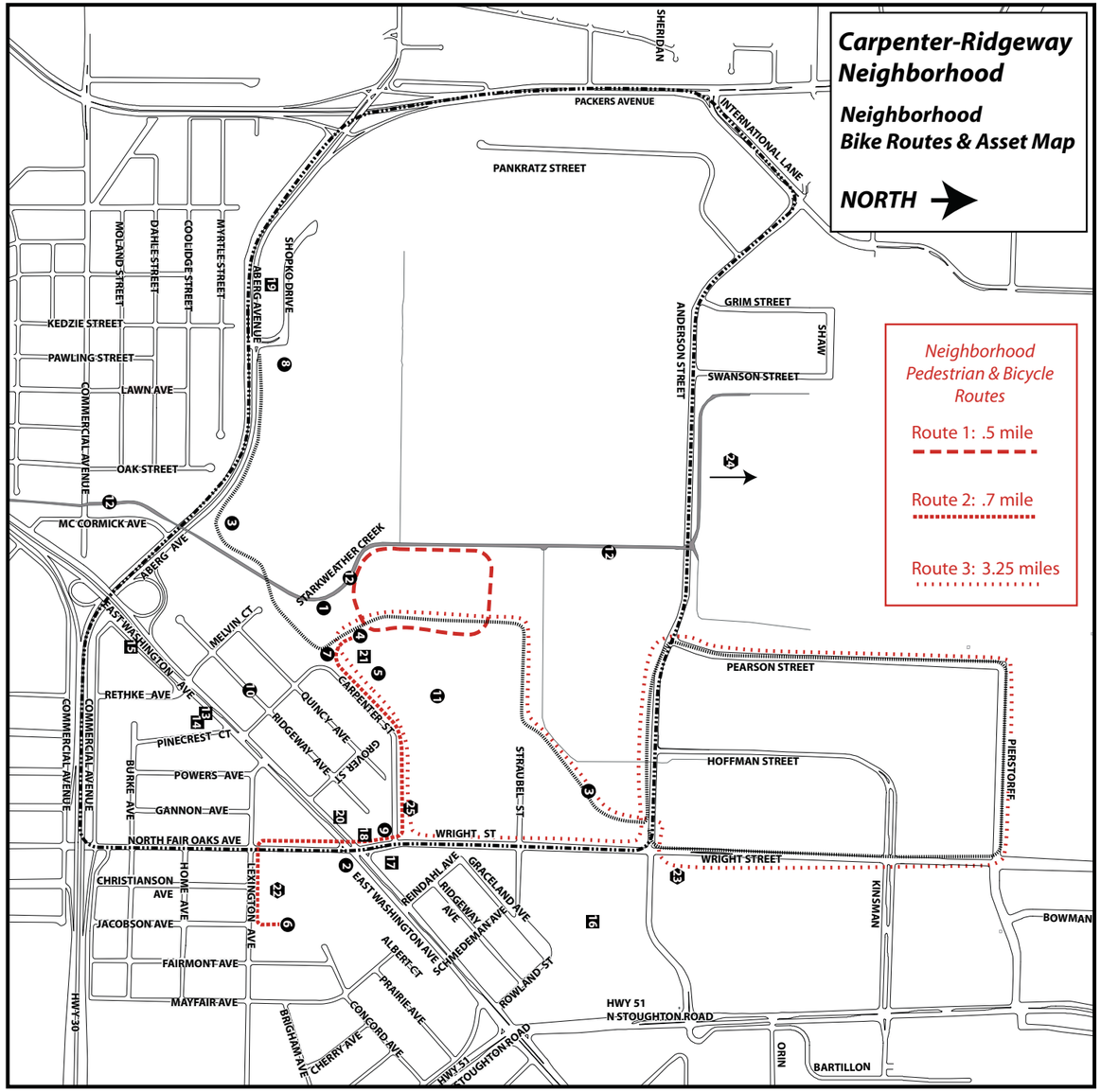
Welcome to the Carpenter-Ridgeway Neighborhood

The Carpenter-Ridgeway Neighborhood Association was founded and formed on July 10th, 1996. The neighborhood is home to a drumlin created by glaciers more than 17,000 years ago. In 1876 the neighborhood consisted of corn, barley, hay, and tobacco fields. There was a significant amount of oak trees along what is now Ridgeway Avenue, and some of these mighty oaks still stand today. The original farm site was located near 3361 E. Washington Avenue, and at this time, East Washington Avenue was then called Sun Prairie Road. The original farm home was built in 1853, and had been a stagecoach stop than ran from Green Bay through Southwestern Wisconsin.

The Carpenter-Ridgeway Neighborhood Association remains very active and some of the many accomplishments include new walking trails, bike path, rain garden and prairie, Starkweather Creek bank restoration, over 140 new trees, several new perennial beds and gardens, new neighborhood signs, new park kiosk and interpretive signs, and the construction of Carpenter-Ridgeway Park.

