

*"Of all the exercises, walking is the best."*

**Thomas Jefferson**

*"Thoughts come clearly while one walks"*

**Thomas Mann**



**Curry County  
Health Council**



## **A Special Thank You**

**To all of the individuals and organizations that have provided financial and in-kind support and services to Curry County Prescription Trails in the development of this guide.**

*Curry County  
Prescription Trails  
Program*

*And*

*Additional  
Walking Trails in  
Local Area*

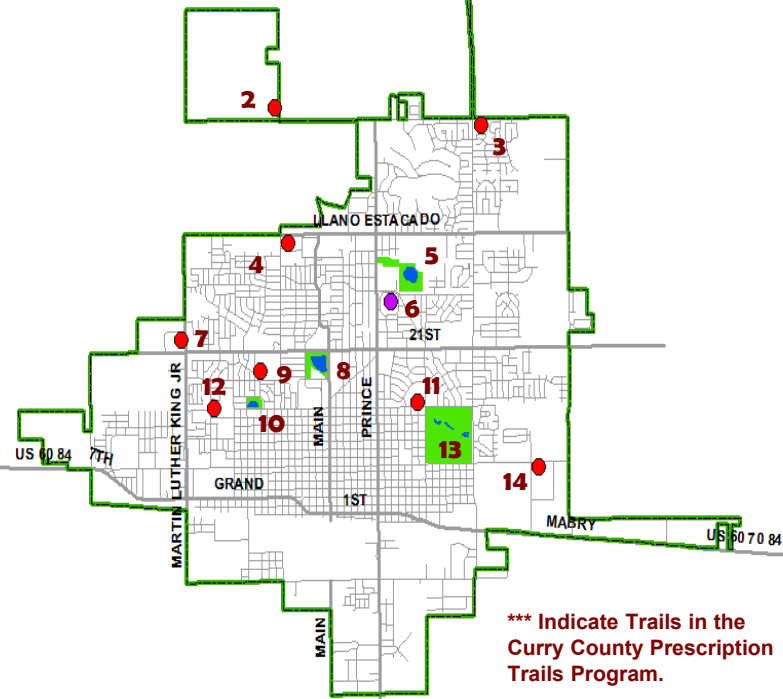
**Walking  
Trails Guide**



## Parks, Tracks, and Walking Paths

### Clovis, New Mexico

1. Ned Houk Park
2. Gattis Middle School Track
3. Mesa Elementary Walking Path
4. Barry Elementary Walking Path
5. Goodwin Lake Trails
6. North Plains Mall
7. Plains Regional Medical Center Walking Path
8. Greene Acres Park \*\*\*
9. Clovis High School Track
10. Dennis Chavez Park
11. Yucca Middle School Track
12. Freshmen Academy Track
13. Hillcrest Park \*\*\*
14. Clovis Community College Track

