

OTERO COUNTY
Prescription
TRAILS
GET UP AND GET MOVING!



*Otero County
Prescription Trails
Program*

**WALKING
TRAILS
GUIDE
2014**

Otero County



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**Entrance Fee*



The Otero County Prescription Trails Program is designed to give all health care professionals tools to increase walking and wheelchair rolling on suggested routes, targeting and promoting healthy lifestyles for families in our county.

This guide will help you find some of the best parks, trails and walking areas in Alamogordo, Tularosa, White Sands National Monument and Lincoln National Forest.

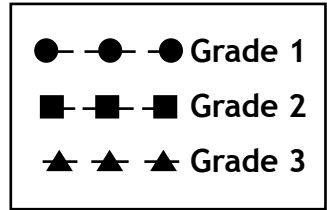


How to Use this Guide

Maps with information about each walking route are organized by neighborhood. Maps within each neighborhood area are then organized alphabetically, using the name of the public park or trail.

Grades

Trails are identified and graded according to their level of difficulty. Many trails are loops that go around a park.

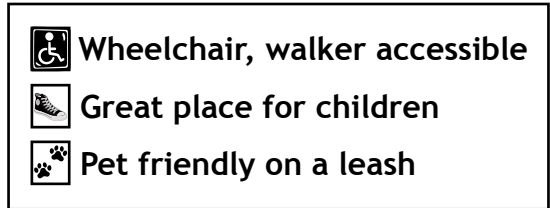


Grade 1 = Fully accessible to all users.

A flat, paved pathway located in or around a park that is suitable for wheelchairs.

Grade 2 = Mostly accessible.

A paved or packed crusher fine pathway that may have minor grade changes.




Grade 3 = Slightly challenging.

A paved, packed crusher fine or dirt pathway with variations in grade.

It's never too late to get up and get moving!

How much activity should you get? The 2008 Physical Activity Guidelines for Americans say most adults should be physically active on a moderately intensive level for 2 hours and 30 minutes per week. Children should be physically active for at least one hour each day. Breaking up exercise into 10 to 15 minute segments works well!

Other Information Provided

-  Look for the walking paw prints to indicate pet friendly sites
- Walking route length in fractions of a mile and number of footsteps (*actual steps may vary depending on individual*)
- Amenities, lighting and access to public restrooms
- Attractions, including wheelchair accessibility, dog friendliness, and child safety
- Nearby Z-Trans Public Transit stops. For schedules and fare information call 439-4971 or visit **ziatherapy.org**
- Information on other neighborhood walking areas, parks and green spaces, pet parks and information on New Mexico State Parks located in Otero County

The Otero County Prescription Trails Program and Guide were developed through a New Mexico Department of Transportation (NMDOT) and the University of New Mexico Center for Injury Prevention Research and Education (CIPRE) Pedestrian Safety and Walkability Initiative with the Otero County Walkability Advocacy Group (OWAG).

The mission of OWAG and its community partners is to increase the awareness of pedestrian safety and walkability concerns within Otero County and to provide our residents with the best information about elements that make our community walkable and safe. For further information about OWAG or to become involved in improving walkability in Otero County contact: **owag@cybermesa.com**.

Your body is built for walking.

Gary Yanker

Pedestrian Safety Considerations

Walking is a great way to improve your fitness level and stay healthy. Before you start your walk, please make sure you review the following safety tips:

- Walk with a buddy - it not only makes the walk more enjoyable, but there is also safety in numbers.
- Always tell someone where you are going and what time you expect to return from walking.
- Wear bright colors or reflective clothing while walking to make it easier for cars to spot you.
- Carry water and a cell phone with you while you walk.
- Be aware of your surroundings. If you walk while listening to music make sure to adjust the volume so you can still hear noises such as traffic, dogs barking and bike traffic. Look for cracks in the pavement, wildlife and other hazards along your path.
- Always walk facing oncoming traffic if you are walking by a roadway.
- Vary your walking route.
- Walk during daylight hours.
- During the summer months, walk early in the morning or in the evening to avoid the extreme mid-day heat.
- If you are afraid of stray pets or the occasional wildlife in our area, try mall walking or walking at the Alameda Zoo Park. These self-contained walking routes are ideal locations to get out and move!

The basic things we were taught when we were youngsters still apply: before crossing the street – stop at the curb – then look left-right-left for traffic in all directions – cross when clear! Keep looking for vehicles as you cross!

A simple traffic safety message from OWAG

Walking Tips

Before You Start:

- If you have a medical condition, have had a recent injury or have not been physically active in recent years, it is a good idea to check first with your doctor before beginning a walking program.
- Invest in good some walking shoes. Quality walking shoes will help protect your feet.
- Wear comfortable clothing.
- Take the time to use the first and last several minutes of your walk to warm up and cool down by walking at a slower pace. Stretching before you exercise is always a good idea because it warms up your muscles.
- Invest in a pedometer. Using a pedometer is a great way to track your steps and monitor your progress.