CARPENTER-RIDGEWAY NEIGHBORHOOD



Neighborhood Asset Map

Open Space Network

Bicycle and Pedestrian Trails

1. Walking Woods Way Walking Trail
2. East Washington Avenue Pedestrian and Bike Underpass
3. Starkweather Creek Bike Path

Parks and Open Space

4. Carpenter-Ridgeway Park
5. Carpenter-Ridgeway Rain Garden
6. Hawthorne School Playground
7. Sculpture Garden
8. The Bridges Golf Course
9. Gateway Garden

Natural Features

10. Glacial Drumlin Ridge
11. Neighborhood Park Prairie
12. Starkweather Creek

Neighborhood & Community Facilities

Centers of Worship

13. Bethesda Christian Fellowship Church

Child Care Centers

14. Bethesda Day Care Center
15. Claudi's Kids

Community Centers and Medical Clinics

16. East Madison Community Center
17. Evejue Community Clinic

Financial Institutions

18. Associated Bank
19. Heritage Credit Union

Historic

20. Brigham Family Farmhouse
21. Neighborhood History Plaque

Education and Major Institutions

Schools and Higher Education

22. Hawthorne Elementary School
23. Madison Area Technical College (MATC)

Major Institutions

24. Dane County Regional Airport
25. Military Campus

Walk, Run & Bike Routes

Route 1 - Walk or Run .5 Mile

Start at #4 (Kiosk on bike path).

- Go left into walking trails.
- Follow trail along Starkweather Creek
- Keep right back onto bike path.

Route 2 - Walk, Run, Bike .7 Mile

Start at #4 (Kiosk on bike path).

- Go toward Carpenter Street.
- Cross Wright Street to underground tunnel under E. Washington Avenue (toward Fair Oaks Avenue).
- Follow Fair Oaks Avenue to Lexington Avenue and turn left.
- From Lexington Avenue turn into Hawthorne School Green Space.

Route 3 -Walk, Run, Bike 3.25 Miles

Start at #4 (Kiosk on bike path).

- Follow bike path to Anderson and Wright Street.
- Follow Wright Street to Pierstorff Street.
- Continue on Pierstorff to Pearson to Anderson Street.
- Turn right on Wright Street, and continue to Carpenter Street.
- Go left on Carpenter Street back to Bike Path.

Collaboration with Safe Communities and Public Health-Madison and Dane County.

Funding provided by City of Madison CEP grant.

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Things to Bring or Wear on Walk, Run or Ride

- Bottle of water
- Sunscreen and hat
- Bike helmet, if biking

Daily record of walking/biking activity

Date	Time Spent (minutes)	Type of Activity Walking (W), Biking (B)

Safety Tips

Pedestrian Safety Tips

- Cross streets at crosswalks.
- Stop, look left, right and left again for traffic before crossing.
- Make sure you can see around parked cars before crossing.
- Look behind and ahead of you for cars turning the corner.
- Watch for cars leaving or entering driveways.

Bicyclist Safety Tips

- Stop, look left, right and left again for traffic before entering the street.
- Ride in the same direction as other traffic, on the right side of the street.
- Look behind you for traffic before changing your position on the street.
- Make a complete stop at all stop signs and look left, right and left again for traffic before continuing.
- Stop at all red lights and wait for the light to turn green before going again.

All Path Users Need To . . .

- Walk and ride on the right, pass on the left.
- Travel at a safe speed, being considerate of others using the path.
- Faster path users yield to slower users.
- Before passing, slow down, notify others and wait for them to react.
- Move off the path if stopping so others can get by.
- Pets must be leashed.
- Clean up after your pets.

Things you Should Now About Walking

1. Feeling sluggish these days? Caught up in the roll-out-of-bed, drive-to-work, sit-at-the-computer lifestyle? Having one of those 3,000 steps-a-day king of days? Face it, we've become a nation of non-walkers. Over the past 20 years, the frequency with which people walk for exercise has dropped by 42 percent.

2. Reversing the trend: It's not so hard. The U.S. Surgeon General suggests 30 minutes of daily moderate activity (above and beyond standard activity). That translates roughly into 3,000 to 4,000 extra steps a day. We normally walk about 5,000 to 6,000 steps in a day, so if you add 3,000 to 4,000 steps to that, you're at 10,000 steps a day - a level of activity that can help prevent weight gain, lower "bad" cholesterol and reduce the risk of developing high blood pressure. Most people who are walking fewer than 5,000 steps a day are gaining weight and losing muscles.

3. The recommended 30 minutes of walking a day doesn't have to be achieved at once. The same benefit is derived in 10-minute increments.

Why Walk, Run or Bike?

- Improves health and can prevent sickness and disease
- Relieves stress
- Gets muscles warmed up and ready for other forms of exercise
- Helps reach goal of 30 minutes of physical activity a day

Health Benefits of Physical Activity

Walking is a great form of physical activity and is suitable for almost everyone. All you need is a pair of comfortable shoes and about 30 minutes of your time.

Aim to walk at a pace that is fast enough to get slightly out of breath and feeling warm. You should be able to talk at this pace.

Below is a list of energy used for **30 minutes** of walking, cycling or swimming:

Activity	Distance (miles)	Energy Used* (Calories)	Food Calories
Walking			
Slow (3.0 mph)	1.50	112	2 Oreo cookies
Medium (3.5 mph)	1.75	129	1/2 Hershey's bar
Brisk (4.0 mph)	2.00	170	1 sm. bag Cheetos
Cycling			
Moderate (11 mph)	4.38	204	1 scoop ice cream
Fast (17.5 mph)	8.75	408	1 medium brownie
Swimming			
Freestyle, moderate	.50	238	20 oz. bottle of Coke
Freestyle, vigorous	.75	340	1 slice sausage pizza

*For 150 lb. adult

WALKING, RUNNING, AND BIKING IN THE CARPENTER-RIDGEWAY NEIGHBORHOOD