

CHP Founding Partners

- AARP Elmira Chapter 276
- Arnot Ogden Medical Center
- Association for Vision Rehabilitation and Employment
- Chemung County Health Department
- Chemung County Department of Aging and Long Term Care
- Chemung County School Readiness Project
- Chemung Valley Rural Health Network
- City of Elmira, Department of Community Development
- City of Elmira, Department of Public Works
- Classic Café
- Community Members
- Cornell Cooperative Extension
- Economic Opportunity Program
- Elmira City School District
- Food Bank of the Southern Tier
- Head Start
- Hill Top Inn
- Near Westside Neighborhood Association
- Southern Tier Pediatrics
- Southern Tier Tobacco Awareness Community Partnership
- St. Joseph's Hospital
- Starlite Room
- Tanglewood Nature Center & Museum
- United Way of the Southern Tier

BACPAC/ECTC

The Bicycle Advisory Committee and Pedestrian Advisory Committee guides planning and implementation of bicycle and pedestrian improvements in Chemung, Schuyler, and Steuben Counties and is coordinated by the Elmira-Chemung Transportation Council. For information contact ectc@stny.rr.com or 607-737-5510.

Friends of the Chemung River Watershed

The Friends of the Chemung River Watershed work to preserve and promote the 45-mile-long Chemung River and encourage people to better use, enjoy and respect it. For information contact www.chemungriverfriends.org or 607-846-2242

Southern Tier Bicycle League (STBL)

The STBL promotes year-round bicycling in the Southern Tier of New York through educational and recreational cycling activities for people of all ages and abilities. They are coordinating a free Bikeshare Program where people can borrow a bike for a ride and then return it – see map for locations. For information: www.southern-tier-bicycle-league.org

PARKS

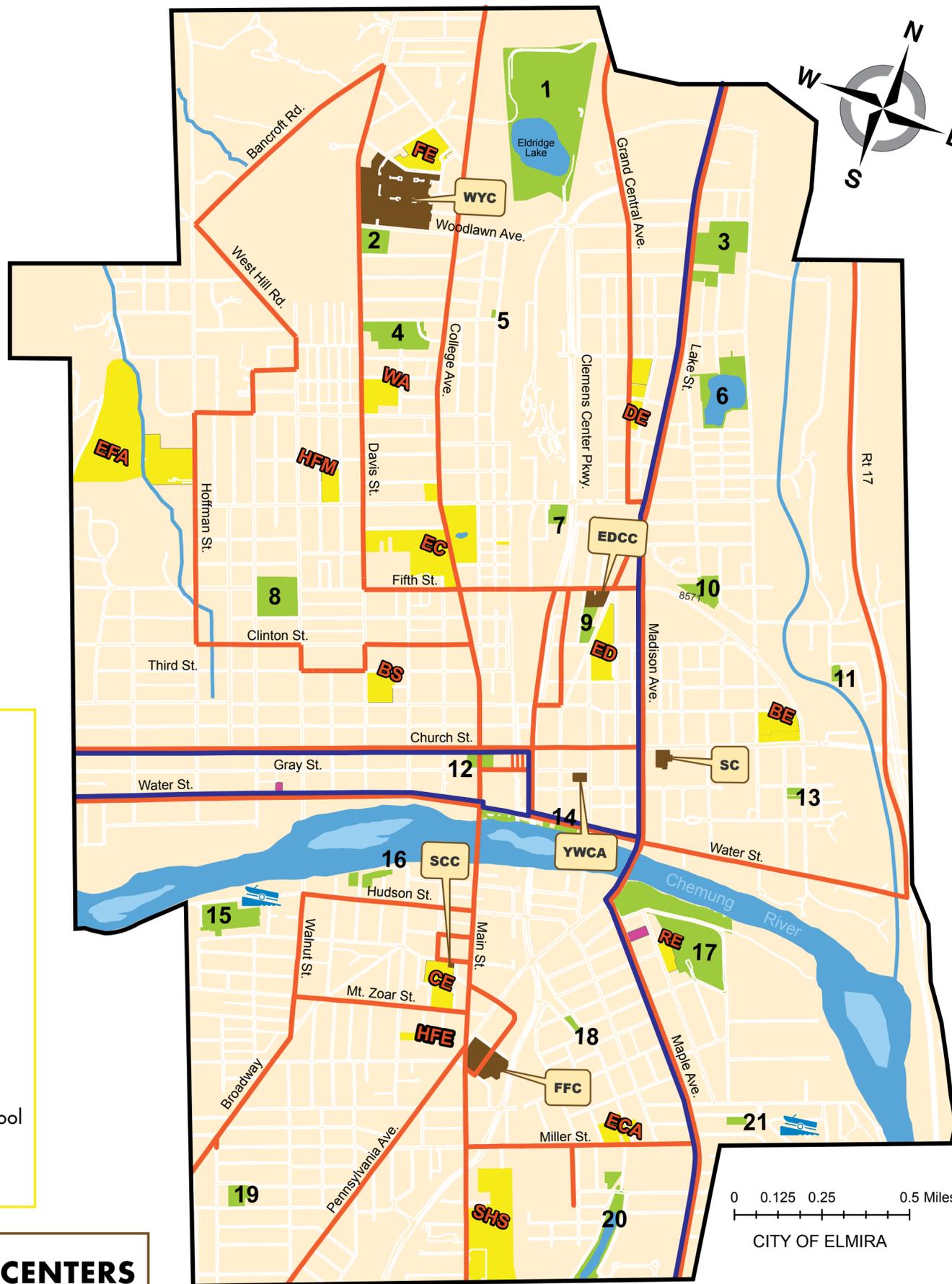
- 1 Eldridge Park
- 2 Hathorn Park
- 3 McKinnon Park
- 4 Pulaski Park
- 5 Magee Street Park
- 6 Brick Pond
- 7 Patch Park
- 8 Grove Park
- 9 Ernie Davis Park
- 10 Quatrano Park
- 11 Frank A. Rhode Park
- 12 Wisner Park
- 13 Blandford Park
- 14 Mark Twain Riverfront Park
- 15 Jim Nelson Park
- 16 Katy Leary Park
- 17 Brand Park
- 18 Sly Street Park
- 19 Cypress Street Park
- 20 Miller Pond
- 21 Gaines Street Park