As You Walk:

- Start slow and begin at a gradual pace.
- Roll your weight forward from heel to toe.
- To burn more fat, swing your arms as you go.
- To burn more calories, take quicker steps.
- Find a walking partner and challenge each other.
- Monitor your level of fatigue, heart rate and breathing.
- Walk at a pace that is comfortable for you.
- Hydrate; bring water to drink during your walking.
- Exercise smartly: pace yourself and choose an activity that you enjoy, increase your exercise program gradually, and pay attention to your body.
- Set realistic goals for yourself. Start with getting up and going out to walk - even for a few minutes, you have started on your way to better health.
- Foot health and walking information can be obtained from the American Podiatric Medical Association (**1-800-FOOTCARE or APMA.org**).

Walking With Your Pet

Our pets also need daily physical activity to stay healthy and should be active at least 20 minutes three times a day. They also can experience health concerns such as being overweight, heart disease, diabetes, cancer and joint ailments. We have a responsibility to our pets to provide them with a healthy lifestyle. They can make the best walking buddy because they never turn you down, no matter the weather or time of day. By starting a walking routine with your pet, you will find that you have a very enthusiastic and grateful companion.

Here are some simple tips to walk your dog safely:

- Adjust your dog's collar to where they can't slip their head through and slip two fingers to assure it's not too tight.
- Put your hand through the leash hand and wrap it around your hand for a better grip. Use a harness if your dog likes to pull. Harnesses allow for a better grip and more control. Also, the pressure is distributed more evenly when you pull so you aren't stressing the neck area.
- Make sure to bring water along for your dog and shorter and more frequent walks are better for older dogs and those with health issues such as arthritis.
- Remember when walking your dog they are pedestrians too!
- Leave your dog on leash when walking out in public. Check out the following dog parks where they can be off their leash and have the opportunity to socialize.
- **Be a responsible walker:** Any items produced by your dog should be cleared away and properly disposed of. This simple act will be greatly appreciated by those who follow in your footsteps.

Great things begin with a few small steps.



Walking With Your Pet

If you are looking to add a pet companion to your life, please check out the following resources:

City of Alamogordo Animal Control

439-4330

ci.alamogordo.nm.us

(go to Public Safety)

Animal Village NM

No-Kill Pet Adoption Center

(see below)

Note: The guide indicates pet friendly walking sites. Below are two community resources that provide open space for your pet to run free and socialize with other dogs and their companions.

Alamogordo Bark Park

East Fairgrounds Road off North Florida Ave.

ci.alamogordo.nm.us

(go to community services - parks)

Animal Village

7246 HWY 54/70 - Alamogordo, NM

animalvillagenm.com

*What a wonderful thing it is to have a pet companion
and a reason to go out walking everyday!*

Nutrition and Physical Activity Resources

Nutrition and physical activity go hand in hand to create a healthy lifestyle. Listed below are resources that you may find useful:

Nutrition

Choose My Plate
choosemyplate.gov

American Dietetic Association
eatright.org/

Nutrition.gov
nutrition.gov/

Kids Eat Right
eatright.org/kids/

Recipes

aces.nmsu.edu/pubs/_e/
recipefinder.nal.usda.gov/

Physical Activity

2008 Physical Activity Guidelines for Americans
health.gov/paguidelines

White House Task Force on childhood Obesity
Report to the President
letsmove.gov

National Physical Activity Plan
physicalactivityplan.org

Alameda Park Zoo

1021 N. White Sands Blvd.

Trail Distance: .25 mile

Steps: 530

Difficulty: Grade 1

Trail Surface: Concrete side walks

Hours: Open 9:00 a.m. - 5:00 p.m. daily
(except Christmas and New Year's Day)

Lighting: Yes

Fee: 2 years and under free; 3-11 years
\$1.50; 12-59 years \$2.50; 60+ \$1.50;
membership passes available

Attractions: Fully accessible for people using
wheelchairs, walkers and strollers;
Butterfly Gazebo; animal sanctuaries;
playground; green spaces; picnic
tables; benches

Did you know ...

The Alameda Zoo is the
oldest zoo in the Southwest?





Nearby Major Cross Streets:

10th St. and
White Sands Blvd.

Public Facilities and Amenities:

Restrooms,
zoo gift shop

Parking:

Free public parking
located at entrance
to zoo



Alamogordo High School Track

Alamogordo High School Campus - Cuba Ave.
"Home of the Tigers"

Trail Distance: .25 mile loop

Steps: 530

Difficulty: Grade 2

Trail Surface: Rubberized track

Hours: Use during non-school hours: early morning, after school, weekends

Lighting: No

Attractions: Field; view of the mountains; some benches

Did you know ...

Alamogordo means "big, cottonwood or fat tree"?





Nearby Major Cross Streets:

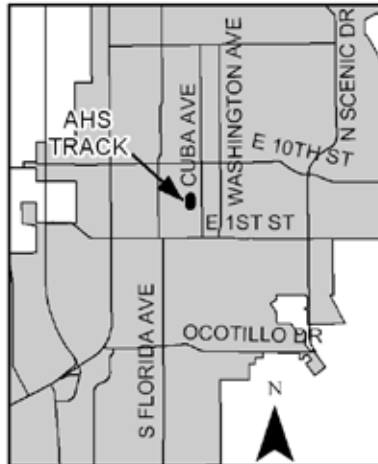
Cuba Ave., 1st St., 7th St.

Public Facilities and Amenities:

Benches, trash cans

Parking:

Available at the AHS School parking lot off Cuba Ave.



