

*Warren County
Walkways*

Steps Toward Healthy Living

*A Project of Warren-Fountain
Counties Community Roundtable*

Getting Started...

Try to walk or run for 30 minutes most days of the week. If you are a beginner, start with brisk walking 5 minutes a day and add 2 minutes to this each week. At the end of 12 weeks you will be walking or running for 30 minutes!

Warm Up *You need to improve your flexibility by going slowly for the first few minutes of your walk or run.*

Stretching *Stretch after the warm up, and after the cool down. When doing stretches remember these tips:*

- *Don't bounce like a yo-yo*
- *Stretch from head to toe*
- *Hold each stretch 10-20 seconds*
- *Stop if it hurts*

Intensity *Moderate intensity aerobic activity means you're walking hard enough to raise your heart rate and break a sweat. One way to tell is that you will be able to talk, but not sing the words to your favorite song.*

Cool Down *Go slowly for 5 minutes at the end of the walk or run to relax your muscles and allow your heart rate to return to normal.*

**** Before increasing your physical activity level, it is recommended you consult with your primary care provider.**

Shoes...

- *Never wear shoes that feel tight*
- *You should be able to wiggle your toes with no pressure on the sides of your shoes*
- *A good shoe will provide cushioning, support and flexibility*
- *Don't expect shoes to "stretch out"*
- *Avoid slipping*

Safety Tips...

- *Always wear sunscreen SPF 15 or higher*
- *Don't wear headphones*
- *Use caution around strange dogs*
- *Stay alert for bad weather*
- *Stay inside if it is above 80 degrees and humid or below 25 degrees and windy*
- *Bring water to stay hydrated*
- *Dress to be seen by drivers*
- *Watch for cars and other objects that can block another driver's view (especially turning vehicles)*
- *Walk with a friend*
- *Stop and look for traffic in all directions before crossing a street or in a parking lot*

Benefits from Walking/Running...

- *Help control blood pressure*
- *Decrease anxiety and depression*
- *Help control blood sugar*
- *Improve your appearance*
- *Improve your stamina*
- *Improve cholesterol levels*
- *Help with weight loss and weight control*
- *Improve muscle strength*
- *Improve your well being*
- *Postpone disability in seniors by nine years*
- *Increase your life span*
- *Improve your quality of life*