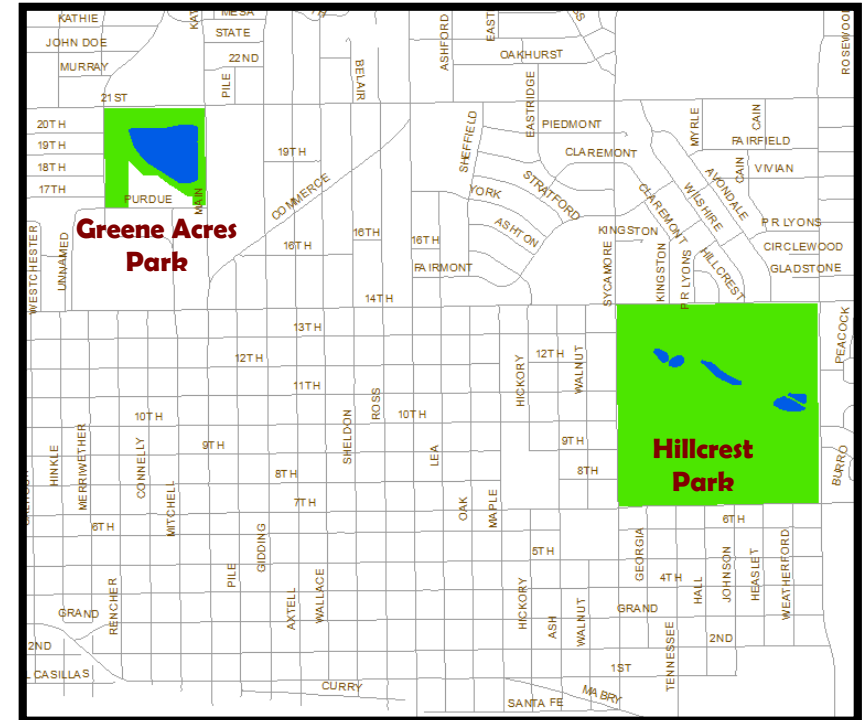


*"Walking is man's best medicine."*  
Hippocrates

# 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.

[illegible]

## Prescription Trails List

Greene Acres Park  
1800 Main Street  
Clovis, NM 88101

Hillcrest Park  
1201 Sycamore Street  
Clovis, NM 88101

*"Every adventure requires a first step."*  
**The Cheshire Cat**

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\*\*\* Indicate Trails in the Curry County Prescription Trails Program.

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

[illegible]



# 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.

Date	Distance	Time



The Curry 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 Curry County.

This guide will help you find some of the best parks, trails, and walking areas in Clovis and surrounding areas



## How to Use this Guide

Maps with information about each walking route are organized by areas north to areas south within the City of Clovis.

### Grades that pertain to Prescription Trails

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!

## 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)

Use a pedometer. Join 10,000 Steps, Shape up America:  
[www.shapeup.org/shape/steps.php](http://www.shapeup.org/shape/steps.php)

Keep track of your walk, the time engaged in walking or physically 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.

*"Remember great things begin with a few small steps."*

# Interested in Mall Walking?

## Location:

North Plains Mall  
2809 N. Prince Street  
Clovis, NM 88101




## Schedule:

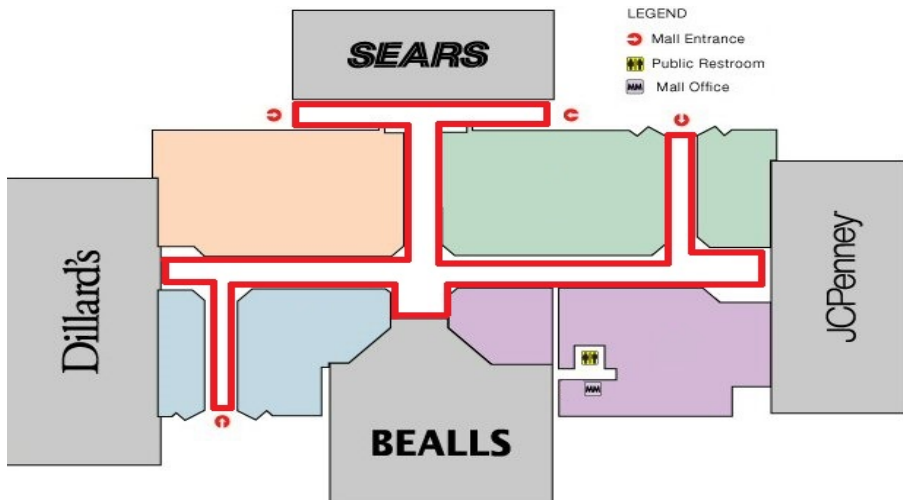
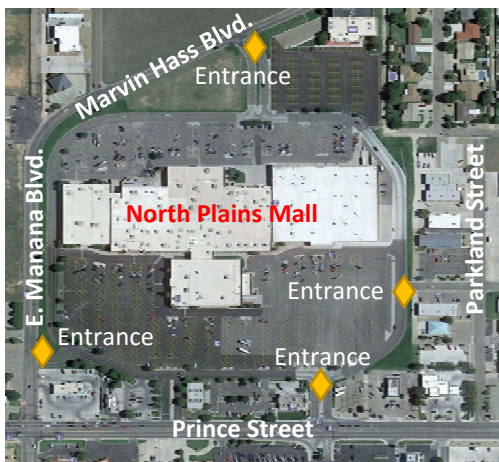
Monday – Saturday  
6 a.m. – 9 p.m.  
Sunday  
12 p.m. – 6 p.m.

