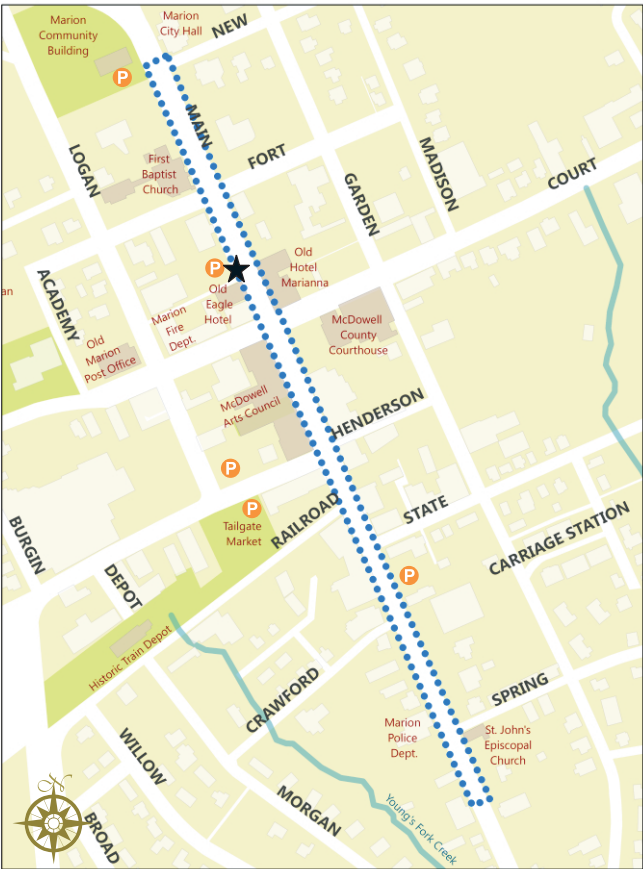


Main St Loop



Market Walk



Downtown 5K Challenge



Getting More Out of Your Routine

Understanding Your Heart Rate & Improving Your Fitness Regime

Monitoring heart rate during a fitness routine can be useful in determining how hard your working in order to reach your fitness goals.

For a quick measurement of your heart rate use two fingers on the side of your neck to count the number of heart beats in 10 seconds, multiply that number by six. For example if you count 10 beats multiply that by 6. You should get 60 bpm (beats per minute).

10 x 6 = 60 heart beats per minute (bpm)

An adult's average resting heart rate is typically between 60 and 80 bpm. Athletes tend to have a lower bpm as a result of physiological changes that occur as a result of regular exercise, while a child's heart rate is based on age.

The American Heart Association recommends exercising somewhere between 50 and 85 percent of your maximum heart rate.

Calculating Healthy Target Heart Rate for Men:

One of the easiest ways to calculate your maximum heart rate is to subtract your age from 220 and then multiply the total by the desired percentage of maximum bpm.

EXAMPLE:

20 yr old male – 220 = maximum 200 bpm
200 bpm x 0.50 (50%) = 100 bpm and 200 bpm x 0.85 (85%) = 170bpm

A Healthy Target Rate During Exercise Would Equal 100bpm and 170 bpm

Calculating Healthy Target Heart Rate for Women:

One of the easiest ways to calculate your maximum heart rate is to subtract 88% of your age from 206 and then multiply the total by the desired percentage of maximum bpm.

EXAMPLE:

20 yr old female x 0.88 = 18 – 206 = maximum 188 bpm
188 bpm x 0.50 (50%) = 94 bpm and 188 bpm x 0.85 (85%) = 160bpm

A Healthy Target Rate During Exercise Would Equal 94 bpm and 160 bpm

30 to 60 minutes of exercise in your target heart rate zone an average of three to four times a week is ideal for maintaining a healthy lifestyle

Other Tips

Before walking or running eat fruits or vegetables that are low in fiber such as bananas, plums, cherries, tomatoes, or peaches. Avoid high fiber foods, high-fat foods, and caffeine, which can all cause stomach and other gastrointestinal problems. Wait at least an hour after eating to avoid cramps during exercise.

Consuming water before, during, and after physical activity is necessary to stay hydrated and to maintain performance levels. Likewise too much water can also be harmful. Drinking 8 to 16 ounces of water at least 15 minutes before working out; 4-8-oz. water every 15-20 minutes to replace what is being lost during the workout; and 16-24 oz for every lb. lost after a workout are all recommended. Feeling lightheaded, uncoordinated, or experiencing muscle cramps are all signs of dehydration, which if left untreated could lead to heat exhaustion or heat stroke.

