

Active Austin Guide



Walk Texas - ACTIVE AUSTIN
10-Week Challenge

Austin/Travis County
Health & Human Services Department
Chronic Disease Prevention & Control Program

Steps to a Healthier Austin Initiative



Active Austin Guide

Compiled and designed by Sabrina McCarty

A component of the



ACTIVE AUSTIN 10-Week Challenge

2009

Austin/Travis County Health & Human Services Department
Chronic Disease Prevention & Control Program

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AUSTIN/TRAVIS COUNTY
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City of Austin

County of Travis

June 30th, 2009

To Austin and Travis County residents, employees, students, and visitors:


We are very proud to present to you the 2009 revised edition of the *Active Austin Guide*. This resource book includes lists of trails, parks, pools, cycling trails, nature preserves, state parks in our region, and information about free or low-cost physical activity resources in our community. Nutrition education, gardening, and program resources are included as well. We hope you will use the *Active Austin Guide* regularly and benefit from its use, from getting to know your community, to enjoying nature, and most importantly, to improving your health!

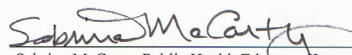
The Austin/Travis County Health and Human Services Department's Chronic Disease Prevention and Control Program works with community partners to create community changes that encourage and help facilitate behavior changes that are proven to prevent, reduce risks of developing, and/or controlling chronic diseases, focusing on risk factors we do have the power to change: how much we move our bodies daily (regular, moderate physical activity) and what quality of nutrition we put into our bodies.

Eating a healthy diet and participating in regular physical activity 30 minutes or more, most days a week greatly reduces our risks of developing obesity, diabetes, osteoporosis, certain types of cancer (breast, colon, possibly endometrial and lung cancers too - CDC) high blood pressure, heart disease, and other illnesses. Research proves that regular, moderate physical activity, even in 10 minute sessions, can change our health and quality of life. Benefits of being active include improved immune system, mood, memory, and sleep; increased energy, vitality, and strength; and decreased stress, illness, disease and preventable early death.

Using our *Active Austin Guide*, we can all take steps towards improving our health while exploring our community. Share this resource with family and friends, and have an active, healthy day!

Sincerely,


Rick Schwertfeger, Program Manager
Chronic Disease Prevention & Control Program
Austin/Travis County Health & Human Services


Sabrina McCarty, Public Health Educator II
Chronic Disease Prevention & Control Program
Austin/Travis County Health & Human Services

Walk Texas Austin Chapter
Active Austin Guide

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Active Austin Guide

The human body is made for movement -- through out life. It's a fact that if we do not give our bodies regular physical activity throughout our lives, our bodies become very vulnerable to illness and disease.

The Active Austin Guide is a component of the “Walk Texas ACTIVE AUSTIN 10-Week Challenge.”, It is available in English and Spanish in all Austin Public Libraries. The “Walk Texas ACTIVE AUSTIN 10-Week Challenge” is a free program to help people find ways to include more “movement” or physical activity into their lives.

The Active Austin Guide includes information on free or low cost resources in Austin and Travis County that promote physical activity or healthy nutrition. You will find lists of trails, parks, pools, nature preserves, and more. You will also find healthy nutrition programs and resources in this guide. There are programs in our community that teach people how to grow their own gardens, find farmers markets, and even offer cooking classes focused on traditional family meals with nutritious, fresh ingredients. Our daily choices regarding nutrition and physical activity are extremely powerful determinants of health.

Physical activity done most days of the week has been proven to be so **powerful** that you can reduce your risks for or even prevent developing chronic diseases, such as diabetes, heart disease, stroke, obesity, and some cancers. The general guidelines are:

- 30 minutes or more a day for adults
- 60 minutes or more a day for children
- most days of the week

“30-minutes a day” can be one 30-minute period of physical activity or broken down into two 15-minute or three 10-minute periods in one day. The same thing goes for the “60-minutes a day” goal. It all adds up to make a difference in your health.

We are all affected by chronic disease trends in our nation, state, county, and city. This is preventable disease and death. Prevention is so important. Walk Texas ACTIVE AUSTIN is a 10-week program designed to help you begin or maintain an active lifestyle. An active lifestyle includes walking, running, dancing, swimming, and any other mode of physical activity you enjoy doing.

What is Walk Texas

For 10 weeks, all participants record their daily/weekly physical activity, which converts to points depending on number of minutes active and mode of activity (see “Activity Chart”). At the end of the program, medals are given based on total points (see “Incentives for Participants of Walk Texas”).

Walk Texas ACTIVE AUSTIN is coordinated through the Austin/Travis County Health and Human Services Department - Chronic Disease Prevention and Control Program. The program is free of charge for anyone living or working in the Austin/Travis County area. The idea is to connect people and build support for people to increase physical activity most days per week.

You may participate as an individual or group member (any age or stage of life) or as group leader (age 18 years and older). Each participant must register to take the 10-Week Challenge. Complete a registration form and release of liability and return forms to your group leader, or the Walk Texas ACTIVE AUSTIN Coordinator (see title page). Each team member tracks their own daily physical activity. Every week, team members report their progress to their group leader.

The Walk Texas ACTIVE AUSTIN 10-Week Challenge is offered four times a year, beginning in January - March, April - June, July - September, and October - December. A brief orientation is offered prior to each new Challenge, to train new group leaders and/or new participants. The location of the orientation changes, contingent upon community sites willing to host the meeting (such as libraries, churches, work sites, etc.).

Group LEADERS: start by recruiting team members to participate in teams of 5 to 10 people. An adult from your team agrees to be the Group Leader and attends the orientation training. All groups have autonomy to name their group, and decide where, when, and what they do to become more active as a team. Team members can also include physical activity they do on their own or with activity-buddies.

Get ready, get set, and go!

Activity Chart*

Activity	Points/ 30 Minutes
Active For Life**	6
Aerobic Dance/Dancing	6
Backpacking	7
Badminton	5
Baseball/Softball	5
Basketball	8
Bicycling	8
Bowling	3
Canoeing	4
Cheer leading	6
Field Hockey	7
Football (touch)	8
Frisbee	3
Gardening	5
Golf (walking course)	5
Gymnastics	7
Handball	12
Horseback Riding	4
House Cleaning	4
Ice/Roller Skating	7
Jogging/Running	7
Kickball	5
Martial Arts	10

Activity	Points/ 30 Minutes
Ping Pong	4
Pushing Lawn Mower	6
Racquetball	11
Raking Leaves	4
Roller Blading	7
Rope Skipping	10
Rowing	7
Shoveling Dirt	6
Skateboarding	5
Ski Machine	10
Soccer	7
Stair Stepping	6
Stationary Cycling	5
Step Aerobics	7
Swimming Laps	8
Tennis	7
Volleyball	3
Walking (Brisk)	4
Washing the Car (by hand)	5
Weight Lifting	6
Wheelchair Basketball	10
Wrestling	9
Yoga/Pilates	4

* Source: American College of Sports Medicine's Resource Manual for Guidelines for Exercising, Testing and Prescription. Third Edition. 1998.

** American Cancer Society work site-based wellness program.

If the activity you do most is not listed, find a comparable activity and claim those points,

Incentives for Participants of Walk Texas :

MEDAL	POINT RANGE	EXAMPLE OF FREQUENCY
Bronze	120 – 199	Walk 30 minutes, 3 times a week.
Silver	200 – 319	Walk 30 minutes, 5 times a week.
Gold	320 – 560	Walk 60 minutes, 4 times a week or jog 30 minutes, 5 times per week.

Strategies for Group Leaders:

Finding Team Members:

Start with your family, friends and coworkers first, of course! You want those closest to you to know your goal to become more active, and that they can do it too. You can also put flyers (provided upon request) around the neighborhoods where your team will meet. Talk to people and invite them to join you. Talk to neighborhood associations, churches, and groups that meet in your area to recruit team members.

Have each team member complete a Registration Form and Release of Liability Form (provided). Every week, team members will report their progress to you. Your task as Group Leader is to keep track of their weekly progress and help them stay motivated.

Meeting Time/Day:

Your group can schedule a meeting time and date when ever is most convenient for your team. We recommend you meet as a group at least once a week at the same time, day and location. If you need help finding a location, we can help you decide on a safe place for your team to meet.

If your team can not meet together every week, plan two trips in the beginning of your 10-Week Challenge to give your members the opportunity to find one to two buddies within your group to exercise with at a time convenient for them. Your planned trips could be to go on guided tours of local nature preserves, or try a new sport or activity together as a team, like tennis, basketball, or swimming.

Motivating Team Members:

Believe it or not, just checking in with team members once a week to get their weekly point totals is a huge motivator. Another source of motivation is keeping a journal or log of daily activities. Team camaraderie and the buddy-system increase commitment. Think of playful ways to challenge each other, whether it's a hula-hoop contest, jump-roping, or weekly badge of honor for most enthusiastic or motivated members.

Keep track of Team Members' Success:

You can track of your team members' weekly success using a wall chart (we provide) or any way you wish. Some Group Leaders use spreadsheets or data bases. The choice is up to you. At the end of your Challenge, have each team member complete an Award Form and Evaluation Form (provided). Be sure to submit all Award forms at the end of your 10-Week Challenge so we can provide you with medals.

Reward Team Members:

Praise and kind words of encouragement really do go a long way. You can reward members throughout the challenge just by acknowledging their efforts and progress. Ask your team to come up with ideas for how they would like to celebrate the end of their 10-Week Challenge. At the end of the challenge, celebrate your success together!

Physical Activity Benefits

The benefits of regular physical activity are limitless! Here's a list of some of the benefits of regular physical activity:

- Increases endurance, strength, and flexibility
- Reduces fatigue, increases energy levels
- Increases balance and coordination
- Improves circulation
- Decreases appetite
- Helps maintain ideal body weight
- Improves cholesterol, blood glucose level, and blood pressure
- Reduces stress, anxiety, and depression
- Improves cognition & memory
- Improves sleep

Research shows that regular physical activity can lower the risk of:

1. Anxiety attacks (Journal of Sport & Exercise Psychology, 2001)
2. Arthritis disability (Archives of Internal Medicine, 2001)
3. Blood clots (Arteriosclerosis, Thrombosis and Vascular Biology, 2000)
4. Breast cancer (Epidemiology, 2001)
5. Cognitive disabilities with aging (Journal of Aging and Physical Activities, 2001)
6. Colon cancer (Medicine & Science in Sports & Exercise, 2001)
7. Daily-life disabilities (Journal of Gerontology, 2001)
8. Depression (Psychosomatic Medicine, 2000)
9. Diabetes (New England Journal of Medicine, 2000)
10. Erectile dysfunction (Urology, 2000)
11. Gallstones (American Journal of Gastroenterology, 2000)
12. Heart disease (Medicine & Science in Sports & Exercise, 2001)
13. High blood pressure (Archives of Internal Medicine, 2001)
14. Hospital visits (American Journal of Public Health, 1999)
15. Immunity impairment (Exercise Immunology Review, 1997)
16. Mortality (Medicine & Science in Sports & Exercise, 2001)
17. Obesity (Medicine & Science in Sports & Exercise, 2001)
18. Osteoporosis (American Journal of Epidemiology, 1995)
19. Ovarian cancer (Obstetrics & Gynecology, 2000)
20. Pancreatic cancer (International Journal of Cancer, 2001)
21. Prostate cancer and stomach cancer in men (International Journal of Cancer, 2001)
22. Sleep Disorders (Archives of Internal Medicine, 1998)
23. Stroke (Journal of the American Medical Association, 2000)
24. Testosterone impairment in men (Jrnl. of Strength and Conditioning Research, 1996).

Walk Texas ACTIVE AUSTIN 10-Week Challenge Log

You can use this 10-Week Tracking Log or any calendar to track your activities. This log does not need to be submitted with Award Form at the end of Challenge.

TRACK YOUR DAILY POINTS and WEEKLY POINTS								
Wk.	Sun.	Mon.	Tues.	Wed.	Thur.	Fri.	Sat.	Total weekly Points
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								

Total Challenge Points:

Bronze Medal: 120 - 199 Points

Silver Medal: 200 - 319 Points

Gold Medal: 320 - 560 Points

Walk Texas ACTIVE AUSTIN

REGISTRATION FORM

Please complete this Registration Form and give to your Group Leader if in group or submit to Walk Texas ACTIVE AUSTIN Coordinator if participating as an individual [ATCHHSD - Walk Texas, PO Box 1088, Austin, Texas 78767-1088].

Name: (Please Print) _____

Address: _____

City: _____ State: _____ Zip: _____

E-Mail Address: (optional) _____

Home Phone: _____

Gender (Circle one): Male Female Age: _____

Ethnicity (Please Circle one or more):

White/Non-Hispanic	Black/Non-Hispanic
Hispanic	Asian
Native American	Other

My Goal for the 10-Week Challenge (Check one medal):

Bronze Medal [120 – 199 points]: walk briskly for 30 minutes, 3 days/ week.

Silver Medal [200 – 319 points]: walk briskly for 30 minutes, 5 days/ week.

Gold Medal [320 points or more]: walk briskly for 60 minutes, 4 days/ week.

- On average, how many days per week do you engage in at least 30 minutes of exercise that increases your heart rate and makes you sweat? _____
- Have you ever participated in Walk Texas 10-Week Challenge before?
Circle one: yes no If yes, when?

- You may receive a follow-up telephone survey related to the 10-Week Challenge. Are you interested in participating? Circle one: yes no

All personal information provided as part of the Walk Texas Austin Area Chapter 10-Week Challenge will remain strictly confidential, with only aggregate (total not individual) data used for reporting purposes.

Walk Texas ACTIVE AUSTIN
RELEASE OF LIABILITY

I, (Please PRINT name clearly) _____, voluntarily choose to participate in the “Walk Texas Austin Chapter” program sponsored by the Austin/Travis County Health & Human Services Department - Chronic Disease Prevention Program. I have been informed and understand that the Walk Texas program is designed to place a gradually increasing workload on my muscles and cardiopulmonary (heart and blood vessels) system in an attempt to improve its functioning. The exercises may exceed my physical ability and I am cautioned not to overwork my body and to do only the movements that I am physically capable of executing. I have been advised that I must be in good health to participate in this program and that **before starting any exercise program, I should consult with a physician. I have also been advised that if I currently suffer from any chronic diseases, such as diabetes, heart disease, or asthma, I need to consult my physician before starting the 10-Week Challenge.** If, at any time during my participation in the Walk Texas program, I experience any form of chest pain, pain in the extremities, discomfort, dizziness, fainting, or other similar symptoms, I will discontinue participation in the program and consult a physician.

I am fully aware, understand and accept the risks involved, which I have had explained to me, in participating in the Walk Texas program. Upon registration in this program, I do hereby RELEASE for myself, my heirs, my executors and administrators, and WAIVE any and all rights to claims for damages arising from any illness, injury or occurrence or aggravation thereof as a result of participation or connection with said Austin/Travis County Health & Human Services Department - Chronic Disease Prevention Program, instructors, representatives, Walking Group Leaders, or facilities. Release also applies to ordinary negligence of either part, including negligence related to the condition or maintenance of the property over which the program will occur and any other negligence expressed or implied in law, statute, regulation or public policy.

I have read and understand the foregoing statements. Any questions that have arisen or occurred to me have been answered to my satisfaction. None of the answers provided to me orally have been in any manner inconsistent with the information provided in this statement.

PLEASE SIGN NAME BELOW: _____ Date: _____

X _____

If Age 18 Years or younger, must have Parent or Guardian’s signature.

Parent or Guardian’s signature: _____ Date: _____

X _____

Walk Texas ACTIVE AUSTIN

AWARD FORM

Congratulations on completing the Walk Texas Austin Chapter 10-Week Challenge! To receive your award, just complete this form and give it to your Group Leader or submit to Walk Texas Austin Chapter Coordinator.

Name: (Please Print) _____

Address (optional): _____

City: _____ State: _____ Zip (required): _____

E-Mail Address: (optional) _____

Home Phone: _____

Total Points Earned: _____

Medal Earned (Circle one): Gold Silver Bronze

On average, how many days per week do you engage in at least 30 minutes of exercise that increases your heart rate and makes you sweat?

Compared to your physical activity level before participating in the Walk Texas 10-Week Challenge you are now: (circle one)

1. Less active

3. More active

2. About the same

4. Much more active

What physical activity did you spend the most time doing to accumulate your points? _____

Thank you for participating in Walk Texas!
Have an active day!

All personal information provided as part of the Walk Texas Austin Chapter 10-Week Challenge will remain strictly confidential, with only aggregate data used for reporting purposes.

Walk Texas ACTIVE AUSTIN

PARTICIPANT EVALUATION

Date: _____

1. Did your participation in the Walk Texas ACTIVE AUSTIN Program help you become more physically active? Yes or No

Please explain: _____

2. Have you noticed any health benefits as a result of participating in this program? Yes or No

Please explain: _____

3. Was it difficult to track your activities and tally points? Yes or No

• How can we improve the tracking process?

4. Was it helpful to have a Group Leader, if you were in a group? Yes or No

Please explain: _____

5. Overall, how would you rate your experience as a participant in the 10-Week Challenge?

(Circle the number or word that best describes)

1=very poor 2= poor 3=neutral 4= good 5= very good

Please explain: _____

6. What is a good way to reach people to let them know about this Program?

7. Overall how would you rate our services? (Circle word that best describes)

1=very poor 2= poor 3=neutral 4= good 5= very good

8. Did you receive friendly and respectful services? Yes or No

Comments? _____

Thank you!