Historical Walk (Short) - Map #1 - 1.5 miles 29 minutes

Warren County Learning Center

1. Depart Warren County Learning Center

 2. Turn left onto N Monroe St

 3. Road name changes to E Monroe St

 4. Turn right onto Lincoln St

 5. Turn right onto E Washington St

 6. Turn right onto Fall St

 7. Turn left onto N Monroe St

 8. Arrive **Warren County Learning Center**



Historical Walk (Long) - Map #2 - 2.5 miles 44 minutes

Warren County Learning Center

1. Depart Warren County Learning Center

 2. Turn left onto N Monroe St

 3. Road name changes to E Monroe St

 4. Turn right onto Bluff St

 5. Turn left onto Main St

 6. Turn right onto S 2ND St , to the River Pavilion

 7. Travel up E Washington St

 8. Turn left onto Market St, and then immediately turn right onto E Washington St

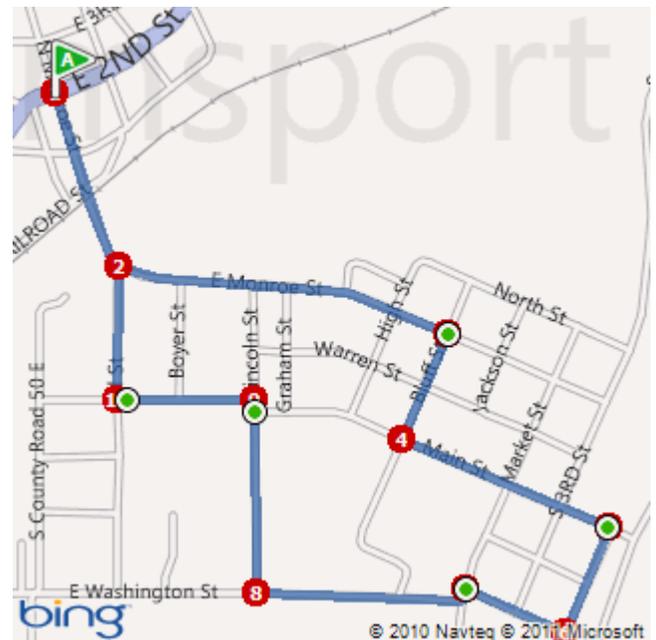
 9. Turn right onto Lincoln St

 10. Turn left onto E Center St

 11. Turn right onto Fall St

 12. Turn left onto N Monroe St

 13. Arrive **Warren County Learning Center**



Midway St.—3rd St. Walk- Map #3 - 1.4 miles 27 minutes



Start at Warren County Learning Center

1. Depart In-28 / E 2ND St toward N Monroe St 115 ft
-  2. Turn left onto N Monroe St 371 ft
-  3. Turn right onto Midway St 0.3 mi
-  4. Road name changes to Hickory St 0.1 mi
-  5. Turn right onto W 3RD St 0.3 mi
-  6. Road name changes to E 3RD St 331 ft
-  7. Turn left onto Depot St, and then immediately turn right onto E 4TH St 0.2 mi
-  8. Turn left onto East St 200 ft
-  9. Turn left onto Ross Ave 0.2 mi
-  10. Turn left onto N Monroe St 0.2 mi
-  11. Turn left onto In-28 / E 2ND St 112 ft
-  12. Arrive at **Warren County Learning Center**

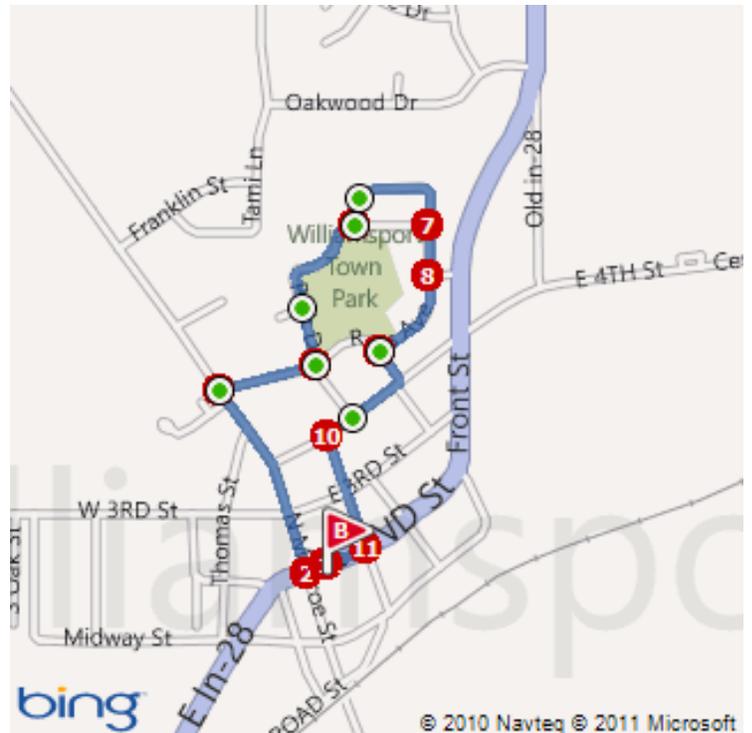


Williamsport Town Park - Map #4 - 1.4 miles 28 minutes



Start at Warren County Learning Center

1. Depart In-28 / E 2ND St toward N Monroe St 115 ft.
-  2. Turn right onto N Monroe St 0.2 mi
-  3. Turn right onto Ross Ave 0.1 mi
-  4. Turn left onto Park Dr. 0.2 mi
5. Cross street at Park Ave and head back on Park Dr. 0.4 mi
-  6. Turn left to stay on Park Dr. 0.1 mi
-  7. Keep straight onto Park Ave 266 ft.
-  8. Keep straight onto Ross Ave 518 ft.
-  9. Turn left onto East St, and then immediately turn right onto E 4TH St 0.1 mi
-  10. Turn left onto Depot St 0.1 mi
-  11. Turn right onto In-28 / E 2ND St 223 ft.
-  12. Arrive at **Warren County Learning Center**



