

# eureka trail

Athens/McMinn County, Tennessee

**2016 Coalition for Recreational Trails National Achievement Award Winner**

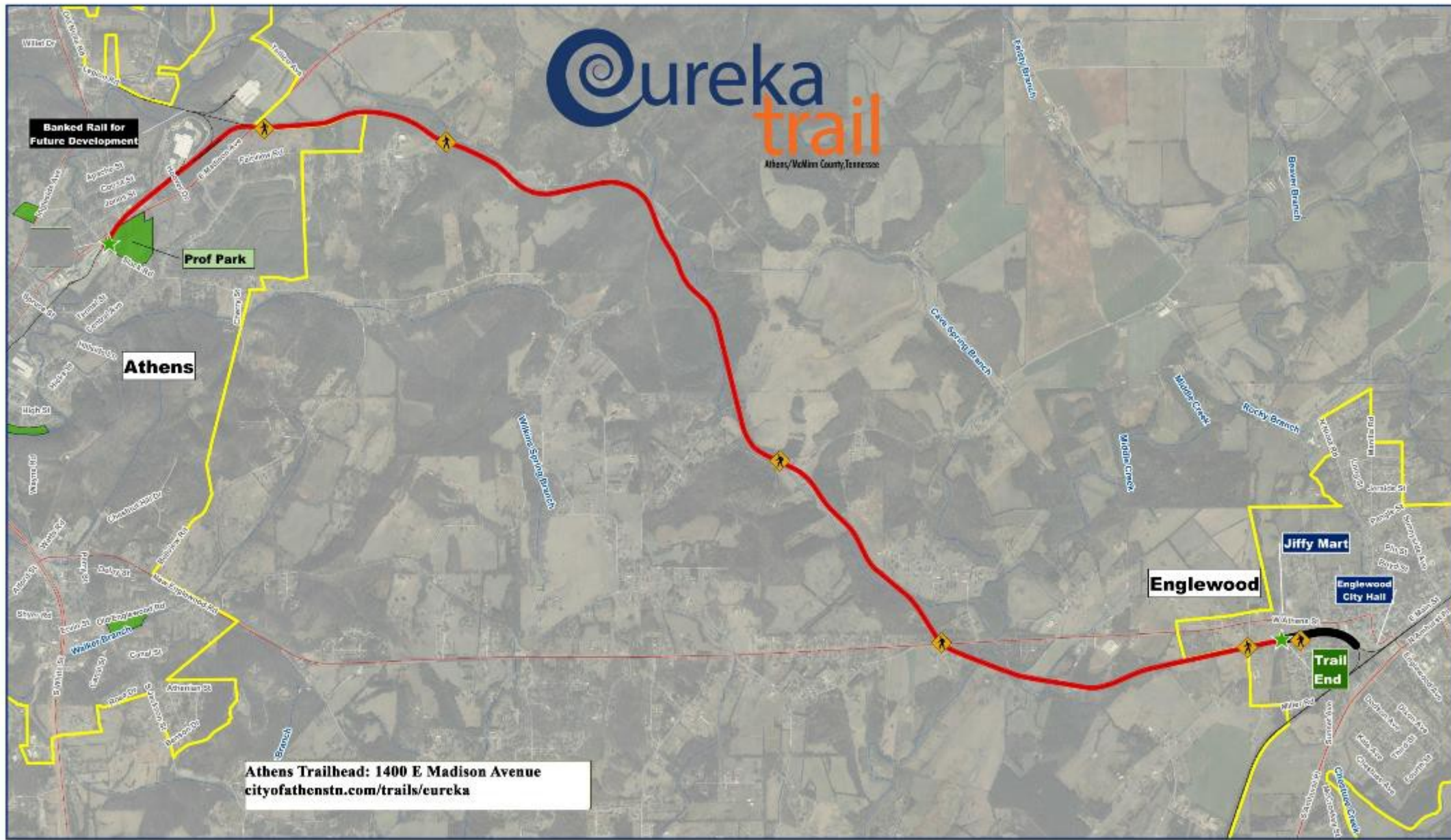




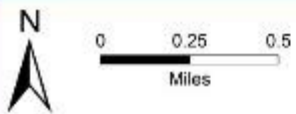
**The Eureka Cotton Mills were a vital part of Englewood and the namesake of the Eureka Trail**

# Eureka trail

Athens/Vickiham County, Tennessee



Athens Trailhead: 1400 E Madison Avenue  
[cityofathenstn.com/trails/eureka](http://cityofathenstn.com/trails/eureka)



## Proposed Eureka Trail Route - Athens to Englewood



Prepared by Athens Public Works  
Geographic Information System  
219 Alfred St., Athens TN 37303