Main Entrances will be open.

## Note:

Walking 3 ¼ times around  
the mall following the walking  
Path is equivalent to  
1 mile and 2110 steps.

Walking Path 



# Other Information Provided

- 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 public transit stops. For schedules and fare information call (575)-769-7910, or go by location at 401 E. 7<sup>th</sup> Street, Clovis, New Mexico 88101. Visit their website [www.catchacats.com](http://www.catchacats.com).
- Information on other walking areas, parks, green spaces, and pet parks can be found on City of Clovis maps and apps website [maps.cityofclovis.org/mapsandapps/](http://maps.cityofclovis.org/mapsandapps/)

Visit our website at [www.prescriptiontrailsnm.org](http://www.prescriptiontrailsnm.org)

Print and share your favorite walking trails in Curry County and other New Mexico Prescriptions Trails communities!

The Curry County Prescription Trails Program and Guide were developed through the Curry County Health Council (CCHC).

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

[www.facebook.com/currycountyhealth](http://www.facebook.com/currycountyhealth)



# 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 the 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 evenings to avoid the extreme mid-day heat.
- If you are afraid of stray pets or the occasional wildlife in our area, try mall walking. This is a self contained walking route in a great location to get out and move!

# Prescription Trails Steering Committee Members



Curry County  
Health Council





# Prescription Trails Partners

Con Alma Health Foundation

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

Presbyterian Hospital

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

Prescription Trails New Mexico

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

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

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**[tphillips@phs.org](mailto:tphillips@phs.org)**

Special thanks to the individuals and organizations that have provided financial support to Prescription Trails in the development of this guide, including the steering committee who helped assess the parks, Curry County GIS for help with the maps, Con Alma Health Foundation, City of Clovis and Curry County for their ongoing support.

As well as, Curry County Health Council for providing financial support.



# 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 some good 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.

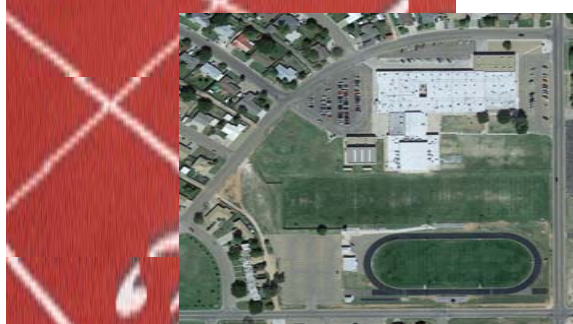
## As You Walk:

- 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 walk.
- 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.



**Plains Regional Medical Center**  
2100 Martin Luther King Blvd.  
Clovis, NM 88101

MLK Blvd. & 21<sup>st</sup> Street



**Yucca Middle School**  
1400 Sycamore Street  
Clovis, NM 88101

Sycamore St. & 14<sup>th</sup> St.



**Clovis High School**  
1900 N. Thornton Street  
Clovis, NM 88101

Purdue & Thornton



**Freshman Academy**  
1400 Cameo Street  
Clovis, NM 88101

Beta Street & 13<sup>th</sup> Street



**Clovis Community College**  
417 Schepps Blvd.  
Clovis, NM 88101

Schepps Blvd. & 7<sup>th</sup> Street



## Other Walking Areas

### Tracks & Outdoor Paths

Note: On all walking tracks listed, The public can only make use of these tracts after school hours and on weekends when there are not school activities taking priority.