SCHOOLS

- FE** Fassett Elementary School
- EFA** Elmira Free Academy
- WA** Washington Alternative High School
- DE** Diven Elementary School
- HFM** Holy Family Middle School
- EC** Elmira College
- BS** Booth School
- ED** Ernie Davis Middle School
- BE** Beecher Elementary School
- CE** Coburn Elementary School
- RE** Riverside Elementary School
- HFE** Holy Family Elementary School
- ECA** Elmira Christian Academy
- SHS** Southside High School

COMMUNITY CENTERS

- WYC** Woodlawn Youth Center
- EDCC** Ernie Davis Community Center
- SC** Senior Center
- YWCA** YWCA
- SCC** Southside Community Center
- FFC** Family Fitness Center



BIKE ROUTES

NYS Bike Routes 14 & 17

BUS ROUTES

BIKE SHARING

Bike Sharing Program locations

Painted Lady Bed and Breakfast - 520 West Water St. Christmas House - 361 Maple Ave.

Get Active in Elmira



Be healthy by living & eating well.

CREATING HEALTHY PLACES

Creating Healthy Places to Live, Work and Play is an initiative funded by a grant from the New York State Department of Health awarded to Arnot Ogden Medical Center, working in collaboration with over 30 Community Partners, to reduce and prevent obesity, type 2 diabetes and other chronic diseases. The grant will fund sustainable policy systems and environmental changes through programs that will make Chemung County a healthier place to live:

- ... by improving parks and playgrounds
- ... by making it easier and safer to get to places to play
- ... by creating community gardens to provide fresh fruits and vegetables
- ... by working with restaurants to make eating out healthier

For further information about the Creating Healthy Places initiative contact www.cityofelmira.net or 607-737-5691.



ELDRIDGE PARK

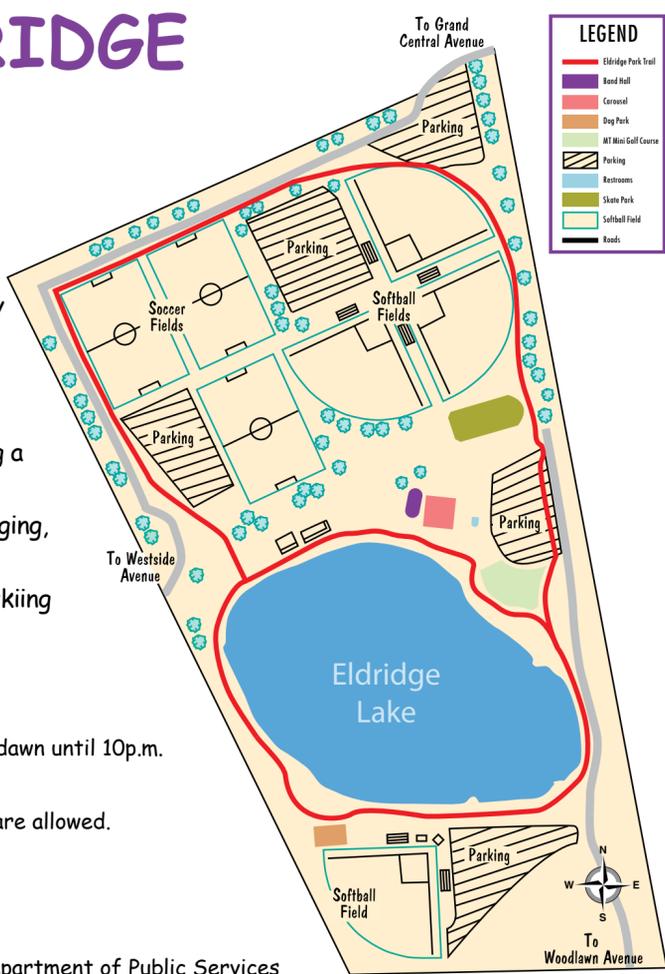
The newly renovated Eldridge Park offers a variety of recreational facilities for the whole family, including a 1.4 mile trail for walking, jogging, rollerblading, cross-country skiing and bicycling.

