



Indoor Walking

By Logan Little

The American poet Henry David Thoreau once mused, “It is a great art to saunter.” As an ardent naturalist, it was a passion he would unremittingly embrace, walking at least four hours a day through the hickory and oak woodland that gracefully cradles the tranquil shores of Walden’s pond. Of course, everyone knows the health benefits of walking: lower blood pressure, better cardiovascular endurance, reduced risk of disease. It doesn’t take a 19th-century transcendentalist to confirm that walking is good for you. But while Thoreau encouraged his readers to walk not by paths or trails but according to “the subtle magnetism in Nature,” we offer some more pragmatic alternatives to all of you winter-locked walkers, looking for some new digs to fit your stride.

The following is a list of great indoor locations that are free to the public and welcoming to walkers. So grab a friend, lace up your tennis shoes, and *saunter* away!



West Fargo Veterans Arena

1201 7th Avenue East
West Fargo
Call: (701) 433-5370

Walking Hours

See: www.wfparks.org/topmenulinks/schedules/walkingtrackschedules.php

The recently-renovated Vets Memorial Arena is a large, multi-purpose facility offering resources for a host of recreational opportunities, including a new track for walkers. The 1/8-mile, three-lane track loops around a skating rink that may be flush with practicing Packers, so be sure to call ahead for availability. In the meantime, you’re welcome to warm up on a treadmill in the fitness center, free for anyone 18 and older. A parking permit is required for walkers and is available at the front office for no charge.

Fargo South Sports Arena

17th Avenue and 20th Street South
Fargo
Call: (701) 241-8153

Walking Hours

Monday-Saturday: 7 a.m.–9 p.m.
Sunday: Noon–9 p.m.



The Bill Schlossman Walking Track at the Fargo South Sports Arena is a five-lane track surrounding a skating rink. The track is fairly large—nine laps to a mile—and the hours are very accommodating. According to the Fargo Park District this arena is Fargo’s “most diversified recreation facility.” During the winter months, the facility does take a distinctive bend toward hockey. It smells like hockey, it feels like hockey, and there may be some puddles of water from the artificial ice on the track. Nonetheless, it’s always a popular spot for walkers who enjoy the easy parking, courteous staff, and invigorating music to accompany their morning march. Make sure to bundle up before you go because it gets chilly in there.

Fargo North High Gym and Track

801 17th Avenue North
Fargo
Call: (701) 241-1350

Walking Hours

Monday-Friday: 6:30 a.m.–9 p.m.
Saturday: Noon–4 p.m.
Sunday: Noon–8 p.m.



The Fargo North track is somewhat unique to the other indoor tracks the Park District offers, in that it’s staged on its own level, so you don’t have to worry about obstructing other activities while you walk. Climb a few stairs and begin your stroll on a 1/13-mile track overlooking the Spartan basketball court, with coat racks and rest room facilities located on the spot. Front-side parking is free with permit (available at front office) and is open to everyone after 4 p.m. Just look for the designated signs.

Minnesota State University Nemzek Hall

1104 7th Avenue South
Moorhead
Call: (218) 477-2309

Walking Hours

Call to confirm

Welcome to the Alex Nemzek Fieldhouse, home of MSUM Dragon basketball. The 1/13-mile, four-lane track encircles home court, scaling the interior of this expansive, 4,000-fan capacity arena. The facility is shared by both men's and women's sports departments, so availability to the public is limited.



Moorhead Sports Center

324 South 24th Street
Moorhead
Call: (218) 299-5353

Walking Hours

Monday-Friday: 5 a.m.–9 p.m.
Weekend hours vary

The Moorhead Sports Center is a padded walkway that curls around the perimeter of two skating rinks. The unconventional layout has its advantages; one mile around both rinks is only six laps and some change. Brightly lit, modern, and cool (but not too cold), the Moorhead Sports Center is a great place to skate and a fine place to walk.



Downtown Fargo Skyway

Downtown Fargo

Access Points:

- Civic Center
- Firestone Tire
- Radisson Hotel
- US Bank
- Metro Drug
- Black Building

Walking Hours

Monday-Saturday: 7 a.m.–6 p.m.

What better respite from oppressive railroad crossings and unshoveled sidewalks than a stroll above downtown Fargo? A wide, climate-controlled walkway connects pedestrians to a number of parking, retail, and restaurant locations, from the Civic Center to the Elm Tree Square. Convenient multiple access points bring you out of the frigid city streets and into a charming urban ambiance bustling with busy professionals.

Walking in Fargo-Moorhead

“Walk this Way” is a community walking program designed to promote walking among the citizens of the Fargo-Moorhead. The group meets Tuesdays and Thursdays at a variety of locations throughout the spring, summer, and early fall. Learn more at www.fmwalkthisway.com.