Indian Wells North Side Walking Path



Trail Distance: 1 mile one way

Steps: 2,120

Difficulty: Grade 2

Trail Surface: Asphalt

Lighting: Yes

Attractions: Fully accessible for people using wheelchairs, walkers and strollers; dog friendly on leash; grassy areas both sides of path





Nearby Major Cross Streets:

Pecan, Puerto Rico,
Florida Ave.;
White Sands Blvd.

Z-trans Transit:

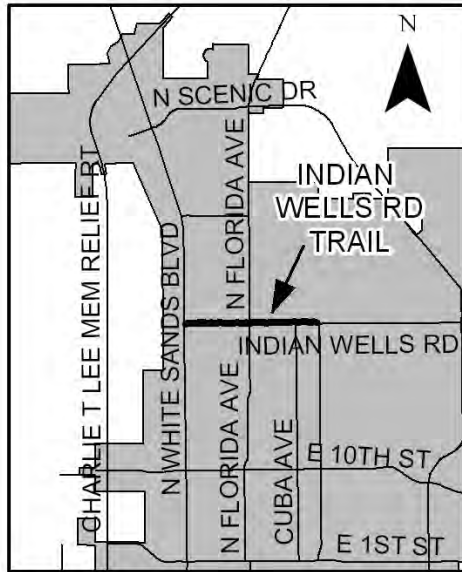
Cottonwood Route:
South Side Indian
Wells & Florida Ave.

**Public Facilities
and Amenities:**

Benches, trash cans

Parking:

On Pecan Ave.;
Alamogordo Senior
Center parking lot
off Puerto Rico Ave.



New Mexico School for the Blind and Visually Impaired Campus

1900 North White Sands Blvd.

Trail Distance: 1 mile loop

Steps: 2,120

Difficulty: Grade 1

Trail Surface: Concrete sidewalks

Hours: 6:00 a.m. - 9:00 p.m., early morning, after school and weekends

Lighting: Yes

Attractions: Fully accessible for people using wheelchairs, walkers and strollers; large shade trees along route; gazebo and rose garden; playground; green space; small loop track

Did you know ...

The school was opened in 1906 with a class of 21 students and Elizabeth Garrett, the composer of our state song, O Fair New Mexico, and Sherriff Pat Garrett's daughter taught at the school from 1907 to 1915?



— — — — — New Mexico S



Nearby Major Cross Streets:

White Sands Blvd.
and Indian Wells Ave.

Z-trans Transit:

Cottonwood Route -
Indian Wells

**Public Facilities
and Amenities:**

Benches, covered
picnic area

Parking:

Free parking available
in campus parking lots



North Scenic Drive

Trail Distance: 2 miles one way

Steps: 4,220

Difficulty: Grade 2

Trail Surface: Concrete sidewalk

Lighting: Yes

Attractions: Stroller walking; pet friendly on leash, grass and desert landscape along side of sidewalk, mountain scenery; panoramic view of basin

Did you know ...

The oldest wagon road in the Tularosa Basin was used to obtain salt?





Nearby Major Cross Streets:

East Indian Wells North
Florida Ave.

Z-trans Transit:

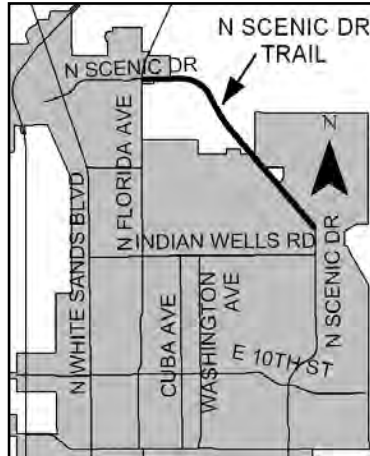
Cottonwood Route
New Mexico State
University-A

**Public Facilities
and Amenities:**

Shaded benches
along route

Parking:

Free parking NMSU-A
parking lot on the west
side of North Scenic



South Scenic Drive

Trail Distance: 2 mile loop

Steps: 4,220

Difficulty: Grade 2

Trail Surface: Concrete sidewalk, grass area and desert landscape both sides of loop

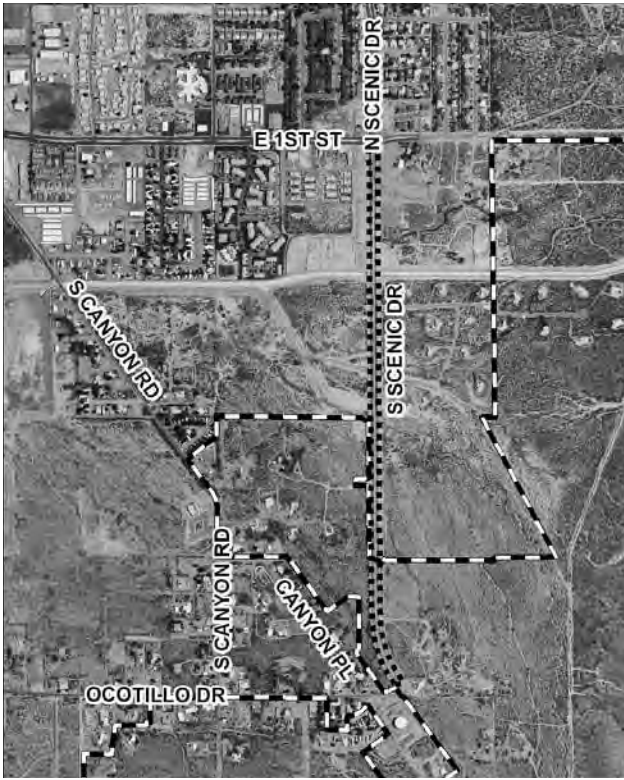
Lighting: Yes

Attractions: Stroller walking, pet friendly on leash, cover gazebo along route, wide panoramic view of the Tularosa Basin, mountain scenery including the Sleeping Lady of the Mountain

Did you know ...