#### Gattis Middle School

5100 N. Thornton  
Clovis, NM 88101

Wilhite & Thornton  
Aka CR13 & CRK

#### Mesa Elementary

4801 Norris Street  
Clovis, NM 88101

Norris & Wilhite

#### Barry Elementary

3401 N. Thornton Street  
Clovis, NM 88101

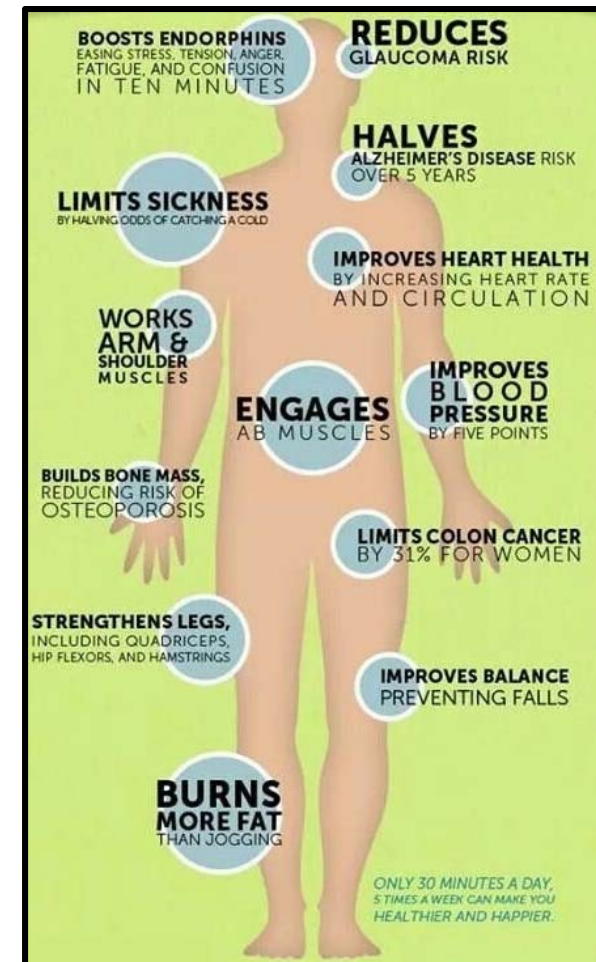
Thornton & Llano Estacado



## Walking Tips

### American Podiatric Medical Association:

- Foot health and walking information can be obtained from the American Podiatric Medical Association. Their website [www.APMA.org](http://www.APMA.org). Their Facebook page [www.facebook.com/theAPMA](http://www.facebook.com/theAPMA)



# Walking 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 actually make the best walking partner 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.

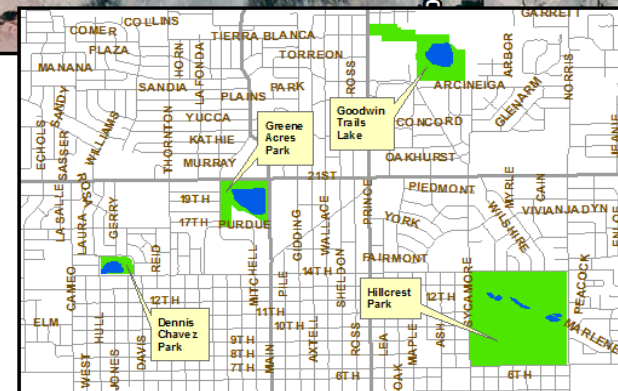
Here are some simple tips to walking your dog safely:

