

# The Kendall County Walking Guide

A community guide to help you  
walk your way to fitness.



Compiled By:  
**Kendall County Health Department**  
811 W. John St.  
Yorkville, IL 60560  
[www.kendallhealth.org](http://www.kendallhealth.org) (630) 553-9100

## Table of Contents

Benefits of Walking.....	3
Suggestions for Getting Started.....	4
Safety Tips.....	4
What should I wear.....	5
The “Do not’s” of Walking.....	6
You Can Do it/ Keep it up.....	7
Places to walk in Kendall County.....	8
Where to find more information.....	13

## ***Start Walking!***

More than 50% of Kendall County residents report being overweight or obese, conditions that contribute to the risk of chronic health conditions such as high blood pressure, diabetes, and coronary artery disease. Our growing lack of physical activity has helped to make the problem worse.

The good news is that we can easily do something to put physical activity back into our routines and it could be as easy as a walk around the neighborhood.

Walking is safe, inexpensive, and almost anyone can do it. The benefits of walking are numerous!

### **Walking:**

- Helps you to maintain a healthy weight
- Can help you lose weight and keep it off
- Has a low risk of side effects
- Help to reduce stress and relieve anxiety
- Enables you to sleep better
- Reduce your risk of developing many health problems.
- Boosts your immune system
- Gives you more energy
- Increases muscle tone and strength
- Improves bone density
- Helps to maintain range of motion and mobility
- Increases your cardiovascular fitness
- Provides time to enjoy your walking buddy or to be alone and enjoy nature.

Most importantly,

***Walking makes you feel good!***

## Suggestions for a Successful Walking Program

- Check with your doctor before starting this or any other physical activity program.
- Every time you walk:
  - Start with about a three minute warm-up walking slowly giving your muscles, especially your heart, a chance to adjust to an increase in demand.
  - Increase your walking speed to reach your target heart rate or until you perceive that you are “working harder”. If you haven’t been active lately, start out with a 10-15 minute walk and add 2-5 minutes each week.
  - End the way you started with a three minute cool-down of slow walking allowing your heart and blood pressure to return to normal.
- Gentle stretching can be done before and after your walk.

### Safety Tips:

It is always important when you are out walking to keep your safety in mind. Be aware of your surroundings and walk confidently. You want to have the right attitude and look like somebody who will be too much trouble to mess with. Also, remember to always tell someone your walking route. Some other items to consider:

- Have reflective clothing for nighttime walking
- Carry a whistle or some type of alarm
- Have a cell phone with you
- A walking buddy (safety in numbers)
- Choose a safe, pleasant place to walk
- Walk with an ID
- Man’s best friend is a great walking companion

## What should I wear?

### Walking shoes are your most important gear.

- There is no one perfect shoe.
- Selection of a walking shoe is a matter of personal choice; however, they must give you proper support, have flexibility (you must be able to bend and twist shoe) and cushioning.
- Walking shoes should be flat, and not have a flared heel.
- Walkers strike with the heel first; hence the reason to avoid a flared heel, a slightly undercut heel is most beneficial.

### Cold Weather:

There are **three cardinal rules** to remember when dressing for walking in cold weather and they include:

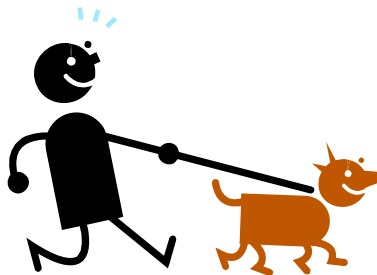
1. **Wick away moisture**- dressing in layers with your base layer as an appropriate wicking fabric
2. **Insulate**- layer two should consist of fleece or wool, this layer can be added or removed depending on personal preference
3. **Windproof/Waterproof**- your outer layer should be a jacket preferably with a hood to keep the elements out.