When walking south on South Scenic Drive, you can view the “Sleeping Lady of the Sacramento Mountains”?



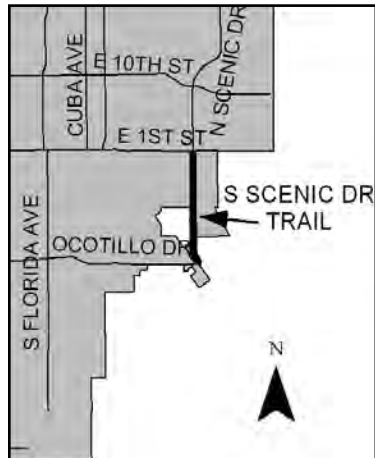


Nearby Major Cross Streets:
1st Street and South Scenic

Z-trans Transit:
Cottonwood Route - 1st & S. Scenic

Public Facilities and Amenities:
Trash cans and pet waste receptacles

Parking:
Street parking



White Sands Mall

3199 N. White Sands Blvd.

Trail Distance: .25 mile loop

Steps: 530

Difficulty: Grade 1

Trail Surface: Tile

Hours: Open for walkers 8 a.m.-9 p.m., Mon.-Sat.; noon-6 p.m. Sun.; enter through main or north doors

Lighting: Yes

Attractions: Fully accessible for people using wheelchairs, walkers and strollers; indoor; food court; shopping; Veterans Clinic

Did you know ...

White Sands Blvd. was once called Pennsylvania Ave. - the original sections of town had avenues named after states running north & south and numbered streets running east & west?





Nearby Major Cross Streets:

White Sands Blvd.

Z-trans Transit:

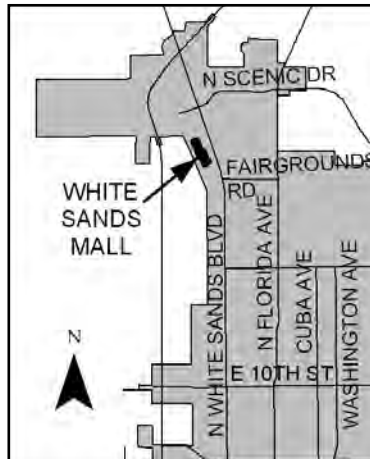
Cottonwood &
Mescalero Routes

**Public Facilities
and Amenities:**

Restrooms, benches,
trash cans

Parking:

Available in the Mall
parking lot



Tularosa High School Track

Tularosa High School Campus
"Home of the Wildcats"

Trail Distance: .25 mile loop

Steps: 530

Difficulty: Grade 1

Trail Surface: Rubberized track

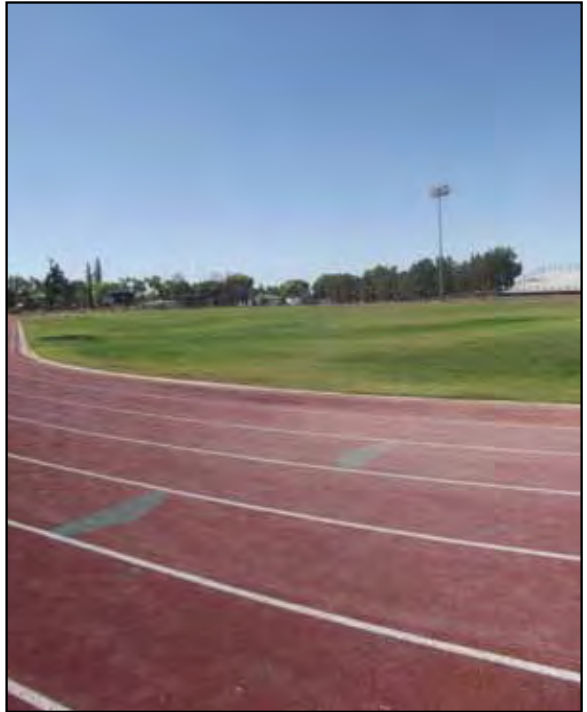
Hours: Early morning, after school,
weekends

Lighting: No

Attractions: Access field through two gates -
40-yard gravel path leads to asphalt
sidewalk, which leads to track.

Did you know ...

The Village of
Tularosa was
named for the red
or rose colored
reeds growing
along the banks of
the Rio Tularosa on
the north side of
the Village?





Nearby Major Cross Streets:

8th Street and
Bosque

**Public Facilities
and Amenities:**

Benches, trash cans

Parking:

Available in the
school parking lot



White Sands National Monument



On January 18, 1933, President Hubert Hoover established White Sands National Monument. Located on US 70, White Sands National Monument is 15 miles southwest of Alamogordo. Over 275 miles of gypsum sand rises from an ancient lake bed.