SAFETY NEWS

Injury Prevention

By Georgia Johnston, Ph.D., University of Texas

Updated by Sabrina McCarty, Public Health Educator II (8/04; 8/09)

1. Choose an activity that you enjoy or want to learn.
 - If you enjoy the activity, it serves more than one purpose: stress reduction, joy, healthy physical body.
2. Find a place to exercise.
 - At home – jump rope, exercise DVD’s, on-line work-outs, ...
 - In your neighborhood – walk, jog, run, bike, swim, garden, ...
 - At local fitness centers - exercise classes, exercise instruction, socialization, and support
 - At the mall - most malls open early for mall-walking
3. Use proper equipment.
 - Proper equipment will help reduce risks of injury. Wear some form of ID. Wear loose, comfortable clothing that allows freedom of movement. Dress for the weather. Cold weather: dress in layers. Wear reflective bands if outside when dawn/dusk. If shoes are old and worn, invest in a new pair. Check with a local sporting goods store or sport shoe store for the shoes that are right for you and the activity(s) you choose.

It is not necessary to buy the most expensive shoes or the newest exercise outfit, unless that will motivate you!
4. Always exercise at your pace.
 - Use the “talk test” for aerobic activities. A good rule of thumb is - if you can talk, but not sing, you’re exercising at a good pace. Strolling is good for the soul, but won’t increase your fitness level. Keep your goals in mind.
5. Include a warm-up, a cool-down, and stretching with your activity.
 - Start activity slowly and increase intensity gradually. Also, remember to cool-down when you’re done. Walk around for a few minutes to allow heart rate to return to normal resting rate. Stretching is important for proper function of the joints. Stretch after exercise. See “Stretching Basics” on next page for more information.

6. Drink plenty of water.
 - When you exercise, your body temperature increases because heat is a by-product of work. Your body loses heat through the evaporation of sweat off the skin. If you don't get enough water, you can easily become dehydrated and risk heat exhaustion, cramps, or heat stroke.

General rule of thumb: Number of ounces of water to consume per day [more if outdoors or exercising] = current body weight in pounds divided by 2. Ex. 100 pound person should consume 50 ounces or more of water per day.
7. Develop a support group.
 - Encourage others to join you. Attend an exercise class. Work with a local clinic to promote a new walking group, and lead the walks on same day, time, and place every week.

Socializing during exercise is a great way to develop friendships, it helps motivate you, and provides opportunity for receiving some positive feedback on your progress.
8. Have FUN!

STRETCHING BASICS

If you have any back, neck, bone or joint problems, please consult with your physician before beginning a stretch routine. When a muscle is stretched, it allows fuller range of motion at the joint, and helps to prevent or treat injuries. Use slow, static (no bounce) stretches and work within your limits, or stretch to the point where you feel mild tension. If you feel pain, ease up a little so you don't pull a muscle. It is best to stretch after your muscles are warmed up, or after your work - out.

Breathe! Don't hold your breath while stretching. Try to hold your stretch 8 seconds, and slowly over time work up to 30 seconds per stretch. Stretch the muscles that are used for the physical activity of your choice. For example, for walking, make sure to stretch your calves and quadriceps after your walk.

A few stretching tips:

1. Calves: Lean against a wall or chair, facing the wall, with right leg bent and left leg straight behind you. Left foot: toes and heel should be in a line pointing straight to wall. Lean forward until you feel a stretch in lower left leg (calf muscles), and hold for 8 - 30 seconds. Switch legs. Repeat. Stretch each side one or two more times.
2. Quadriceps: For balance, use a chair or wall to lean on with left hand. Right hand reaches behind to grab right foot. Make sure right knee is close to left leg,

pointing down to ground. Tilt pelvis forward until you feel the stretch in front of leg (quadriceps). If you don't feel a stretch, tilt hips forward. Hold 8 - 30 seconds. Switch sides. Repeat. Stretch each side one or two more times.

3. Lower Back: Sit on the floor with feet straight out at sides. Bend right leg so that right foot is near groin. Slowly bend forward from hip toward left foot until you feel mild tension. Keep back straight. Hold for 8-30 seconds. Don't forget to breathe. Switch sides. Repeat on each side one or two more times.

4. Arms - triceps: Raise right arm directly up, then let right hand fall behind head while right elbow is pointing up to the ceiling. Take left hand to right elbow and gently push arm down until you feel a stretch in the back side of upper arm (triceps). Hold for 8-30 seconds. Switch sides. Repeat. Stretch each side one or two more times.

5. Neck: Keeping shoulders down, and arms hanging loose at sides, let right ear fall toward right shoulder until you feel a stretch on left side of neck. Hold about 10 seconds. Bring head back to center. Repeat on left side. Stretch each side one or two more times. Do not do head rolls.

Target Heart Rate

Target heart rate (THR) is a range of heart rate (beats per minute) used to determine how hard you are exercising. It's a good way to pace yourself and monitor your progress in physical activity. To use this method effectively, you will measure your pulse periodically during exercise and strive to stay within 50 to 75 percent of maximum heart rate.

Target Heart Rate Formula:

Maximum Heart Rate (MHR) is computed mathematically by subtracting your age from 220: $220 - \text{AGE} = \text{MHR}$

Then, to find your range, multiply MHR by 60% to 85%, for lower and higher range:

$\text{MHR} \times 0.6 = \text{Lower range (LR)}$

$\text{MHR} \times 0.85 = \text{Higher range (HR)}$

Divide both the lower and higher ranges by 6 to determine how many heart beats per 10 seconds for your range. Take your radial (wrist) or carotid (neck) pulse for 10 seconds during and after workout to assess your exercise intensity.

Rate of perceived exertion is a scale of 1 to 10 to tell you how hard you feel you are working. On the scale, 1 is equal to "couch-potato" mode, 4 is equal to working somewhat hard, 7 is equal to working very hard, and 10 is too much. The scale is easy to use and is highly related to heart rate. So on a scale of 1 to 10, how do you feel right now?

How Hard Should I Work Out (Intensity)?

When you are first beginning a new activity, strive for the lower range of your THR for the first few weeks. Gradually build up to your higher target heart rate over time. After 6 months, you can increase your intensity up to as much as 85% of your THR comfortably.

Because everyone is different, you may be exercising at a hard rate and your heart rate doesn't show it. Or you may feel as if you are hardly moving and your heart rate may be very high. Your heart rate will fluctuate depending on:

how much sleep you have had

how much water you have had to drink

how much stress you are having

when you last ate and heredity.



Note: A few high blood pressure [medications](#) lower the maximum heart rate and thus the target heart zone rate. If you're taking such medicine, call your physician to find out if you need to use a lower target heart rate when you exercise.

WARNING SIGNS

Heart Attack Warning Signs

Some heart attacks are sudden and intense. Yet most heart attacks start slowly, with mild pain or discomfort. The people affected aren't always sure what's wrong and may wait too long before getting help.

Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting, and back or jaw pain.

Even if you're not sure it's a heart attack, have it checked out (tell a doctor about your symptoms). Minutes matter! Fast action can save lives — maybe your own. Don't wait more than five minutes to call 9-1-1.

Source: The American Heart Association. http://www.americanheart.org/presenter.jhtml?identifier=3053#Heart_Attack

Give me 5 for stroke:

Look for one or more of these five symptoms to check for stroke:

WALK

(Is their balance off?)

TALK

(Is their speech slurred or face droopy?)

REACH

(Is one side weak or numb?)

SEE

(Is their vision all or partly lost?)

FEEL

(Is there headache severe?)

For more information: 1-888-4STROKE or www.giveme5forstroke.org

Source: The Stroke Collaborative: American Academy of Neurology, American College of Emergency Physicians, & The American Heart Association.

Hypoglycemia = low blood sugar. This may happen to a person who has diabetes. Common symptoms may include:

- Nervousness, shaky feeling
- Cold sweats
- Faintness, feeling dizzy
- Sudden blurred vision
- Feel extremely hungry
- Sudden change in mood, very irritable or incoherent
- Headache
- Pounding heart beat

If the person is conscious, have them sit or lie down. Give the person sugar in the form of fruit juice, soft drink, candy. Do not allow the person to continue to exercise. If the person loses consciousness, have someone else call EMS (911). Make sure the person is breathing and has a pulse. Do not try to give the person sugar if they are unconscious! If they vomit, turn them on their side. If you are trained in CPR and the person has no pulse or breathing, proceed with CPR.

PREVENT Heat Illnesses:

HEAT CRAMPS - painful muscle cramps in the arms or legs from overexertion in the heat. Have the individual drink water or commercial sport drinks and stop activity. Try massage of the cramped muscles. If cramps do not stop, take the person to the hospital.

HEAT EXHAUSTION - extreme weakness, profuse sweating, clammy skin, dizziness, nausea and vomiting. Blood pressure may drop and the person may faint. Heat exhaustion occurs following intense exercise in a hot, humid environment. Have the person stop all activity and rest in a cool place. Replace fluids with water or a commercial sport drink. Call EMS (911).

HEAT STROKE - the most severe form of heat illness. Heat exhaustion can move to heat stroke if the individual does not replace fluids and rest. Heat stroke symptoms include NO sweating, high body temperature (106 degrees or higher) and lack of consciousness or extreme confusion. Call EMS (911) immediately and get this person to the hospital! Sponge the skin with cool water until help arrives.

PERSONAL SAFETY - MAKING THE RIGHT RESPONSE

By Officer Scott Stephens, Senior Police Officer (retired), Crime Prevention Specialist - Austin Police Department

Walking is one of the best activities to maintain good health and a good outlook on life. There are many places in Austin where being outdoors is safe and occasionally there are places that are not safe. To maintain your margin of safety you must reduce the opportunity for you to be selected as a target of crime.

Stay Aware of Your Surroundings!

Walk with confidence and look at people approaching you. This look need only be long enough to see what the person looks like. Many people are selected as targets of criminals because they are sure that the person has not seen them and cannot pick them out of a police line up. When the risk is small the opportunity exists. Avoid wearing expensive jewelry while walking. This could make you a target for thieves.

Crime Triangle

There are three elements that must be present for a crime to occur: desire of a criminal to commit a crime; the ability to commit the crime; and the opportunity for the crime to be committed. We can only control one of the elements - deny the opportunity for the crime to occur.



Do not leave targets for thieves visible inside your car.

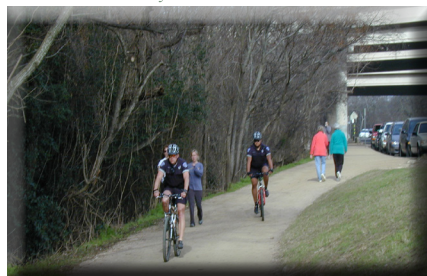
These targets consist of mail, radar detectors, clothing, and music accessories. If your address is visible on mail left in your car, a thief will know where you live and that you aren't home (= opportunity).

Also remember to place valuables inside your trunk before you arrive in the parking lot. It is easy for experienced thieves to get into the trunk of vehicles. Don't advertise what's in your trunk.

Trust Your Instincts

If you think something is wrong - it probably is. Consider your instinct for trouble as your guardian angel and don't ignore it. React before it's too late. Don't let anyone violate your personal space without a reaction from you. Never allow your self to be abducted to another place. A robbery or physical assault can occur on first contact; something worse can occur if you go

APD on Lady Bird Lake Hike and Bike Trail.



- Photo by Sabrina McCarty

anywhere else with them. Break and run away, leaving your valuables behind - your life is more important.

Thanks to our intuition we know when we are in danger, even though we don't know why.

Extra Tips

Consider carrying a throw down money clip with a small amount of cash. Contact police for suspicious persons-this could prevent an attack for you or a friend. If any group of people makes you feel uneasy or they are not using the property as intended, contact the police **CALL 9-1-1-** for your safety and the walking area safety.

Walking Routes

It is not recommended to walk after dark. If your walk is expected to extend past sunset, choose a path that is well lit. Don't walk on unfamiliar trails alone. If walking after dark, walk with a friend. If walking alone, vary the times and routes that you walk.

Crime Prevention Tips for any Situation:

Four Basic Rules

1. React Immediately –Your best chance to escape violence is in the first seconds.
2. Resist –Immediate, Direct, Explosive.
3. Don't go to crime scene #2 –Always more isolated and always worse for you
4. Never, Never, Never give up! –Your attitude can help keep you alive

Have A Plan

We can deny the opportunity: If an item to steal is not easily accessible or the chances of the crime being witnessed are good, then the likelihood of the criminal risking getting caught or not getting anything of value is too great. Remember: "You have the responsibility for yourself, to yourself, for your own safety."

Habits you Can Live with!

STAY AWARE OF YOUR SURROUNDINGS

Walk with confidence and look at people approaching you.

Have keys readied to enter your vehicle/office/home door.

Don't carry too many items.

DEVELOP YOUR REACTION PLAN

There should be at least two parts to your plan:

1. Have something to say -Look squarely at someone you are concerned about and be firm in your response.

- NO! Get away from me!
- Don't I know your mother? Be Creative!

2. Have something to do -•Scream while fleeing - this draws attention to the incident. •Use a personal alarm© or self defense spray. • Fake a seizure, vomit, pee in your pants, pick your nose, talk to yourself. •Be prepared to use defensive tactics. throw your car keys away from you to deny the attacker/abductor of taking you hostage in your car and leaving no evidence of your danger. Most importantly, you must do what ever it takes to survive a hostile encounter. The correct response to each encounter will never be the same so you must be open to other options.

PREDATORS:

- Look for someone vulnerable to control
- Watch you like an animal.
- Follow you, waiting for the opportunity.
- May engage in conversation to test you.
- Will lie to you (its natural for them)
- Want to Control you!

The first contact between the predator and the prey is the time when the prey has the most control. Deny control from the first contact.

HOW DOES A STRANGER GET CONTROL?

FORCED TEAMING - "WE"

DISCOUNTING "NO"!

TYPECASTING - You're Too Snobbish to Talk to Me.

CHARM - Is there a motive for this?

UNSOLICITED PROMISE - "I promise I'll get out of the car if you just..."

Too MANY DETAILS - to distract you from person sneaking up on you?

LOANSHARKING- "you do this for me, I'll do that for you"

"MIND SET" AGAINST VIOLENCE

Visualize yourself in a crime scene.

Visualize your actions toward escape.

-(Be as explosive as you have ever been)

Visualize being injured and winning.

Safety Tips for Motorists & Parents

By Doug Ballew, Public Health Educator, Austin/Travis County Health & Human Services Department

Motorists: Watch for Children!

- * By virtue of their weight and speed, motor vehicles are dangerous to children on foot and on bicycle. It is difficult for pedestrians in general, and child pedestrians in particular, to judge the distance and arrival time of a motor vehicle. The faster the vehicle's speed, the harder it is to judge its arrival time.
- * Watch for kids especially during times when they may be on their way to and from school (6 to 9am and 2 to 5pm) -- not just in school zones, but on all routes near schools. Children may be more likely to be injured on their way to and from schools outside of school zones than in school zones where crossing guards and flashing speed zone lights often provide them with the greatest protection.
- * Be observant of where school buses stop in your neighborhood, and watch for the greatest amount of child pedestrian activity there. Never attempt to pass a stopped school bus from either direction while its red lights are flashing.
- * Children are most likely to be injured in the afternoon when they are most active and rambunctious and when traffic is the most intense. Be especially attentive near schools and in residential areas in the afternoon.
- * Watch for children near parks, swimming pools, convenience stores and other likely neighborhood kids' destinations. Children are also sometimes injured near schools on weekends, holidays or on school days when they return to play on school grounds after crossing guards have gone and school zone lights are no longer flashing.
- * Reduce speed and proceed with extra caution if you see or hear an ice cream vendor's truck. Children are likely to be nearby.
- * Drive slowly on all residential streets and be aware that children may dart into the street with little warning.
- * Give children on bicycles a wide berth and drive slowly when you pass them.
- * Watch for children riding out from driveways on bicycles.
- * When turning, watch for child bicyclists riding across the street from sidewalks in pedestrian crosswalks.



Parents:

Not long ago, children routinely moved around their neighborhoods by foot or by bicycle, and that was often how they traveled to and from school. Today, the decline in the number of children who walk or bike to school is apparent. At the same time, childhood obesity and physical inactivity have increased dramatically. Our project aims to make bicycling and walking to school a safer and more appealing transportation choice thus encouraging a healthy and active lifestyle from an early age.

We are...

- A project of the Austin/Travis County Health and Human Services Department
- Funded by the Texas Department of Transportation

What we do?

We work with schools, community partners, parents and volunteers to:

- Educate children, parents, and neighbors on walking, biking, and driving safely in and around schools.
- Enforce safe driving, pedestrian and cycling behaviors through a partnership between law enforcement and community members.
- Encourage walking and biking to school through community events.
- Evaluate activities and initiatives to ensure a quality program is being delivered.

What can you do?

There are several ways that you can contribute to the health and safety of your child's life:

- Determine the safest route to your child's school with the fewest streets to cross and utilize cross walks and crossing guards while avoiding busy or high-speed streets.
- Coordinate with other parents in the neighborhood to take turns leading walking school busses or bike trains (walking or biking with groups of children) to school.
- Practice safe walking and bicycling with your child.
- Be sure your child wears a properly fitted bike helmet every time they ride.
- Follow correct drop-off and pick-up rules if driving to the school is necessary.
- Most of all.... enjoy spending time walking and biking with your child.

