Presentation TRAILS

GET UP AND GET MOUTE

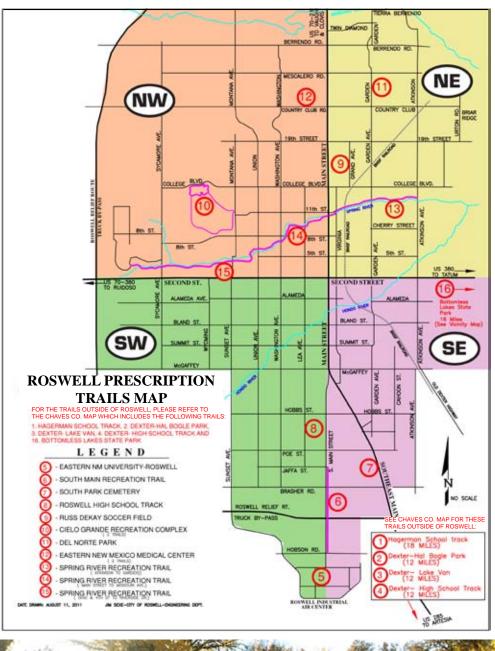


Chaves County Prescription Trails Program

WALKING TRAILS GUIDE











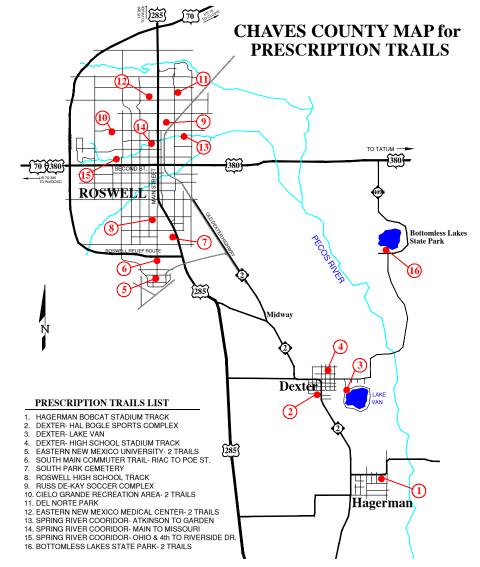


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The Chaves County Prescription Trails Program provides prescriptions for walking and wheelchair rolling and a walking guide that suggests routes in our community.

This guide will help you find some of the best parks and trail walking paths in the Chaves County area.



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Maps with information about each walking route are organized by area and quadrants within the City of Roswell. Parks and Trails listed start from south of Roswell in Hagerman and Dexter, then continue north through the City of Roswell and east to Bottomless Lakes State Park.

Grades

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

Grade 1 = Fully accessible to all users except where noted. 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, crushed, fine or dirt pathway with variations in grade.

Walking Tips

- If you have a medical condition or have had a recent injury, check with your doctor before beginning a walking program.
- Invest in, and wear a good pair of walking or running shoes.
- Use the first and last several minutes of your walk to warm up and cool down by walking at a slower pace.
- Walk fast enough to break a light sweat, and slowly enough to have a conversation.
- Swing your arms as you go and take quicker steps to burn more calories.
- Stay hydrated, bring water to drink during your walking activity.
- Find a walking partner and challenge each other.
- Get a pedometer. Using a pedometer is a great way to track your steps and monitor your progress.
- Exercise smartly. Pace yourself, choose an activity you like, increase your exercise program gradually, and pay attention to your body.

- Walking route length in fractions of a mile and number of footsteps.
- Amenities, lighting and access to public restrooms.
- Attractions, picnic areas, playground equipment, child activities and wheelchair accessibility.
- Pecos Trails Transit System availability and Route number.

For additional information on bus schedules call (575) 624-6766 or use the QR code on the right, which will direct you to www.roswell-nm.gov



Animals

City of Roswell ordinance Section 4-36 requires dogs to be leashed while on public property. A leash, no more than 10 feet in length is required. There are doggy stations available at numerous trails and parks, so please clean up and properly dispose of your pets waste. Dogs are not allowed within the track at the local high schools or South Park Cemetery.



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

Walk with a buddy. Walking with a buddy not only makes exercise 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.

During the summer months, walk early in the morning or in the evening to avoid the extreme mid-day heat.

Wear bright colors or reflective clothing while walking to make it easier for cars to spot you.

Always walk facing oncoming traffic if you have to walk by a road.

Vary your walking route.

Carry water and a cell phone with you while you walk.

Be aware of your surroundings. While you are walking, look for cracks in the pavement, dangerous wildlife, including snakes, bike riders, or any hazards on your path.

Walk during daylight hours.

Don't leave valuables in your parked car.



Walking Log

Use this Walking Log to keep track of the date, distance and time it took for your walk.

Always check with your physician before starting a new physical activity regimen.

Distance	Time

Hagerman Bobcat Stadium Football Field and Track

Quadrant: Hagerman, New Mexico

Address: 601 East Sterling

Trail Distance: .25 mile or 528 steps

Difficulty: Grade 1

Trail Surface: Rubberized Surface

Nearby Major Cross Streets: Argyle and Sterling

Pecos Trails Transit: None

Hours: Daylight Lighting: None

Restrooms: Across street at Community

Center during business hours

Attractions: Picnic area, tables, grills,

trash cans

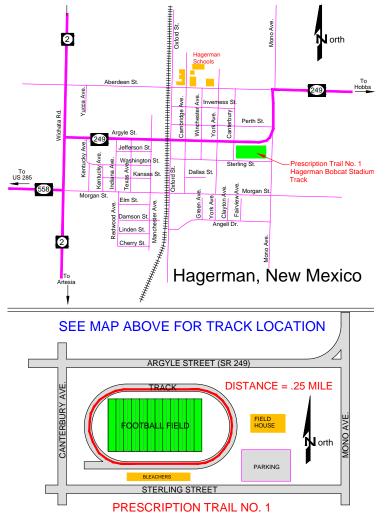
Parking: Yes

Not wheelchair accessible, gateway available only to pedestrians, no dogs allowed.



