

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

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 SOUTH WATERFRONT to TACOMA DOME STATION WALK



Walk Tacoma's south Thea Foss waterfront to learn more about the recent rehabilitation and reconstruction of this environmentally challenged waterway. Enjoy an easy lunchtime stroll past public art, an award-winning marina, a newly opened park, and educational interpretive signs depicting the Thea Foss Waterway of the past, present, and future. End at Freight-house Square, where you can grab a bite to eat before getting on the free Link (service every 12 minutes) and returning to downtown.

Walk Info

easy average difficult

Distance	1a start: 1.51 mi	1B start: .86 mi
Average Time	1a start: 45 min	1B start: 35 min
Terrain	flat-grade, stairs	

For more information and copies of the maps, visit www.downtownonthe.org.

*Courtesy: Tacoma Public Library



DOWNTOWN:
On the go!



253 682 1739
Downtownonthe.org

Sponsor

† **Franciscan Health System**

Contributors



Collaborators

American Heart Association

Thank You

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



DOWNTOWN:
On the go!



Brewery District to South Downtown



Downtown to Hilltop



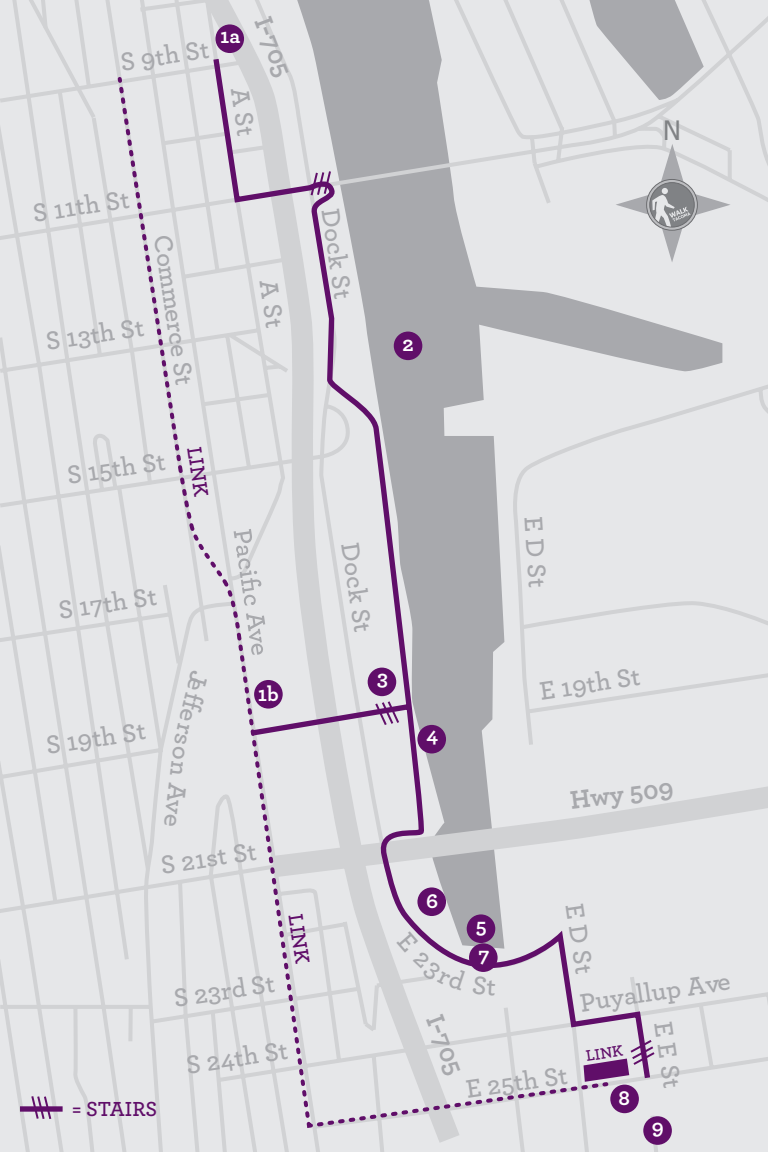
Wright Park to Stadium District



North Waterfront to Theater District



South Waterfront to Tacoma Dome Station



1a Fireman's Park

Begin at Fireman's Park and view the Totem Pole, a 105 foot piece of historic public art commissioned for \$3,000. The Totem Pole was presented to the City of Tacoma in 1903 by Indians from the Sitka area of Alaska. Because Alaskan Indian totem poles are not permitted to leave the tribe, Tacoma residents Sheard and Thornes paid the artists' way to Tacoma and summer expenses during the carving process.