For more information, please contact:

Doug Ballew
Program Lead
972-5120

doug.ballew@ci.austin.tx.us

Nikki Trevino
Health Educator
972-5121

nikki.trevino@ci.austin.tx.us

www.SafeRoutesAustin.org

Healthy Nutrition

There is so much information out there about nutrition, it's hard to know what sources to trust. Americans spend over \$33 billion a year on weight loss programs, books, diets, and products, yet the trends are increasing in obesity and overweight, especially in children. Some think the Food Guide Pyramid is to blame, yet most Americans don't even follow the guidelines given in this model. **January 12, 2005**, the 6th Edition of the National Guidelines for All Americans was released. It is updated every 5 years. "My Pyramid," formerly known as the "Food Guide Pyramid," was released in April 2005, as seen in model below. Please go to web site: <http://www.mypyramid.gov> to learn more about eating healthy. Key recommendations from the new Dietary Guidelines follow, reprinted from web site: http://www.healthierus.gov/dietary_guidelines/

2005 DIETARY GUIDELINES FOR AMERICANS

Key Recommendations for the General Population



The following information can be found at:
<http://www.mypyramid.gov>

WEIGHT MANAGEMENT

To maintain body weight in a healthy range, balance calories from foods and beverages with calories expended.

To prevent gradual weight gain over time, make small decreases in food and beverage calories and increase physical activity.

[If you are trying to lose weight, or have a chronic disease such as diabetes, please make an appointment to meet with a registered dietitian. They can help you set reasonable goals to make changes in nutrition habits to improve your health.]

PHYSICAL ACTIVITY

Engage in regular physical activity and reduce sedentary activities to promote health, psychological well-being, and a healthy body weight.

To reduce the risk of chronic disease in adulthood: **Engage in at least 30 minutes of moderate- intensity physical activity**, above usual activity, at work or home on

most days of the week.

For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or longer duration.

To help manage body weight and prevent gradual, unhealthy body weight gain in adulthood: **Engage in approximately 60 minutes of moderate- to vigorous-intensity activity** on most days of the week while not exceeding caloric intake requirements.

To sustain weight loss in adulthood: **Participate in at least 60 to 90 minutes of daily moderate-intensity physical activity** while not exceeding caloric intake requirements. Some people may need to consult with a health care provider before participating in this level of activity.

Achieve physical fitness by including cardiovascular conditioning, stretching exercises for flexibility, and resistance exercises or calisthenics for muscle strength and endurance.

ADEQUATE NUTRIENTS WITHIN CALORIE NEEDS

Consume a variety of nutrient-dense foods and beverages within and among the basic food groups while choosing foods that limit the intake of saturated and trans fats, cholesterol, added sugars, salt, and alcohol.

Meet recommended intakes within energy needs by adopting a balanced eating pattern, such as the U.S. Department of Agriculture (USDA) Food Guide or the Dietary Approaches to Stop Hypertension (DASH) Eating Plan.

FOOD SAFETY

To avoid microbial food borne illness:

- Clean hands, food contact surfaces, and fruits and vegetables. Meat and poultry should not be washed or rinsed to avoid spreading bacteria to other foods.
- Separate raw, cooked, and ready-to-eat foods while shopping, preparing, or storing foods.
- Cook foods to a safe temperature to kill microorganisms.
- Chill (refrigerate) perishable food promptly and defrost foods properly.
- Keep cold foods cold: * 40° F or below. Do not eat food left out of refrigeration more than 4 hours. Remember “FOOD TEMPERATURE DANGER ZONE:” bacteria thrive at 40° F to 140° F. Bacteria still grow outside this range, but more slowly at freezing temperatures. * Source: http://culinaryarts.about.com/od/safetysanitation/a/bacteria_2.htm
- Avoid raw (unpasteurized) milk or any products made from unpasteurized

milk, raw or partially cooked eggs or foods containing raw eggs, or raw or under cooked meat and poultry, unpasteurized juices, and raw sprouts.

Also see: **Food Safety** at <http://www.foodsafety.gov/> - Gateway to government food safety information.

The Top 4 Cool Rules

- The Chill Factor—Refrigerate or freeze perishables, prepared foods, and leftovers within 2 hours of purchase or preparation, or within 1 hour if the temperature is above 90 °F. Marinate foods in the refrigerator.
- The Thaw Law—Never defrost food at room temperature. Thaw food in the refrigerator. For quick thawing, submerge food in cold water in airtight packaging, or thaw food in the microwave if you'll be cooking it immediately.
- Divide and Conquer—Separate large amounts of leftovers into small, shallow containers for quicker cooling in the refrigerator.
- Avoid the Pack Attack—Don't over-stuff the refrigerator. Cold air must circulate to keep food safe.

FATS

Consume less than 10 percent of calories from saturated fatty acids and less than 300 mg/day of cholesterol, and keep trans fatty acid consumption as low as possible. When selecting and preparing meat, poultry, dry beans, and milk or milk products, make choices that are lean, low-fat, or fat-free.

CARBOHYDRATES

Choose fiber-rich fruits, vegetables, and whole grains often. Choose and prepare foods and beverages with little added sugars or caloric sweeteners. Reduce the incidence of dental caries by practicing good oral hygiene and consuming sugar- and starch-containing foods and beverages less frequently.

SODIUM AND POTASSIUM

Consume less than 2,300 mg (approximately 1 teaspoon of salt) of sodium per day. Choose and prepare foods with little salt. Rinse canned vegetables. At the same time, consume potassium-rich foods, such as fruits and vegetables.

ALCOHOLIC BEVERAGES

Those who choose to drink alcoholic beverages should do so sensibly and in moderation -- defined as the consumption of up to one drink per day for women and up to two drinks per day for men.

Alcoholic beverages should not be consumed by some individuals, including those who cannot restrict their alcohol intake, women of childbearing age who may become pregnant, pregnant and lactating women, children and adolescents, individuals taking medications that can interact with alcohol, and those with specific medical conditions.

Alcoholic beverages should be avoided by individuals engaging in activities that require attention, skill, or coordination, such as driving or operating machinery.

THE FOLLOWING INFORMATION includes guidelines and various reputable web sites to find out more about the food guide pyramid (see link above), eating fruits and vegetables, healthy recipes, nutrition research and healthy eating habits for health.

The New American Plate: <http://www.aicr.org/publications/nap/nap2.lasso>
2/3 or more of fresh vegetables, fruits, whole grains, and beans.
1/3 or less animal protein.

COLOR YOUR WAY TO 5-A-DAY!

Did you know we need 5 to 9 servings of fruits and vegetables a day for good health!? Learn more about vegetables at: http://www.fruitsandveggiesmorematters.org/?page_id=166; and fruits at: http://www.fruitsandveggiesmorematters.org/?page_id=165



RED foods are an excellent source for vitamins A & C, folate, fiber, lycopene, potassium

YELLOW foods are an excellent source for vitamins A & C, fiber, Riboflavin; good source of niacin; copper; pantothenate, potassium.

ORANGE foods are an excellent source for vitamins A & C, beta carotene, fiber, potassium and magnesium

GREEN foods are an excellent source for vitamins A, C, & E, calcium, iron, magnesium, fiber, folate, potassium

BLUE foods are an excellent source for anthocyanin, vitamin C, fiber

KEY NUTRIENTS IN FRUITS & VEGETABLES

The Dietary Guidelines for Americans calls for all Americans to eat more nutrient-rich foods. Fruits and vegetables can be great sources of the following important nutrients.

- Calcium: Calcium is essential for healthy bones and teeth. It is also needed for normal functioning of muscles, nerves and some glands.
- Fiber: Diets rich in dietary fiber have been shown to have a number of beneficial effects, including decreased risk of coronary heart disease.
- Folate: Healthful diets with adequate folate may reduce a woman's risk of having a child with a brain or spinal cord defect.
- Iron: Needed for healthy blood and normal functioning of all cells.
- Magnesium: Magnesium is necessary for healthy bones and is involved with more than 300 enzymes in your body! Inadequate levels may result in muscle cramps and high blood pressure.
- Potassium: Diets rich in potassium may help to maintain a healthy blood pressure.
- Sodium: Needed for normal cell function throughout the body. Most diets contain too much sodium which is associated with high blood pressure.
- Vitamin A: Keeps eyes and skin healthy and helps protect against infections.
- Vitamin C: Helps heal cuts and wounds and keeps teeth and gums healthy.

Source: http://www.fruitsandveggiesmorematters.org/?page_id=53

The Food and Nutrition Information Center (FNIC) <http://www.nal.usda.gov/fnic/>

The U.S. Department of Agriculture National Agricultural Library (NAL) mission is to collect and disseminate information about food and human nutrition.

For information about the health benefits of fruits, vegetables, herbs and nuts, and great recipes, check out **About Produce** at: <http://www.aboutproduce.com/>

The American Dietetic Association (ADA) Web site, www.eatright.org, over 3,000 pages of nutrition information. They have nutrition fact sheets, referrals to dietitians in your area, reading lists, and more.

This is a great web site to track your daily caloric intake and physical activity. It does all the math for you: www.fitday.com

American Cancer Society (ACS) Nutrition Guidelines at: http://www.cancer.org/docroot/NWS/content/NWS_5_1x_ACS_Nutrition_Guidelines.asp

The Four Nutrition Guidelines of the American Cancer Society are:

1. Choose most of the foods you eat from plant sources.
2. Limit your intake of high fat foods, particularly from animal sources.
3. Be physically active: achieve and maintain a healthy weight.
4. Limit consumption of alcoholic beverages, if you drink at all.

One third of all cancer deaths can be prevented by eating healthy and being physically active. For more information, call the ACS at 1-800-ACS- 2345.

The **Mayo Clinic** has great information on nutrition and health, especially if you are trying to lose weight. Check out their “Healthy Weight Food Guide Pyramid” at: <http://www.mayohealth.org/home?id=4.1.5>

Nutrition Action Health Letter: <http://www.cspinet.org/nah/>

This site offers interesting information regarding nutrition, and links to other good sites.

The U.S. Department of Agriculture: Look up the nutrition content in any food, go to www.nal.usda.gov/fnic/foodcom

National Institutes of Health: To calculate your body mass index (BMI).

Check out www.nhlbisupport.com/bmi.

To search for medical research studies, go to www.ncbi.nlm.nih.gov/entrez/query.fcgi.

Texas AgriLife Extension Service

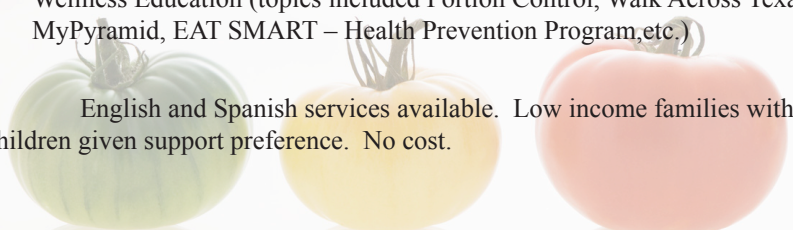
1514 Ed. Bluestein Blvd. #203 * Austin, Texas 78721 * 512-854-9600

They provide educational programs about food, nutrition and related topics.

Programs include:

- Better Living for Texans (BLT) – Supplemental Nutrition Assistance Program
- Wellness & Weight Management – (8 lesson series)
- Do Well, Be Well with Diabetes – (9 lesson series)
- Wellness Education (topics included Portion Control, Walk Across Texas, MyPyramid, EAT SMART – Health Prevention Program, etc.)

English and Spanish services available. Low income families with children given support preference. No cost.



Sustainable Food Center

<http://www.sustainablefoodcenter.org>

The Sustainable Food Center

Austin Farmers' Market

P.O. Box 13323

Austin, TX 78711

512/236-0074



Sustainable Food Center (SFC) programs include the Grow Local Program (community gardens, “Get Growing” program, gardening resources, and “Spread the Harvest” program), the La Cocina Alegre/Happy Kitchen cooking classes, and the “Farm Direct” program.

GROW LOCAL PROGRAMS

Community Gardens:

http://www.sustainablefoodcenter.org/GL_resources.html

1	Alamo Community Garden	2101 Alamo St. 78722
2	Blackshear Community Garden	2001 E. 9th St. 78702
3	Deep Eddy Community Garden	300 Atlanta St. 78703
4	El Jardin Alegre Community Garden	1801 E. 2nd St. 78702
5	Clarksville Community Garden	1705 Waterson Ave. 78703
6	South Austin Community Garden	5th St. & Cumberland Rd. 78704
7	Sunshine Community Garden	4814 Sunshine Dr. 78756
8	Travis County Southeast Metro Park	S Fm-973 & Hwy 71 E. Del Valle, 78717
9	Windsor Park Community Garden	5817 Westminster Dr. 78723
10	Garden of Eden	1910 Rio Grande St. 78705
11	Good Soil Community Garden	1190 Chicon St. 78702
12	Homewood Heights Community Garden	2106 Sol Wilson 78702
13	Lifeworks Community Garden	2001 Chicon St. 78722
14	Montopolis Community Garden	1417 Montopolis Dr. 78705

GET GROWING PROGRAM:

http://www.sustainablefoodcenter.org/GL_learn.html

Helpful suggestions and on-line information regarding how to grow your own organic food garden. Topic areas include: preparing garden beds; compost; planting; watering; mulch; weeding; and controlling pests and disease.

GARDENING RESOURCES:

http://www.sustainablefoodcenter.org/GL_resources.html

One-stop-shop to find list of local garden stores, recommended books on organic gardening, on-line educational resources, and links to many local and national garden associations, programs, and projects.

SPREAD THE HARVEST PROGRAM:

http://www.sustainablefoodcenter.org/GL_harvest.html

This SFC program's purpose is to help children and adults living in Central Texas grow their own healthy food gardens, to share with family, friends, and community. Over 500 gardeners a year are provided with the tools and education to support healthy food garden practices. Some may qualify for free seeds (herb, vegetable, and fruit), and one cubic yard of compost per year. This free program offers year-round gardening workshops and events, technical support, and a SFC on-line quarterly newsletter.

SPROUTING HEALTHY KIDS PROGRAM:

http://www.sustainablefoodcenter.org/SHK_overview.html

SFC works with AISD middle schools in areas with high obesity risk indicators (low-income, ethnic minority) to increase access to fresh, locally grown foods, and provide support for sustainable food systems. School cafeteria staff and local farmers get connected, and local farmers assist with in-class education through stories, education, and by hosting tours of their farms. SFC staff work with teachers, faculty, staff, and volunteer School Garden Mentors at partner schools to develop class-room curricula that is aligned with TEKS requirements in subjects such as science, math, language arts, social studies, and more.

LA COCINA ALEGRE/HAPPY KITCHEN COOKING CLASSES

http://www.sustainablefoodcenter.org/THK_overview.html

The Happy Kitchen/La Cocina Alegre™ Program provides cooking and nutrition classes to teach local families how to prepare healthy (fresh produce, low saturated-fat, whole grain), affordable family meals to support and facilitate healthy behavior changes and the development and growth of healthy children.

FARM DIRECT PROGRAM

SFC organizes weekly farmers markets as well as connecting local farmers and local schools, universities, cafeterias, hospitals, and work sites.

