



Become a NorWALKer!

EXPLORE THE TRACEY SCHOOL AREA

Learn about the historic homes and notable war heroes buried in this neighborhood.

Loop 1

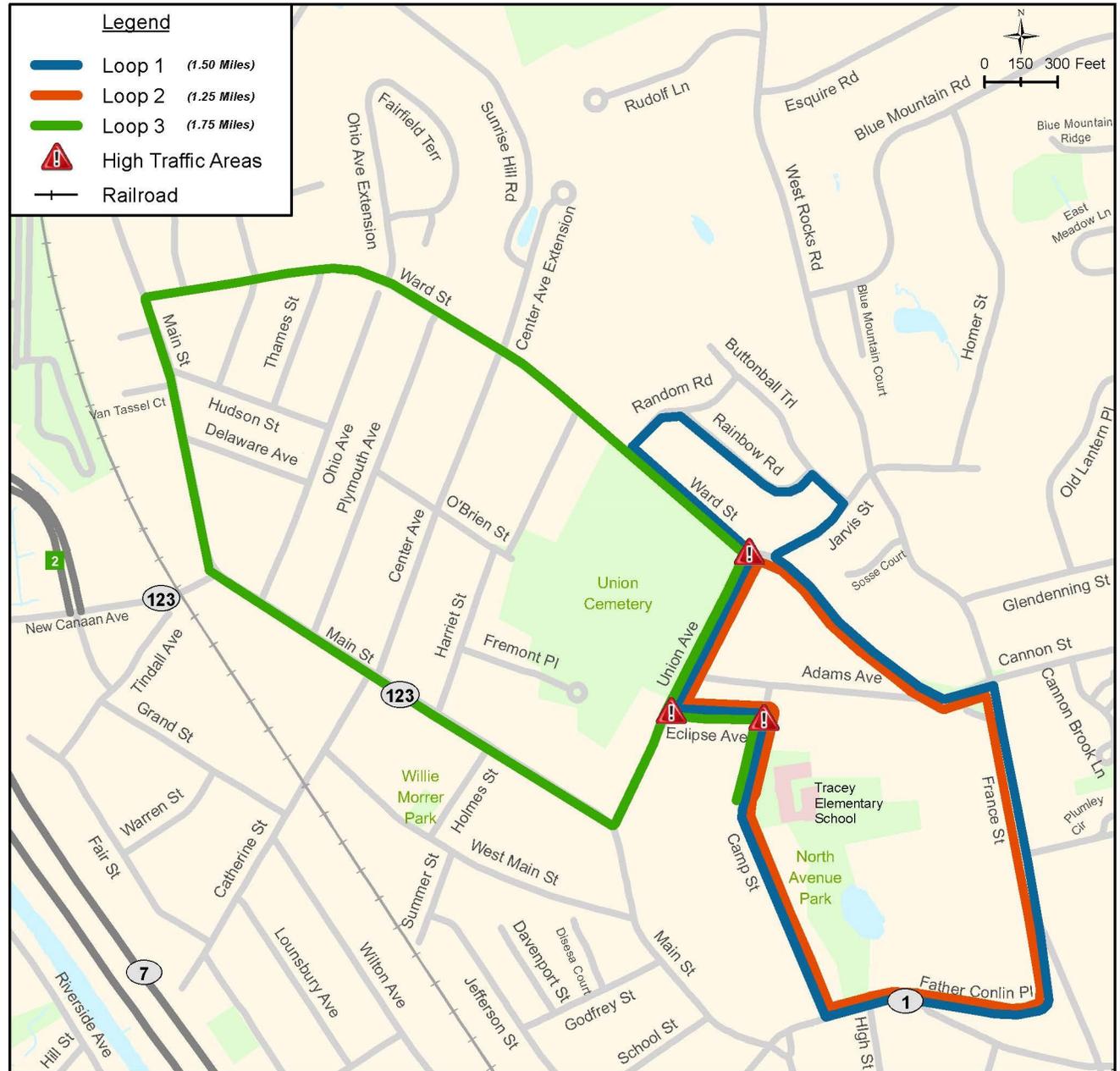
Exit the Tracey School parking lot and turn right onto Camp St. Left on Eclipse Ave. Right on Union Ave. Left on Ward St. Right onto Random Rd. Right on Rainbow Rd. Right on Buttonball Tr. Right on Jarvis St. Left onto Ward St. Right onto France St. Bear right onto Father Conlon Pl. and merge with Route 1. Turn right on Camp St. and return to Tracey School.

