


# Trails

**Anne Carlsen School** - 0.25 mile - 301 7<sup>th</sup> Avenue NW - Enter SW corner. **E**

**Nickeus Park** - 0.3 mile - 1<sup>st</sup> Avenue N **M P E**


**Solien-Denault Park** - 0.5 mile - 3<sup>rd</sup> Street SE (Across from Hillcrest Golf Course) **M P E**


**Klaus Park** - 0.6 mile - 4<sup>th</sup> Street SW **M P E**


**Blue Jay Trail** - 0.8 mile - 5<sup>th</sup> Street NE & 14<sup>th</sup> Avenue NE - Enter at intersection and follow tree line north and then east. **E** 

**McElroy Park** - 0.9 mile - 2<sup>nd</sup> Avenue SE **M P E**


**Meidinger Park** - 1 mile, 17<sup>th</sup> Street & 17<sup>th</sup> Avenue SW. **M P E**


**Jamestown Reservoir** - 1.3 miles from entrance to marina on paved path. Marina around island is 0.5 miles. Boy Scout Trail is 0.25 miles. Newer portion - beginning at 19<sup>th</sup> Street NE is 1 mile **M P E** 

**Spillway** - 2 miles - Enter at the steps on the east end of the bridge over the Jamestown Reservoir. **E** 

**College Fitness Trail** - 2 miles - 7<sup>th</sup> Street & 12<sup>th</sup> Avenue NE - Enter at swimming pool parking lot. **E** 

**Hillcrest Golf Course** - 2.5 miles—606 26<sup>th</sup> Avenue SE—Enter at Bunker. **M P E**

**Pipestem Dam** - 8 miles—Enter east side of the dam, south of the office. **C** 

**North Ridge Trail** - 5 miles - Enter east side of the dam, north of the office. **C** 

**White Cloud Nature Trail** - 10.7 miles Enter at McElroy Park Veteran's Memorial Bridge. **C** 

## Code

**E** - Easy      **C** - Challenging  
**P** - Paved      **M** - Maintained year-round

 Nature Trail

# Calorie Use Chart

The numbers in the chart show the approximate number of calories burned per hour based on individual weight.

ACTIVITY & PACE	100 lb.	150 lb.	200 lb.
Walking @ 2 mph	160	240	320
Walking @ 3 mph	210	320	420
Walking @ 4.5 mph	295	440	590

An example for determining calorie use.

A 100 lb. person walks for one half hour @ 3 mph pace.

Number of calories per hour (210) x number of hours (1/2) = 105 calories.

Pace can be calculated by timing yourself over a known distance (1 mile).

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# Discover The Trails

*A Guide to Jamestown Area Walking and Biking Trails*



**Healthy Lifestyle Coalition**  
**Jamestown, ND 58401**

Contact:  
NDSU Extension Service/Stutsman County 252-9030  
Central Valley Health District 252-8130  
2010

# Discover the Benefits

Walking is a physical activity that can benefit you in many ways. When you walk, choose a moderate or vigorous intensity for 30-60 minutes most days of the week. You can even break the time up into 10 minutes at a time, working your way up to 30 or more minutes a day. The benefits of walking are often:

- ☺ Weight loss, by burning more calories than you eat
- ☺ Lowered blood pressure
- ☺ Increased HDL (“good”) cholesterol
- ☺ Lowered risk for heart disease and stroke
- ☺ More energy, optimism & self-esteem along with reduced stress level
- ☺ Better muscle tone and increased metabolism
- ☺ Better control of appetite and sleep patterns

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## Healthy Lifestyle Coalition

### VISION

*Community members living a healthy lifestyle.*

### MISSION

*Working together to enhance community environments and promote a healthy lifestyle.*

# Helpful Tips

## Safety First

- ◆ Carry water with you and drink often.
- ◆ Be aware of your surroundings.
- ◆ Walk in populated and well lit areas.
- ◆ Don't wear headphones. You may not hear an attacker or other unseen danger.
- ◆ Wear sunscreen and insect repellent.
- ◆ When walking at night, wear reflective clothing (vests, wristbands & hats).

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## Clothing and Equipment

- ◆ Wear shoes with thick flexible soles that will cushion your feet and absorb shock.
- ◆ Wear clothes that are appropriate for the season. Cotton is good for summer. In winter, wear layers of clothing.
- ◆ Pedometers count the number of steps you take. Increasing your steps each day allows you to burn more calories.

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## Getting Ready

- ◆ Stretch before you walk.
- ◆ Think of your walk in three parts. Walk slowly to warm up, then increase your speed and finally slow your speed to cool down.



# Discover the Fun!

## Include Children

- ◆ Carry them in a comfortable carrier (for you and them) appropriate for their age. Some options are a front carrier, backpack or a sling.
- ◆ Push them in a jogging stroller designed for walking and running.
- ◆ Carry snacks and water for the children.
- ◆ Dress them warmer than yourself and protect them from sun and insects.



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## Include Pets

- ◆ Including your pet can add a lot of enjoyment. They need the exercise too!
- ◆ Be sure to keep pets leashed at all times.
- ◆ Carry water for your pet and offer it to them often.
- ◆ Clean up after your pet.