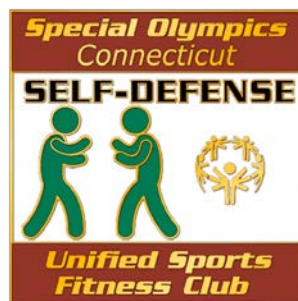




Location Themed Pins: In addition to the specific location pins featured below we now have designed eight excursion pins. This will allow participants to earn pins from diverse walks closer to home. There is also a pin for attending an educational class on Wellness. However, don't be afraid to see what the state of Connecticut has to offer. Do a walk, run, bike ride or other. Don't ride your bike in the Mall. Take some pictures. Send an e-mail to; donc@soct.org, with your story, some pictures and number of participants. We will send the pins to you. You may end up on Facebook.



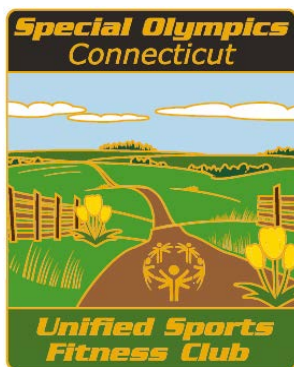
Yoqa



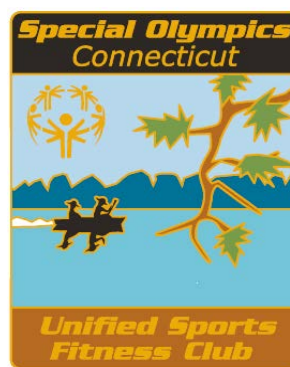
Self-Defense



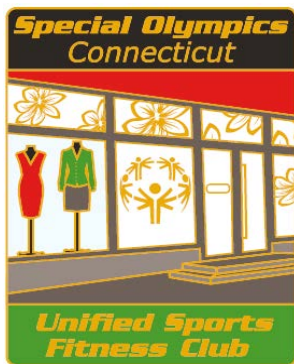
Trail



Meadow



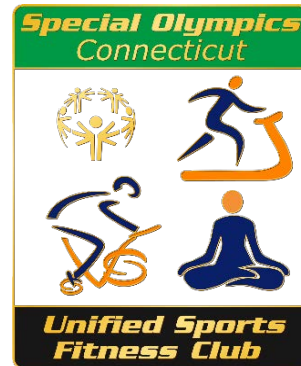
Lakeshore



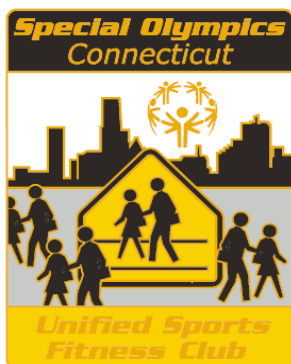
Mall



Bike Path



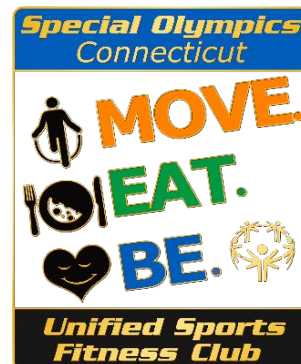
Indoor



Urban



Road Race



Wellness



Hotchkiss School, Lakeville, CT - In the late 1800s, at the crossing of two country roads in Lakeville, Connecticut, sat an expanse of land known for its beauty and commanding views. On these 65 acres, which at the time comprised open fields and several houses, Maria Harrison Bissell Hotchkiss chose to found The Hotchkiss School. Today, the 827-acre campus features academic and residential buildings, playing fields and green lawns, a working farm, the deepest freshwater lake in Connecticut, and lovely vistas of the Berkshire mountains. Hotchkiss is by design a medium-sized school in a large school setting—a setting located in an area designated by The Nature Conservancy as one of 200 “Last Great Places.” This 2 mile walk is located on campus.