Loop 2

Exit the Tracey School parking lot and turn right onto Camp St. Turn left on Eclipse Ave. and then right on Union Ave. Right on Ward St. Right on France St. Bear right onto Father Conlon Pl. and merge with Route 1. Turn right on Camp St. and return to Tracey School.

Loop 3

Exit the Tracey School parking lot and turn right onto Camp St. Turn left on Eclipse Ave. Turn left on Union Ave. Turn right on Main St. Stay right at the fork in the road, continuing on Main St. Turn right at Ward St. and continue until Union Ave. Turn right on Union Ave. Turn left on Eclipse Ave. Turn right on Camp St. and return to Tracey School.



PROCEED WITH CAUTION WHEN FOLLOWING NORWALKER ROUTES!

The *Healthy for Life Project* is not responsible for any injuries or accidents that may occur while following NorWALKer routes. Consult your doctor before beginning an exercise program. Use pedestrian crosswalks when available, obey all traffic laws, and if no sidewalks exist, walk against traffic. Wear proper footwear and reflective gear, and bring water with you while walking. Have fun!

Tracey Elementary School, located at 20 Camp Street, is the starting point for the walks in this most historic neighborhood. The area has numerous historic homes that are still standing and occupied.

Located at the junction of Ward Street and Union Avenue, you will see the Union Cemetery, which has been a working cemetery since 1850. This cemetery holds the remains of many Civil War veterans, as well as three soldiers from the Revolutionary War. Notables such as Legrand Lockwood, the original owner of the Lockwood-Mathews Mansion, Connecticut Governor Clark Bissell, Congressman Ebenezer Hill, and United States Senator Orvis Ferry are buried here. Union Cemetery is still in operation today.

A monument erected in 1984 by the Norwalk Chapter of the Daughters of the American Revolution is located at the intersection of France Street, Cannon Street, Ward Street, and Adams Avenue. It commemorates the Battle of the Rocks. The inscription on the monument states: "On this historic ground the American Patriots bravely sustained the cause of liberty against the British invaders on July 12, 1779."

*Compiled by Richard (Dick) Booth, 2004
Edited by Kaitlin Latham, 2016*

Walking is Fun and Educational for All Ages!

Walking is a great way for both children and adults to stay active! Make walking exciting by incorporating fun and learning into each route. The tips below are just a few ways to make walking on NorWALKer routes even more fun for all ages!

- I Spy:** "I spy, with my little eye, something...GREEN!" One person "spies" an object, giving a simple clue as to what it is, and others guess what that object is. Make it more challenging by adding rules, such as "pick something that has a name that shares your initial".
- Follow the Leader:** Choose a leader of the pack. The leader adds an element to the walk, such as an arm motion, a sound, a hop, and so on. Everyone behind has to follow along. To make the game more challenging, have each new leader add a new element while keeping all the old ones going.
- Interval Training:** Spice up a walk by challenging kids to incorporate different moves, such as running, hopping, skipping, etc. What other styles of walking or moving can you come up with?
- Scavenger Hunt:** Challenge children to find trees, flowers, and animals. If you are walking in an urban area, ask them to spot unusual buildings or read road names aloud.
- The House that Jack Built:** Each person has a turn naming a characteristic of a house as you walk by. The next person adds a new characteristic and repeats all the other characteristics named before.
- Walkin' the Dog:** Take your dog along for a walk! If you don't have a dog of your own, see if you can take your neighbor's or friend's pup for a walk.
- Pick a Friend:** Encourage your child to invite a friend or family member along to join the fun.
- When You Hear:** Pick a sound, such as a car horn or a bird's chirp. Line up in single file and start walking. When you hear the sound, the first person

in line has to run to the back. Continue until everyone has had a turn to lead.

- 20 Questions:** Hide a small object (something from your bag or that you find along the trail or sidewalk) in your hand. Have the group try to figure out what it is by using twenty or fewer YES or NO questions.
- Let's Pretend!** Add excitement to any adventure by walking in fancy attire or pretending to be characters from your child's favorite book.

Visit www.healthyforlifeproject.org for additional walking activities for children!





Healthy4LifeCT

For more information about NorWALKer Routes, call (203) 854-7776 or visit www.healthyforlifeproject.org



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