- Adjust your dog's collar to where they can't slip their head through and slip two of your fingers under the collar to assure it is not too tight around your dogs neck.
- Put your hand through the leash handle and then wrap the leash around your hand or wrist a few times to assure you have a good grip. Use a harness if your dog likes to pull. Harnesses allow for a better grip and more control when walking your pet. Also, the pressure is distributed more evenly when you pull so you are not stressing your pets neck area.
- Make sure to bring water along for your dog.
- Shorter and more frequent walks are better for older dogs and those with health issues such as arthritis.
- If the pavement is too hot for your hand to touch then it is too hot for your dogs paws to walk on.
- Remember when walking your dog they are pedestrians too!
- Leave your dog on leash when walking out in public.
- 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.



## Legend

- Trails & Pathways
- Restrooms
- Parking





# Dennis Chavez Park

1400 Edwards Street, Clovis NM 88101

Located: 14<sup>th</sup> and Hull  
Hours: Dusk to Dawn  
Lighting: No night time lighting

Trail Distance: 0.5 Miles  
Steps: 1055  
Trail Surface: Concrete



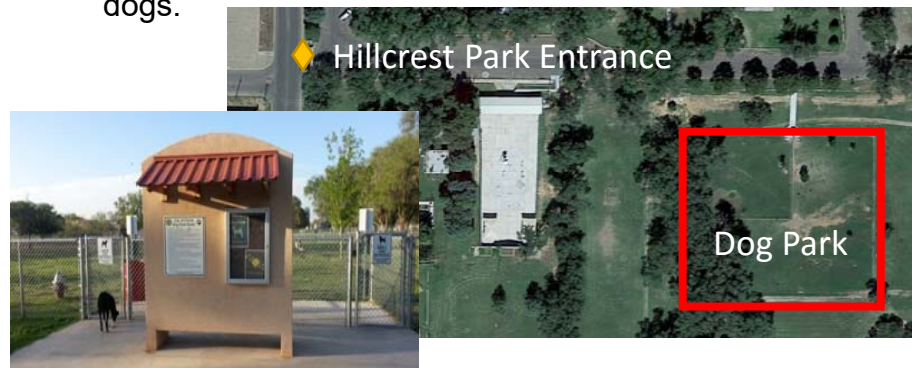
## Park Attractions:

- A lake stocked with fish for bank fishing only
- Fishing License is required at the time of fishing.
- A lighted playground that is handicapped assessable
- Picnic tables with shelters
- A ½ mile cement walking trail.



**Curry County Open Space**

Check out the Dog Park inside of Hillcrest Park at 1201 Sycamore Street, Clovis, NM 88101. This is a place where your dog can be off their leash and have the opportunity to play, roam freely, and socialize with other dogs.



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

High Plains Humane Society  
(575) 693-7973  
[www.highplainshumanesociety.org](http://www.highplainshumanesociety.org)

Curry County Animal Shelter  
(575) 769-7893  
[www.cityofclovis.org](http://www.cityofclovis.org)

2CanRescue  
(575) 742-8729  
[www.animalshelter.org](http://www.animalshelter.org)

Hope Defined Animal Rescue  
(575) 742-8160  
[www.facebook.com/hopedefinedanimalrescue/](http://www.facebook.com/hopedefinedanimalrescue/)

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

# Nutrition Resources

Nutrition and physical activity really go hand in hand to create a healthy lifestyle. Listed below are some resources that you may find useful when determining your nutritional habits.