Markets: http://www.sustainablefoodcenter.org/FD_market.html

Saturday 8 am - noon	Wednesday 4 pm - 8 pm
4th and Guadalupe - Downtown	46th and Lamar - The Triangle

NEIGHBORHOOD FARM MARKETS

Northwest WIC Clinic
Wednesday, 9-11am
8701-A Research Blvd, 78758

Montopolis WIC Clinic
Wednesdays, 11am-1pm
1416 Montopolis Dr., 78741

South Austin WIC Clinic
Wednesday 10am-12pm
2508 Durwood, 78704

St. John Community Center
Wednesday, 12-2 pm
7500 Blessing Ave, 78752

Rosewood-Zaragoza Neighborhood Center
Wednesday 11 am – 1pm
2800 Webberville Rd, 78702

Dove Springs Rec Center
Wednesdays, 12-2pm
5801 Ainez Dr., 78744

AUSTIN FARMERS' MARKETS

Austin Farmers' Market Downtown
Saturday 8 am - noon
0074, ext. 1

WWW.AUSTINFARMERSMARKET.ORG

4th and Guadalupe - Downtown
Contact: Suzanne Santos, 512-236-0074, ext. 1

Austin Farmers' Market at the Triangle 46th and Lamar
Wednesday 4 pm - 8 pm March - October; 3 - 7 pm, November - March
Contact: Suzanne Santos, 512-236-0074, ext. 1

South Austin Farmers' Market 2910 South Congress, Austin TX
Sat. 8 a.m. - 1 p.m. Year 'round (Across St. Ed's Univ.- El Gallo Pkg. Lot) Contact: Tony Piccola, 281-4712, www.austinfarm.org/safm

Other Farm Markets In or Near Travis County

Bastrop County River Valley 1302 Chestnut St. by the RR tracks
Tues. 2:30 - 6 p.m., Fri. 1 – 6 p.m., Sat. 10 a.m. - 2 p.m. Year ‘round
Contact: 512-360-4799, www.bastrop1832farmersmarket.org or 512-303-6793,
www.rivervalleyfarmersmarket.org

Buda Farmers’ Market 100 Main Street (Loop 4 -- Downtown,
across from Post Office) www.sanmarcosfarmersmarket.com
Sat. 9 a.m. – noon May – December (Sponsored by City of Buda)

Burnet Farmers’ Market 211 East Jackson Street
Sat. 9 a.m. to 1 p.m. May - October
Contact: Gary Rowland, 512-756-8380

Elgin Farmers’ Market 410 N. Main St.
Tues. 1 p.m. to 6 p.m. Year ‘round
Contact: Bill Patrick, 512-303-6793

Georgetown Farmers’ Market 400 block of S. Austin Ave
Th. 3:30-6:30 May - November.
Contact: Greg Coley, 512-281-3699 www.gtfma.com

Manor Farmers’ Market Jenny Lane Park, 104 E. Rector
Wed. 4 to 7 p.m. Year - round
Contact: Denise LoSchiavo, 512-278-1611

New Braunfels Farmers’ Market 205 S. Castell Ave.
Fri. 3 p.m. to 6 p.m. May 23 – December Contact: Gail Smith, 830-935-3159

Roundrock Farmers’ Market 200 E. Baghdad Rd.
Sat. 8 a.m. to noon, May to July City Hall Pkg. Garage
Contact: Greg Coley, 512-281-3699 www.gtfma.com

San Marcos Farmers’ Market 104 South C. M. Allen Parkway
Tues. 3 p.m. to 6 p.m. Year round www.sanmarcosfarmersmarket.com
(Sponsored by San Marcos Parks and Recreation Department)

Smithville Farmers’ Market Loop 230 and Mill Street
Th. 2 p.m. to sell out Year ‘round Contact: Bill Patrick, 512-303-6793

Sun City Village Activity Center on Texas Drive
Tues. 10 a.m. to noon April - November Contact: Greg Coley, 512-281-3699
www.gtfma.com

Sunset Valley Farmers’ Market 2300 Jones Rd. - Toney Burger Ctr.
Sat. 9 a.m. to 1 p.m. Year ‘round Contact: Pa.m.ela Boyar, 512-280-1976,
www.sunsetvalleyfarmersmarket.org

Source: http://www.sustainablefoodcenter.org/FD_overview.html

The Art of Living Foundation

Here's your opportunity to learn unique breathing techniques to eliminate stress and find greater peace, energy and joy. The Art of Living Foundation offers some free workshops in the community.

-Independent research findings:

Breathing exercises can help

- Reduce cortisol (the "stress hormone")
- Relieve depression and anxiety
- Restore normal sleep patterns
- Increase EEG alpha and prolactin (well-being hormone)
-

Details: 512-786-6871

email: austin@us.artofliving.org

Web: www.artoflivingaustin.org/



Parks & Recreation Department

Skate Parks in Austin!!

Mabel Davis Skate Park is the first skate park in Austin! Located within the Mabel Davis District Park in Southeast Austin, at 3724 Parker Lane. Skate park includes a skate bowl, steps and other streetscape elements. Check it out at: <http://www.ci.austin.tx.us/parks/mabeldavis.htm>.

Patterson Park Skate Spot is in East Austin within Patterson Park, at 4200 Brookview Road, and includes a 700 sq. foot mini-ramp. The skate park is volunteer-built, with materials for the construction purchased with generous donations from the Austin Parks Foundation, Vans Shoes, Frog Design, and Austin's skateboarding community. Check it out: <http://www.austinpublicskatepark.org/04/patterson-park-public-skate-spot-now-open/>

Coming Soon: Skate Park at Austin Recreation Center, 1301 Shoal Creek, will include a bowl area with a large plaza with skateable features, plus a 12-15' tall "steel wave" created by artist Chris Levack. For updates, check out: http://www.austinskateboards.com/austin_public_skatepark_info.htm

Parks & Recreation Department

Five Nature Preserves are listed in this Guide. The Preserves are part of Austin's beautiful natural resources. To schedule a visit at one of the 5 preserves listed or others, please call 327-7723. Check out the beautiful web site: <http://www.ci.austin.tx.us/preserves/> Or e-mail your questions and comments to: Louis Rene' Barrera at: rene.barrera@ci.austin.tx.us

Definition of a Nature Preserve

City nature preserves are sanctuaries for native plants, animals, and their habitats, and for unique natural features. Your city preserves are managed primarily for the protection of these species and features. They also provide educational, scientific, and aesthetic benefits for the people of Austin.

Description of Program

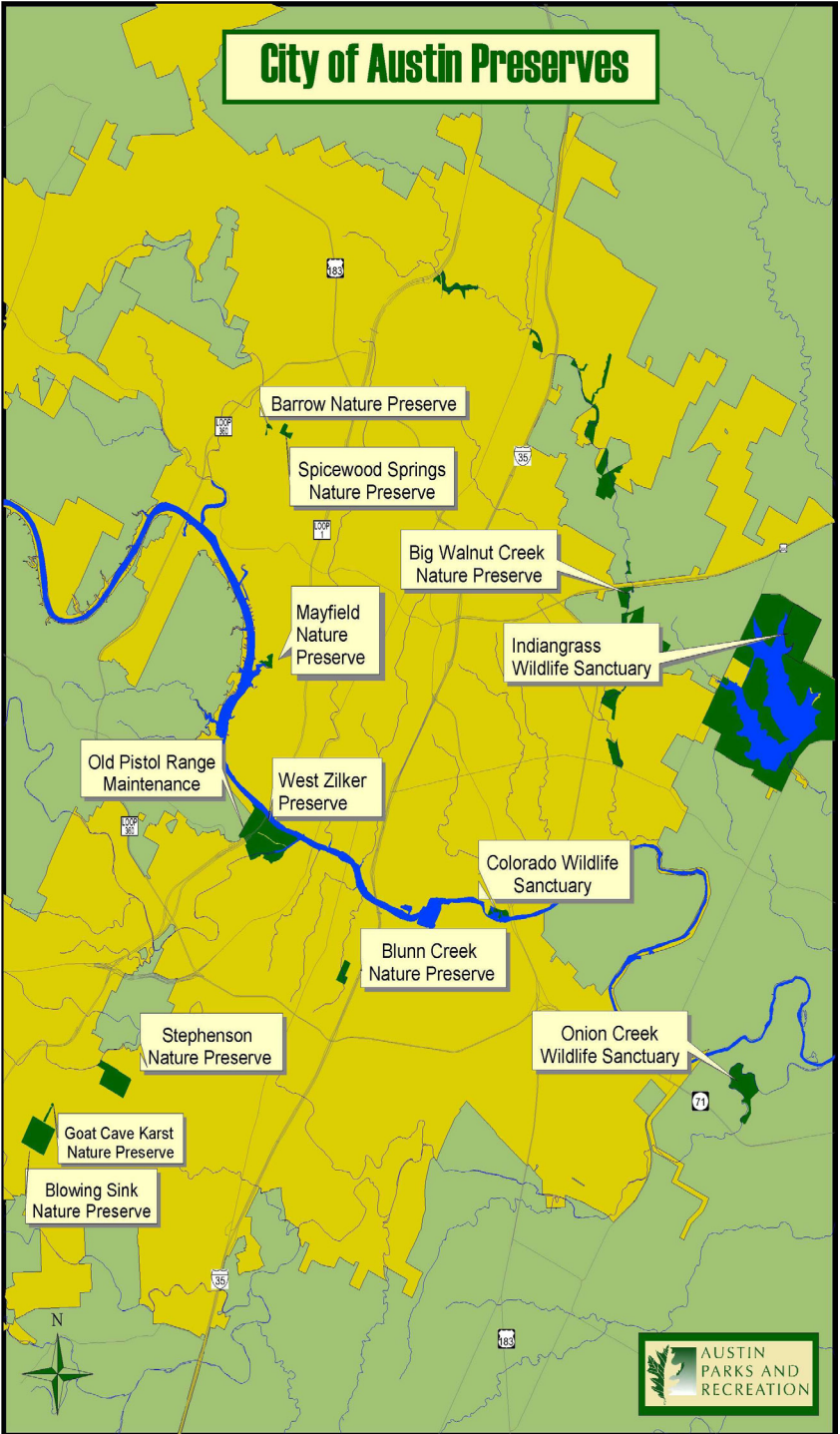
- The Austin Parks Department's Nature Preserves Program manages many sites representing Austin's diverse natural resources. These special parks help increase the public's knowledge and appreciation of Austin's natural heritage. They are for nature-related activities only, such as nature walks, bird watching, and nature photography.
- Staff and volunteers cooperate in site protection, habitat restoration, research, educational activities, rare plant rescues, trail building, and outings.

Rules

- All life is protected here. No picking the flowers, fruits, or nuts, or digging up the plants. No harassing or injuring any animal species - even if you don't like the species. Leave the bones, fossils, and minerals too. It is hard to do, but do it anyway.
- Stay on the marked people-paths. These are routed around erodible areas, wildlife homes, and other sensitive features. For example, don't climb or let your children climb on cliff faces or steep slopes. This destroys the cliff plants.
- To provide a tranquil atmosphere and to protect the preserve species and habitats, travel by foot only.
- Nature Preserves do not have jogging trails or picnic areas. Please pack out what you pack in.
- No large groups unless authorized.
- Quiet please. No radios or cassettes or shouting.

The following information is reprinted with permission from the Austin Parks and Recreation Nature Preserves guide.

City of Austin Preserves



Blunn Creek Nature Preserve



Blunn Creek Preserve is 40 acres of stream side and upland woods and meadows between St. Edward's Drive and Oltorf Street, west of Travis High School. The trail head is at St. Edward's Drive, just east of Eastside Drive. The spring-fed creek and the hack berry/elm woods support resident wildlife and offer refuge, rest and food for migratory species. The woodlands are in transition ecologically, and may ultimately become oak/elm/hack berry woodland. Older remnants of the Preserve feature mature oaks and old native Texas persimmon trees.

St. Edward's at Sundown

Here are special geological features. One of two lookout areas is composed of compacted volcanic ash, deposited in the late Cretaceous Age - 100 million years ago. Visitors can see the cone of the old volcanic eruption beneath the Main Building of St. Edward's University. The Preserve



Photo by Rene Barrera

was purchased with General Revenue Bonds in 1982 for \$1.8 million.

Mayfield Park and Preserve



Mayfield Park and Preserve is located next to Laguna Gloria on West 35th Street. The 22-acre park and preserve is located directly on Barrow Brook Cove of Lake Austin. Donated in 1971 by Mrs. Mary Mayfield Gutsch, the grounds include the preserve woods, a series of five lily ponds, and a home, which is representative of turn of the century suburban lake cottage retreats. Numerous peafowl can be seen roaming free.

The Mayfield Park and Preserve is mature oak and juniper woodland, with an understory of mountain laurels, elbow bush, silktassel, and turk's cap. In the past, the land was used as cow pasture. Today the native habitat is invaded by Chinese Ligustrum, which competes with the native understory plants like Silktassel for needed light and water.

Trails meander through the woods and cross the creeks with bridges and footstones. There is a duck blind located along the lake trail. One may enjoy the lake view and wildlife without disturbing the wood ducks and other aquatic birds that make this preserve their home.

“Keep Austin Wild”



Red Shouldered Hawk with Chick

~ Image by John Ingram

Zilker Nature Preserve & Metropolitan Park



The west end of Zilker Park has the 60-acre Zilker Nature Preserve, with walking trails and the Austin Nature Center. Zilker Nature Preserve was designated as a Preserve in 1935.

The Zilker Preserve features an ephemeral creek edged with meadow, stream side habitats and a high cliff with shallow caves. A rock-walled ramada overlooks the Preserve and downtown Austin. The habitat directly above the cliff is endemic to the drier portions of the Edward's Plateau. Wooley croton bush and myrtle croton, as well as mountain laurel are in abundance. Town Lake is nearby. Foot trails start at Barton Springs Drive under the Loop One Bridge, and also at the Nature Center.

The Austin nature Center is located at the west end of Zilker Park, off Stratford Drive, west of Loop One. The Nature Center complex has exhibits and programs describing Austin's past and present native habitats and wildlife. Plan to walk some of the extensive nature trails! There are interpretive signs placed along the way to educate and inform. Parents can share the information tidbits with their children.

Goat Cave Karst Nature Preserve

The Karst Preserve is located in southwest Austin off Brodie Lane south of William Cannon trail. Karst Preserve is 8 acres of trails featuring sinkholes, caves, and the honey-comb limestone of the Edward's Aquifer Recharge Zone. "Karst" is a limestone plateau in Eastern Europe much studied by geologists. The word is used today to mean any area of limestone where erosion has produced deep



fractures, sinkholes, underground streams and caverns. The Edward's Aquifer Recharge Zone is home to hundreds of caves and sinkholes and fractures. A pleasantly shaded, short trail winds past caves, sinkholes and honeycomb rocks.

The first sinkhole/cave is Wade Sink. You may explore it if you like. The second cave we ask you to leave alone as a resting place for wildlife by a temporary metal gate. Arrange for family or group tours of the third cave through the Austin Nature Center at 512/327-8181. From William Cannon go south on Brodie Lane, turn right onto Deer Lane. Pull over to the right near our sign where the road widens just before Coastal Drive.

Stillhouse Hollow Nature Preserve

(Formerly called Spicewood Springs Preserve) Within these 19.8 acres of shin oak and ashe juniper woodland are Karst sink holes and Cotterell Cave. Secluded deep within the huge canyon are several verdant yet vulnerable springs that sustain resident wildlife. Designated as Endangered species habitat limits all human activity to the main trail. Remember that signs are in place warning of \$ 500.00 fines for leaving the main trail.

To get to Spicewood Springs Nature Preserve, take MOPAC north to Spicewood Springs; go west (left) on Spicewood Springs Road to Mesa

Stillhouse Hollow Nature Preserve



Drive - take a left; go to Burney - take a right; go to Sterling drive - take a right. Preserve will be on your left. Park on Burney if gate is closed. A beautiful 0.31 mile paved trail winds through Preserve to a wooden deck. Please park on Burney Street if gate is closed. For handicap access contact 327-7723.

Stephenson Nature Preserve and Outdoor Education Center is one of Austin's best kept secrets. With over one hundred and forty-seven acres this southwesterly located natural area has expansive wildflower meadows and dense woodlands.

Once part of a thousand acre ranch this preserve still shows remnant signs of it's past. Evidence of previous hog pens and corrals exist. Several old live stock ponds remain and one will be restored to benefit wildlife and migratory birds. A historic stone wall meanders along the western boundary of the preserve and traces the hillside with grander.

Wildlife that frequents the preserve vary from gray fox, white tailed deer, and wild turkey.

Stephenson is located next to Longview park and may be best accessed from the south past William cannon by taking Brodie Drive and turning left on Harpers Ferry. Access to the preserve is a short walk from Longview Park's parking lot. Please no dogs, bikes or



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FOUNDATION



www.austinparks.org

512.477.1566

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Parks & Recreation Department

Volunteer Opportunities!

Call us (512) 327-7723 or FAX us (512) 327-8745

Contact the Preserve volunteer coordinator, Rene Barrera at Rene.barrera@ci.austin.tx.us

Daily



- Trail Maintenance
- Trash And Litter Pick Up
- Graffiti Removal/ painting
- Sign Installation

Weekly



- Transplanting
- Plant Propagation
- Trail projects
- Internships/ office assistance
- Mulching and maintaining trails

Additional Needs



- Exotics Removal (non-native invasive plant species removal)
- Fence Installation And Repair
- Plant propagation

Seasonally

- Special Projects (Educational)
- Brochure Designers (Desk Top Publishing)
- Interpretative Sign Design/Artist
- Fund raising/ Special events
- Preserves Guardians/ Outings Leaders
- Annual Christmas bird count, etc.
- Water Quality Monitoring
- Riparian Restoration Seed Collection And Seed Broadcasting
- Native Plant Rescues
- Project Prairie Bird surveys
- Song Bird Box Building And Installation

Bullcreek Falls, Photo by Rene Barrera



Parks & Recreation Department

TRAIL ETIQUETTE

The following suggestions on trail etiquette are reprinted from the Austin Parks and Recreation Hike & Bike Trails of Austin guide:

- Keep right except when passing.
- Pass on left.
- Use verbal warning when passing or when situation warrants.
- Yield to the lesser power (cyclists to joggers, joggers to walkers, etc.)
- Run or walk no more than two abreast.
- Ride in single file.
- Speed is the major cause of accidents on the trail. Slow down in crowded situations or on turns or hills.
- Fast cyclists use the road.
- Give the trail all the respect you would normally give a narrow, curving, congested roadway - because that's what it is.
- Please note Nature Preserves do not permit dogs or bikes.

HIKE AND BIKE TRAILS

The Austin Parks and Recreation Department manages: over 27,748 acres of land; 191 parks; 9,114 acres of preserves; 3,394 acres of creeks and canyon; 74 miles of hike-and-bike trails; 40 miles of lake patrol; 172 athletic fields; 90 playscapes; 17 recreation centers; 3 senior activity centers; 1 garden center; 1 nature and science; 1 art center; 2 party houses; 4 museums; 6 amphitheaters; 6 golf courses; 108 tennis courts; 47 swimming pools; and 2 beach-front facilities. For detailed information on all Austin Parks and Recreation Department resources, please go to their terrific web site: <http://www.ci.austin.tx.us/parks/>

The maps that follow are reprinted from the City of Austin Parks and Recreation Department Official Map/Brochure & Facilities Guide with permission from the City of Austin Parks & Recreation Department and the Austin American Statesman, 2002. The main map below shows the 8 trails used most often by the public. The following pages show each of these 8 trails in more detail.