Lake Lucero, a source of the sand at White Sands, is a large playa that covers approximately 10 square miles. A playa is a shallow depression or low-lying area that fills temporarily with rainwater from storms. Most of the year, it is a dry lakebed. From the 1950 King Solomon's Mine to the 2009 Men Who Stare at Goats, this unique terrain has been the backdrop for many major films and commercials.

If you choose to take a break and go out and experience the beauty and serenity of this marvel of nature be sure to follow these safety tips:

- Stay hydrated! Make sure you have plenty of water on hand for yourself and your pet companion.
- Be sure to wear a hat and sunscreen. Sunburns are common as white sand reflects the sun. Wear light-colored clothing.
- Bring high energy foods such as granola bars or trail mix.
- Be cautious of lightning storms, which can occur even in the absence of rain.
- If you spot wildlife, be sure to observe from a distance. Do not touch or feed the animals!
- Stop by the Visitors Center for more safety information.



Hours:

Visitors center and park are open each day except Christmas Day. Hours vary by season - visit <http://www.nps.gov/whsa/planyourvisit/hours.htm> for details.

Fees to enter White Sands National Monument:

\$3.00 per person (good for 7 days with receipt)
 Children 15 years and under free

* Annual Pass: \$20.00 Admits pass holder and three people (16 and older) in a private non-commercial vehicle into the park

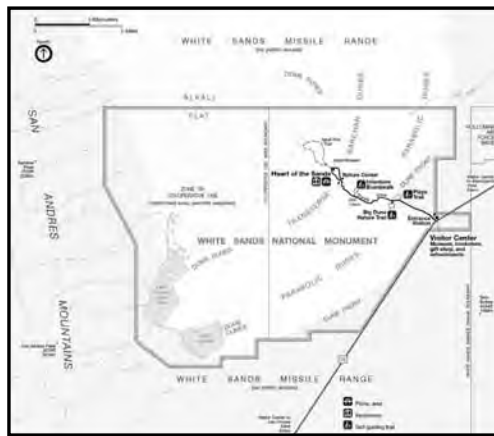
The following Interagency Passes admit pass holder and three people (16 and older) in a private non-commercial vehicle into any federal recreation area

*Interagency Senior Pass: \$10.00 U.S. citizens and permanent residents age 62 and older - lifetime passport

*Interagency Annual Pass (General Public): \$80.00

*Interagency Access Pass (Disabled U.S. Citizens and Permanent Residents): free - lifetime passport (documentation of disability necessary)

** Passports do not apply to special use fees, such as camping, Lake Lucero Tours and Bicycle Ride events.*



Interdune Boardwalk

Driving Distance from Visitor Center is 4.5 miles

Trail Distance: .33 mile roundtrip

Steps: 700

Difficulty: Grade 1

Trail Surface: Simulated wood decking

Hours: Seasonal Park Hours

For hours call 479-6124

Lighting: No

Attractions: Fully accessible for people using wheelchairs, walkers and strollers; the trail is an elevated boardwalk with handrails with a covered area with benches to rest halfway along the trail; this trail leads through a fragile interdune area to a scenic view at the top of a dune

Did you know ...

White Sands has the largest concentration of the pristine gypsum sand in the world covering 275 square miles?





Parking:

Park at the pullout marked “Interdune Boardwalk” just before the pavement ends at White Sands National Monument

Playa Trail

Driving Distance from Visitor Center: 2.5 miles

Trail Distance: .25 mile roundtrip

Steps: 530

Difficulty: Grade 3

Trail Surface: Packed sand/dirt

Hours: Seasonal park hours

For park hours call 479-6124

Lighting: No

Attractions: This is a level trail in White Sands National Monument that leads to a small playa. Like Lake Lucero, this smaller playa is a shallow depression or low-lying area that fills temporarily with rainwater from storms. Most of the year, it is a dry lakebed.

Did you know ...

Unlike most birds with feet that have three front toes and one back toe, New Mexico's state bird the roadrunner has feet with two front toes and two back toes and prefers walking or running up to 17 miles an hour to flying?





Parking:

Available at the pullout on the east side of the road into White Sands, just across from the Dune Life Nature Trail parking area

Lincoln National Forest

Located on US 82, the 20-mile ride takes you from the desert basin into rolling hills and valleys up to high mountain meadows. The main section of the Sacramento Mountains is part of the

Lincoln National

Forest. A

dramatic rise

in altitude

offers many

breathtaking

views of the

Tularosa Basin.

Along with

alpine recreation

activities the

forest has

several hiking

and backpacking trails. It is important to remember the

change in altitude when deciding to venture out onto one of

the selected trails. **These trails take special consideration:**

not only are there altitude changes but the forest also is much

cooler than the basin - the actual temperature varies with

season. The terrain is rough and you should be prepared to

see local wildlife. The Lincoln National Forest offers many

useful maps to assist you in locating the various trails and

picnic areas. The Alamogordo office is located at 3463 Las

Palomas.



Did you know ...

Cloudcroft Vista Tunnel is the only highway tunnel in New Mexico?