## Department of Health

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



## Healthy Kids New Mexico

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



## Curry County Health Council

[www.facebook.com/currycountyhealth](https://www.facebook.com/currycountyhealth)



Curry County  
Health Council

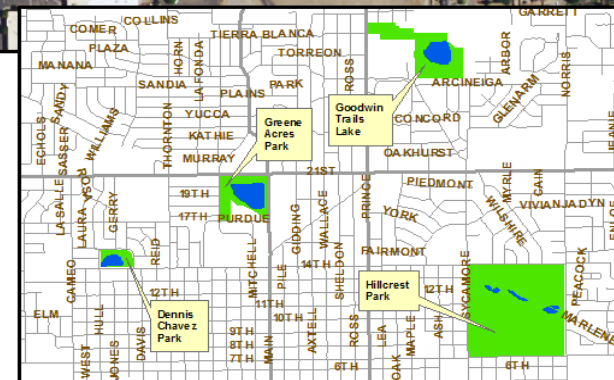
## Mayo Clinic Healthy Recipes

[www.mayoclinic.org/healthy-lifestyle/recipes](http://www.mayoclinic.org/healthy-lifestyle/recipes)



### Legend

- Trails & Pathways
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## Goodwin Lake Trails

3207 N. Prince Street, Clovis, NM 88101

Located: North Prince and Tierra Blanca

Hours: Dusk to Dawn

Lighting: No night time lighting

Trail Distance: 1 Miles

Steps: 2,110

Trail Surface: Paved

Public Facilities and Amenities:

- Porta Potty
- Shaded Picnic tables
- Benches

Park Attractions:

- A paved trail around a playa lake.
- Good for nature walking and bicycling.
- Trail information at the entrance.
- Mile markers throughout the trail.

Parking: Wheelchair Accessibility & Gravel Parking



Curry County Open Space

## Physical Activity Resources

### Roy Walker Gymnasium

Cost: Free

316 West Second Street

Clovis NM 88101

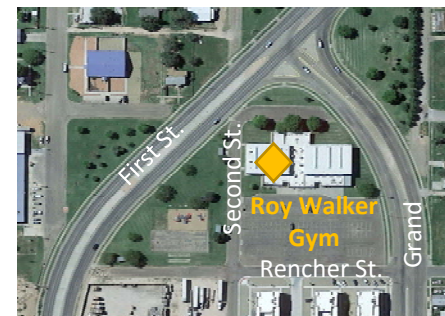
(575) 769-7868

Director Reuben Gonzales

rgonzales@cityofclovis.org

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

[www.facebook.com/pages/Roy-Walker-Gym/267347746724083](https://www.facebook.com/pages/Roy-Walker-Gym/267347746724083)



This facility is a recreation center with 2 full sized gymnasiums with volleyball options, fully equipped weight room, multipurpose room, and a boxing gym.

Times of Operation:

Monday – Thursday	9:00 a.m. – 8:00 p.m.
Friday	9:00 a.m. – 5:00 p.m.
Saturday	CLOSED
Sunday	12:00 noon – 5:00 p.m.

### Clovis Area Run/Walk Club

[www.race360.com/clubs/profile.asp?cid=34113](http://www.race360.com/clubs/profile.asp?cid=34113)

Clovis Area  
Run/Walk  
Club



### Curry County Prescription Trails

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





# Greene Acres Park

1800 Main Street, Clovis, NM 88101



Nearby Major Cross Streets:

- 21<sup>st</sup> Street
- Main Street
- Mitchell Street

Hours: Dust to Dawn

Lighting: No night time lighting

Public Facilities and Amenities:

