hike intensity: Easy
Time to complete: 1 hour
Calories Burned: See calorie counter on website: estimate is 526 calories for 200 pound person walking the full hike

Description: This hike will be lead by Jack Kozuchowski who pioneered the creation of the Still River Trail and will provide a natural and cultural history of the River, its geography, wildlife, its restoration and points of interest. The hike will be brisk with a few stops to explain the features of the floodplain and the River. Hiking Boots and Tick spray are highly recommended. Hikers will meet at 8 AM at the “Still River Arch” which is located behind the Kimchuck Building on Eagle Road between the Holiday Inn and the Fire Station (look for signs on the Road). After the hike
there will be a full morning of other events including live birds stream sampling, kayak demonstrations and a drum show.

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What cancels? Heavy rain or flooding of floodplain.

Contact ecotoneguy@optonline.net for more information

5. Old Quarry Nature Center

Location: Old Quarry Nature Center - see sign on Mountainville Road, across the road from Tarrywile Park meadows near the Bethel border. Meet at Parking Lot just beyond gate. Passports will be distributed by trip leader.
Hike time: 9 AM
Hike Distance: _2___ miles
Hike intensity: Easy
Time to complete: 1 hour
Calories Burned: See calorie counter on website: estimate is 350 calories for 200 pound person walking the full hike

Description: This hike hike is being sponsored by the Conservation Commission and is being lead by Kim Botelho. The Old Quarry Nature Center is a “geology” field walk and has some unique rock features and was the site of a historic quarry of Danbury. The walk is through a forested environment with birds and wildlife. Hiking boots and tick spray are highly recommended.

Contact kim.botelho@gmail.com for more information

6. NEW! “Farrington Woods” West Side Open Space recently acquired by City of Danbury

Location: Meet at Exit 1 commuter parking lot on Mill Plain Road (at NY border). Passports will be distributed by trip leader.
Hike time: 10 AM
Hike Distance: _3__ miles
7. Time to complete : 2 hours
Hike intensity: Moderate
Calories Burned: See calorie counter on website: estimate is 1051 calories for 200 pound person walking the full hike

Description: this Hike will start at the base of the Farrington Woods Open Space at the New York-Connecticut border (all participants must meet promptly at __ AM at the Exit 1 Commuter Lot off Route 84 on Mill Plain Road, just east of New York border and will car pool from there). This hike has some moderate grades and will walking to Sanford’s Pond and teh headwters of the Still River at the outlet of the pond. You will be walking past several habitats and are likely to see and hear birds and wildlife. Hiking boots are a necessity for this walk and tick spray is recommended. .

Contact ruopph@danbury.k12.ct.us for more information

Participate in Danbury’s “Community Burn Counter” for National Trails Day.

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Here are the instructions:

1. After you complete one of the walks on Saturday June 4th, enter your name on the database table, below.
2. In the second column list the location(s) where you walked.
3. In the third column, enter the number of miles that you walked. The Trail profile will tell you the total number of miles for the particular route. if you opnly walk part of it estimate the % of the walk that you did and adjust the miles to how much of teh trail that you completed.
4. To determine the # of calories you burned log on to the website http://www.drgily.com/exercise-calorie-counter.php . On the right side near the top of the home page, you will see a calculator. After the exercise space click on the arrow of the drop box and choose “hiking”. then enter the amount of time that you walked and your weight. The calories that you burned will display on the bar below.
5. In the fourth column, enter the number of calories burned as per the calorie counter, in 4, above.
6. Check back to our Website to see how many total calories people burned while walking Danbury on Danbury’s National Trail Day Walk for Health

INSTRUCTIONS FOR PUNCHING YOUR HIKES:

1. Pick up the Punch Card, at the specified location of the hike(s) that you walk, or you can download it here*.

2. After you complete a hike, use the hole punch to mark the location next to the photo image of the trail that you just completed. The location of punch is at same site listed for the Punch Card - PLEASE DO NOT REMOVE! It is only to be used to punch your card.

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3. After you complete your hike you can end your day or go on to another trail and punch when you complete.

4. At the end of your hiking day you can return your punch card to the Danbury Museum on 43 Main Street. At 3:00 there will be a drawing of all punchcards submitted, with a prize that will include a collection of items from the Museum Gift Shop.