Hagerman

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HAGERMAN BOBCAT STADIUM TRACK Hagerman, New Mexico

The town of Hagerman was named for James John (JJ) Hagerman, a wealthy mine owner and railroad builder from Colorado Springs, who was experienced in organizing and financing large enterprises. He was recruited by locals Pat Garrett and Charles Eddy to help develop irrigated land for farming and ranching in the Pecos River Valley. In 1889, JJ Hagerman took the reins of the original irrigation company and began building and expanding the dams and canals of the system. The Hagerman town site was acquired by the Pecos Valley Town Co. in 1893, and the town began developing as the railroad was completed through Hagerman up to Roswell, NM in 1894.

Hagerman Bobcat Stadium Football Field and Track development was started in 1990 and was completed in 2011.

Hal Bogle Sports Complex

Quadrant: Dexter, New Mexico **Address:** 100 N. Lincoln

Trail Distance: .5 mile or 1,056 steps

Difficulty: Grade 2

Trail Surface: Natural pathway, roadway

Nearby Major Cross Streets: Lincoln and Sixth

Pecos Trails Transit: None

Hours: Daylight Lighting: None

Restrooms: Open during scheduled events **Attractions:** Baseball, softball and soccer

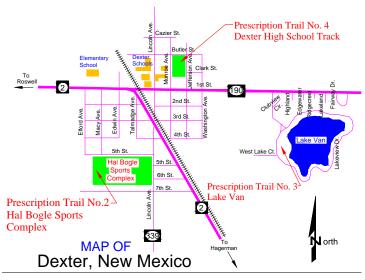
fields, trash cans

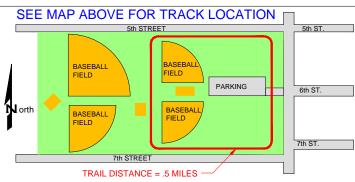
Parking: Yes



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HAL BOGLE SPORTS COMPLEX Dexter, New Mexico

History:

The town of Dexter was determined by three men: Theodore Burr, a native of Denmark; AE Macy, a farmer from Iowa; and Milton H. Elford, who came from North Dakota.

In 1902, Burr bought two 40 acre tracts. He planned with Macy and Elford to build a town, and the plot was filed by Burr with the Chaves County Clerk on March 13, 1903. A month later he deeded the 40 acres to the Dexter Townsite Company. Macy had come from Dexter, Iowa and as he was the only married man of the group, he was given the privilege of naming the new town.

Hal Bogle moved to New Mexico in the early 1900's due to health reasons. To survive the depression, he farmed and traded mules and horses. During this time, he acquired sizable amounts of farming and ranching land in New Mexico. He donated a portion of that land for what is now called the Hal Bogle Sports Complex in Dexter.

Upon his death in 1973, the ranching and farming operations in New Mexico became Bogle Ltd., Co., which consists of Bill, Stuart, Donald, Scott, Beverly and Mary Lynn Bogle.

Quadrant: Dexter, New Mexico **Address:** Lake Van Road

Trail Distance: 1.2 miles or 2,534 steps

Difficulty: Grade 2 **Trail Surface:** Asphalt

Nearby Major Cross Streets: Highway 190 and Shoshoni

Pecos Trails Transit: None

Hours: Daylight Lighting: None

Restrooms: Open during scheduled events

Attractions: Playground equipment,

sandbox fishing docks, fishing,

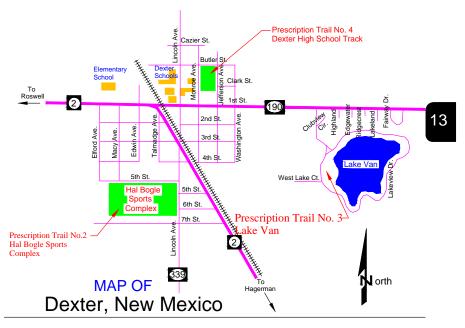
swimming

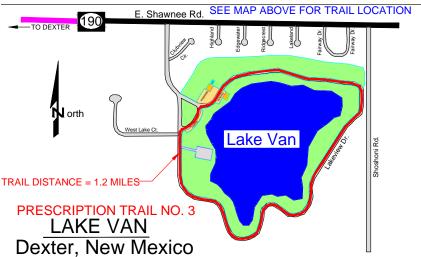
Parking: Yes



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Before Dexter was on the map, Lake Van was just a dry basin in dry weather, but in wet weather it was a water hole where the water came up from a spring, making a marshy place. The wetter the season, the more water the lake held. This lake was originally called Horseshoe Lake.

The conditions in the area are optimal for multiple recreational activities. One of the main events held is the Milkman Triathlon. The Milkman Triathlon is an annual event held at Lake Van. It has been going on since the early 1980s. Athletes from New Mexico and across the country converge on Lake Van every June to compete in the race, which includes a .5 kilometer (km) swim, a 20 km bike ride, and a 5km run.

