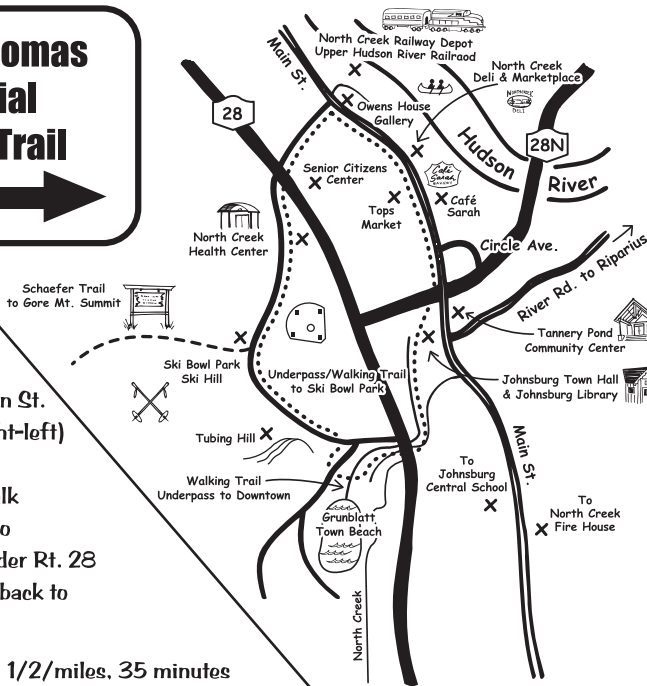


Carol A. Thomas Memorial Walking Trail



...you can start anywhere along the loop or park at the Johnsburg Town Hall, precede down Main St. to Ski Bowl Rd. (look left-right-left) before crossing over Rt. 28, continue on Ski Bowl Rd., walk along the base of Little Gore to Grunblatt Town Beach, go under Rt. 28 in the underpass, follow trail back to Town Hall.

Roughly 3,600 steps or 1 1/2 miles, 35 minutes



Carol A. Thomas Memorial Walk

START: park at the Johnsburg Town Hall
TIME: 35 minutes, 3,600 steps or 1 1/2 miles
AREA: Carol A. Thomas Memorial walk



Brought to you by:
 N.Y.S. Healthy Heart Program
 A partnership between
 Glens Falls Hospital and the
 Public Health Services of
 Warren & Washington County

SAFETY TIPS:

- LOOK BOTH WAYS BEFORE CROSSING (ALWAYS LOOK LEFT, RIGHT, AND LEFT AGAIN).
- CROSS AT CROSSWALKS WHENEVER POSSIBLE & ABIDE BY TRAFFIC LIGHTS.
- WEAR REFLECTIVE OR LIGHT COLORED CLOTHING WHEN WALKING AT DUSK, DAWN, OR IN THE DARK.
- KNOW YOUR NUMBERS: CHOLESTEROL-BLOOD PRESSURE-BMI-BLOOD GLUCOSE.

**BE HEALTHY.
 BE ACTIVE.**

30 minutes a day
at least 10 minutes at a time
5 days a week

REMEMBER WALKING OR ANY FORM OF PHYSICAL ACTIVITY IS ONLY ONE PART OF A HEALTHY DAY...

HAVE FUN! EXPLORE NORTH CREEK ON AND OFF THE MAP!

• ALWAYS CHECK WITH A PHYSICIAN BEFORE STARTING AN EXERCISE PROGRAM.

Ski Bowl Road

Main Street

Grunblatt Town Beach

Little Gore

Route 28 underpass

Johnsburg Town Hall