



**Why Walk?**

If a daily fitness walk could be put in a pill, it would be one of the most popular prescriptions in the world. Walking can reduce the risk of many diseases - from heart attack and stroke to hip fracture and glaucoma. And of course, walking has significant positive implications for strength, mood, and weight loss.

**Calories Burned per Hour\***

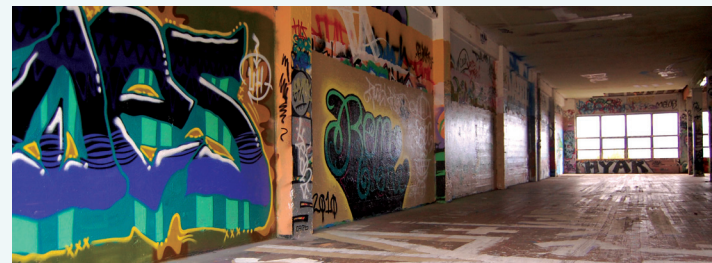
	110 lbs	125 lbs	150 lbs	175 lbs	200 lbs
Strolling <2 mph	100 cal	114	136	159	182
Moderate 3 mph	175	199	239	278	318
Brisk 3.5 mph	200	227	273	318	364
Very Brisk 4.5 mph	225	256	307	358	409
Moderate Uphill 3mph	300	341	409	477	545

\*Source: [http://www.cdc.gov/healthyweight/physical\\_activity/index.html](http://www.cdc.gov/healthyweight/physical_activity/index.html)

**Why Walk Tacoma?**

Getting out of your office, hotel room, home, or car means you get to see Tacoma up close and personal - and there is so much to see. Check out historic sites, public art, parks, and cultural icons of Tacoma, while also envisioning the future. On each of the five routes, you are guaranteed to learn something new about the City, and build a greater appreciation of the assets that Tacoma has to offer!

**THE NORTH WATERFRONT to THEATER DISTRICT WALK**



Broadway Garages - see site #7

Walk Tacoma's north waterfront and learn more about the recent reconstruction and rehabilitation of Tacoma's waterway and historic seaport. Enjoy a rigorous lunchtime stroll while viewing marine life, freight ships and Tacoma's busy port, the 7th largest in North America. Continue on to Tacoma's downtown, where you'll come to know more about Tacoma's urban environment of past and present.

**Walk Info**

easy average **difficult**

- Distance **1.58 mi**
- Average Time **50 min**
- Terrain **flat-grade, steep hills, stairs**

For more information and copies of the maps, visit [www.downtownonthe.org](http://www.downtownonthe.org).

\*Courtesy: Tacoma Public Library



**DOWNTOWN:**  
On the *go!*



253 682 1739  
Downtownonthe.org

**Sponsor**

† **Franciscan Health System**

**Collaborators**

American Heart Association

**Thank You**

To students in the Pacific Lutheran University Art & Design program for their work designing the original maps.

**Contributors**



**Walk Them All!**

- Brewery District to South Downtown
- Downtown to Hilltop
- Wright Park to Stadium District
- North Waterfront to Theater District
- South Waterfront to Tacoma Dome Station





### 1 Murray Morgan Bridge

On February 15th, 1913, a crowd of 10,000 gathered to celebrate the opening of the Eleventh Street Bridge, unique for its at-grade build, high vertical lift deck, and overhead span carrying a critical waterpipe to the tideflats. The bridge was renamed in 1997 after Murray Morgan, a preeminent Puget Sound historian who wrote much of his renowned work *Skid Road* while a bridge tender. In March of 2010, the State officially returned ownership of the bridge to the City. The City plans to rehabilitate the bridge, reopening it to vehicle traffic in fall of 2012.

### 2 Foss Waterway Seaport

Originally a mile long complex of wooden warehouses built in 1900 to accommodate cargo carrying ships, what stands today are two warehouses. Falling into disrepair after the 1970s, the Foss Waterway Seaport and Foss Waterway Development Authority recently partnered in a massive renovation effort. With a mission to celebrate Tacoma's rich maritime heritage, the Seaport now holds classic recreational boats, an active wooden boat building shop, and Discovery Wharf, a children's exhibit full of hands-on activities.



1906\*

### 3 Center for Urban Waters

Look directly across from the Foss Waterway Seaport to the bright color of the Center for Urban Waters. Completed in April of 2010, this City of Tacoma facility houses the City's Environmental Services Division labs and offices, UWT research labs, and office space for the Puget Sound Partnership. The building highlights the City's dedication not only to urban water quality, but also to sustainable building practices and conservation through its pursuit of a LEED platinum certification.



### 4 Thea's Park

The park is named after the entrepreneurial Thea Foss, a Norwegian immigrant who in the late 1800s went from running a rowboat rental service of one, to running a fleet of 200, to overseeing the fleet of tugboats of the Foss Launch and Tug Company. Take note of the Harbor Flag and 8' Memorial Globe. Both extend a message of peace and unity to the global community following the 9-11 terrorist attacks. The globe shows the positions of Tacoma's 10 sister cities and 5 sister port cities.

### 5 Cargill/Tacoma Export Marketing Company

Look south from Thea's Park to the TEMCO grain elevators, capable of holding 3 million bushels of agricultural product. This terminal is a major export center for corn and soybeans arriving by train from the upper Midwest and exported via cargo ship to global ports. The facility includes a nearly one acre roof structure meant to keep exports dry.

### 6 Elks Temple Building

Built in 1915 by architect Edouard Frere Champney, the building has been largely unoccupied since 1967 when the Elks moved to a building southwest of downtown. Plans for historic rehabilitation of the building and development of the adjacent vacant lot are underway, and the building will become a McMenum property comprised of a spa, rooftop restaurant, and hotel.



1909\*

### 7 Broadway Garages

Through a unique partnership with Lorig Associates, the Business Improvement Area, City of Tacoma & Fab-5, urban artists from all over Washington convene every Sunday to repaint the walls of this garage with new works. This constantly changing arts palate attracts visitors throughout the week to view the artistic changes that have occurred. The garages are maintained by Fab-5, a community based organization with a mission of allowing youth of Tacoma to develop and explore their unique voices through a variety of urban artistic mediums such as breakdancing, DJing & legal graffiti.

### The Theater District: 8a Pantages Theater 8b The Rialto

The Pantages Theater (1918) and the Rialto (1918) are each a cornerstone of Tacoma's historic entertainment district, which in its early years included live theater and film. The 1980s and 1990s saw significant renovations of these buildings and turnover to public ownership, and each are now managed by the Broadway Center for Performing Arts. This non-profit organization presents world-class performing artists, provides one of the largest performing arts education programs in Washington State, and preserves Tacoma's historic theater district.



1934\*

### 9 Broadway Farmers Market

Begun in 1990, Marcia Moe and Norma Honeysett hosted 30 booths and convinced 100 of their friends to attend and spend on opening day so that farmers would return the following week. Today, the Broadway Market is run by a volunteer board of directors and small staff, features more than 80 booths, and hosts 4,000-6,000 patrons every Thursday between 8:30am-2:00pm from May until October.