Quadrant: Dexter, New Mexico Address: 200 North Monroe

Trail Distance: .25 mile or 528 steps

Difficulty: Grade 1

Trail Surface: Rubberized surface

Nearby Major Cross Streets: First Street and Monroe

Pecos Trails Transit: None

Hours: Daylight Lighting: None

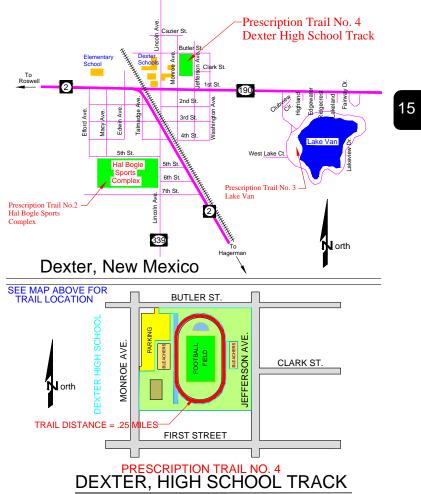
Restrooms: Open during scheduled events **Attractions:** Tables, awnings, trash cans

bleachers

Parking: Yes

Not wheelchair accessible, gateway available only to pedestrians, no dogs allowed





Dexter, New Mexico

History:

The Dexter Demon Track and Football Stadium have been through many changes over the years. Local people remember the field having a dirt track back to the early 1930s. Elementary students played on the field during the school day when it was not being used by the track athletes. There was a softball field on this property enjoyed by the whole community. Adult teams like the County Culverts, Crop Dusters and the Firemen practiced and played in big tournaments held there. The community had a fundraiser to put lights on their softball field and just when they had raised enough money, someone absconded with the whole amount and they had to start over. Lights were finally added and games were played for many years. The first Demon Football Team began playing on the field during the 1961-1962 school year and has been kept in excellent condition since. The community is welcome to use the facility anytime it is not in use by the school. The Fitness Center, located adjacent to the track, is also open for the Dexter community to use year round.

Eastern New Mexico University Roswell



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Quadrant: Southwest

Address: 52 University Boulevard

Trail Distance: Loop 1 - .5 mile or 1,056 steps

Loop 2 - .9 mile or 1,689 steps

Difficulty: Grade 2

Trail Surface: Cement and asphalt

Nearby Major Cross Streets: Martin and University

Pecos Trails Transit: Route 1

Hours: Daylight Lighting: Street lights

Restrooms: Across street at University

durning business hours

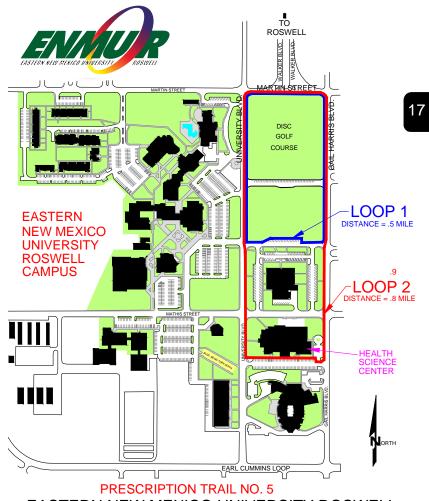
Attractions: University, book store, library,

gymnasium, disc golf course

Parking: Yes



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EASTERN NEW MEXICO UNIVERSITY ROSWELL

2- TRAILS

LOOP 1 = .5 MILE LOOP 2 = .8 MILE

History:

Roswell Community College (RCC), now Eastern New Mexico University-Roswell (ENMU-R) was officially established in the fall of 1958 as a branch of Eastern New Mexico University (ENMU) in Portales. Classes started with 157 part-time students who met for evening classes at Roswell High School. In 1963, Roswell's first daytime, coeducational college program began with eight classes serving 75 students. The closing of Walker Air Force Base in 1967 created a local crisis but presented an opportunity for RCC, which secured 234.5 acres and 27 major brick buildings near the center of the former military base. RCC changed its name to Eastern New Mexico University-Roswell and started classes in its new "home" in September 1967.

The trail at Eastern New Mexico University surrounds a 9 hole disc-golf course that was established in 2011. Equipment rental is available at ENMU-R gymnasium.

Commuter Trail



18

Quadrant: Southeast

Address: 2000-7000 South Main Street

Trail Distance: 3 miles or 6,336 steps

Difficulty: Grade 2

Trail Surface: Cement and asphalt Nearby Major Cross Streets: South Main and Poe

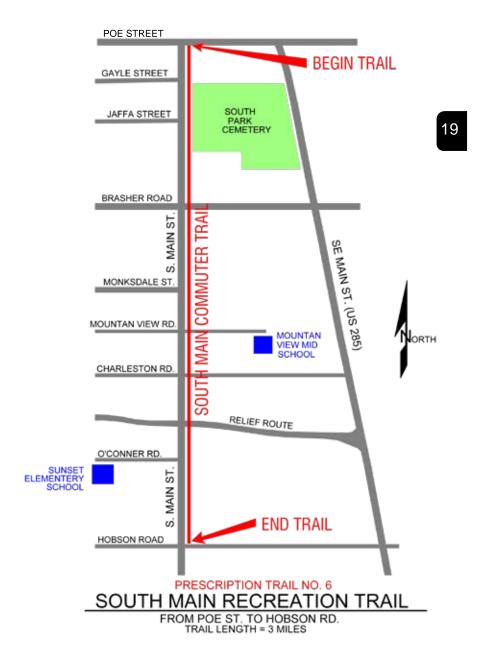
Pecos Trails Transit: Route 1
Hours: Daylight
Lighting: Street lights

Restrooms: None

Attractions: South Park Cemetery

Parking: Yes





This trail is 3 miles long and is located on the east side of South Main Street from Hobson Road just outside the main gate to the Roswell International Air Center (RIAC) and runs north to Poe Street. It was designed to provide a safe paved pathway for commuters to Eastern New Mexico University-Roswell and the industries located on the Roswell International Air Center. RIAC is the former Walker Air Force Base and contains many educational and manufacturing facilities.