### Warm Weather:

1. **Tops:** breathable and sweat wicking. There are many micro-fiber fabrics today that breathe, but also wick sweat away from the body allowing for speedy evaporation and maximum coolness
2. **Shorts:** loose fitting shorts are important unless you are prone to chafing then bike-style shorts are recommended under your loose shorts.
3. **Hats:** hats with vents or mesh are recommended to allow your head to breathe.
4. **Sunscreen:** Always wear sunscreen with a SPF of at least 15.

## The “DO NOTS” of walking:

1. **Do not over-stride:** Use shorter quicker steps vs. longer steps to increase speed. Over-striding can result in painful shins.
2. **Do not wear the wrong shoes:** Your walking shoes are so important. A good fit with a flexible lightweight sole is best.
3. **Do not forget to use your arms:** The arms counterbalance the leg motion and add power and speed if they are used effectively. Arms should be bent at 90 degrees and should be swung back and forth opposite the leg motion.
4. **Do not walk with your head down:** Look UP! Good posture while walking allows for improved breathing and prevention of back, shoulder and neck problems. Your chin should be parallel to the ground. Focus your eyes on your path 10-20 feet ahead.
5. **Do not forget your water:** Drink a glass of water every hour throughout the day and one ten minutes before your walk. Continue to drink water during your walk and when you have finished drink another glass of water!
6. **Do not overdo it:** You do not want to burn yourself out. Take a day off every so often allowing your body to rest, repair, build muscle and store energy.



## You can do it!

Setting realistic short and long term goals is vital to the success of your walking program. Goals keep you focused allowing you to measure your success.

**Long-term goals:** These are goals you plan to reach within a year and beyond. They can be broad or specific. For example, “In one year, I want to increase my fitness level.”

**Short-term goals:** These are objectives for how you plan to reach your long-term goal. For example, “This week I will increase the amount of days I walk from three to four.”

It is important to write your goals down and put them in a visible place. Share your goals with your friends and family for support.

## Keep it up!

- Make it easy for you to exercise. If it is not convenient, you're less likely to do it.
- Find a walking buddy!
- Have fun! Find a location you enjoy. This will increase your chances for long-term success.
- Spice it up! Change your route often.
- Always have a back up plan to account for the elements.
- Plan exercise time and make it part of your daily routine.
- Exercise when you have the most energy.

# *Kendall County's walking "hotspots"*



# ***Kendall County is fortunate to have many walking trails for your enjoyment.***

## **Oswego**

The Oswegoland Park District has an extensive trail system. The following is just a summary of what walkers can find in the area. Please visit the Oswegoland Park District's website, [www.oswegolandparkdistrict.org](http://www.oswegolandparkdistrict.org) for more detailed information including a map of parks and trails.

There are three main trails connecting other walking trails as well as many of the city's beautiful parks.

### **1. Fox River Trail:**

- This trail is 3.14 miles long beginning at Hudson Crossing Park located at Washington Street and the Fox River Bridge in Oswego.
- The trail can also be accessed at Troy Park on N. Adams St., Violet Patch Park on Route 25, and across the river via Marina Woods Park on Shore Dr.
- Using additional trails, you can also access the Waubonsie Trail, Washington Park in the Hometown Oswego neighborhood and Wormley Heritage Park on Fox Chase Drive.

### **2. Grove Road Trail:**

- The Grove Road Trail originates by Prairie Point Center at Plainfield and Grove Roads.
- This trail is approximately 2.4 miles and note that a section is an **on-street trail**.
- The Grove Road Trail will take you to the Waa Kee Sha Park

### 3. Waubonsie Trail:

- The Waubonsie Trail begins at Eagle Ridge Park between the Civic Center and Route 25.
- The trail is approximately 4 miles and ends at Jaycee Park at Douglas and Saugatuck Roads.
- Like the Fox River Trail, the Waubonsie Trail also brings many opportunities to stop and enjoy several local parks along the way including:
  - **Northampton Park and Greenway:** Located on Northampton Drive, north of Lombardy Lane, this is an active and lively segment of Waubonsie Trail
  - **Chesterfield Park:** Accessible via Route 34 to Chesterfield Drive
  - **Pearce's Ford Park:** Located on the south side of Waubonsie Creek on Pearce's Ford, north of Route 34,
  - **Old Post Park:** Old Post Park on Old Post Rd. is the last stop before reaching the end of the trail at Jaycee Park.

