

Green Sense 09/29/13

Autumn Walking - Explore Reading October 5th

Fall can be a great time to get outdoors. Allergy season is over, the mosquitos have retreated, the air is crisp, there's a gorgeous canopy of fall foliage and the crunch of leaves underfoot. The autumn months are a great time to exercise outdoors and enjoy cooler temperatures.

To help you get out and walk and explore part of Reading, Walkable Reading is offering the third walk in a series of neighborhood walks on Saturday, October 5 (rain date Oct. 6). Meet at the corner of Franklin Street and Kurchian Lane at 1 PM. The loop goes along Franklin, cuts over to Forest Street, and finishes with the trail through the Kurchian Woods Conservation Area, taking the new boardwalk back to Franklin. (The map loop also shows a longer route along Main St. to get back to the starting point).

This is a wonderful opportunity to spend quality time, with a touch of local education, with your children—a great family outing. Take it to another level of a kids' outing with the addition of their friends.

And if you can't make it on the 5th, to help you find places to walk in Reading, Walkable Reading has developed a series of seven neighborhood loops for walking on the sidewalks of Reading. You can take a look at the routes on the Town Website: www.readingma.gov/WalkableReading.

All the routes use sidewalks, and many have optional links to Town conservation area trails. On the webpage you will find links to: Walkable Reading's Facebook page; the Neighborhood Walks map; route descriptions; audio 'tours' describing some of Reading's Revolutionary Era homes; and Reading Trail Maps that include maps of all of the Conservation Areas in Town.

There's no better time than now to start a walking routine. The air is cooler and less humid, the bugs are almost gone, and the foliage provides a cheerful backdrop of color.

Walking is a winner: It's free, you can walk anywhere, anytime. It's good for your health. You can even walk indoors at malls and indoor tracks if the weather is bad outside. It's known to increase energy levels because physical activity improves blood flow to the brain, providing an energy boost, making you more productive at home and at the office. Exercise, and walking in particular, is an investment in your productivity rather than a drag on your time. It has been proven time and again that walkers live healthier lives while it promotes longevity.

And many people agree that autumn is the best time of year to get outside and walk! What better time to start a fitness program so that you can create good habits for the holiday season and the upcoming winter months?

Join Walkable Reading to see how satisfying it is to hear the crunch of the leaves as you walk along; or kick up piles of leaves as you stroll down the sidewalk. Bring a buddy and compete to

see who can kick the leaves the highest. The intense fall foliage - reds, oranges, yellows, browns - offers opportunities for colorful photos of autumn scenery.

Fall also offers many craft opportunities. Keep a look out during your walk to collect different leaves, pine cones and nuts to make autumn decorations and little crafty toys. Wreaths can be made from leaves, nuts, dried corn and pine cones to help you prepare for the holidays coming up.

Whether you're interested in getting out to enjoy the weather, to explore a new part of Reading, to take a walk with a group of friends, to look for natural craft ideas, or to enjoy the foliage, plan to join Walkable Reading on the 5th. Approximately 3 miles long, anyone who lives along the route can join as the walk passes by. October is a great time to get outside and enjoy the early fall foliage and cooler weather!

If you have questions you can contact Walkable Reading at walkablereading@comcast.net

A column by Reading Climate Committee members Gina Snyder and Michele Benson