South Park Cemetery



20

Quadrant: Southeast

Address: 3101 South Main Street

Trail Distance: .6 mile or 1,267 steps (South

Main to Southeast Main Gates)

Difficulty: Grade 2

Trail Surface: Cement and asphalt

Nearby Major Cross Streets: South Main and Southeast Main

Pecos Trails Transit: Route 1

Hours: Sunup to sundown

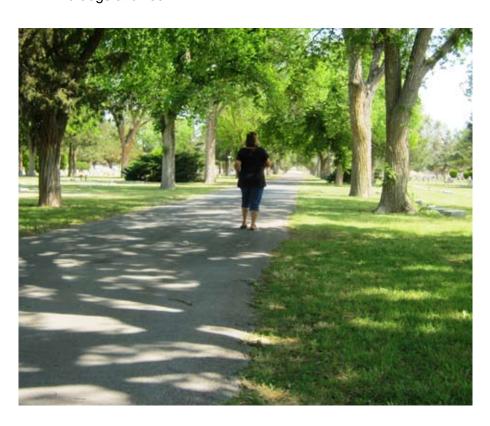
Lighting: None

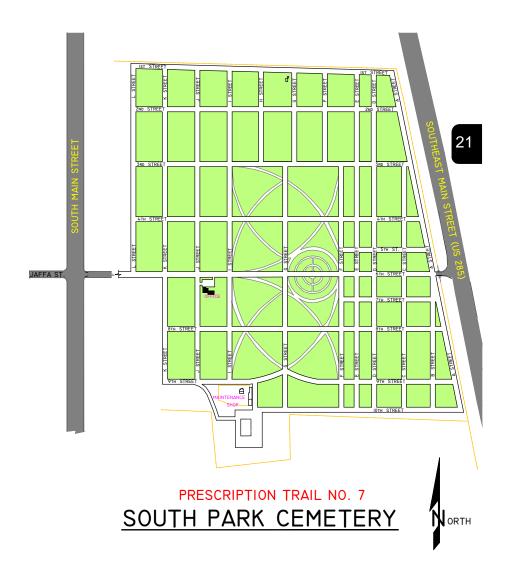
Restrooms: During business hours **Attractions:** Self-guided historical

walking tour

Parking: Available on street

No dogs allowed.





The oldest grave in South Park Cemetery is that of Sophie Pierce who died in 1883. However, it was not uncommon to move graves in from rural areas or ranches when one left or sold a piece of land. Georgia B. Redfield, a Times correspondent and a local historian from the mid 1900s, wrote that the graves were moved to the present cemetery in 1894 when the railroad gained its right of way through Roswell.

The first documented information on the cemetery at the Chaves County Courthouse is on October 19, 1915, when the Roswell Cemetery Association, operated by "certain ladies" signed a Quit Claim Deed giving the cemetery over to the City of Roswell. According to this document, the Roswell Cemetery Association had leased the piece of land, which is probably why they did not issue a Warranty Deed. This document also stated that the association had made improvements to the cemetery for \$25,000.



This would support all the newspaper announcements about the association having ice cream socials and plays to raise money for the beautification and upkeep of the cemetery. It would also appear that this association was a result from the pleas made by the Roswell Record on October 28, 1898, for citizens to take notice of the poor condition of "South Side Cemetery." It is believed that South Side Cemetery and South Park Cemetery are one in the same.

Some of the most important people in Roswell's history are buried there, like Joseph C. Lea, Elizabeth Garrett, E. A. Cahoon and Sara Lund Bonney.

If one looks at a map of the cemetery, a distinctive flower design is evident. However, it was soon discovered that the flower design was taking up too much room and it was abandoned for the normal squares and rectangles. In the center of the unfinished flower design is a circle called the Masonic Circle. There are many important people from Roswell's past buried in this location.

South Park Cemetery is home to many graves, but that is not all that one can find there. There are many different types of wildlife in South Park, but no hunting is allowed. When the city catches bothersome squirrels from different parts of town, they are released in the cemetery instead of being disposed. The wildlife does not disturb the graves, but occasionally the cemetery is vandalized by two-legged wild life. This usually occurs around Halloween. In order to help keep the graves from being vandalized or ruined, no one under the age of fifteen is allowed in the cemetery without an adult. In 1956, the gates at the cemetery were required to be closed and locked at sunset due to vandalism.

Originally, there were no trees from Roswell. In the 1900's, the city ordered trees all the way from Stark Brother's Nursery in Ohio at fifty cents per tree; this helped make the cemetery look nice. The price was raised to \$3 per tree in 1920 and they were then acquired from all around the state. In 1942, the Roswell Country Club

gave the cemetery 100 chinese elms and in 1943 the cemetery bought 30 silver tipped blue spruce trees for a dollar a foot. These added a unique touch to the already wonderful assortment of trees at the cemetery. On January 3, 1941, the cemetery purchased red cedars from Carpenter's Nursery at \$3 each. On the east side of the cemetery there are 98-shade king locust trees that were purchased in 1965.