In addition to the Fox River Trail, Waubonsie Trail, and Grove Road Trail, there are numerous neighborhood parks that have walking trails- you may already know of one.

---

### Yorkville

While Yorkville Park District doesn't boast quite the extensive trail system that Oswego does, you can find just as many neighborhood parks that offer paved walking trails- in fact, one may be as close as your back yard.

We will share a few with you here, but we encourage you to check out the Yorkville Parks and Recreation Department's webpage at [www.yorkville.il.us/depts\\_parks\\_aboutUs.cfm](http://www.yorkville.il.us/depts_parks_aboutUs.cfm). More detailed park information and a map can be found there.

- Heartland Subdivision: Access the trail from the Emily Sleezer Park on Homestead Dr. The trails go throughout the subdivision.
  - Fox Hill Subdivision: The trails here are easily accessed from John St. on the east or west side of the neighborhood.
  - Grande Reserve: Still under construction, many of the paths are already meandering through grassy areas and community playgrounds.
- 

### **Kendall County Forest Preserve District**

Local forest preserves also provide opportunities for a scenic walk through nature. These forest preserves are found throughout the county and usually have convenient parking and picnic shelters.

- Baker Forest Preserve: Offers a short half mile hike. Located on Route 52 about 2 miles west of Ridge Rd.
- Maramech Forest Preserve: Another short hike, a little over a half mile. On Griswold Springs Road just south of Plano.
- Blackberry Creek Forest Preserve: 1.1 miles of asphalt trails located along the Blackberry Creek at Concord Drive north of Galena Road.
- Harris Forest Preserve: Nearly 2 miles of trail. Located on Route 71 west of Route 47.
- Lyon and Young Forest Preserves: Two preserves adjacent to one another offer 2.5 miles of hiking trails. Lyon is on Van Emmon west of Route 71 and the Young Forest Preserve is on Route 71, 2 miles east of Route 47.
- Subat Forest Preserve: Just over a mile of trail on Eldamain Rd. just south of Route 34.

Visit the Kendall County Forest Preserve District webpage at [www.co.kendall.il.us/forestpreserves](http://www.co.kendall.il.us/forestpreserves) for more detailed information such as maps and amenities.

---

### **Silver Springs State Park**

- Located on Fox Road in Yorkville.
- A 1,350 acre park with a 4 mile trail that winds along the River and through wooded areas, overlooking the lakes.

You can call the park office at (630) 553-6297 for more information.

*There are many opportunities for physical activity in the County. The trail information provided here is only intended to be a starting point and in no way represents all the fabulous places you can walk in Kendall County. The key is to remember to be creative and change your routine from time to time.*

## ***Additional Resources***

### **Oswegoland Park District**

313 E. Washington  
Oswego, Il. 60543  
(630) 554-1010

[www.oswegolandparkdistrict.org](http://www.oswegolandparkdistrict.org)

### **Yorkville Parks and Recreation**

201 W. Hydraulic Street  
Yorkville, Il. 60560  
(630) 553-4357

[www.yorkville.il.us/depts\\_parks\\_aboutUs.cfm](http://www.yorkville.il.us/depts_parks_aboutUs.cfm)

### **Kendall County Forest Preserve District**

110 West Madison Street  
Yorkville IL 60560  
(630) 553-4025

[www.co.kendall.il.us/forestpreserves/index.htm](http://www.co.kendall.il.us/forestpreserves/index.htm)

### **Silver Springs State Park**

13608 Fox Rd.  
Yorkville, Il. 60560  
(630) 552-6297

[www.stateparks.com/silver\\_springs.html](http://www.stateparks.com/silver_springs.html)

### **Walking Websites**

[www.thewalkingsite.com](http://www.thewalkingsite.com)

[www.walkinginfo.org](http://www.walkinginfo.org)