For details: <https://www.hotchkiss.org/>

Souvenir Pin – Pick-Up Point: Hotchkiss School-Security Office-Coy Dormitory
860-435-2591
11 Interlaken Road
Lakeville, CT

Contact: Keith Moon: 860-435-3684





 **Thomaston Clock Walk, Thomaston, CT** - This easy 2 mile sidewalk walking trail follows along town roads that include a number of historical sites. Learn more about the rich history of Thomaston, CT, home of the well-known Seth Thomas Clock Company.

For details: <http://www.walkct.org/walks/thomaston-clock-walk>
http://www.cogcnv.org/PDF/Clockwalk_Pamphlet_final.pdf

Souvenir Pin – Pick-Up Point: Thomaston Savings Bank
203 Main Street
Thomaston, CT 06787

Lobby Hours:

M, T, W	8:30 AM - 4:00 PM
Th	8:30 AM - 6:00 PM
F	8:30 AM - 5:00 PM
Sat	8:30 AM – 12 Noon

Contact: Kim Curry
Asst. Vice-President/Branch Manager
P: 860-283-3452





Guida Farm Conservation Area, Middletown, CT - The Guida Farm Conservation Area, is a 99-acre parcel containing eight open fields, two ponds, old field habitat of gray birch and eastern red cedar, and mixed deciduous woodland. Green frogs, bullfrogs, and painted turtles are often sighted at the first pond. Abundant cardinal flowers and nectaring ruby-throated hummingbirds can be seen in August in the wet meadow north of the second pond. Bird and mammal lists are on the signboard in the parking area. A unique feature is the exposed Jurassic conglomerate rock formation (a very coarse grained sedimentary rock) running north/south along the eastern border of the property. There are fewer than a dozen places on earth where this type of formation is so prominently displayed.

The total length is 4 miles on this easy walking route. There are a total of 3 walking trails.

For details: <http://www.walkct.org/walks/guida-farm-conservation-area>

Souvenir Pin – Pick-Up Point: Middletown Town Hall
Dept. of Planning, Conservation and Development
245 DeKoven Drive
Middletown, CT 06457

Hours: Monday through Friday
8:30 AM to 4:30 PM

Contact: Sue Nesco or Michiel Wackers
860-638-4840





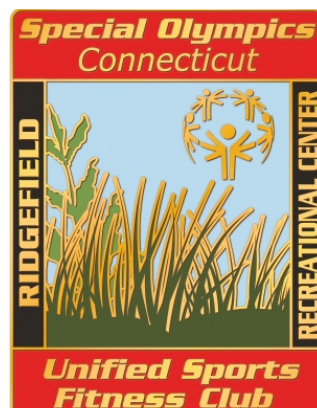
Ridgefield Recreational Center – Walk this scenic 1+ mile, partially paved trail with ADA access. You can enjoy small beautiful ponds, picnic tables, fishing platforms, and much wildlife along the way. This is an easy walk for people of all ages and abilities. Outdoor and indoor facilities and ample parking are available at the nearby Recreation Center Complex along with an all-inclusive playground.

For details: <http://www.walkct.org/walks/ridgefield-recreation-center>

Souvenir Pin – Pick-Up Point: Ridgefield Recreation Center
195 Danbury Road
Ridgefield, CT

Hours: M, T, W, Th, F 6:00 AM - 9:45 PM
Sat 6:00 AM - 5:45 PM
Sun 7:00 AM - 5:45 PM

Contact: Barb Carvalho
P: 203-431-2755, x. 403





New England Trail, Guilford, CT – You can walk the entire 215 miles of the blue-blazed New England Trail to the MA/NH border or meander through Guilford. Whether you're beginning a long journey or just want to indulge in local history, this is a pleasant ramble through downtown Guilford. By following rural roads and town sidewalks you can visit four historic museums, take a stroll over to the Guilford Town Green or sit awhile at Chittenden Park, the NET's southern terminus. This Park affords great views of Chaffinch Island Park, Faulkner's Island and the Long Island Sound shoreline. For a three mile walk, start at the Guilford Green. Walk southeast on New Whitfield Road. Turn right onto Seaside Avenue. Chittenden Park is on your right side. Just beyond on the left is Jacob's Beach.