Warren County 4H Fair Grounds - Map #5 - .5 miles 10 minutes



Start at Warren County 4H Fair Grounds

Swine Barn

1. Depart Ross Ave toward Park Ave 371 ft



2. Keep straight onto Park Ave 266 ft



3. Keep straight onto Park Dr 0.3 mi



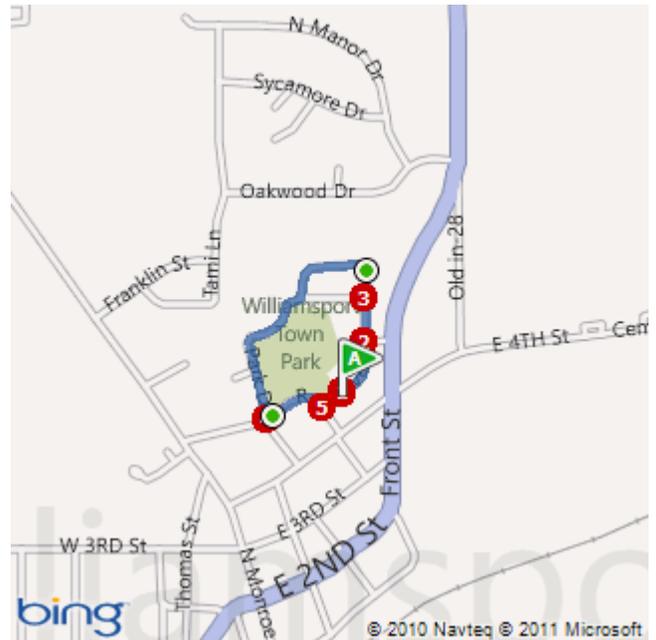
4. Turn left onto Ross Ave 394 ft



5. Turn left to stay on Ross Ave 144 ft



6. Arrive at Warren County 4H Fair Grounds Swine Barn



Falls Walk (Difficult) - Map #6 - 1.5 miles 29 minutes



Warren County Learning Center

1. Depart Williamsport Falls Lookout



2. Follow path down to 1st clearing .5 miles



3. Continue on path to Water Plant /River Rd .8 miles



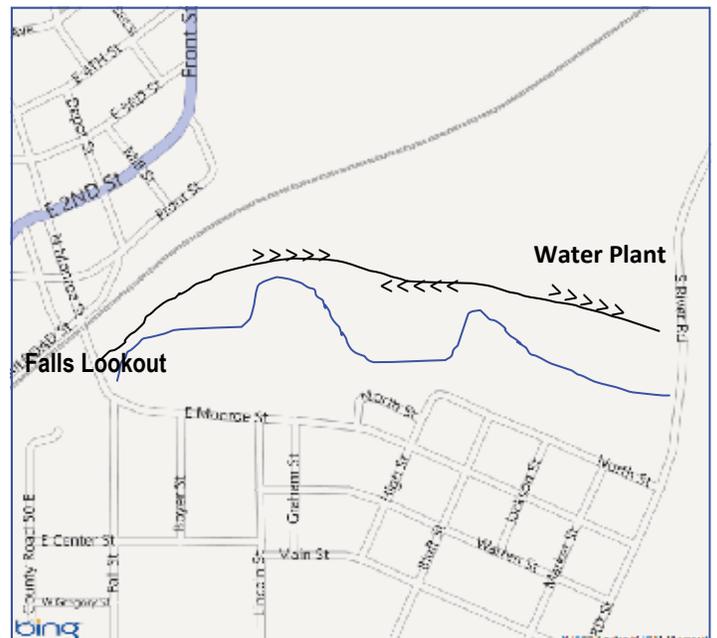
4. Return on the same path up to first clearing.