South Park has more than graves; it has a few monuments as well. Mr. Gus H. Winter received permission to build a memorial for his late wife in 1951. It was a masonry building, either 10 by 10 or 12 by 12, furnished with settees, a drinking fountain, and a tower for four loud speakers. The tower was used to play chime or organ records between 7 and 8 in the evenings or 1-3 on Sundays. The other monument in South Park Cemetery is the flagpole on which the great Garrison Flag flies. It is dedicated to the memory of Ellen Corn by husband Bill Corn. This flagpole adds to the already numerous flagpoles that line the west entrance. The American Legion erected these in 1963. The flags are flown on these poles on major holidays.



Roswell High School Track



24

Quadrant: Southeast

Address: 400 West Lewis

Trail Distance: .25 mile or 528 steps

Difficulty: Grade 1

Trail Surface: Rubberized mat

Nearby Major Cross Streets: Lea and Lewis Pecos Trails Transit: None

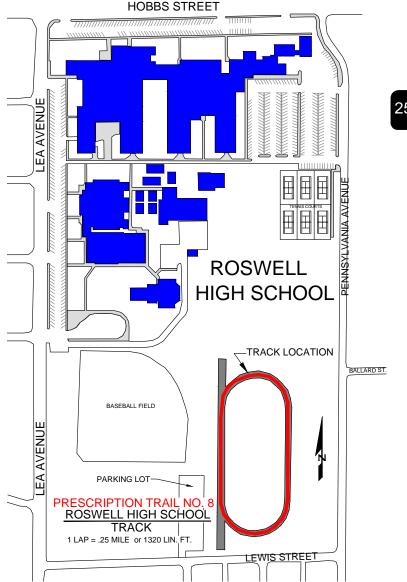
Hours: Daylight
Lighting: None
Restrooms: None

Attractions: Water fountain, bleachers

Parking: Available on street

Not wheelchair accessible, gateway available only to pedestrians, no dogs allowed





Roswell's oldest high school began as a division of Central School on Kentucky Avenue and graduated its first class of three students in 1901. In 1911, it became Roswell High School and moved to a separate building designed in the Rapp brothers' Military Gothic style at 500 South Richardson Avenue. All that remains of that first Roswell High School building are the gymnasiums and a few rooms at the Yucca Recreation Center. The current Roswell High School building at 500 West Hobbs, completed in 1954, bears little resemblance to the earlier building, or to the television series "Roswell." Tourists and other aliens still like to have their photos taken in front of the RHS Coyote sign at the High School.

Russ DeKay Soccer Complex



26

Quadrant: Northeast Address: 1500 N. Grand

Trail Distance: .50 mile or 1,056 steps

Difficulty: Grade 2

Trail Surface: Hard packed gravel Nearby Major Cross Streets: College and Grand

Pecos Trails Transit: Route 5

Hours: Daylight Lighting: None Restrooms: None

Attractions: Water fountain, benches,

fitness stations, soccer fields,

trash cans

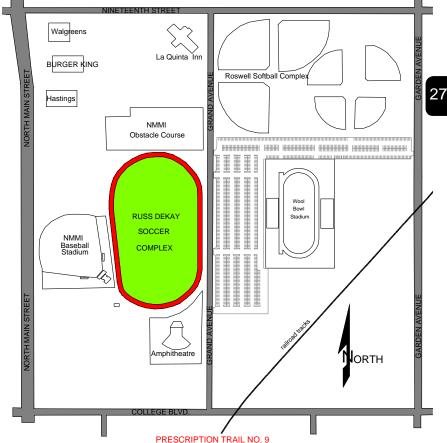
Parking: Available on street or parking

across street.

Not wheelchair accessible, no curb cut outs and hard packed gravel



ewso.



TRACK AROUND RUSS DEKAY SOCCER COMPLEX

LOCATED ON NORTH GRAND BETWEEN COLLEGE AND 19th STREET JUST WEST OF THE WOOL BOWL STADIUM ONE LAP = .5 MILE (2640 LIN. FT. 0

History:

The Roswell Youth Soccer Association was established in May 1980. The founding members were Don Determan, Raymond Naranjo, Harley Daniels, Joyce Ware and Russ DeKay. In 1983, a soccer ball and dedication plaque were erected as a tribute to the Roswell Youth Soccer Association founders on the west side of the soccer fields by the Soccer Association. The area was designated "DeKay Soccer Complex" in recognition of Russ DeKay, one of the Soccer Association's founders.

Cielo Grande Recreation Area



28

Roswell

Quadrant: Northwest

Address: 1612 West College Boulevard Trail Distance: Loop 1 - 1 mile or 2,112 steps:

Pipe fencing surrounding

complex

Loop 2 – 1.96 miles or 4,139 steps: Pipe fencing, then from the southwest end go to 8th St., then east to Montana, then north back to pipe fencing to point of origination.

Difficulty: Loop 1: Grade 1

Loop 2: Grade 2

Trail Surface: Concrete, asphalt and hard

packed dirt

Nearby Major Cross Streets: College, Montana and 8th St.

Pecos Trails Transit: None Hours: Daylight

Lighting: Street lights

Restrooms: During scheduled events and

portapotties

Attractions: Playground, covered picnic

tables, water fountain, trash cans, awnings, dog stations

Parking: Yes, across street.