A 4:1 ratio carbohydrate (4 grams) to protein (1 gram) diet is recommended within 30 minutes of exercising, measured based on 0.3-0.6 grams of carbohydrate for each pound of body weight. Eating a high carbohydrate and protein meal or snack such as pasta, certain fruits and vegetables, and meat aids greatly in replenishing glycogen within the muscles which aids in recovery and greater ability to maintain a consistent training regiment.

Some medications and medical conditions can affect your heart rate. You should always consult your doctor first before starting any new exercise program.

Source: American Heart Association

COMMUNITY WALKING

TRAIL MAP

Legend

- ★ Suggested Start/Trail Head
- Walking Trail (color coded by trail)
- Peavine Rail Trail
- Streams & Creeks
- P Public Parking
- Building Footprint
- Historic Sites
- Parks

Roy Williams Walk

The Roy Williams Walk is a popular trail for UNC Basketball enthusiasts. This walking trail begins at Marion City Hall in front of the Roy Williams Historic Marker and loops past the old hospital where Williams was born. The trail also offers a scenic stroll through the residential neighborhoods of Madison, Garden and Crescent Drive, which are lined with many Victorian homes built at the turn of the 20th Century. Sidewalks are offered along a majority of this route with the exception of Crescent Drive, which has a historic Olmsteadesque streetscape and low-volume residential traffic .

Length: 1.0 mile

Difficulty Level: Medium

Elevation: Beginning/End: 1465 feet
Highest: 1535 feet, Lowest: 1426 feet
Cumulative Elevation Gain: 125 feet

Average Grade: 4.4%

Special Highlights:
Route with historic highlights and some of Marion's finest historic architecture.

Courthouse Killer

Don't let the length of the Courthouse Killer fool you; this half mile course is short but has a deadly incline that is a killer on the calves and other core muscles. This trail begins and ends at the intersection of Main St. and Court Street across from the County Courthouse. This route not only provides the greatest inclines of any downtown trail, it can also be added to any other walking trail to provide additional strength training and/or cardio to any fitness routine.

Length: 0.5 Miles

Difficulty Level: Difficult

Elevation: Beginning/End: 1436 feet
Highest: 1447 feet Lowest: 1407 feet
Cumulative Elevation Gain: 59 feet

Average Grade: 4%

Special Highlights:
Steep terrain and offers opportunities for creating versatile fitness routines.

Big T Trail

The Big T Trail begins at the Gazebo on North Main Street centrally located to public parking. This loop trail takes advantage of the area's rolling topography and can be tailored to any fitness level. Beginning in a northerly direction the trail offers a slightly more challenging course including steeper gains over a shorter distance and more gradual declines. Alternatively, walkers who begin in a southerly direction will encounter more gradual inclines and steeper declines. A majority of the course is located on sidewalks with signalized crosswalks, however caution is recommended at the Garden St railroad crossing where no sidewalk or pedestrian crossing signal is available.

Length: 1.70 miles

Difficulty Level: Medium

Elevation: Beginning/End: 1436 feet
Highest: 1476 feet, Lowest 1385 feet
Cumulative Elevation Gain: 112 feet

Average Grade: 2.8 %.

Main Street Loop

The Main Street Loop is a popular route for downtown residents and those wanting to squeeze in some mid-day exercise while at work. It begins at the Gazebo Parking Lot next to Brown Drive and encompasses all of the Main Street Historic District. The Loop is a great route for group walkers because it offers the widest sidewalks in town. It also offers several signalized crosswalks and mid-block crossings for those who prefer the added safety or need to shorten their walk to accommodate a tighter schedule.

Length: 1.05 miles

Difficulty Level: Easy

Elevation: Beginning/End: 1436 feet
Highest: 1447 feet, Lowest: 1373 feet
Cumulative Elevation Gain: 75 feet

Average Grade: 2.4%

Special Highlights:
Best days to walk are in the mornings and evenings to avoid rush hour traffic. Great opportunity to window shop, enjoy some of Marion's finest historic architecture.

Market Walk

The Market Walk is a great route for those interested in a more laid back leisurely stroll, and offers some of the best sights in the downtown area. The trail begins and ends at the Historic Marion Train Depot (listed on the National Register of Historic Places) parking lot, and heads east past the Marion Tailgate Market Pavilion before crossing West Henderson Street at the crosswalk and heading west towards Railroad St. The trail loops around Morgan St. and Main St. before returning to the Depot.