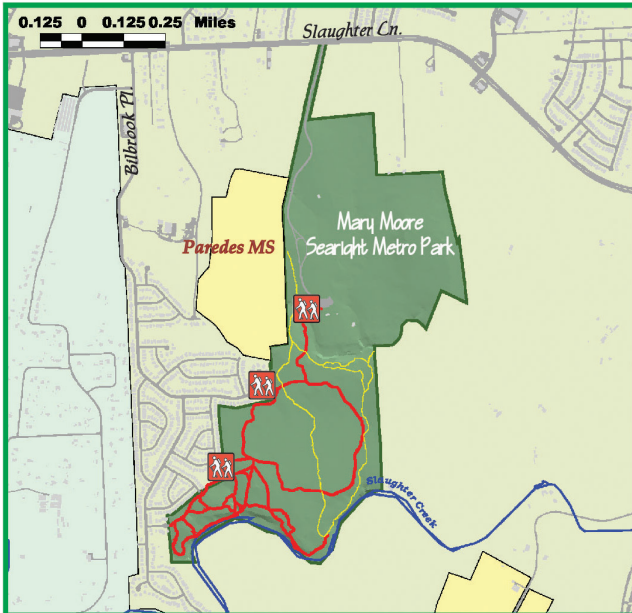
Lady Bird Lake Hike and Bike Trail Mileage Guide

LONGHORN DAM	IH-35	CONGRESS AVE.	1ST STREET	LAMAR BLVD	MOPAC	
10.1	6.9	4.5	4.1	2.9	-	MOPAC
7.5	4.3	1.9	1.5	-	2.9	LAMAR BLVD
6.4	3.1	0.8	-	1.5	4.1	1ST STREET
6.0	2.8	-	0.8	1.9	4.5	CONGRESS AVE.
4.0	-	2.8	3.1	4.3	6.9	IH-35
-	4.0	6.0	6.4	7.5	10.1	LONGHORN DAM

Boggy Creek Greenbelt



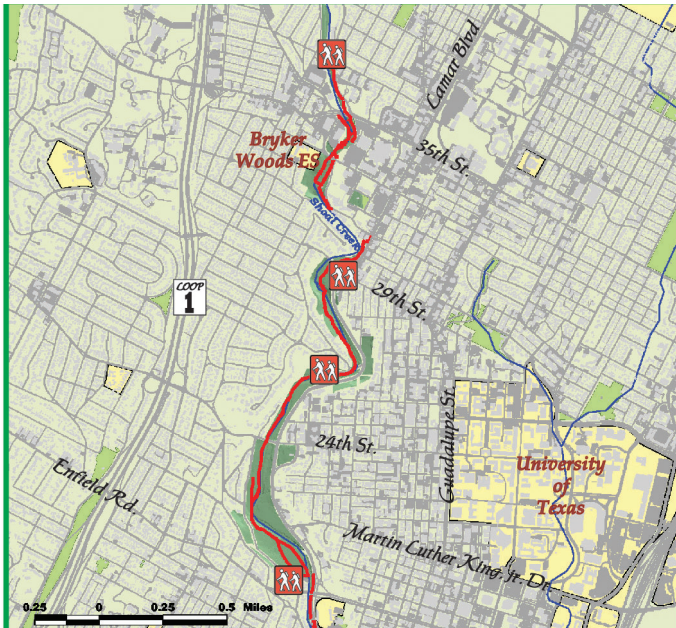
Mary Moore Searight Metro Park



Blunn Creek Greenbelt, Stacy Park



Shoal Creek Greenbelt

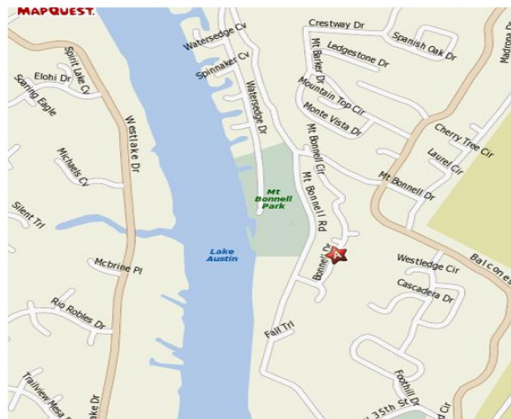


The Velway

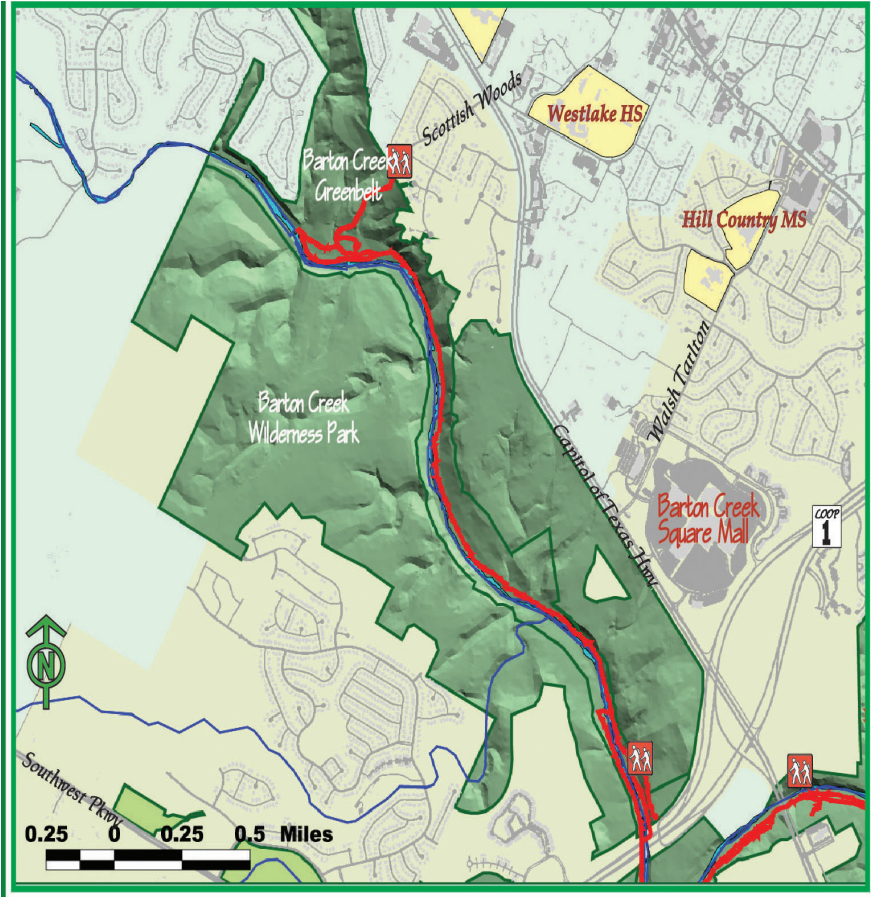


Check out **Mt. Bonnell** for beautiful views of the Colorado River/Town Lake, down town, and more! This is one of Austin's oldest tour-attractions, and one of the most romantic. Mt. Bonnell is located at 3800 Colorado Drive. Trail: 0.31 miles. Great place climb stairs too!

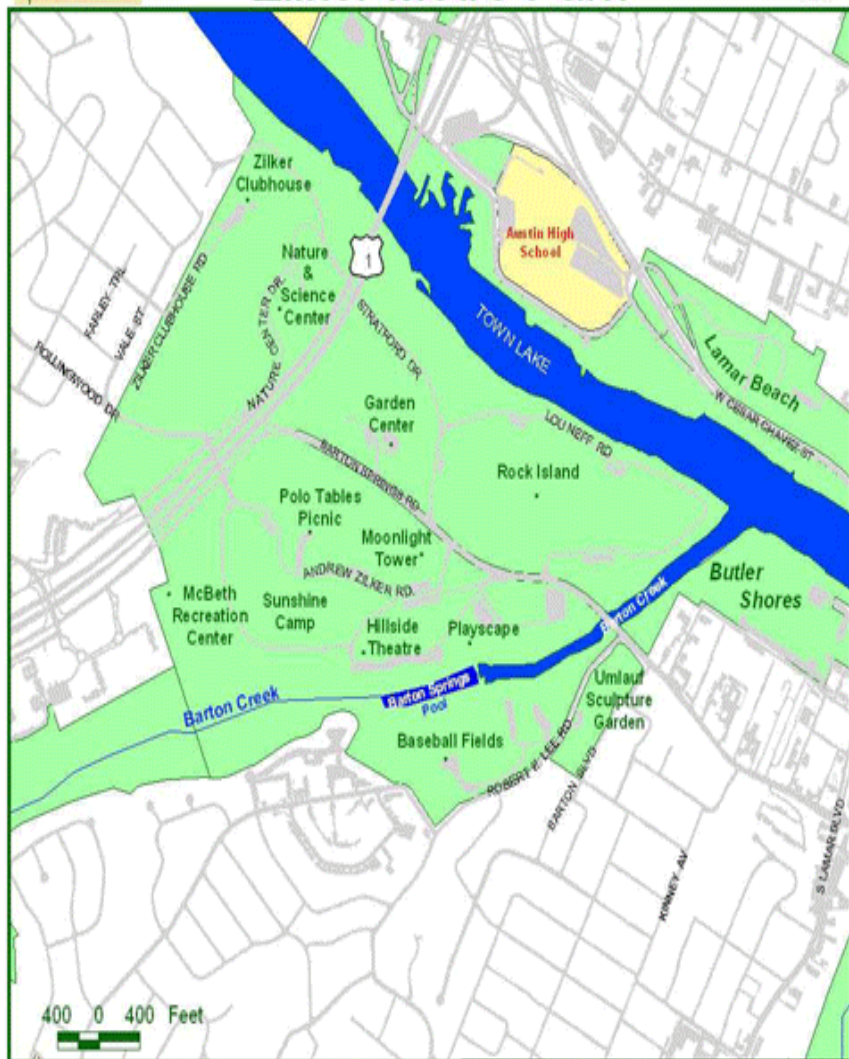
Map source:
<http://www.MapQuest.com>



Barton Creek Wilderness



Zilker Metro Park



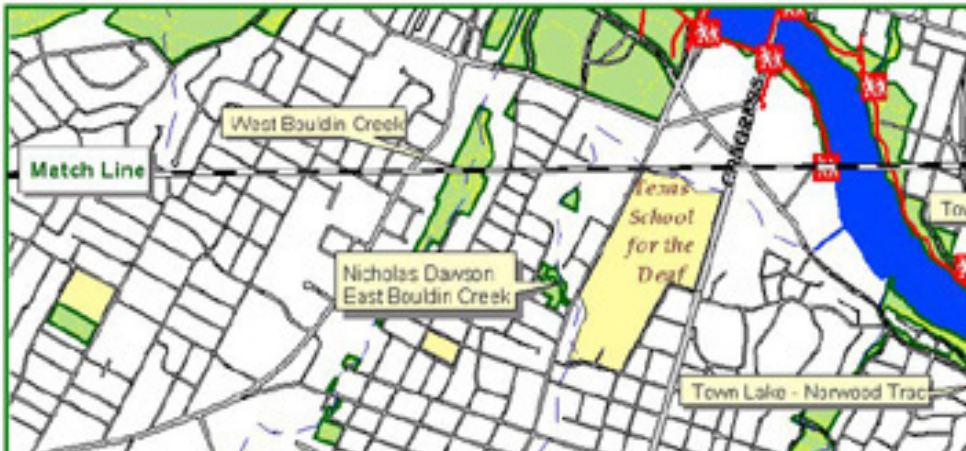
Walnut Creek Metropolitan Park

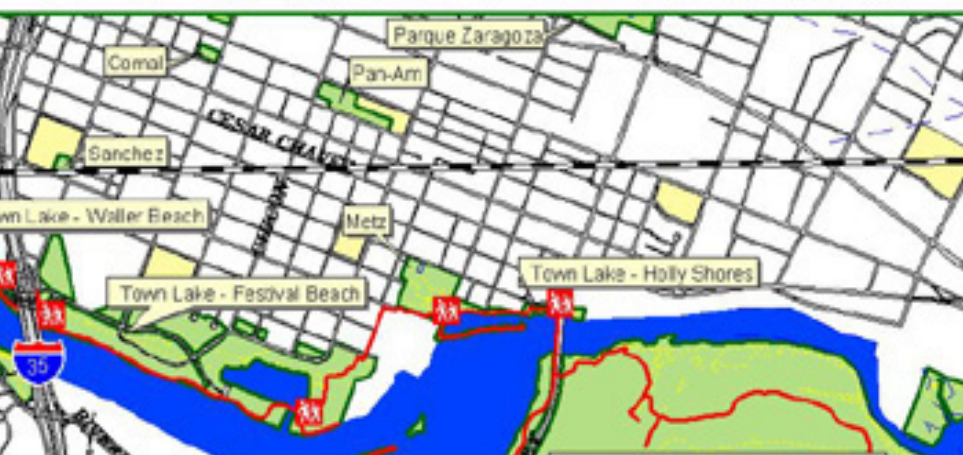
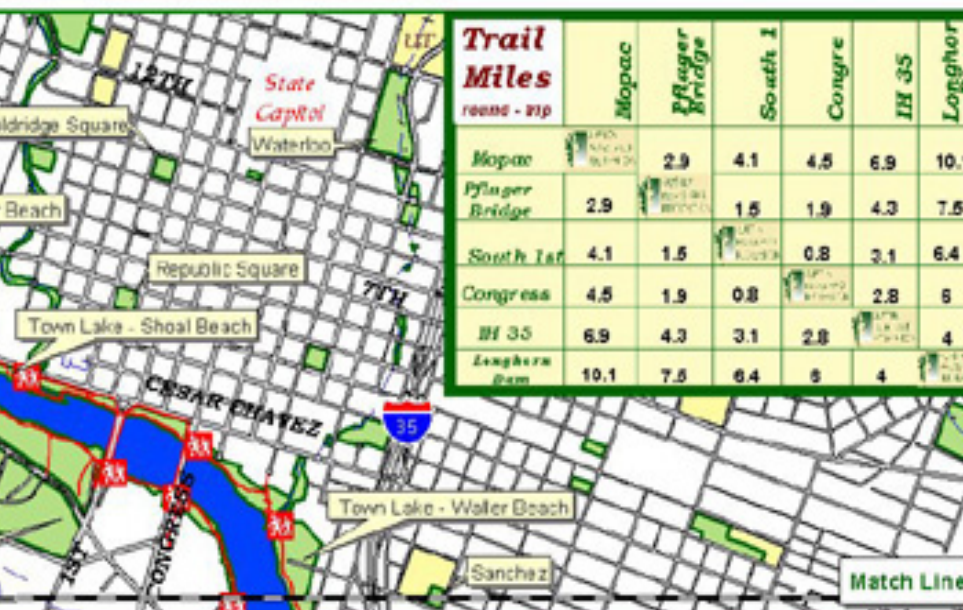


Dick Nichols Park



Lady Bird Lake Hike and Bike Trail







Austin Parks and Recreation Department

Recreation Centers:

The Parks and Recreation Department provides health, fitness and wellness opportunities. Contact your local recreation center to get the details. Fees and services vary from center to center.

There is not a standard membership fee; however, most services are fee-based. Here are a few services that some of the centers offer: Jazzercise, Tai Chi, Yoga, Aerobics, Cardio and Strength training classes, Basketball - youth and adult, Flag Football - youth and adult, Softball - adult, Baseball - youth and adult, Swim Classes - youth and adult.

Recreation Center Locations:

Alamo Recreation Center, 2100 Alamo St., 474-2806

Austin Recreation Center, 1301 Shoal Creek Blvd., 476-5662

“Grandma” Camacho Activity Center , 34 Robert Martinez Jr. Street

Dittmar Recreation Center, 1009 Dittmar, 441-4777

Doris Miller Auditorium, 2300 Rosewood Ave., 476-4118

Dottie Jordan Recreation Center, 2803 Loyola Lane, 926-3491

Dove Springs Recreation Center, 5801 Ainez., 447-5875

Givens Recreation Center, 3811 E. 12th St., 928-1982

Hancock Recreation Center , 811 E. 41st St., 453-7765

McBeth Recreation Center, 2401-A Columbus Dr., Zilker Park, 327-6498

McBeth TDD service line, 327-6662

Metz Recreation Center, 2407 Canterbury, 478-8716

Montopolis Recreation Center, 1200 Montopolis, 385-5931

Northwest Recreation Center, 2913 Northland, 458-4107

Cantu/Pan Am Recreation Center., 2100 E. Third St., 476-9193

Parque Zaragoza Recreation Center, 2608 Gonzales St, 472-7142

Rosewood Recreation Center , 2300 Rosewood Ave., 472-6838

South Austin Recreation Center, 1100 Cumberland Ave., 444-6601

Swimming Pools:

Aquatic Administration
301 Dawson Rd.
Austin, TX 78704
(512) 476-4521
Fax: (512) 474-2738
Web Page:
<http://www.ci.austin.tx.us/parks/aquatics.htm>

Office Hours
M-F 8:00 AM-5:00 PM
Sa/Su Closed
Manager: Farhad Madani

The Aquatic and Safety Division operates 47 public pool facilities, which includes: 27 neighborhood pools, 12 wading pools, 6 municipal pools, the Emma Long waterfront, and Barton Springs Pool. For specific information about each of the pools below, please call the Aquatic Administration at the number above.