5. Continue up to Falls lookout, Total Miles 1.6



6. Arrive Williamsport Falls Lookout



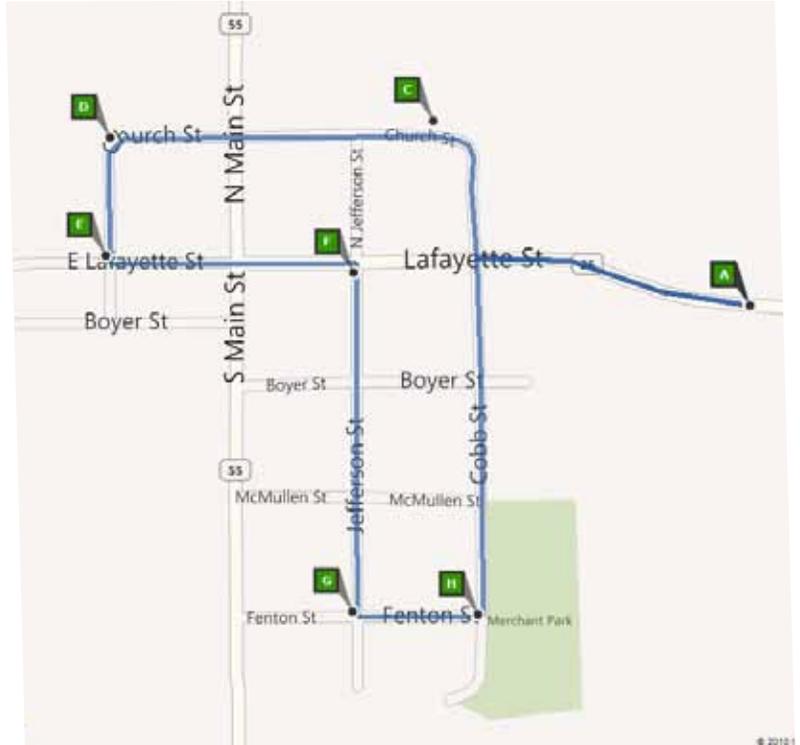
Difficult Path, This is a walking path through the woods. There is NOT too much poison Ivy to the 1st clearing. If it has rained a lot, it will be muddy and may be flooded and should not be attempted. Walk with a friend the 1st part is steep making it difficult. The second part is full of poison Ivy.

Pine Village Walk - Map #7 - 1.2 miles 25 minutes



Pine Village School

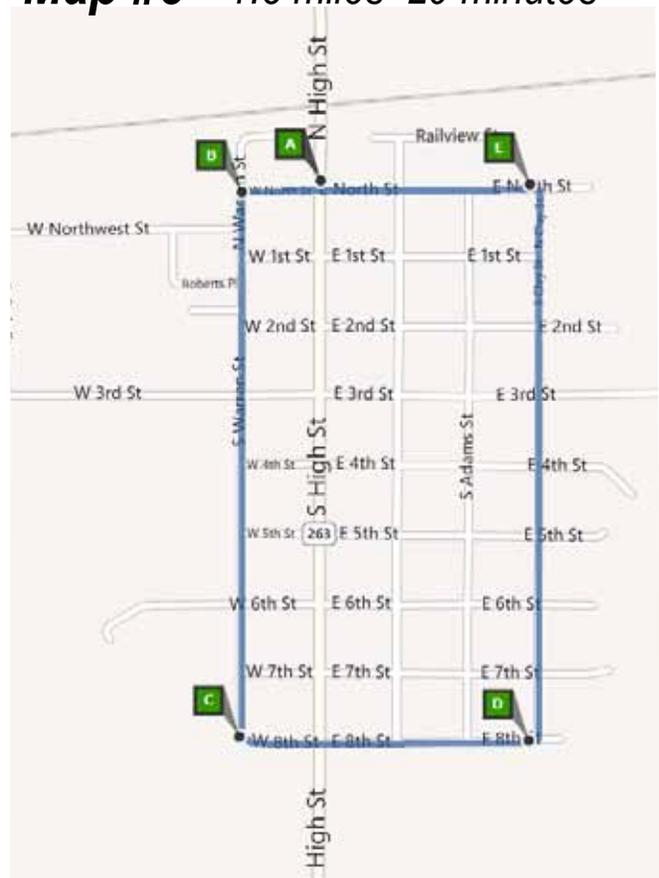
1. Depart Pine Village School
-  2. Turn Right on 26 to Church St
-  3. Turn Right on Church to E Lafayette St
-  4. Turn left Lafayette St to Jefferson St
-  5. Turn Right Jefferson St to Fenton St
-  6. Turn left on Fenton St to Cobb St to Washington St
-  7. Turn left on Cobb St to 26
-  8. Turn right on 26 to Pine Village School
-  9. Arrive **Pine Village School**



West Lebanon Walk - Map #8 - 1.5 miles 29 minutes

West Lebanon Library

-  1. Depart **West Lebanon Library**
North West St to Warren St
-  2. Turn left on Warren to 8th St
-  3. Turn left on 8th, cross 263, go to Clay
-  4. Turn left on Clay to North St
-  5. Turn left Continue across 263, on North St
-  6. Arrive **West Lebanon Library**



Acknowledgements

We hope you enjoy walking in Warren County!

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**WARREN
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COMMUNITY FOUNDATION

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***Making a Difference
In Warren County***