Hours:
Open daily from dawn until 10p.m.

Pet Policy:
Dogs on leashes are allowed.

Information:
607-737-5750

Operated by:
City of Elmira Department of Public Services

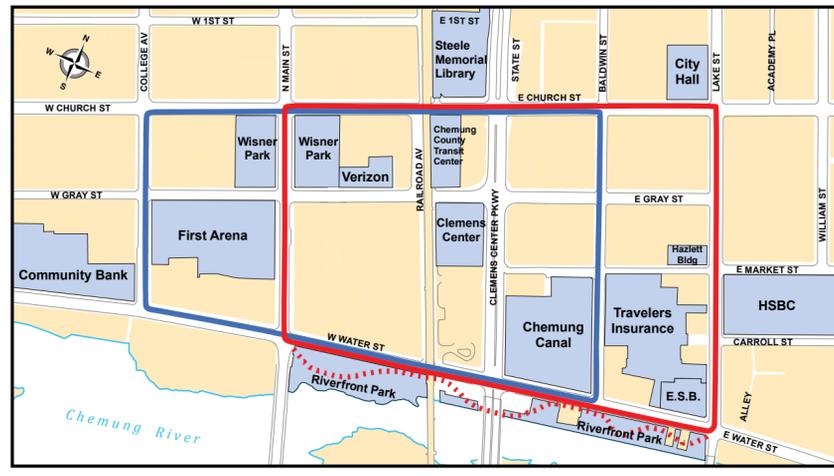


DOWNTOWN ELMIRA WALKING ROUTES

Blue Route
Red Route
Riverfront Park Alternative Route



1 Mile Footprint Routes



LYME DISEASE PREVENTION

- Wear appropriate clothing. Light-colored clothing to spot ticks easily. Long-sleeved shirts buttoned at the wrist. Long pants tucked into socks or boots. A hat.
- Consider insect repellent. Deet on skin, or Permethrin on clothing.
- Stay in the middle of the trail and avoid brushing against vegetation.
- Check for ticks every few hours, with a full body tick-check at the end of the day.
- Remove any tick as soon as you find it. Use tweezers to grasp the tick near its mouthparts, as close to the skin as possible. Pull steadily and firmly until the tick lets go. Apply rubbing alcohol or peroxide to the bite site.



For Information contact the Chemung County Health Department, 607-737-2028 - www.chemungcountyhealth.org

BICYCLIST'S, PEDESTRIAN'S, MOTORIST'S EVERYONE'S SAFETY TIPS

Our street and road network is for all users – unless specifically prohibited.

Pedestrians, bicyclists, and motorists must follow all applicable Department of Motor Vehicle laws.

BE ALERT, DISTRACTION KILLS
- travel requires concentration whether walking, bicycling, or driving.

Bicyclists should ALWAYS wear a helmet – properly.



Be visible – bicyclists and pedestrians should wear bright, reflective clothing.

Be especially vigilant at night or during inclement weather.

New York State laws require front and rear lights for bikes at night.

Be predictable and make eye contact.

Always bike with and walk against traffic – it's the law.

Use pedestrian signals where available.



For more safety tips, go to the Governor's Traffic Safety Committee: www.nysgtscc.state.ny.us

ELMIRA PROMENADE

Under Development
www.elmirapromenade.org



WHY BE ACTIVE?

Get Physically Active

- Improve your overall health.
- Prevent high blood pressure, overweight and obesity problems, heart disease, diabetes, and some cancers.
- Improve your energy, mood, productivity, brain power, and concentration.
- Improve your sleep.
- Increase your sense of well-being.

Safety Precautions

- Drink plenty of water before, during, and after exercise.
- To prevent injury, do 3 to 10 minutes of warm-up and cool-down exercises before and after physical activity.
- Wear loose-fitting, layered clothing and comfortable shoes that give your feet and legs support.
- If you wear headphones, take caution to be able to hear what is going on around you.
- Wear reflective or bright-colored clothing if you are outdoors at night.
- Wear sunscreen with an SPF of at least 30.

It's Easy!

- Choose activities that are fun and enjoyable.
- Start slowly and ease into it; raise the level gradually.
- If you can carry on a conversation while being active, you are at your "comfort zone" for exercise.
- Your goal should be to work up to 30 minutes a day, most days of the week.
- Don't overexert yourself, especially on hot, sunny days.

For more health information contact Health on Demand at 607-737-4499

LACKAWANNA TRAIL