Not wheelchair accessible, no curb cut



These two trails are looped through the Cielo Grande Recreational Area starting and ending at the parking lot. The trails are lined with trees and are furnished with resting benches and water fountains. The scenic view to the west gives the park its name, Cielo Grande, meaning "Big Sky". Future plans call for these trails to connect with the Spring River Corridor a few blocks

to the south.

The Alien Playground at Cielo Grande was constructed in 2006. Designed by a company out of Cedar Crest, NM and Sertoma Club helped to install it and is the only one of its kind.



Del Norte Park



30

Quadrant: Northeast

Address: 2700 North Orchard Trail Distance: .6 mile or 1,267 steps

Difficulty: Grade 1 **Trail Surface:** Concrete

Nearby Major Cross Streets: Garden and La Paloma

Pecos Trails Transit: None
Hours: Daylight
Lighting: Street lights

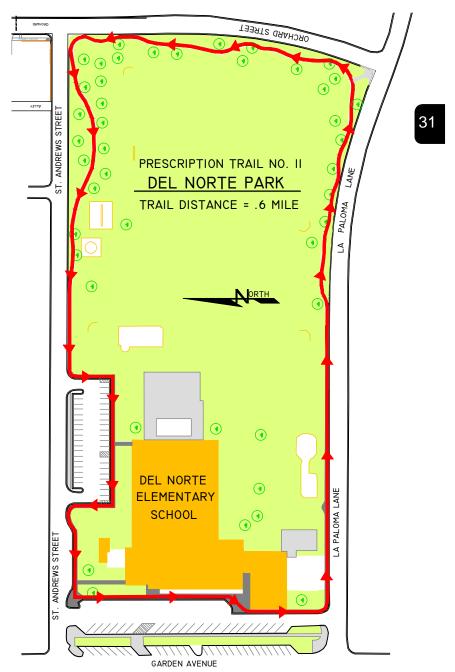
Restrooms: None

Attractions: Playground equipment,

baseball and soccer fields, benches, picnic tables dog friendly, dog stations

Parking: Available on street





Del Norte School was built in 1958, housed 11 classrooms and an office. An initial expansion added 8 classrooms followed by an additional expansion in 1987 that added a multipurpose room and 8 more classrooms. The park is located directly behind the school.

Eastern New Mexico Medical Center



32

Roswell

Quadrant: Northwest

Address: 405 West Country Club Road Trail Distance: Loop 1: .24 mile or 506 steps:

Inside facility, throughout first floor corridors, the outer perimeter up and back.

Loop 2: .6 mile or 1,267 steps: Outside, behind facility, La Paloma and alley way, east to Kentucky, south to Country Club, west to Washington and back to point of origination.

Difficulty: Loop 1: Grade 1

Loop 2: Grade 2

Trail Surface: Loop 1: Carpet and tile

Loop 2: Concrete and asphalt

Nearby Major Cross Streets: Country Club and Kentucky

Pecos Trails Transit: Route 3

Hours: Inside facility: 6 am – 8 pm

Outside facility: daylight

Lighting: Indoor facility: lights

Outdoor facility: street lights

Restrooms: Inside facility

Attractions: Gift shop, cafeteria, water

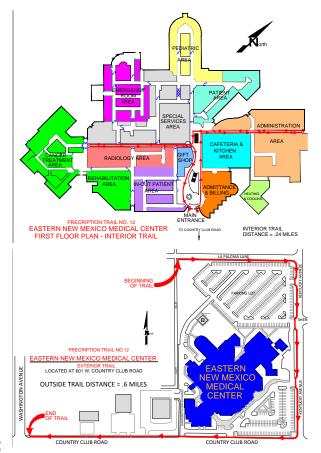
fountain, stairs, picnic tables

Parking: Available on street and

parking lot







In June of 1904, Mother M. Bonifatia (Boniface) Goetz and Sister M. Regina Huemmer were sent to Roswell from the Sisters of the Sorrowful Mother to determine the need for a hospital to be established in Chaves County.

The cornerstone of St. Mary's Hospital was laid December 3, 1905. increasing demands, a major expansion was completed on May 12, 1942. By the mid-1950s Chaves County was bustling with activity. A group of physicians and citizens were concerned about hospital facilities, which had remained at 90 beds. When the committee was advised by the Sister Superior that St. Mary's would be unable to increase its facilities at that time, the group hired a consulting firm to conduct a study with the New Mexico Health Department on county hospital conditions. The recommendation was to take immediate action to correct deficiencies. Eastern New Mexico Medical Center was built and the building was dedicated on April 8, 1955. By 1989 it was apparent that St. Mary's and ENMMC were duplicating services in many areas. With the escalating costs of medical care, it became more and more logical to combine efforts to better serve the needs of the community. The purchase of St. Mary's Regional Health Center by Eastern New Mexico Medical Center enabled the creation of a unified, quality-driven organization. In 1993 remodeling began to construct the three-story patient-care tower in the north facility. By 1995 all hospital services were consolidated into the newly remodeled building, and continue to serve the community of Roswell and surrounding areas.