Please use web site above or call for hours of operation.

Austin Parks and Recreation Department web site: http://www.ci.austin.tx.us/parks/pools_schedule.htm

You can contact them for more information or 2005 Schedule (in January – February 2005) through E-mail http://www.ci.austin.tx.us/connect/email_parks.htm or call 512-974-6700.

For information on schedules, classes, and other items at Municipal Pools, please contact the number listed below.

Barton Springs Pool and Stacy Neighborhood Pool are open year round.

Municipal Pools	Address	Phone #
Barton Springs Pool	2102 Barton Springs Rd.	476-9044
Bartholomew	1800 E. 51 st St.	928-004
Deep Eddy	401 Deep Eddy Dr.	472-8546
Garrison	6001 Manchaca Rd.	442-4028
Mabel Davis	3427 Parker Ln.	441-5247
Northwest	7000 Ardath	453-0194
Walnut Creek	12138 N. Lamar	834-0824

Austin Neighborhood Swimming Pools

For information on schedules, classes, and other items at Neighborhood Pools, please contact the Aquatic Administration Office at 974-9331.

Neighborhood Pools	Address
Bailey	1101 W. 33 rd St.
Balcones	12017 Amhurst Dr.
Brentwood	6710 Arroyo Seca
Canyon Vista	8455 Spicewood Springs Rd.
Civitan	513 Vargas
Dick Nichols	8011 Beckett Rd.
Dittmar	1009 Dittmar
Dottie Jordan	2803 Loyola
Dove Springs	5701 Ainez Dr.
Eastwoods	3001 Harris Park Blvd.
Emma Long Park	1600 City Park Rd.
Gillis Park	2501 S. 1st
Givens Park	3811 E. 12th St.
Govalle Park	5200 Bolm Rd.
Kealing Park	1500 Rosewood Ave.
Kennemer	1032 Peyton Gin Rd.
Martin Park	1626 Festival Beach Rd.
Metz	2407 Canterbury
Montopolis	1200 Montopolis Dr.
Murchison	3700 North Hills Dr.
Odom	1009 Saherra
Palm Park	201 IH-35
Pan American	2100 E. 3 rd St.
Parque Zaragosa	741 Pedernales St.
Patterson Park	1400 Wilshire Blvd.
Pease	1600 Pkwy. @ Kingsbury
Ramsey	4201 Burnet Rd.
Reed Park	2600 Pecos St.
Ricky Guerrero	500 Brodie
Rosewood	1821 Pleasant Valley
Shipe Park	4400 Avenue G
Stacy Park	2000 Alameda
St. John's Park	889 Wilks
West Austin	1317 W. 10 th St.
West Enfield	2000 Enfield Rd.

Pools opened year round are highlighted.

Leash Free Dog Parks

Be active with your pets!

Park Name	Address	Area of Park
Bull Creek District Park	6701 Lakewood Dr.	Area of the park behind the restrooms all the way to the creek
Davis/White Northeast Park	6705 Crystalbrook Dr.	Between Crystalbrook Dr., the railroad ROW, and Layola Ln.
Emma Long Metropolitan Park	1600 City Park Rd.	Between City Park Drive, the west park boundary fence, Turkey Creek and the top ridge of the bluff overlooking Lake Austin
Far West	Far West Blvd. ROW Area	Between Great Northern Blvd. & Shoal Creek Blvd.
Lady Bird Lake Auditorium Shores	920 W. Rieverside Dr.	From South First to West Bouldin Creek North of Riverside Dr.
Lady Bird Lake Norwood Estates	Edgecliff Ter. & E. Riverside Drive	Fenced. West of I-35 and Riverside Dr.
Onion Creek Greenbelt	7001 Rec Bud Trail	East portion of Greenbelt and south of William Cannon.
Red Bud Isle	3401 Red Bud Trail Unit Cr.	Whole park
Shoal Creek Greenbelt	2400-2899 Lamar Blvd.	Hike and Bike Trail between 24th and 29th streets.
Walnut Creek Metro Park	12138 N. Lamar Blvd.	Between Old Cedar Lane, Walnut Creek and the East and West park fences
West Austin Park	1317 W. 10th Street.	Fenced. Southwest portion of the park, adjacent to W. 9th St.
Zilker Metro Park	2100 Barton Springs Rd.	Soccer Field area, bounded by Lou Neff Rd., Stratford Dr., & Barton Springs Rd.

City Ordinances: <http://www.ci.austin.tx.us/parks/dogparks.htm>

1. Scoop the poop! Keep parks clean and improve water quality in Austin's creeks.
2. When your dog is not in a leash free area, the Austin leash ordinance requires dogs to be on a leash no longer than 6 feet on all City land. Maximum fine: \$500.
3. Every owner of a dog and any person having charge, care, custody or control of any dog shall restrain such dog from running at large ('81 Code, 3-3-2).
4. Employees of the city, as designated by the City Manager, are hereby authorized and empowered to enter upon any land, premises or public place and to take up and impound any dog which is observed by such employee to be running at large.

Other Local Resources

Please note, as with all chapters in this guide, the following is not an all-inclusive list of physical activity programs available in our community. Please e-mail or mail printed information to the Walk Texas ACTIVE AUSTIN Coordinator for review, if you would like to add additional walking programs, clubs, and activities to this list. Mailing information is on the cover page of this guide. Evaluation Form on page 85. Thank you.

ACTIVE Life (formerly Youth InterACTIVE)

* 911 West Anderson Lane, Suite 101 * Austin, Texas 78757 *

An Austin-based non-profit organization working for community change to encourage and support active, healthy communities. ACTIVE Life Community Challenge occurs from September through May, connecting high school students with local professionals and college students to increase physical activity, healthy nutrition, tobacco use prevention/cessation, and healthy living environments. Motto: “move.fuel.honor.” For more information about the Community Challenge and other ACTIVE Life programs, call 533-9555 or visit web site at: <http://www.activelifemovement.org/>.

American Cancer Society - Active for Life -

Bring your group together for a 10-week program and encourage each other to become more active on a regular basis. Program materials help members with goal setting and record-keeping while encouraging behavior change and providing social support. For work sites, community organizations, and congregations.

American Heart Association - Choose to Move

Join this 12-week program to learn the benefits of regular physical activity. Get tips on healthy ways to manage your weight and a personal, easy-to-follow handbook to increase physical activity. For women. No Cost. Call (800) AHA-USA1 or visit www.choosetomove.org for more information.

Camp Mabry

May be restricted from Public Use. Please call first. Camp Mabry is located off MOPAC at 2200 W. 35th St. There is a 3/4-Mile track on the inward loop and a 1-mile track on the outer loop. It is suggested that you not walk at Camp Mabry between 11:30 PM-5 AM. 465-5001.

Colorado River Walkers Volkssporting Club

Volkssporting is an international family sports activity that began in Germany in 1968. Rules established by the International Volkssport Verband (IVV) encourage everyone to participate and feel like a winner. Since the founding of IVV, more than 21 countries have joined. The Colorado River Walkers Volkssporting Club (CRW) was formed in 1981 in Austin, Texas. The club sponsors Volkssport events in and around Central Texas. Our spring event takes place in late March or early April, and the fall event is in November. An event is usually held during one of the summer months, and occasionally others are scheduled.

CRW members are young, old and in-between, married and single, fast walkers and stroll-along. No matter what your fitness level, you'll fit right in. The only equipment you need to start Volkssporting is a good pair of walking shoes, some sunscreen and a hat. That's why it is called "The People's Sport." Source:

<http://www.coloradoriverwalkers.org/>.

The Colorado River Walkers meet monthly. Please see their website for specific dates, times and locations: <http://www.coloradoriverwalkers.org/>. CRW dues are \$10.00 per year and include your family or \$100 for lifetime membership. New members can order a club name tag for \$5.00. In addition, the club sells colorful CRW T-shirts, patches and other specialty items.

Lady Bird Johnson Wildflower Research Center

4801 La Crosse Avenue. Call 292-4100 for Center hours or more information. Beautiful walk through theme gardens, children's garden, home comparison gardens, greenhouses, wildflower meadow, and nature trails. Wheelchair access. Please no pets, except guide dogs, no bikes or skates.

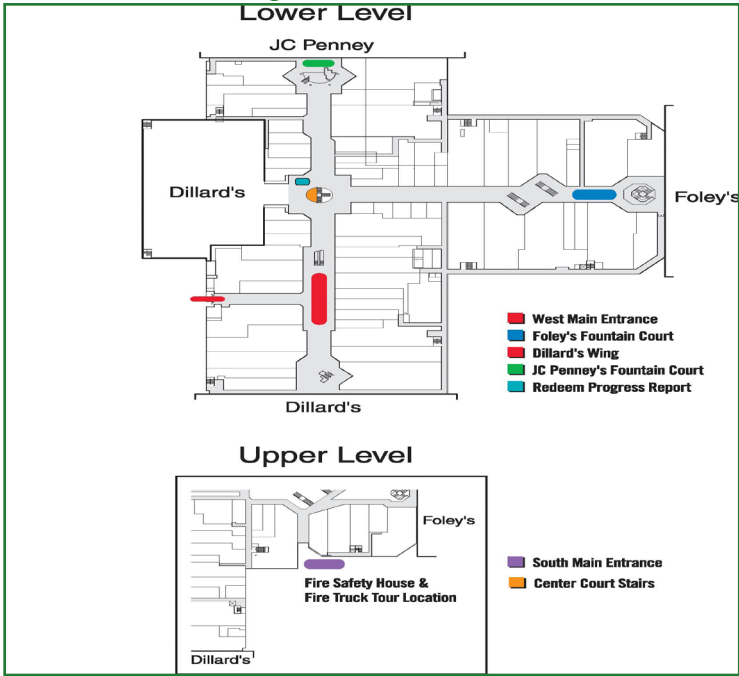


The Wildflower Center is a completely smoke free facility indoors and outdoors. Call 292-4200 for information regarding tours, facility rental and special events. Check web site at www.wildflower.org.

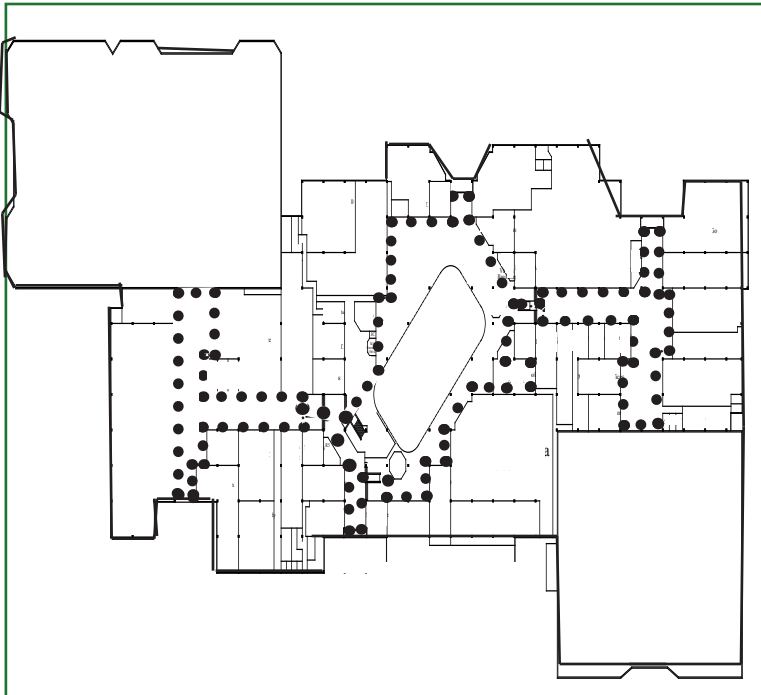
Mall Walking

Mall walking is an option at any of our local malls. Please contact individual malls for more information. One map is included here as a demonstration of floorplans. Malls provide a safe environment to walk early in the morning before stores open, or during regular business hours. Mall walking is great when the weather is too cold or too hot, or raining. If you walk inside the mall, along the edge of the storefronts, most malls have a perimeter of approximately ½ mile.

Highland Mall Perimeter 1/2 Mile



Northcross Mall Perimeter 1/2 mile



Barton Creek Square is 1.5 miles. Mall perimeters do vary, so please check with the information desk for details. See Mall in-door walk routes on opposite page.

Marathon Kids®

Marathon Kids® is a free incremental, endurance building running/walking/nutrition non-profit program for kindergartners through 5th graders. Its mission is to build community around children and be quickly accepted into public, private elementary and home schools as a free, innovative celebratory fitness program, resonating not only with the child...but with the child's family. The goal is for the child to develop the love and habit of moving through space and to carry forward the power of muscular, nutritional and psychological well being. For more information, email: Kay@MarathonKids.com

Mayor's Fitness Council

Please check out this great resource at: <http://www.ci.austin.tx.us/fitness/>. You can find a variety of physical activity topics and resources, as well as the "Mile a Day" on-line log. Businesses can become certified partners through the Mayor's Fitness Council Certification Program.

Walk Across Texas Program

Sponsored by the Texas AgriLife Extension Service

Walk Across Texas is an 8-week program in which teams of 8 people compete with each other to see who can reach a mutually agreed upon destination (from Austin to another city in Texas) first. Teams track their physical activity levels and add up the miles over the 8-week period. The Program is coordinated through the Texas Cooperative Extension Service. There are also many healthy nutrition classes offered through this organization. For more information, call 473-9600.

WALKING TOURS: GUIDED AND SELF-GUIDED

Downtown Historical Tour

The following information is reprinted with permission from the Downtown Austin Alliance brochure "Destination Downtown Map for Austin Arts & Entertainment."

Governor's Mansion Tours

Every 20 minutes, 10 AM-11:40 AM, Monday-Friday (No charge)

Historic Walking Tours: Self-Guided with Maps

(Maps at the Austin Convention & Visitors Bureau (AVCB) and the Texas Visitor Center at the Capitol, no charge)

- Bremond Block (7th & 8th at San Antonio and Guadalupe)

- Congress Avenue and E 6th Street Historic Districts
- Texas State Cemetery
- Map Guide to The Avenue: Just South of the River (map available at restaurants, shops and businesses along South Congress, from Riverside to Live Oak Street, no charge)

Guided Historic Walking Tours of Bremond Block

(Courtesy of ACVB)

Saturday and Sunday tours at 11 AM, March-November. Meet at the south steps of the Capitol at Congress. 478-0098

Guided Historic Walking Tours of Congress Avenue & East 6th Street

(Courtesy of ACVB)

Thursday-Saturday tours at 9 AM, Sunday tours at 2 PM, March-November. Meet at the south steps of the Capitol at Congress. 478-0098

Texas State Cemetery Guided or Self-Guided Tours

909 Navasota. Call 463-0605 for reservations or information. Visitor Center Hours are 8:00 AM to 5:00 PM Monday - Saturday. State Cemetery Grounds are open 8:00 AM to 5:00 PM everyday. Beautiful trail with native trees, rose garden, bluebonnet landscape, Crescent Pond, and beautiful monuments. The State Cemetery is the burial ground of notable Texas heroes, political, and military figures, as well as important historic figures.

State Capitol Tours

Every 15 minutes, 8:30 AM-4:30 PM Monday-Friday; 9 AM-4:30 PM, Saturday; and 9:30 AM-4:30 PM, Sunday (free)

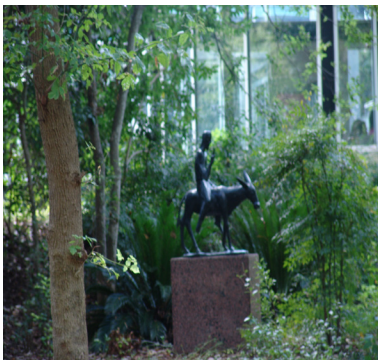


Photo by Sabrina McCarty

Umlauf Sculpture Garden

The Umlauf Sculpture Garden and Museum houses 130 sculptures made of wood, stone, marble, and bronze, by Charles Umlauf. 605 Robert E Lee Road, off Barton Springs Road. W-Fri. 10-4:30; Sat/Sun 1-4:30. Fee: \$3.50 adults, \$2.50 seniors, \$1 students, and children under free age are Free. 445-5582.

Wild Basin Walk

Two-hour guided tours on the beautiful Wild Basin Wilderness Preserve, 805 N. Capital of Texas Highway. Daylight till Dusk seven days a week! Please call 327-7622 for more information.

Zilker Botanical Gardens

2220 Barton Springs Rd. Come walk through the beautiful gardens and pathways, including the Zeroscape Garden, the Oriental Garden, the Butterfly Garden, Rose Garden, and more! Donations accepted. Open dawn till dusk, seven days a week, except with special events. Please call 477-8672 for more information.

Local Independent School District Tracks

This is NOT an all-inclusive list. The standard distance for school tracks is 0.25 mile.