For Details:

<http://www.walkct.org/walks/new-england-trail-mattabesett-trail-route-77-route-17-section>

Souvenir Pin – Pick-Up Point:

Special Olympics Connecticut
2666 State Street, Hamden

Hours:


M, T, W, Th, F 9:00 AM -4:00 PM

Contact:

Don Conklin
P: 203-230-1201 ext. 262





 **Highlawn Forest Trails, Rockfall, CT**

– Visit Connecticut Forest and Parks Association office and walk 0.3 miles along Camelia’s Trail or 3 miles in Highlawn Forest. If you feel up to it do a few loops. Walk in the hardwood forest and enjoy the vernal ponds and gently rolling terrain. Bring your curiosity and love of the outdoors. Yes you will find occasional obstacles; but nothing our clubs can not handle. There is parking on site.

For Details:

<http://www.ctwoodlands.org/taxonomy/term/86>
<http://www.ctwoodlands.org/sites/default/files/Highlawn%20Forest%20Trails%20Map.pdf>

Souvenir Pin – Pick-Up Point: Connecticut Forest and Parks Association 16
Meriden Road Rockfall, CT

Hours: Weekdays 8:00 AM -4:00 PM

Contact: James Little
P: 860-346-2372
jlittle@ctwoodlands.org



Power 10 indoor rowing center, Avon, CT



Power 10 is Connecticut's first dedicated indoor rowing center that has a Rowing Studio offering rowing classes lead by amazing coaches with music and good conversation over a 45 min workout that burns 15+ calories a minute! The format is much like a spinning class but uses the entire body including your mind! But since we are a dedicated Indoor Rowing Center with the only Swingulator (rowing shell simulator) in CT, we offer technical training on top of fitness training for those interested in competitive rowing as well.

Indoor rowing fitness is easy to learn at any age and fitness level.

For Details: <http://row-indoors.com/>

Souvenir Pin – Pick-Up Point: Power 10 395
West Avon Road Avon, CT
06001

Hours: Call for an appointment

Contact: Gwen Valencis
860-681-2189





Chapter 126 Sports & Fitness – Bristol, CT

Chapter 126 Sports & Fitness, An Oak Hill Center, is a sports and fitness facility designed specifically for people with disabilities. A recreational facility for youth and adults with disabilities, veterans, and their family and friends is now open. Chapter 126 sets the standard in providing health and wellness to those with physical disabilities through fitness and sports programming, promoting lifelong health and personal empowerment.

For Details: <http://www.chapter126.com/>

Souvenir Pin – Pick-Up Point: Chapter 126 Sports & Fitness
47 Upson Street
Bristol, CT 06010

Hours:	Monday – Friday	8:00am – 9:00pm
	<i>Fitness Center (M-f)</i>	<i>8:00am – 8:00pm</i>
	Saturday	9:00am – 3:00pm
	Sunday	Closed

Contact: Stacia Cardillo
860-769-3824



Progressive Pathways

Progressive Pathways is a company designed to help every individual achieve their



running, walking and fitness goal. We provide a running or walking group that fits your ability along with Insanity classes and personal training. Meet new friends attend our social events and end your session with a Road Race/Walk that we will complete together! Progressive Pathways is a company designed as a Gym alternative. Our goal is to allow our clients to achieve physical fitness and at the same time meet new friends to share in their fitness goals.

For Details: <http://www.ctprogressivepathways.com/home.html>

Souvenir Pin – Pick-Up Point: 360 North Main St.
Unit 8
Southington, CT 06489

Hours: **Monday**
Running 6 am – 4:15 pm
Walking 6 pm
Insanity 6 pm – 7 pm

Tuesday
Running 6 pm
Walking 9 am
Insanity 6 am
Cross-Train 5:30 pm

Wednesday
Running 6 am
Walking 6 pm
Cardio Social 6 pm

Thursday
Running 5:30 am and 6:15 pm

Contact: (860) 919-3960
glaporte121@gmail.com