- Picnic tables
- Shelters
- Restrooms

Trail Distance: 0.75 Miles

Steps: 1,585

Difficulty: Grade 1

Trail Surface: 4'-0" wide concrete

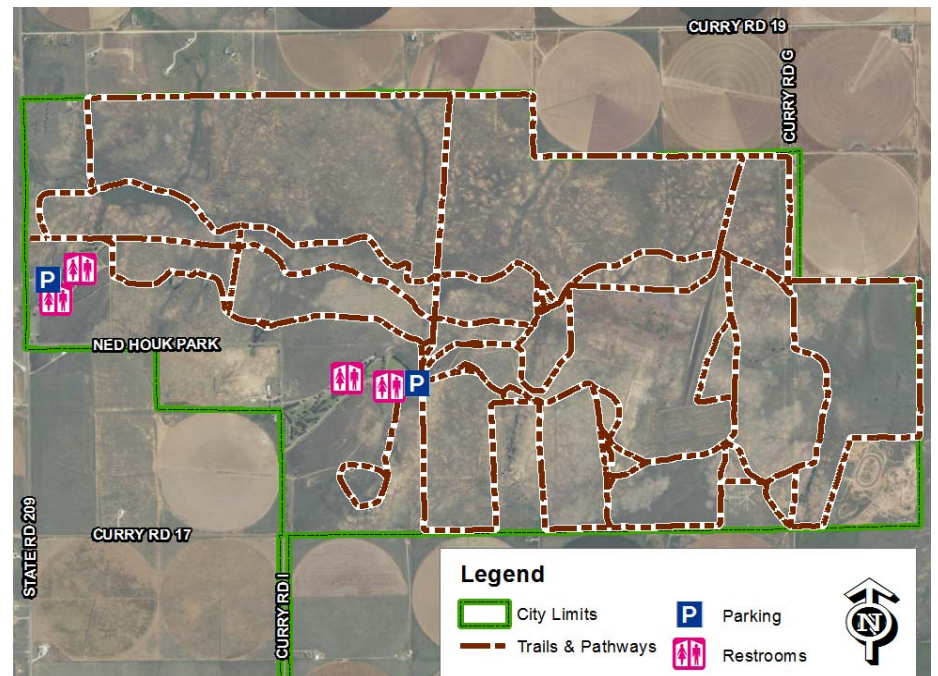
Park Attractions:

- Stocked lake for bank fishing only.
- Fishing license is required at the time of fishing.
- Lighted Tennis Courts
- Playground
- Basketball Courts
- Skate Park
- Softball Field

Parking: Wheel chair accessible  
Multiple Parking Areas



**Curry County Open Space**



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Green Acres Park



# Ned Houk Park

1809 State Road 209, Clovis, NM 88101

Located: on State Road 209 North

Hours: Dust to Dawn

Lighting: No night time lighting

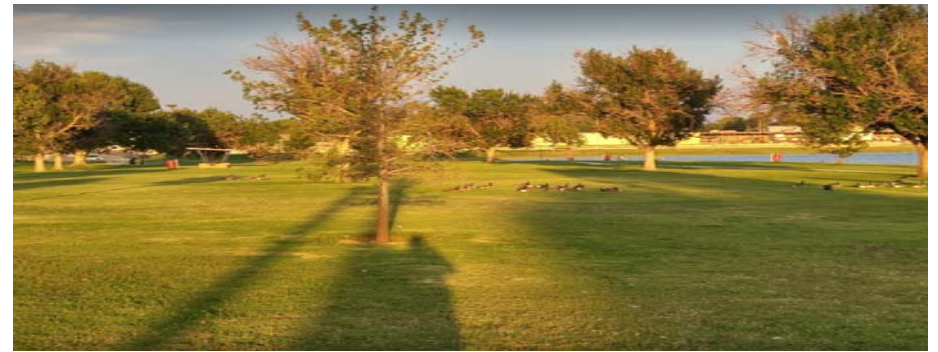
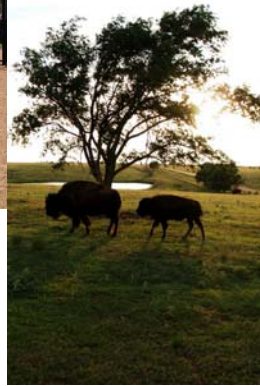
Trail Distance: 28 Miles

Steps: 59,000

Trail Surface: Gravel & Pave

Park Attractions:

- 370 developed acres.
- 4 basketball courts
- 2 ball fields
- Archery range
- Motor sports race track
- Trails for ATV vehicles and horses
- Disc Golf course
- Model airplane flying area
- The park has 3 lakes of which one is stocked with fish for recreational fishing.
- Fishing License is required at the time of fishing.
- Several Picnic areas with Playground and Restrooms.
- The Homestead Museum
- The Pappy Thornton Farm Museum