Spring River Corridor: Trail 1



34

well

Quadrant: Northeast

Address: 1200 North Atkinson Trail Distance: .5 mile or 1,056 steps

Difficulty: Grade 1 **Trail Surface:** Concrete

Nearby Major Cross Streets: Atkinson and College

Pecos Trails Transit: Route 5
Hours: Daylight
Lighting: Street lights

Restrooms: None

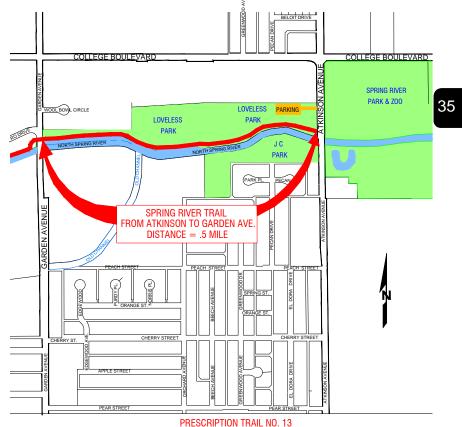
Attractions: Spring River Park and Zoo (free),

playground, benches, picnic tables, dog friendly, dog stations,

gazebo, grill, water fountain

Parking: Yes





SPRING RIVER COORIDOR- FROM ATKINSON TO GARDEN

DISTANCE = .5 MILE

History:

During the mid to late 1970s, as the City and citizens of Roswell recovered from Walker Air Force Base closure, dreams of a Parkway and Trail System for the community began to emerge. The Parks & Recreation Commission, in its 1977 Plan, outlined the need for a trail system.

This section of the trail starts with Loveless Park, and was named after Charles Loveless. His widow, Nadine Loveless Smith donated the 60' walking bridge that is adjacent to Loveless Park which was constructed in 1984. In 1990, Mrs. Smith

donated the materials for the picnic shelter which Roswell Job Corps students constructed.

Across the street is the Spring River Park and Zoo. In 1966, the zoo moved to this location and to date is the only zoo in New Mexico that does not have an entry fee. In addition, it houses a carousel and a miniature railroad train that can be ridden for a nominal fee. These were donated by Marianne Stevens.



Spring River Corridor: Trail 2

POW/MIA Memorial



36

Quadrant: Northwest

Address: 912 North Pennsylvania

Trail Distance: .6 mile or 1,276 steps

Difficulty: Grade 2
Trail Surface: Concrete

Nearby Major Cross Streets: Main and 9th St.

Pecos Trails Transit: Route 1

Hours: Daylight Lighting: Street lights

Restrooms: At the Roswell Convention and

Visitor's Bureau, Roswell

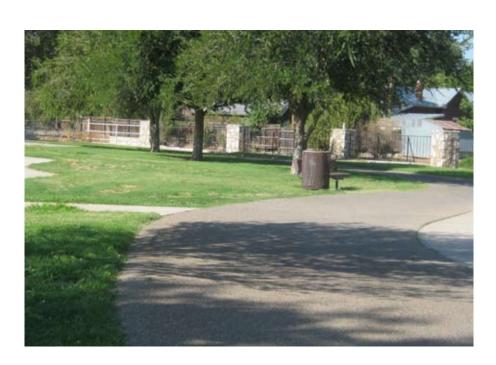
Adult & Senior Center

Attractions: Roswell Convention and Visitor's

Bureau, Roswell Museum & Art Center, Roswell Adult & Senior Center, Iron Cross, Berlin Wall,

POW/MIA Memorial, basketball court

Parking: Yes



Soswe

DISTANCE = .6 MILE

History:

A prisoner of war camp was located in Orchard Park during World War II. The German POW's were put to work building infrastructure for the city. One of their projects concerned paving the banks of the North Spring River in stone. Some of the POWs worked together and with different size stones, created an "Iron Cross" among the other paving stones. When discovered, the city had the spot covered with a thin veneer of concrete. During the 1980s, a crew working at cleaning the river bed exposed the artwork and shortly thereafter, the City of Roswell dedicated the Iron Cross Park close by. In 1996, the park was renamed POW/MIA Park. The German Air Force also donated a piece of the Berlin Wall to the park.

Spring River Corridor: Trail 3



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Quadrant: Northwest Address: 1101 West 4th St.

Trail Distance: 1.7 miles or 3,590 steps

Difficulty: Grade 3

Trail Surface: Concrete and asphalt

Nearby Major Cross Streets: 4th St. and Ohio to Riverside

and Highland

Pecos Trails Transit: Route 2

Hours: Daylight Lighting: Street lights Restrooms: Tennis courts

Attractions: Picnic tables, grills, benches,

playground areas, disc golf course, Spring River Golf Course, Smith Bird Sanctuary,

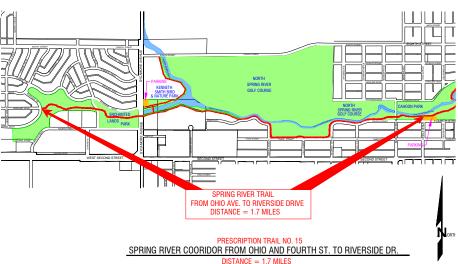
swimming pool during summer

hours

Parking: Yes







History:

The development of Enchanted Lands Park (1984) brought about the first opportunity to create what would evolve into the Spring River Parkway and Recreation Trail System. Land for this 25 acre park, located in the Spring River flood plain, was donated by Enchanted Lands, Inc. An extensive, open space layout bisected by a recreation trail was conceived by A. B. Gwinn (Parks & Recreation Director) and Ivan Hall (Planning Director). Gwinn and Hall put together a funding request to the City and to the L & WCF program and, upon award, the initial development of 1 ¼ miles of trail from Highland Road to Nevada Street was constructed. The Parkway and Trail System had begun.