If you choose to go out and experience the pleasure of reconnecting with nature, follow these safety tips:

- Let someone know where you are going and when you plan to return.
- Hike with a partner.
- Read all the trail head signs and follow local regulations.
- Stay on the designated trail.
- Don't hike in the dark.
- Leave your pets at home . Pets may attract bears and mountain lions. If dogs are permitted, keep them on a short leash so they don't upset wildlife.
- Carry EPA registered bear pepper spray.
- Stay hydrated! Make sure you have plenty of water on hand for yourself.
- Be sure to wear a hat and sunscreen.
- Bring high energy foods such as granola bars or trail mix for your walk.
- Be cautious of lightning storms, which can occur even in the absence of rain.
- If you spot wildlife, be sure to observe from a distance. Do not touch or feed the animals!
- Parking varies depending on trail site, most are roadside parking and can be limited in some areas.

Leave no Trace

Before you leave the forest, remember this motto:

“Pack out what you pack in”

**so you will leave the forest trail in good condition
for those who will follow your footsteps.**

*Today I have grown taller
from walking with the trees.*

Karle Wilson Baker

Grandview Trail #130

High Rolls, NM

Trail Distance: 1.3 miles - starting point and terminus for this trail are both on FR 162C (also called CR A 060); users could make this into a loop hike by walking .38 miles along the road

Steps: 3,360 - complete loop

Difficulty: Grade 3

Special Consideration - Elevation from 6,132 feet to 6,334 feet

Trail Surface: Varies from fairly flat gravel railroad grade to rocky, slightly undulating slopes that contour with the surrounding environment

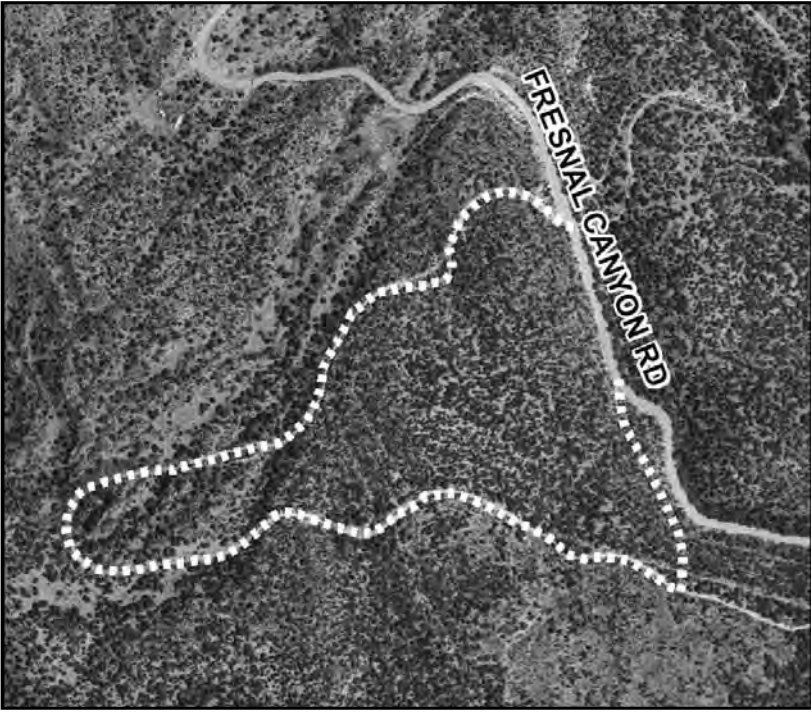
Lighting: No

Attractions: The trail follows part of the original railroad grade used by the Alamogordo and Sacramento Mountain Railway

Did you know ...

Along this trail there are three colorful interpretive panels provided by New Mexico Rails-to-Trails Association?



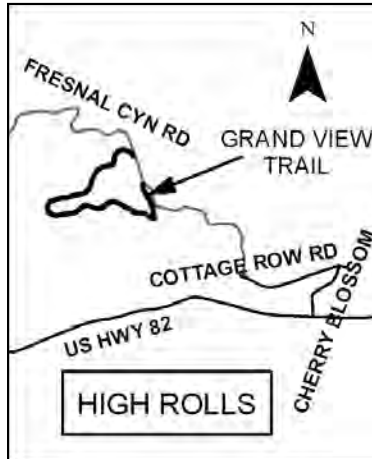


Public Facilities and Amenities:

No public facilities.
 A covered ramada with a bench .53 miles into the hike and offers spectacular panoramic views of White Sands, the Tularosa Basin and the San Andres Mountains.

Parking:

Limited, off road parking is available at the northern trailhead.



La Pasada Encantada Trail #233

Trail Distance: 0.4 loop

The starting point is Forest Road 24 B
(Sleepygrass Campground Road)