Austin Independent School District

Kealing Jr. High School	1607 Pennsylvania Ave.	0.2 mile
Austin High School	1715 W. Cesar Chavez St.	0.25 mile

Eanes Independent School District

Hill Country Middle School	1300 Walsh Tarleton Dr.	0.25 mile
Westlake High School	4100 Westbank Dr.	0.25 mile

Elgin Independent School District

Elgin High School	1002 Avenue C	0.25 mile
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Del Valle Independent School District

Del Valle High School	2409 Shapard Ln.	0.25 mile
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Georgetown Independent School District

Georgetown High School	603 Lakeway Dr.	0.25 mile
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Leander Independent School District

AC Bible Jr. Memorial Stadium	3301 S. Bagdad Rd.	0.25 mile
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Manor Independent School District

Manor Middle School	12900 Gregg Manor Rd.	0.25 mile
Manor High School	12700 Gregg Manor Rd.	0.25 mile

Pflugerville Independent School District

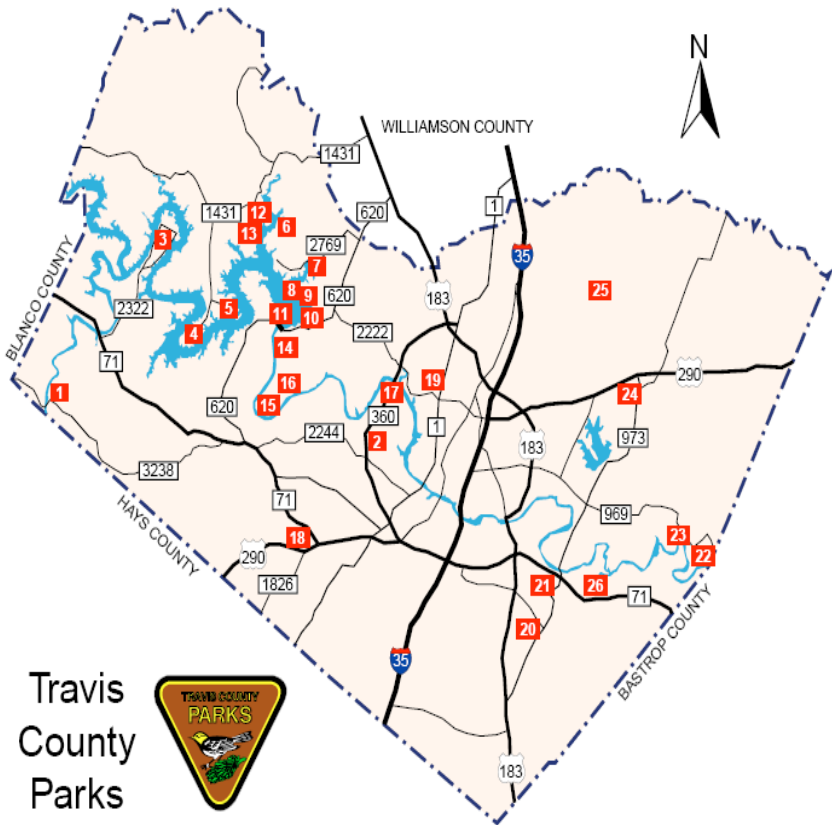
Pflugerville High School	1301 W. Pecan	0.25 mile
Park Crest Middle School	1500 Pflugerville Loop	0.125 mile

Round Rock Independent School District

Round Rock High School	300 Lake Creek Dr.	0.25 mile
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ST. EDWARD'S UNIVERSITY	3001 S Congress Ave.	0.25 mile
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** To calculate track distances or number of laps per mile by lane, see <http://www.eracewalk.com/CalcTrac.htm>.



Travis County Parks



Nature Preserves

1. Hamilton Pool Preserve
2. Wild Basin Preserve

Lake Travis Parks

3. Pace Bend
4. Dink Pearson
5. Arkansas Bend
6. Sandy Creek
7. Cypress Creek
8. Bob Wentz at Windy Point
9. Hippie Hollow
10. Tom Hughes
11. Mansfield Dam
12. Laura Reed
13. Dave Reed

Lake Austin & Neighborhood Parks

14. Fritz Hughes
15. Mary Quinlan
16. Selma Hughes
17. Loop 360 Boat Ramp
18. Windmill Run
19. Allen

Eastern Travis County Parks

20. Richard Moya
21. Del Valle Softball Complex
22. Webberville
23. Little Webberville
24. Ben E. Fisher
25. Northeast Metro
26. Southeast Metro

Travis County Parks

Travis County Parks offer diversity and beauty, with lakes, hills, rivers and prairies. You can bird watch a large and diverse population of migratory birds, go hiking, camping, fishing, swimming, sailing, scuba diving, play soccer, softball, go on family picnics, or just relax and enjoy the great outdoors.

For more information, call (512) 854-PARK (7275).

For driving directions or more information, please see web site: <http://www.co.travis.tx.us/tnr/parks/default.asp#parks>

Parks in Travis County:

*rr=restrooms/pnt=picnic tables/bbqg=barbecue grills

Park	Amenities
Allen:	pnt, covered pnt, barbecue grills, hiking trail
From MoPac take FM 2222 (Northland Dr.) west. Turn right at Balcones Drive and go 3/4 of a mile to Hart Lane. Turn left onto Hart Lane and proceed to Westside Drive. Turn left on Westside and the park entrance is on the left.	
Arkansas Bend:	bbqg, boat ramp, nature/hiking trails, primitive campsites, pnt, rr
From Highway 183, take FM 1431 south 11 miles to Lohmans Ford Road. Turn left on Lohmans Ford Road and travel 4 1/2 miles to Sylvester Ford Road. Turn left on Sylvester Ford Road and travel 1 1/2 miles to the park entrance.	
Ben Fisher:	bbqg, basketball courts, drinking water, group shelter w/ pnt & electricity (\$30 + \$10 reservation fee), nature/hiking trails, pnt, playscape, rr, volleyball court
From IH-35, take Highway 183 south approximately three miles to Highway 290. Take Hwy. 290 east approximately four miles and exit at Old Highway 20. Turn right onto FM 973 and travel one block to Carrie Manor Road. Travel two blocks to the entrance to the Southeast Rural Center. The park is on the north side of the center.	

Bob Wentz:	bbqg, boat dock (restricted to sailcraft only), drinking water, enclosed pavilion, pnt, rr, sand volleyball courts, showers
From the intersection of RR 620 and FM 2222, take RR 620 south 1.3 miles to Comanche Trail. Turn right on Comanche Trail and travel 3.1 miles. Park entrance is on your left.	
Cypress Creek:	bbqg/fire rings, boat ramp, pnt, rr
From the intersection of RR 620 and FM 2222, take FM 2222 (Bullick Hollow Road) west 2 miles. The park entrance is on your left, just before the intersection of Bullick Hollow Road and FM 2769 (Old Anderson Mill Road).	
Dave Reed:	one pnt
From 183, take FM 1431 west toward Jonestown. Proceed to Reed Parks road and turn left. Dave Reed Park is approximately 3.5 miles down on the left.	
Del Valle:	baseball/softball fields (3), concession stand, covered pnt, rr
From the intersection of Highway 71 and FM 973 go south 4 miles. The complex entrance is on your right.	
Dink Pearson:	pnt, grills, unimproved boat ramp
From Highway 183, take FM 1431 south 11 miles to Lohmans Ford Road. Turn left on Lohmans Ford Road and travel 7 miles to the park entrance.	
East Metro Park:	2 multi-use ball fieldss, 3 youth baseball fields, 1 adult baseball field, 2 soccer fields, 1 covered basketball court, playscapes, concessions facilities, rr, hiking trails, and three ponds that will support catch-n-release fishing programs
18667 Blake Manor Road in Manor, Texas: Going east on US 290 from I-35 take the FM 973 exit proceeding through Manor. After crossing the railroad tracks turn left on to Blake-Manor Road. Stay on Blake-Manor Road and the Park Entrance will be located on the right. The park entrance is about 3.5 miles on the right.	
Fritz Hughes:	bbqg, basketball court, pnt, playground, rr
From the intersection of RR 620 and FM 2222, take RR 620 south 3.7 miles to Low Water Crossing Road (just below Mansfield Dam). Turn left on Low Water Crossing Road and travel 0.2 miles to Fritz Hughes Park Road. Turn left onto Fritz Hughes Park Road. Fritz Hughes Park Rd. and Montview Rd. fork. Follow Fritz Hughes Park Rd. to the park entrance.	

Hamilton Pool:	pool, pnt, hiking trails, rr
Hamilton Pool is approximately 30 miles southwest of Austin. Take Highway 71 west of Austin through the town of Bee Cave and turn left onto FM 3238 (Hamilton Pool Road). Travel 13 miles to the Preserve entrance, on your right.	
Hippie Hollow:	clothing optional, concession stand (seasonally, when available), designated swimming area (boats prohibited), nature/hiking trails, paved ADA accessible trail, rr, drinking water
From the intersection of RR 620 and FM 2222, take RR 620 south 1.3 miles to Comanche Trail. Turn right on Comanche Trail and travel 2 miles. Park entrance is on your left.	
Laura Reed:	one picnic table
From 183, take FM 1431 West toward Jonestown. Proceed to Reed Parks Road and turn left. Laura Reed is approximately 2.5 miles down on the left.	
Little Webberville:	bbqg, boat ramp, playgrounds, rr
From the intersection of Hwy. 183 and FM 969, take FM 969 east approximately 15 miles into the town of Webberville. Turn right onto Water Street and proceed to the park entrance. NOTE: This is a different park than the Webberville Park located approximately three miles east of town.	
Loop 360 Boat Ramp:	boat ramp, 1 pnt, benches
From the intersection of Loop 360 and FM 2222, travel south on Loop 360 across the Loop 360 (Pennybacker) Bridge over Lake Austin. The entrance to the boat ramp is on the east side of Loop 360, directly below the bridge.	
Mansfield Dam:	bbqg, boat ramp, designated swim cove, drinking water, pay phones, pnt, rr, under water dive park, dive stairs and ADA lift, courtesy dock, playscape, covered shelters, hiking trail, swim platform, group campsites (reservations required)
From the intersection of RR 620 and FM 2222, travel south 4.9 miles. Turn right onto Mansfield Dam Road, just south of Mansfield Dam. The park entrance is on your left.	
Mary Quinlan:	bbqg, pnt, rr, boat ramp
From the intersection of RR 620 and FM 2222, take RR 620 south to Quinlan Park Rd. Turn Left onto Quinlan Park Rd. and travel 5.5 miles to the park entrance.	

Northeast Metro:	soccer field (10), playscape, rr
Going North on I-35 take the Wellsbranch-Pflugerville-1825 exit. On the access road get on 1825 which branches off it. Stay on 1825, it turns into Pecan Road. The park entrance is about 5.5 miles on the right.	
Pace Bend:	improved campsites (20) with water, electrical hook-ups, showers, rr, bbqg/fire rings, boat ramps (2), designated swim coves, drinking water, nature/hiking multiuse primitive trails, pnt, primitive campsites (400+), RV dump station, wave runner rental (seasonally)
Pace Bend is approximately 30 miles west of Austin on Lake Travis. From the intersection of RR 620 and Hwy. 71, take Hwy. 71 west 11 miles to RR 2322 (Pace Bend Park Road). Turn right on RR 2322 and travel 4.6 miles to the park entrance	
Richard Moya:	bbqg/smokers, basketball court, drinking water, group shelters (5) w/ lights, electricity, baseball/softball fields w/ concession stand, nature/hiking trails, pnt, playscapes, rr, sand volleyball courts
From the intersection of Hwy. 71 and Hwy. 183, take Hwy. 183 south 2.6 miles to Burleson Road. Turn left on Burleson Road and travel 1.2 miles. The park entrance is on your right.	
Sandy Creek:	bbqg, boat ramp, drinking water, pnt, primitive campsites, rr
From the intersection of RR 620 and FM 2222, take FM 2222 (Bullick Hollow Road) west 2 1/2 miles to FM 2769. Turn left onto FM 2769 and travel 4 miles to the town of Volente. In Volente, turn right onto Lime Creek Road and follow Lime Creek Road 6 miles to the park entrance. Park entrance is on the left.	
Selma Hughes:	bbqg, rr, pnt
From the intersection of RR 620 and FM 2222, take RR 620 south to Quinlan Park Rd. Turn left on Quinlan Park Rd. and travel 4.6 miles to Selma Hughes Rd. Turn left on Selma Hughes Rd. and proceed to the park entrance.	
Southeast Metro:	5 baseball fields, 4 soccer fields, playscapes, rr
From the intersection of Highway 71 and FM 973 take Highway 71 East approximately 1.5 miles. The park entrance is on the left.	

Tom Hughes:	restrooms (portable toilets), primitive trails, lake
From the intersection of RR 620 and FM 2222, take RR 620 south 2.3 miles to Marshall Ford Drive. Turn right on Marshall Ford Drive and travel 0.2 miles to Park Drive. Turn right and travel 2.8 miles to the park entrance.	
Webberville:	ADA accessible fishing pier, bbqg, basketball court, boat ramp, drinking water, equestrian accessibility, group shelters (3) with lights and electrical outlets, nature/ hiking trails, playgrounds, rr, soccer fields, softball fields, volleyball courts
From the intersection of Hwy. 183 and FM 969, take FM 969 east 9 miles to the town of Webberville, approximately 20-30 minutes from downtown Austin. Three miles past the town of Webberville turn right onto Webberwood Drive and proceed to Park Lane, the first street on your right. Turn right and proceed to the park entrance. NOTE: The sign for Webberville Park as you enter the town of Webberville is for a different park	
Wild Basin:	Trails: Accessible every day from light to dark. Trail maps are available in the office. A self-guided tour of the easy access trail, The Trail of Old Time Texas, is available for \$1.00.
The entrance to Wild Basin is on the east side of Loop 360 (805 N. Capital of Texas Highway), 1.5 miles north of Bee Caves Road, or 3.25 miles south of the Loop 360 bridge over Lake Austin. From MoPac take Hwy. 360 north past Bee Caves Road (FM 2244). The entrance is on the right.	
Windmill Run:	playscapes, ballfield, pnt, trails
From Oak Hill, take Hwy. 71 west to Scenic Brook Drive. Turn left and proceed to Kirkham Drive. The park entrance is on the left at 7306 Kirkham Cove.	

Cycling Trails – Austin Ridge Riders



The following information has been re-printed from web site: <http://www.austinridgeriders.com/> with written permission from the Austin Ridge-Riders Mountain Bike Club.

TRAIL	Easy	Beginner	Inter- mediate	Advanced
Barton Creek Greenbelt	X	X	X	X
Walnut Creek Park	X	X	X	
City Park (Emma Long)	X	X	X	X
McKinney Falls/Onion Creek	X	X	X	
St. Ed's Park	X	X	X	
Mule Shoe LCRA Park	X	X	X	
Bluff Creek Ranch Warda	X	X	X	
Pedernales Fall State Park	X	X	X	
Rocky Hill Ranch Smithville	X	X	X	

Rating System, defined:

Easy Trail

Short distances and smooth surfaces. Suitable for novice riders including kids. Kind of like a sidewalk, but made out of dirt...

Beginner Level

Still pretty smooth and easy, but the trail may have a few rocks, some tight and twisty sections and maybe some steep ups and downs. Nothing too hairy, though...

Intermediate Level

Tougher than Beginner. These are 'real' mountain bike trails. The trail will have a combination of one or more of the following: rocks, tight, twisty stuff, steep ups and downs, drops/ledges and hard climbs...

Advanced Level

Tough trail for more experienced riders. Expect lots of rocks and drops, the possibility of extended climbing, fast down hills and plenty of opportunities to inflict bodily and bike damage...

THE BARTON CREEK GREENBELT

Directions/Access points:

Zilker Trail Head - West of the shallow end of Barton Springs Pool in Zilker Park.

Spyglass - Take Barton Skyway east from MOPAC until it dead-ends.

360 - On the north side of 360 between MOPAC and Lamar, use the dirt parking lot at the bottom of the Toy's R Us hill.

Gaines - MOPAC frontage road south of 360.

Hill of Life - Take Scottish Woods road west (south) on 360 to Camp Craft rd. Turn right on Camp Craft Rd. and trail head is up the street approx 100 ft. (Parking available on east (north) side of 360 at school.)

Trail Description: The +/- 8-mile (one-way) "greenbelt", as it is affectionately known, has it's share of rocky, technical , gnarly challenges for even the most advanced riders. It's definitely not the place to try to hammer, not just because it's technical, but because many hikers use the trail,

and because WE ARE ALL VERY POLITE OFF-ROAD CYCLISTS WHO ALWAYS GLADLY SHARE THE TRAIL and RESPECT OTHER TRAILS USERS (RIGHT? RIGHT!). There are numerous blind curves where a hiker, or another biker, could be coming around and a head-on (or even a glancing blow) will do little to advance your mountain biking career. After rainy spells the creek retains a good bit of water, making for some wet and wild creek crossings. Of course, there's rarely water in the creek during the summer when we need it the most. From the trailhead at Zilker to the trail at the dam past the Hill of Life, there are no less than 7 creek crossings to splash through. What's the Hill of Life, you ask? The Hill climbs about 150 feet in a 1/4 mile and it's about as close to real "mountain" biking as you're going to get in Austin. At the top of the hill it pops you out onto Camp Craft Road & Scottish Woods Drive, which shortly connects you to Loop 360 at Westlake High Drive. Then you can road it back to Zilker from there and still get home in time for dinner. There are pretty good information signs posted at the Zilker Park, Loop 360 and Hill of Life/ Scottish Woods entrances to the Greenbelt. The Barton Creek Greenbelt is an incredible natural resource, please respect it... and have fun!