**From abandoned  
rail line**



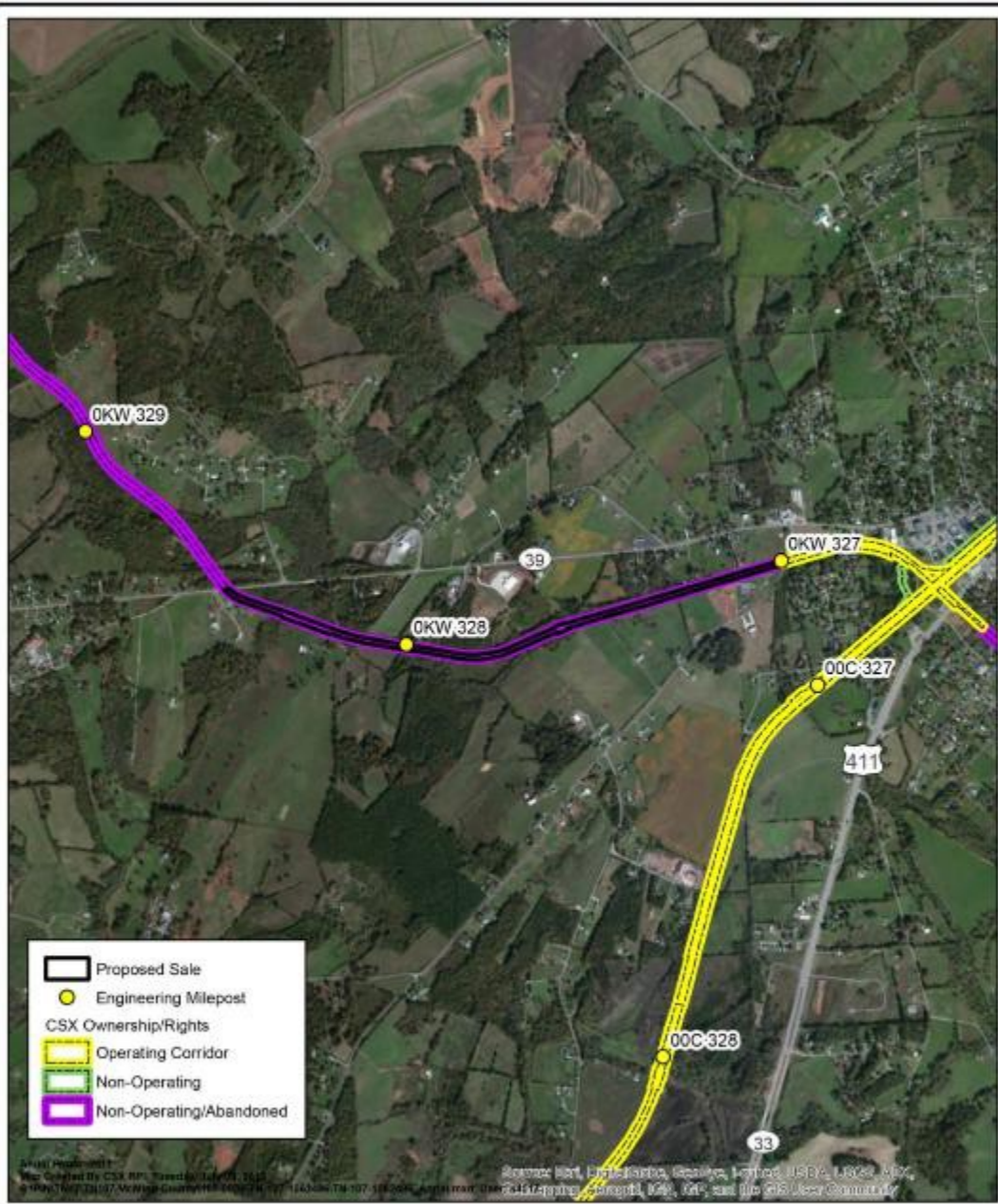
**To the Eureka Trail**





**The area outlined in green is the additional property at the Athens trailhead to be purchased from CSX.**

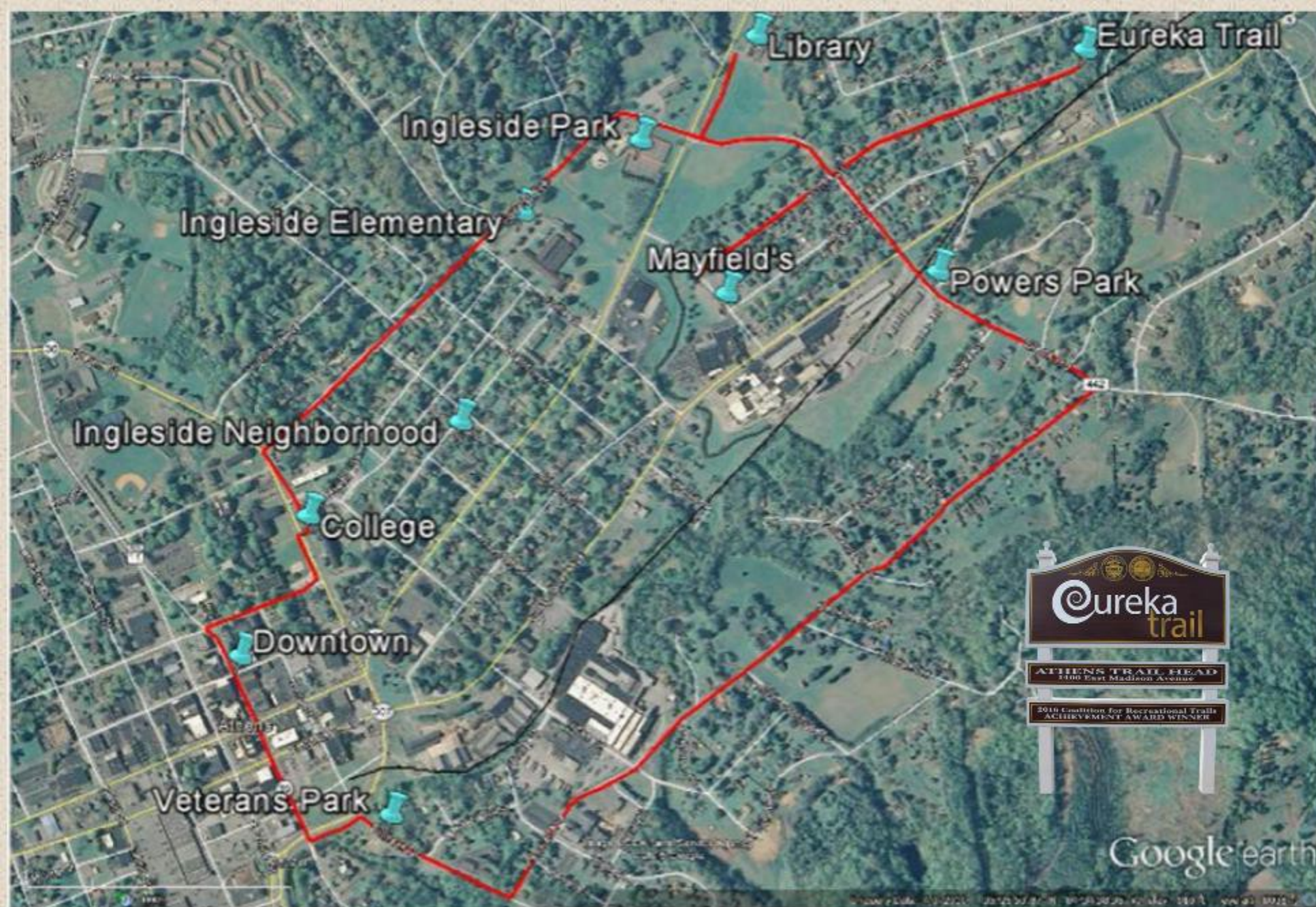
**The purple area with a black outline is the additional 1.5 miles of rail corridor to be purchased from CSX allowing Athens to connect to Englewood.**



**Proposed Sale to Englewood**  
Site ID: TN-107-1062496  
McMinn County - Englewood, TN  
Huntington Division - KD Subdivision  
OKW 327 to OKW 328.4

0 0.5  
Miles  
↑

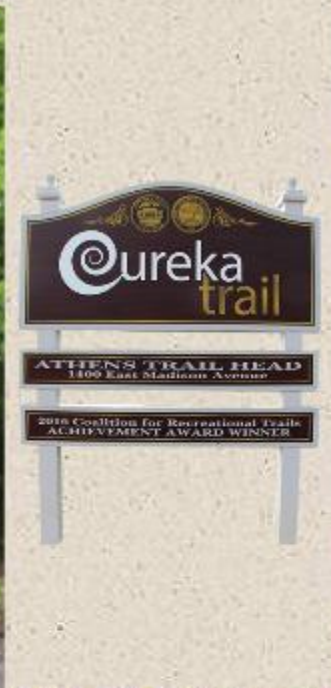
**CSX**  
New Infrastructure Moves  
CSX Property Group, Inc.



# The Eureka Urban Route Connecting The Trail To Athens Attractions



# Walking the Health Triangle



# Biking The Eureka Trail







**Welcome**  
to the  
Health Triangle

One Lap  
around the Health Triangle  
equals 1/2 mile

Moderate Activity = 3-4 mph  
Vigorous Activity = 5 mph  
• 6 laps/hour you are walking 3 miles per hour  
• 10 laps/hour you are walking 5 miles

"It is easier  
to maintain  
your health than  
to regain it."

There are  
1,440 minutes  
in each day... schedule  
30 of them  
for physical activity.





**Type 2  
Diabetes  
Facts**

According to the  
Centers for Disease Control and  
Prevention, nearly 30 million  
Americans have diabetes.

**Exercise**  
for 30 minutes  
5 days a week can...

- Lower blood sugar
- Help you lose weight  
and keep it off
- Help you lose weight  
and keep it off
- Make your heart and  
lungs work better
- Lower your blood pressure
- Lower your cholesterol
- Make your muscles stronger
- Lower stress levels

**Blood Sugar Goals**

- Before Meals  
70-130 mg/dL
- 2 Hours After Meals  
Less than 180 mg/dL



# Pedestrian Billboards on the Health Triangle



**The Eureka Trail  
Mile Markers  
each have a  
different “find it”  
as a marketing  
campaign playing  
off of the Greek  
definition of  
Eureka**



# **The Eureka Trail**

**2016 Coalition for Recreational Trails  
Trails**

**National  
Achievement Award Winner**