

## Special Thanks to Our Collaborative Partners



Brochure and Initiative Made Possible  
Through a Generous Grant from:



## Woodburn Walking Groups



Woodburn  
Community  
Health Initiative

## Welcome

We invite you to start walking! Find a group or build a group that suits you. This booklet is meant to serve as an overview of the routes. Routes have been analyzed for their safety and walkability and they are an effort to increase our community's physical activity. Each walking group will have a leader hosting the walk and decide the time and day that is most convenient for the group.

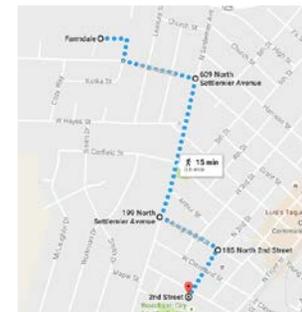
Walking is an exercise of low-intensity with great health benefits. It reduces the risk of heart attack, releases stress, improves sleep, and improves mood. Walking is not just good for you; it's pleasurable, safe and free.

Woodburn Community Health Initiative aims to implement active living by creating walking routes around the Legion Park neighborhood. The purpose is to motivate Woodburn residents to increase their physical activity and reduce their risk of chronic disease.

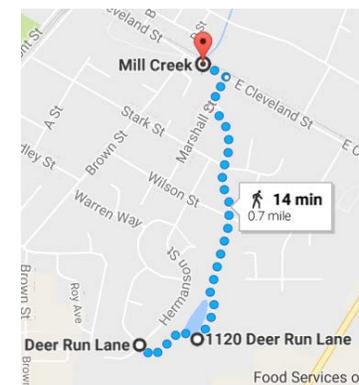
Do not wait! Join a group or start your own group.

## Routes

Farmdale Apartments to Aquatic Center		
<i>Meeting Point: In front of the sign "Farmdale Housing Authority"</i>		
Walk-ability	Distance	Day / Time
Public services along the walk	1.0 mile	Seeking leader



Mill Creek Trail Path		
<i>Meeting Point: In front of the sign "Greenway Trail"</i>		
Walk-ability	Distance	Day / Time
Scenic walk with shades	0.7 mile	Seeking leader

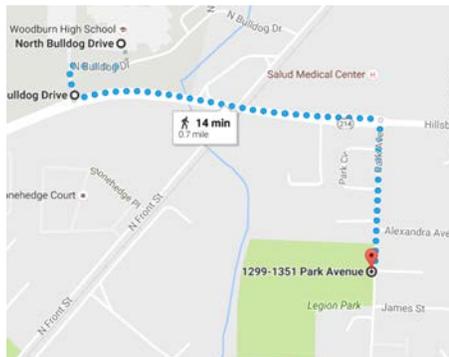


## Routes

Woodburn Pediatric Clinic to Legion Park		
<i>Meeting Point: In front of the Clinic</i>		
Walk-ability	Distance	Day / Time
Fun walk for families, could be shortened	0.9 mile	Seeking Leader



Woodburn High School to Legion Park		
<i>Meeting Point: Parking lot in front of school</i>		
Walk-ability	Distance	Day / Time
Lightning, good pedestrian signs	0.7 mile	Seeking Leader



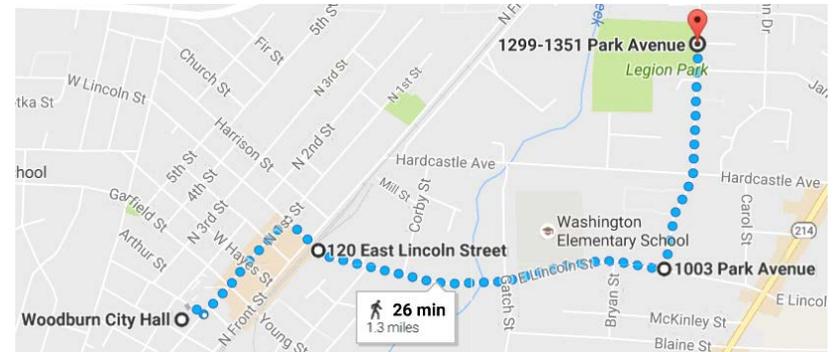
## What is Walk-ability?

Walk-ability is the measurement of how friendly a neighborhood is for walking. The tools utilized for our analysis focused on availability of sidewalks, benches, shade, traffic safety and relative location to other resources.

Maps shown only one-way trip. Double the distance for round-trips

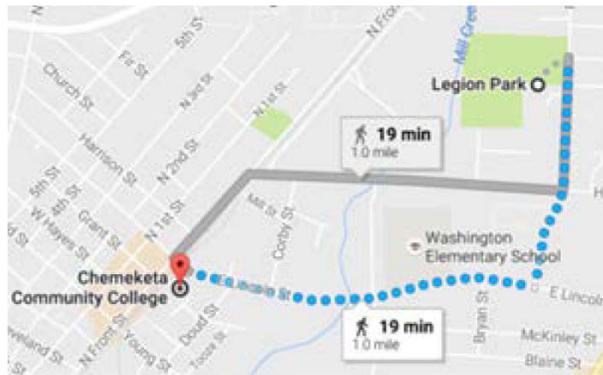
## Routes

Woodburn City Hall to Legion Park		
<i>Meeting Point: Parking lot in front of building</i>		
Walk-ability	Distance	Day / Time
Right through old down, places to rest	1.2 mile	Seeking Leaders



## Routes

Chemeketa Community College to Legion Park		
<i>Meeting Point: Front door</i>		
Walk-ability	Distance	Day / Time
Beautiful rural walk	1.0 miles	Seeking Leader

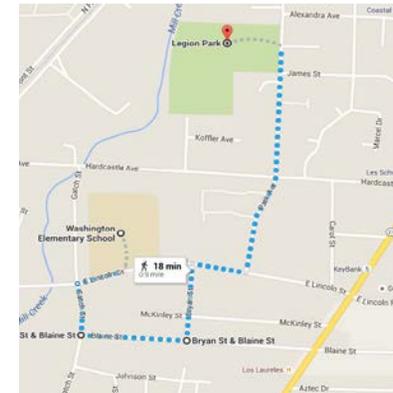


Nuevo Amanecer to Legion Park – Option 2		
<i>Meeting Point: Main office of Nuevo Amanecer</i>		
Walk-ability	Distance	Day /Time
Good for all capabilities	0.9 mile	Seeking Leader



## Routes

Washington Elementary to Legion Park		
<i>Meeting Point: In front of Washington Elementary</i>		
Walk-ability	Distance	Day / Time
Quiet, great for beginners	0.9 miles	Mondays / 6pm



Villa Verdante to Legion Park		
<i>Meeting Point: Mailboxes in front of apartments</i>		
Walk-ability	Distance	Day / Time
Shady walk	1.0 mile	Seeking Leader