Contact Information: After a heavy rain the Parks Dept. closes the trail until it dries up some, so it's a good idea to call beforehand if it has rained in the last few days. To get current trail conditions and closure information, call the hot line anytime at 472-1267.

Fee: No Fee for this public access trail.

WALNUT CREEK TRAIL

Directions: Located in North Austin, just off IH-35, the trails at Walnut Creek Park are easily accessible from all parts of the city. To get there, go north on either IH-35 or Mopac Expressway and exit onto Parmer Lane. Take Parmer east from Mopac, or west from the Interstate to N. Lamar Blvd. Go south on Lamar for about a half-mile, looking for the park sign on your right.

Trail Description: The main trailhead is near the first parking area on the left, near the swimming pool. This 12+ mile network of trails is over 90% twisty

singletrack, with a few jumps, down hills, and creek crossings thrown in. This is a work-in-progress with many new sections added. If you ride here check out anything that looks new, because it's all pretty sweet, thanks largely to the efforts of one guy, Mark Henneke, who has single-handedly built and cleaned up a lot of these trails. At first the trails seem like a maze with no flow, but after riding them a couple of times you find the loops and it's possible to do about 12 miles of continuous trail. Be careful until you learn the trails, as there are 2 or 3 places where unrideable dips can sneak up on you. To learn the trail, come out to one of the regularly occurring ARR rides at the park.

Fee: No Fee for this public access trail.

CITY PARK (a.k.a. "Emma Long"), Austin TX.

Directions: Take 2222 exit from MOPAC or 360, head west to City Park Road. Turn left and go 3.8 miles to Oak Shore, turn left and go 0.9 miles until you see the motocross sign on the left, and you're there.

Trail Description: Difficult. Six mile loop with technical rocky ledgy drops and climbs mixed with a bit of fast twisty hard pack. It's challenging - probably one of the most technical trails in Texas - but it's also a ton of fun.

Important Stuff: This is an endangered species habitat so BE NICE! Stay on the trails. As you might have gathered, there might be motorcycles there. Listen and get out of the way if you hear one - you'll know about them before they know about you. And be friendly to the motorcycle riders - they built this trail and maintained it for years before mountain bikes ever came around. They were nice enough to let us ride their trail - so be nice back to them.

Contact Information: 512-837-4500 Austin Parks & Recreation Department.

Fee: No fee for this public access trail

McKINNEY FALLS STATE PARK / ONION CREEK

Directions: 183 South towards Lockhart. 'Bout 1.5 miles past Hwy 71 turn right on McKinney Falls Parkway. Park entrance is about 3 miles on the right.

Trail Description: Easy / Intermediate. The McKinney Falls Homestead trail

is an easy three mile loop across the creek from the parking area. Most of the trail twists and turns through the woods and then climbs up the hill to the back side of the park. There is a fun little whoop-de-do and a quick downhill run back to the creek. Most people ride counter-clockwise starting at the homestead, but this trail is NOT one way. This is a good trail for kids and beginner riders but has enough twists and dips to still be fun for the quicker intermediate riders. This is the trail ARR uses for the Kid Trips program and there are always hikers in the park so yield the trail to slower users. Upstream from the Upper Falls take a right turn off the paved path onto the singletrack that runs along Onion Creek. This trail follows the creek to a lava flow. Cross William Cannon on the Longhorn Pipeline easement, cross the creek for five more miles of trail in Onion Creek District Park and Greenbelt.

Contact Information: 512-243-1643.

Fees: Kids 12 and under are free. All others \$2.00 per day. For Camping Reservations at all state parks call 512-389-8900 (M-F 9a-6p)

SAINT EDWARD'S PARK

Directions: Take Spicewood west from 360. Look for a parking lot on the left after bridge #5. Yes, they are numbered. There is room for one or two cars near the sign, the parking area is around the curve from the sign.

Trail Description: There are two main parts to this trail - the singletrack near the creek and road side, and the 'climb' and singletrack trails on the hill. The roadside/creekside stuff is pretty flat and simple - nothing technical or hard. The 'climb' is an excellent challenge - a rocky, 8% average elevation gain over ~ 7/10ths of a mile. Once at the top, you can take the singletrack down and enjoy crossing the gully and the view from the ridge. Repeat that loop a few times each week, and you'll be a climbing fool before you know it.

Fee: No fee for this public access trail

MULESHOE BEND

Directions: Take Highway 71 west past the Pedernales River. Approximately 2 miles past the Pedernales River turn right on Paleface Ranch Road. Continue on Paleface Ranch Rd. (go straight at the 3-way stop) until you get to Co. Rd.

414; this road tees into the road you're on from the right and there are several fine landmarks to help find it, including a sign on the left for the Exxon/Kountry Kitchen, Windemere, and the George Jones Donkey Farm (no kidding). Turn right on Co. Rd. 414 and this road will end at Muleshoe, about 2.8 miles later. The road really curves a lot, but just stay on it and you'll get there.

Trail Description: The Muleshoe trail is a perfect complement to the trails we already enjoy in the Austin area. It is a 7.5-mile loop trail with 95% wooded singletrack with some moderate climbs and descents, a few drop-offs, lots of twists and turns, and a couple of small creek crossings.... oh, yeah and a nice big lake to cool off in after the ride. The fact that it makes a big loop with jeep roads intersecting at 5 points along the trail makes it nice for beginners and families who might not want to complete an entire loop and provides good access to the trailhead/parking area. And for the intermediate/advanced riders, its a trail you can go fast on and have a lot of fun. (Watch out for feral hogs—they're out there!)

This trail is a wonderful example of what can happen when mountain bikers work in partnership with land agencies combined with persistence, organization, and of course, a lot of hard work. As usual, a relatively small group of dedicated volunteers have made this trail a reality.

Fee: \$5 entry fee per vehicle.

BLUFF CREEK RANCH

Located in Warda, Texas, this is an all round great place to ride and visit. All the details maybe found at <http://www.bcrwarda.com/> If it has been rainy, call first to check for trail conditions and/or closure.

PEDERNALES FALLS STATE PARK

Directions:Take 290 west past Dripping Springs to FM 3232. Turn right on FM 3232 to the 'T' intersection at FM 2766. Turn right and follow the signs to the park entrance.

Contact Information: 830-868-7304. For Camping Reservations at all state parks call 512-389-8900 (M-F 9a-6p)

Fees: Kids 12 and under are free. All others are \$4.00 per day.

ROCKY HILL RANCH

Directions:The ranch is located in Smithville, Texas. Take I-35 South to Hwy 71. Go east on 71 towards Bastrop. Continue through Bastrop to Smithville Texas. Take the loop 230 exit and then turn left under 71, at this point you'll be on FM 153. Go 2.3 miles on FM153 and you'll see the gate on the left. (There are some old bikes hanging on a pine gate.)

Description: You name it, they've got it, all levels, all lengths

Contact Information:Call 512-237-3112 for riding or camping information, or check out their web site at <http://www.rockyhillranch.com>. Rocky Hill is open 7 days a week for camping and Mountain Bike riding.

Fee:\$6.00 per day to ride. If the Saloon is closed, please use honor box.

GOODWATER TRAIL AT LAKE GEORGETOWN

Directions:

To Russell Park (recommended starting point): Take I-35 north to exit 261A, Lake G-town/Sun City/Andice/Granger/2338/Williams Dr. Turn left on Williams Dr. Go about 6 to 6.5 miles and turn left on CR 3405. Go about a mile and turn left on CR 262. Follow this straight to the park. Park on the right after you enter the first gate BEFORE the attendant's gate. There is no fee to park here. **To Jim Hogg Park:** Take I-35 north to exit 261A, Lake G-town/Sun City/Andice/Granger/2338/Williams Dr. Turn left on Williams Dr. Go about 5 to 5.5 miles and turn left on Jim Hogg Road. This will lead you straight to the park. There is a fee to enter this park. **To Tejas Park:** Take 183 north out of Austin. Turn right onto CR 3405. Turn right onto CR 258. Tejas Park will be on your left after the low water crossing. You must cross back over the river to get to Russell Park by hike or bike.

Trail Description: The Goodwater Trail at Lake Georgetown consists of 16.5 miles of established trail and 4.25 miles of new trail currently being built. The

trail runs around the shoreline of the lake and currently has trailheads at four of the five parks. Hiking only trail starts at Cedar Breaks Park on the south and east side of the lake; this section runs west for 11 miles to Tejas Park. From Tejas Park, the trail crosses the river at a low water crossing and runs back east for 5.5 miles to Russell Park. On the north side of the lake, one can bike for approximately 10 miles one way. The trail consists of easy doubletrack with little elevation change to rocky, technical and sometimes tight singletrack with lake views, cacti, and even a switchback. The newer section at Russell Park starts off to the left of the first park road on the left as you enter the park. If you are interested in helping build this or any new trail, contact the Austin Ridge Rider Mountain Bike Club trail steward, Dewayne Buratti at dburatti@grandecom.net or on his cell phone at 512-797-RIDE (7433.)

REIMER'S RANCH

Directions:

Get on Highway 71 heading West out of Austin. Take a left at the first light after the 620 intersection - this will be Hamilton Pool Road, also known as TX3238. Continue on Hamilton Pool Road for approximately 11.7 miles. If you get to Hamilton Pool you've gone too far. Watch for the turn for Reimer's Ranch on the right. The road into the ranch is about 2.5 miles of unimproved dirt road with some bumpy stretches, so take it slow and easy.

Trail Description: 14 miles of trails - 95% singletrack. Trails are one-way and marked for novice (green circle), intermediate (blue square), and expert (black diamond) riders. Bring adequate amounts of water, as no drinking water is available on the trails. What you cannot do: ride without a helmet, ride in wet or muddy conditions, litter, camp or bring pets. What you can do: ride your bike, rock climb, fish, swim. The ranch is open for riding Wednesday through Sunday - 8:00 a.m. to sundown. Fees: \$5.00. Pay at the house.

State Parks, Historic Sites, Wildlife Management Areas and Fish Hatcheries within 100 miles of Austin, Texas:

Reprinted with permission from <http://www.tpwd.state.tx.us/park/cityarea/austarea.htm>

Bastrop State Park (512-321-2101)

- Backpacking, camping, picnicking, canoeing, swimming, golfing, hiking, fishing, biking
- The park is one mile east of Bastrop on Texas 21, also accessible from the east on Texas 71 or by way of Buescher State Park along Park Road 1

Blanco State Park (830-833-4333)

- Camping, swimming, picnicking, hiking, nature study, boating, fishing
- The park is located on the south side of Blanco, 40 miles north of San Antonio on US Highway 281; turn on Park Road 23 or 48 miles west of Austin on US Highway 290 to US Highway 281, then south on Park Road 23. The park is only 4 blocks south of the town square.

Buescher State Park (512-237-2241)

- Boating, fishing, nature study, hiking, biking
- The park is located 2 miles northwest of Smithville on State Highway 71 to FM 153, then north on 153 for .5 mile to enter Park Road 1.

Colorado Bend State Park (325-628-3240)

- Camping, hiking, fishing, swimming, mountain biking, birding, nature watching, guided tours
- The park is west of Lampasas, southeast of San Saba. From the intersection of US Highways 281 and 183 in Lampasas, take FM 580 west 24 miles to Bend and follow the signs 4 miles to the park entrance. From San Saba, take US Highway 190 about 4 miles to FM 580 and follow the signs 13 miles to Bend; follow the signs 4 miles to the park entrance (2 miles of dirt road). The headquarters and main camping are 6 miles past the entrance on the dirt road (unmarked County Road 442).

Enchanted Rock State Natural Area (325-247-3903)

- Backpacking, camping, hiking, technical and rock climbing, picnicking, geological study, bird watching, star gazing
- The park is 18 miles north of Fredericksburg on Ranch Road 965, or from Llano, take State Highway 16 for 14 miles south and then go west on Ranch Road 965.

Government Canyon State Natural Area (210-688-9055)

- Closed to the public until mid-2005
- From the intersection of Loop 1604 and Culebra Road (also

known as FM 471 - back road to Castroville), travel west 3.5 miles to Galm Road. Turn north (right) on Galm and travel 1.6 miles; gate with signs on the left.

Guadalupe River State Park (830-438-2656)

- Canoeing, fishing, swimming, tubing, picnicking, hiking, camping, mountain biking
- The park is located 30 miles north of San Antonio at the north end of Park Road 31. It may be reached by traveling west on State Highway 46, 8 miles west of the intersection of State Highway 46 and US Highway 281 or by traveling eastward on State Highway 46, 13 miles east of Boerne.

Hill Country State Natural Area (830-796-4413)

- Backpacking, horseback riding, mountain biking, hiking, camping, limited swimming and fishing
- From Bandera, travel south on State Highway 173, go across the Medina River and continue for approximately 1/4 mile to State Highway 1077, turn right and go 10 miles on Ranch Road 1077 to end of the black top. Continue on the Caliche road and follow the park signs to the park headquarters.

Honey Creek State Natural Area (830-438-2656)

- Guided tours only
- The park is located at the north end of Park Road 31, adjacent to Guadalupe River State Park, and may be reached by traveling west on State Highway 46, 8 miles west of the intersection on State Highway 46 and US Highway 281; or by traveling eastward on State Highway 46, 13 miles east of Boerne.

Inks Lake State Park (512-793-2223)

- Camping, backpacking, hiking, golf, swimming, boating, fishing
- The park is located 9 miles west of Burnet on State Highway 29 to Park Road 4. Go south 3 miles to the park headquarters.

Kerrville-Schreiner State Park (830-257-5392)

- Boating, fishing, camping, swimming, picnicking, bird watching, hiking, biking, walking
- The park can be reached by traveling 3 miles southeast of Kerrville on State Highway 16 to State Highway 173 for 3 miles. The park headquarters building is on the left.

Lake Somerville State Parks (979-535-7763)

- Camping, picnicking, boating, fishing, hiking, biking, volleyball, horseshoes, basketball, backpacking, horseback riding
- Take Hwy 290 East to HWY 21. Left on 21 Approximately 30 miles. Right on FM 60, 11 miles to Park Rd 57. 4 miles on Park Rd 57 to Park entrance.

Lockhart State Park (512-398-3479)

- Picnicking, Camping, fishing hiking, nature study, 9-hole golf
- To reach the park, go 1 mile south of Lockhart on US Highway 183 to FM 20, then southwest on FM 20 for 2 miles to Park Road 10, then one mile south on Park Road 10.

Longhorn Cavern State Park (830-598-CAVE)

- Camping, fishing, cave tours, historical and nature study
- Longhorn Cavern State Park is located approximately 6 miles west and 6 miles south of Burnet, Texas on Park Road 4, off US Hwy 281.

McKinney Falls State Park (512-243-1643)

- Camping, hiking, mountain biking, road biking, picnicking, fishing, wildlife observation
- The park is located 13 miles southeast of the State Capitol in Austin off US Highway 183. Take McKinney Falls Parkway, off US 183 South, straight to the park entrance

Meridian State Park (254-435-2536)

- Fishing, swimming, no-wake boating, hiking trail, bird watching
- Take State Highway 174 from Cleburne, State Highway 144 from Glen Rose or State Highway 6 from Waco. Join State Highway 22 and proceed to the park. Take State Highway 22 from Hillsboro or Hamilton. The park is located about 3 miles southwest of Meridian off State Highway 22.

Mother Neff State Park (254-853-2389)

- Camping, hiking, fishing, picnicking, wildlife observation
- To reach the park from Interstate 35, take exit 315 to State Highway 107 west to Moody; continue 6 miles west on FM 107, then take State Highway 236 for 2 miles to the park (16 miles from Interstate 35.)

Palmetto State Park (830-672-3266)

- Camping, picnicking, fishing, birding, hiking, nature study, canoeing, swimming, tubing
- To reach the park, travel 10 miles northwest of Gonzales on US 183 to FM 1586, then west on FM 1586 for two miles to Ottine, then south on Park Road 11; or go six miles southeast of Luling on US 183, then southwest on Park Road 11 for two miles.

Pedernales Falls State Park (830-868-7304)

- Camping, hiking, picnicking, swimming, tubing, wading, mountain biking, fishing, bird watching, horseback riding
- The park may be reached by traveling 9 miles east of Johnson City on FM 2766 or by traveling west of Austin for 32 miles on US Highway 290, then north on FM 3232 for 6 miles.

Active Austin Guide Evaluation

Date: _____

Overall, how do you rate the helpfulness of this guide?
1=very poor 2= poor 3=neutral 4= good 5= very good

How did you hear about the Active Austin Guide?

What is the most helpful information in the Active Austin Guide?

Do you find the following sections of this guide helpful? If yes, please check box or boxes.

- Walk Texas ACTIVE AUSTIN 10-Week Challenge
- Healthy Nutrition Resources
- Austin Parks and Recreation Department
- Other Local Programs
- Travis County Parks
- Cycling Trails
- Regional State Parks

How would you improve the Active Austin Guide?

If you want information added to the next edition of the Active Austin Guide, please describe below, including any contact information or address, if it is a program or location:

**Please email your evaluation to:
Sabrina McCarty at sabrina.mccarty@austintexas.gov or call for other options at (512) 972-5463.**

Thank you for completing and submitting the Active Austin Guide Evaluation.