Steps: 800

Difficulty: Grade 3

Special Consideration - Elevation

Trail Surface: Pea size gravel trail surface

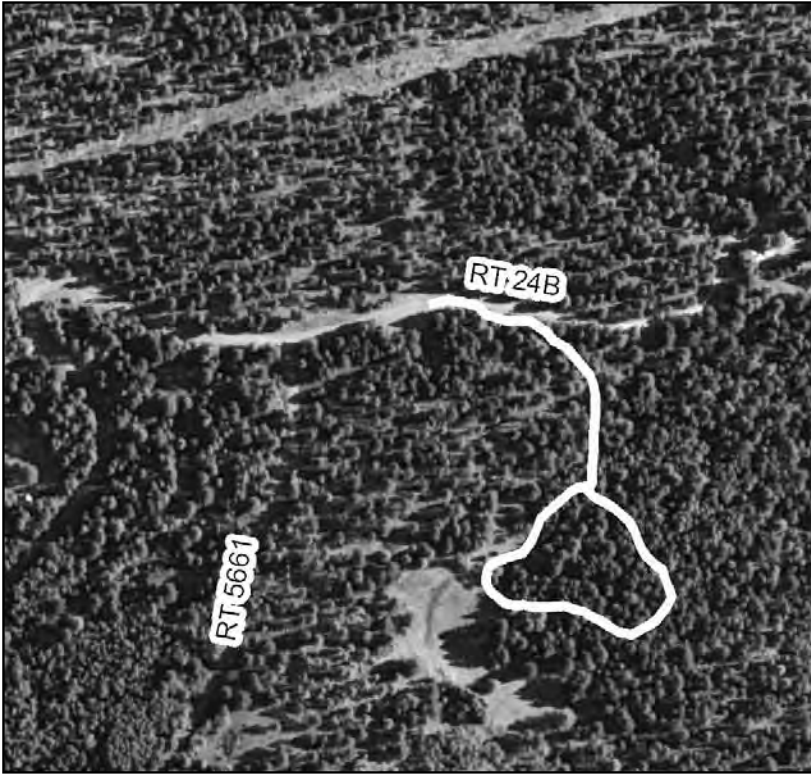
Lighting: No

Attractions: The U.S. Forest Service, with students from the New Mexico School for the Blind and Visually Impaired, designed this trail to create an experience and interpretive walk for those that are visually handicapped. Braille interpretive signs direct users to feel and touch nature; to feel the bark of a young tree compared to an old tree, to feel and count the rings of a tree to determine age, to feel fossils in rocks, to walk the length of a downed tree to understand the height. The entire trail is lined with 6" x 6" posts providing excellent cues on the direction of the trail. This is truly a unique trail and a great place to learn, get fit and escape the heat.

Did you know ...

The rocks that comprise the Sacramento Mountains were formed by an inland sea?





Public Facilities and Amenities:

Picnic table and benches conveniently spaced throughout

Parking:

Paved parking lot



Overlook Trail (T5001B)

Trestle Recreation Center - Cloudcroft NM

Trail Distance: .2 mile

Steps: 400

Difficulty: Grade 3

Special Consideration - Elevation
8,835 ft.

Trail Surface: Blacktop

Hours: Seasonal

Entrance Fees: No

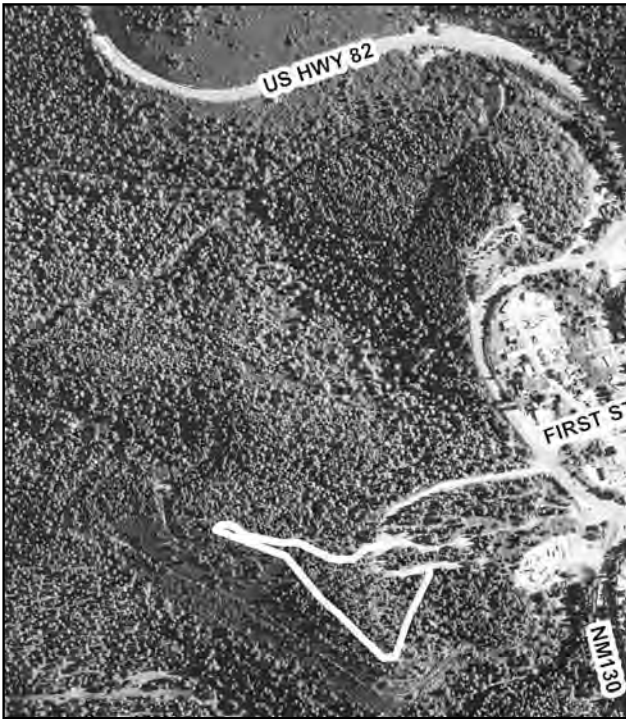
Lighting: No

Attractions: Wheelchair accessible loop hike in the Trestle Recreation Area on the outskirts of Cloudcroft; picnic area with grills, trash cans, drinking water, and an interpretive kiosk with brochures are available; a replica of the exterior of Cloudcroft's final railroad depot houses restrooms.

Did you know ...

The former Alamogordo and Sacramento Railway is also called the "Cloud-Climbing" Railway?



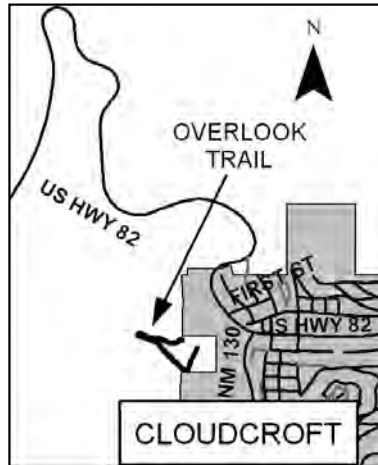


Public Facilities and Amenities:

On the hike is the Overlook Platform, with bench and interpretive panel, offering a great place to sit and enjoy spectacular views of the Tularosa Basin, including White Sands.

Parking:

Available at the Trestle Recreation Center





Other Walking Areas/Parks/ Green Spaces


Otero County has a variety of walking areas, from neighborhood sidewalks, through local parks and green spaces to desert walking trails.