Length: 1.93 miles

Difficulty Level: Medium

Elevation: Beginning/End: 1397 feet
Highest: 1447 feet, Lowest: 1372 feet
Cumulative Elevation Gain: 112 feet

Average Grade: 2.5%

Special Highlights:
Best days to enjoy this walk are on Tuesdays 3:00pm to 6:00pm and Saturdays 9:00 to 12:00pm May through September to pickup fresh local produce or watch a healthy cooking demonstration at the tailgate market; or catch live bluegrass music every Thursday evening from 6:00pm to 9:00pm at the Historic Train Depot.

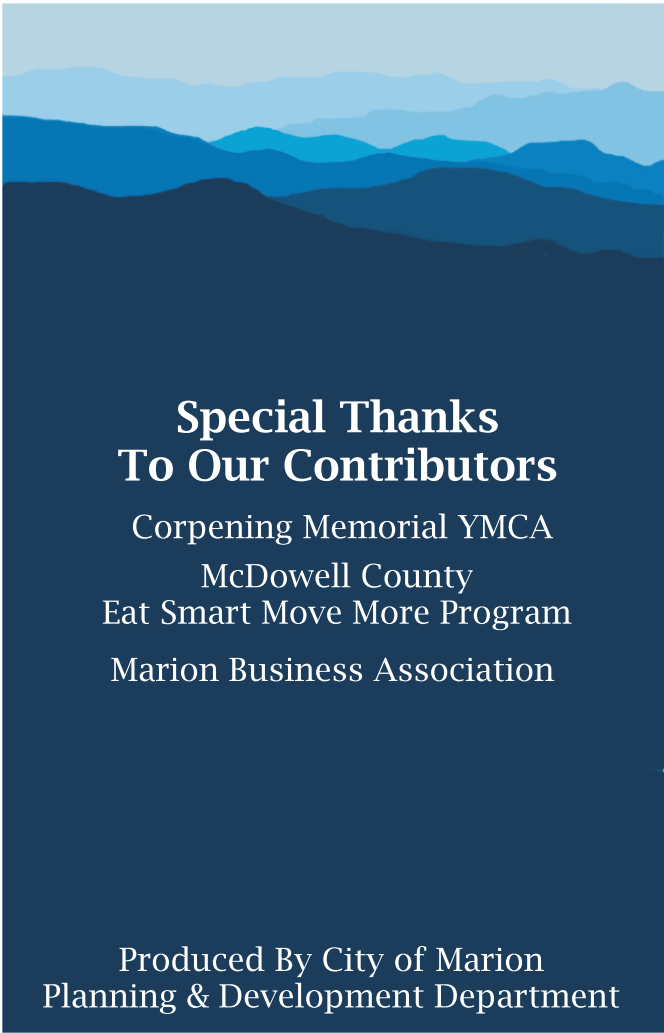
Downtown 5K Challenge

The Downtown 5K Challenge begins next to the Marion Community Building parking lot. This route is listed as difficult due to its length and course characteristics including both asphalt and crush gravel surface, and steep elevation. This course is sure to help you train for your next race or just get the heart rate up for those cardio junkies brave enough to take on the challenge. The course is 3.11 miles, equivalent to a 5K and loops around the outside of the central business district. Parking is available at both the upper and lower level of the of the Community Building. You can also begin the course in multiple other locations where public parking is provided.

Length: 3.11 Miles

Difficulty Level: Difficult

Beginning/End: 1447 feet
Highest: 1473 feet, Lowest 1364 feet
Cumulative Elevation Gain 141 feet
Average Grade: 3%



Roy Williams Walk



Courthouse Killer



Big T Trail



For Your Safety

LOOK BOTH WAYS BEFORE CROSSING

Not all pedestrian crossings are designated, therefore look both ways before crossing all public and private right-of-ways including streets, railroad crossings, and private driveways.

SAFETY IN NUMBERS

Consider exercising with a partner or with a group. It's more fun and someone can call for help in case of accident or emergency.

REPORT SUSPICIOUS ACTIVITY

Downtown Marion is a safe and family-oriented destination; however for your safety it's always better to be vigilant about your surroundings and report any suspicious activity.

For Non-Emergency Assistance
contact the Marion Police Department
between the hours of 8am-5pm at 652-5205
After 5pm Contact 652-3231
For Emergency Assistance Call 911

The Walking Trail Pocket Guide and individual trail maps can be downloaded in pdf format from the City of Marion website at www.marionnc.org. Individual walking trail maps can also be downloaded for mobile use at www.mapmywalk.com (requires free registration).

Disclaimer: The City of Marion is not affiliated with the Map My Walk website, and is not responsible for its content, material, or advertising.