## Legend

- Trails & Pathways
- Parking
- Restrooms



Curry County Open Space

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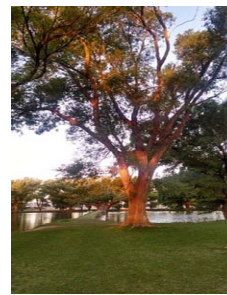
Ned Houk Park





# Hill Crest Park

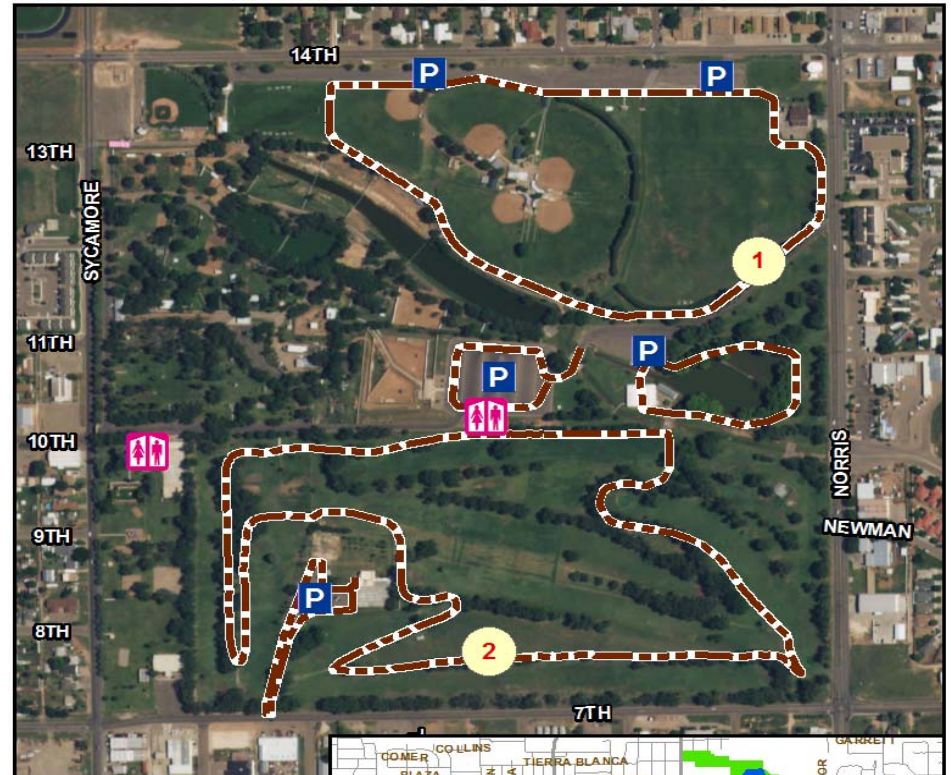
1201 Sycamore Street, Clovis, NM 88101



## Park Attractions:

- Dog Park
- Sunken Gardens
- Splash Park
- City Zoo
- Playground
- Indoor Swimming Pool
- Benches
- Basketball Courts

Parking: Wheel chair accessible  
Multiple Parking Areas



## Legend

- Trails & Pathways
- P Parking
- Restrooms



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## Nearby Major Cross Streets:

- Sycamore Street
- Norris Streets

Hours: Dusk to Dawn

Lighting: No night time lighting

## Public Facilities and Amenities:

- Picnic tables
- Shelters
- Restrooms



## Trail 1: Upper Loop

Trail Distance 1.35 Miles

Steps 2,740

## Trail 2: Lower Loop

Trail Distance 1.75 Miles

Steps 3,700

Difficulty: Grade 3

Trail Surface: Gravel & Dirt



Curry County Open Space

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