The Enchanted Lands Park also contains an 18 hole disc golf course.

In 2001, the first 9 holes were installed. The second nine holes were completed in 2011.

Bottomless Lakes State Park: Wetlands Trail

Quadrant: 12 miles east of Roswell off

Highway 380

Address: HC 12 Box 1200, Roswell, NM

88201

Trail Distance: Loop 1: .27 mile or 570 steps

Boardwalk

Loop 2: 1 mile or 2,112 steps

Trail Lea Lake to Pasture Lake

Difficulty: Loop 1: Grade 1

Loop 2: Grade 3

Trail Surface: Loop 1: Trex lumber

Loop 2: Hard packed dirt

Nearby Major Cross Streets: Bottomless Lakes Road and

Dexter Highway

Pecos Trails Transit: None

Hours: Daylight Lighting: None

Restrooms: Yes, during business hours **Attractions:** Swimming, paddle boats,

kayaks, hiking, picnic tables, awnings, grills, playground

areas, fishing

Parking: Yes



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oswel

History:

The beautiful and unique area known as Bottomless Lakes State Park comes as a surprise contrast to the flat country surrounding Roswell, New Mexico. The lakes, actually sinkholes ranging in depth from 17 – 90 feet, were formed when circulating underground water dissolved salt and gypsum deposits to form subterranean caverns. When the roofs of the caverns collapsed from their own weight, sinkholes resulted and soon filled with water. The illusion of great depth and the greenish-blue color are created by algae and other aquatic plants covering the lake bottoms.

In the 1800s the lakes were a stopover for cowboys herding cattle through the New Mexico territory on the Goodnight Loving Trail. Folklore says that the cowboys tried without success to find the bottom of the lakes with their lariats tied together, they dubbed the lakes "bottomless". The lariats were actually swept aside by underwater currents.

Bottomless Lakes State Park was dedicated in 1933 as the first area set aside as a state park in New Mexico. The original stone structure at Lea Lake was built by the Civilian Conservation Corps in 1934 and 1935.

How much activity should you get? The Physical Activity Guidelines for Americans say most adults should be physically active on a moderately intensive level for 150 minutes per week. Breaking up exercise into 10 -15 minute intervals is fine. Children should be physically active for at least one hour each day.

Physical Activity Resources



Physical Activity Guidelines for Americans www.health.gov/paguidelines

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



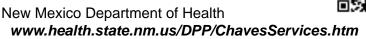


National Physical Activity Plan www.physicalactivityplan.org

Additional Resources



Prescription Trails www.prescriptiontrailsnm.org





New Mexico Health Care Takes On Diabetes www.nmtod.org

Healthy Kids New Mexico www.healthykidsnm.org





Source:

Meeting the Train Hagerman, NM & It's Pioneers (Facsimile of 1975 edition) Compiled by the Hagerman Historical Society New forward by Katherine Kitch Hagerman 2007 by Sunstone Press

Source:

As We Remembered It By Dexter Old Timers Hall Poorbaugh Press

Source:

www.bogleltd.com

"South Park Cemetery: Exploring Roswell's Roots" book published by Heidi Huckabee and Valarie Grant and their 7th and 8th Grade English classes at Mesa Middle School in May 2001.

Walking Through Roswell's Past, A Self-Guided Historical Walking Tour is available to visitors 7 days a week.

www.roswellmysteries.com

Beth Fields-Del Norte Elementary School teacher

The Service of Curing The Art of Caring
A History of Expanding Healthcare in the Pecos Valley
By Charles Sanford

Source:

Eastern New Mexico University-Roswell

Sara Hall, City of Roswell Parks & Recreation



- New Mexico Department of Health
- New Mexico Healthcare Takes On Diabetes
- Healthy Kids Chaves County
- City of Roswell
- Girl Scouts of the Desert Southwest
- Neighborhood Watch Program
- Eastern New Mexico Medical Center
- Graphmaster Media & Design, LLC

Special thanks to all of the individuals and organizations that have provided financial and in-kind support to Chaves County Prescription Trails in the development of this guide.

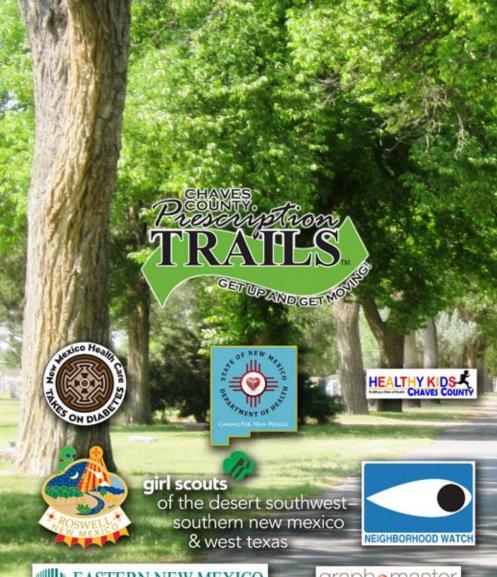


Our pledge:

advancing medical care in Roswell.

Eastern New Mexico Medical Center brought this region its first digital mammography and 64-slice CT scan. We were the first in the state to provide radiation therapy so precise it targets only the cancer and helps spare healthy tissue. We continue to attract talented specialists to our community. And we're always evolving to bring you the kind of advanced care you might only expect in a much larger city. That's our pledge to you. Find out more about it at ENMMC.com.









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