Remember as you plan your walk be mindful of your current physical stamina and health condition and as you are walking always be aware of your physical surroundings.






In the Alamogordo area you will find:

-   Alameda Park – This park and family recreation area is located along White Sands Blvd. north of the Alameda Zoo. A rough grassy walking path loops around the park. There are picnic tables, a cover gazebo and a children’s playground. In the northern section of the park is the Toy Train Depot; the train track runs through the park.

-  Desert Foothills Park and Trail – This wilderness park is located at the top of 1st Street and offers cover picnic tables along with a wilderness trail.

-   Kids Kingdom – This playground and park is between Washington and Oregon Ave. off Indian Wells.

-    Los Alturas is a cul-de sac with a small park enclosed by a sidewalk. This area is located off 10th Street and Bellahmah.





NMSU-A Fitness Trail – This is located across the street from the NMSU-A campus parking lot access. This desert walking trail runs parallel to the North Scenic Dr walking area. The trail loops through desert landscape and offers wheelchair and stroller access to a portion of the trail path. There several covered benches located along the loops.



Washington Park & Washington Ave. walking path – The park space is located off of South Washington Ave. and 1st St. and offers a children’s playground, the Alamogordo Skate Park, open green space and a covered picnic area. The walking path starts off of Cuba Ave. and 1st St. goes alongside the drainage ditch to Washington Ave. and goes up to 10th St.

Holloman Air Force Base: For active and retired military members and others who have daily access to the base the Pete Domenici Fitness and Sports Center offers and indoor track.

New Mexico State Parks:



Oliver Lee State Park

409 Dog Canyon

HWY 54 South

For park information visit:

emnrd.state.nm.us/prdloliverlee.htm

*Everywhere is within walking distance
if you have the time.*

Steven Wright

Prescription Trails Partners

City of Alamogordo

ci.alamogordo.nm.us

Alamogordo School District

aps4kids.org

LAL Nutrition Consulting – Nutrition for Life And Living

lalnutrition.com

Lincoln National Forest Service

fs.fed.us

New Mexico Department of Health

health.state.nm.us/phd/dist3index/htm

New Mexico Health Care Takes On Diabetes

nmtod.org

New Mexico Prescription Trails Program

precriptiontrailsnm.org

Otero County Community Health Council

oterocommunityhealthcouncil.org

Presbyterian Medical Services

pms-inc.org

White Sands National Monument

nps.gov/whsa/index.htm

Prescription Trails Steering Committee Members

Bob Woods – Chair - Otero County Walkability Advocacy Group
(OWAG); Walk Otero – Otero PATH Inc.

Maureen Schmittle – New Mexico Department of Health – Otero County
Public Health-Health Promotion

Tammy Fisher – UNM Center for Injury Prevention Research &
Education (CIPRE)

Charm Lindblad – New Mexico Takes On Diabetes

Lee Ann Loney – Otero County Community Health Council; LAL
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Diana Klump – Otero County Community Health Council

Raginee Mendoza – Otero County Community Health Council

Janice Armstrong – City of Alamogordo – Alamo Senior Center

Kim King – City of Alamogordo- Grant Coordinator

Mark South – City of Alamogordo-Community Development

Ronnie Ortega – City of Alamogordo – Alamo Senior Center

Brad Bolton – Lincoln National Forest

Peg Crim – Lincoln National Forest

Ron Hannan – Lincoln National Forest

Kevin Schneider – White Sands National Monument

Julie Baker – Presbyterian Medical Services – Tularosa Clinic;
Sacramento Clinic

Lisa Patch – Alamogordo Public Schools

Denise Syling – Boys & Girls Club of Otero County

Kerri Rice – Girls Scouts of the Desert Southwest

Kimmie Jordon – Mental Health Rehabilitation Services

Kelly Knight – Otero County Extension Office

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For questions or suggestions on how to improve this
guide, please contact:

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*Me thinks that the moment
my legs begin to move,
my thoughts begin to flow.*

Steven Wright

Want a Challenge?

Explore and get to know your neighborhood, find out where your sidewalk takes you. A simple step outside your front door and along your neighborhood streets can start you on your way to establishing a daily walking routine.

Set aside time everyday for you to get out and walk.

Set your own pace, make realistic goals for yourself.

Take walks with a friend

Walk with your pet(s)

Keep track of your walk, the time engaged in walking or physical activity, and count your steps using a pedometer. Bring that information to your health care provider to discuss.

Use the walking log located in this guide.

*After dinner sit awhile,
after supper walk a mile.*

Old English Proverb



PRESBYTERIAN MEDICAL SERVICES



Tularosa Medical Center
(575) 585-1250

Women's Primary Health Care Services

- Well-women annual exam
- Cervical exam
- Breast exam
- Cardiovascular health
- Health maintenance
- Endocrine Disorders - diabetes, thyroid, osteoporosis, lipids, hypertension

Barbara Kaneski, NP

We're Here For You!

Call (575) 585-1250 for an appointment

111 Central Avenue ■ Tularosa, NM

www.pms-inc.org



One step at a time is good walking.

Old Proverb



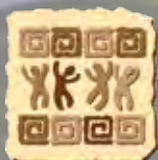
Girl Scouts



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Otero Walkability Advocacy Group



Center for Injury Prevention Research
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