1b Union Station (alternate route start)

Built in 1910 by Reed and Stern, architects of Grand Central Station, Union Station opened in 1911 just as railroad travel began to decline. Nevertheless, the building served the City for three quarters of a century before sending off its last train in 1984. In the early 1990s, the Union Pacific Railroad sold the Station to the City of Tacoma for \$1, and it was transformed soon after into the federal courthouse you see today. Enter the building and view the free public exhibition of Chihuly glass installations.

2 Foss Waterway Superfund Site

The Foss Waterway, along with 12 square miles of Tacoma waterfront, was placed on the EPA's Superfund National Priorities List in 1983 due in large part to 100 years of accumulated contamination of the water, sediments, and upland areas. The City of Tacoma, in partnership with approximately 90 other parties, between 2002 and 2006 removed 425,000 cubic yards of contaminated sediments to the tune of \$105 million dollars, \$13 million of which was paid by the responsible (polluting) parties.



3 Museum of Glass

The dramatic and unusual 90-foot high stainless steel cone at the Museum of Glass contains the world's largest glassblowing studio. On the outside, it is a remarkable work of architecture – and one of the most recognized icons of Tacoma. Wrapping around the cone, the Grand Staircase takes visitors from the Chihuly Bridge of Glass to the marinas and esplanade along the Thea Foss Waterway. Three outdoor plazas feature reflecting pools that highlight the interplay of Northwest weather and light. For current info on these outdoor glass sculptures, visit www.museumofglass.org.

4 Dock Street Marina

Opened in March 2006, Dock Street Marina was named the 2009 "Marina of the Year" by *Marina Dock Age* magazine for its role in downtown Tacoma revitalization, as well as its leadership in environmentally friendly boating.

5 Twin 96ers

Just prior to passing under the SR 509 bridge, look south to see the Twin 96ers, Tacoma's largest storm water pipes at 8 feet in diameter. The storm water draining into the Thea Foss comes from approximately 4615 acres of the City. Because the run-off from these two pipes now threatens to re-contaminate the Thea Foss, state and local officials are monitoring pollution levels.



6 Waterfront Park

Enjoy this most recent addition to the Tacoma waterfront. Extending south from the Museum of Glass to the end of the Thea Foss Waterway, the park serves as a waterfront connection between the Dome District and downtown, providing great views of the Thea Foss and downtown skyline.

7 D-Street Overpass

Completed in 2008, the \$22.5 million D Street Overpass separates train and car traffic for increased safety and access, and includes artistic components such as traffic barriers in the shape of tugboats. Three scenic overlooks incorporate interpretive panels illustrating the history, geography, industry and the cultural richness of this area.

8 Freighthouse Square

Originally the freight house for the old Milwaukee Railroad, this building was known as a main point of reference for immigrants coming to the western shores of the United States via Tacoma. Today a partner with the Tacoma Dome Station, they are together known as the only multi-mode transportation hub on the West Coast. From here each day, 1,540 Sounder train boardings and alightings occur.



9 Tacoma Dome

The Tacoma Dome, one of the largest wood domed structures in the world, opened in 1983, complete with a roof of 288 triangular wooden sections weighing over 1.4 million pounds. Several artists submitted proposals for the roof design, including Stephen Antonakos and Andy Warhol. Antonakos won the bid for his proposal of a neon orange roof installation. Controversy ensued, forcing the artwork to the Dome's interior. Ironically, Warhol's proposal "Flower for Tacoma Dome" is perhaps the most enduring.