The “Wellness Walk” program began when a few “Walk this Way” participants wanted to continue walking together throughout the year. The group meets every Tuesday at 6 p.m. — now through spring they meet at the Minnesota State Technical College, Southwest Commons area. Show up for the “Wellness Walk” on a Tuesday and you can ask to be added to an email reminder that will keep you informed of the location (once the weather turns nice the group walks outside whenever possible, and the location can vary from week to week). **i**

Logan Little is a local writer and marketing professional who specializes in online branding strategies. When not behind the keyboard, he enjoys volunteering and spending time at the lake.



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FREE 24-HOUR ACCESS
A FREE PERSONAL TRAINING SESSION
FREE GROUP FITNESS CLASSES

4 Convenient locations:

South Fargo
1801 45th St. S.
701-277-5040

North Fargo
2614 N Broadway
701-239-1781

Dilworth
1710 Center Ave. W.
218-227-0010

Barnesville
602 Front St.
218-354-7155



Stay on top of
your New Year's
Resolution

valid through March 2012

Shop while you walk

West Acres Shopping Center

I-29 and 13th Avenue South

Fargo

Call: (701) 282-2222

Walking Hours

Monday-Saturday: 7 a.m.–9 p.m. (Shops open at 10 a.m.)

Sunday: 9 a.m.–6 p.m. (Shops open at noon)

More information: <http://www.westacres.com/visitor-information-mall-walking-guide.php>

In the Fargo area, it's an obvious choice. And why not? As the largest mall in North Dakota, West Acres Shopping Center is an ideal facility for walkers, offering plenty of space and scenery for anyone who likes their exercise with a little window shopping on the side. You'll stroll the .82 miles of walking distance unencumbered and crowd-free during the early walking hours, while taking in the variety of limited-time regional artwork displays adorning your surroundings and enhancing your walk experience.

And while these pieces are frequently rotated to avoid monotony, there are some collections you can always look forward to when you walk West Acres. Permanent components of the mall's regional showcase include the aquarium court, featuring a 1,000 gallon, freshwater tank brimming with beautiful African cichlids; the Buffalo Court, home to the "Buffalo Path" and a life-size, multi-colored bison sculpture; the Fountain Court, with the familiar "Fountain of Abundance" sculpture and fountain; and of course, West Acres' hallmark exhibit, the Roger Maris Museum, which contains a treasure trove of priceless memorabilia from one of North Dakota's most celebrated sons.

Couple these attractions with the usual amenities you expect from a shopping center and you'll agree, this mall was made for walking.

Moorhead Center Mall

510 Center Avenue

Moorhead

Call: (218) 233-6117

Mall Hours

Monday-Friday: 10 a.m.–9 p.m.

Saturday: 10 a.m.–5:30 p.m.

Sunday: Noon–5 p.m.

Like West Acres, the Moorhead Center Mall offers plenty of retail rubbernecking for walkers, perhaps looking to take advantage of zero percent sales tax on clothing and shoes. But where West Acres is the clear winner when it comes to walking distance, accommodations, and panache; a relaxed, low-traffic atmosphere and great parking make the Moorhead Center Mall an agreeable alternative. Dark brown cobblestones line the path as you stroll by a variety of unique, locally-owned businesses that remain a celebrated feature of the mall's 38-year history.

-Logan Little

Practice Good Manners While Walking in Public

By Leann Zotis

Much like the well-publicized concept of road rage, there is also an element of society that falls victim to "sidewalk rage." Just like the name implies, sidewalk rage can occur anytime someone exhibits bad manners or aggressive behavior while out walking.

The best way to exhibit good manners while walking in public is to follow some basic guidelines of good manners you probably learned at your mother's knee—watch out for the other guy and treat others as you would like them to treat you.

If you encounter elderly, physically impaired, or otherwise slower moving foot traffic, display patience and kindness in your interactions. Politely excuse yourself if you have to pass around someone in order to move on at your own pace. If, by some unforeseen circumstance, you do bump into someone, offer sincere apologies for the mishap. And don't over-react if someone bumps into you or crosses your path unexpectedly. Good manners usually encourage others to behave in similar fashion. Try to be the one who brings out the best in everyone.

Look for opportunities to help someone as you walk along in public. Did an elderly man drop something as he was walking along? Reach down and pick it up for him, saving him the effort of expending energy he may not have to spare.

Don't walk along with your eyes fixed to the ground or staring blankly ahead of you in zombie-like fashion. Take a moment to smile at anyone approaching you; offer a cheery greeting if it seems appropriate. The world is full of enough sullen malcontents; do your part to brighten someone's life as they walk through their day.

Walking in public provides a great opportunity to stretch your horizons. You have new opportunities to meet and greet your fellow man here on earth while making your way along the pathway of your life. Do it with a spring in your step and a smile on your face.

