



Uptown Lexington Marker System



HISTORY OF UPTOWN LEXINGTON

Tradition has it that Lexington got its name when express riders carrying the news of the American colonists' victory at the Battle of Lexington, Massachusetts rode through what is now Lexington, NC in 1775. The heretofore unnamed village had become home to settlers who began arriving in 1750. Newcomers to this backwater area of the state found it to be heavily wooded and exceptionally well watered by Abbotts Creek and the Yadkin River, 10 miles west. The Native Americans in the area, the Sauras, had left the area by 1700, although various other tribes moved through on the "Trading Path" along the Yadkin.

In 1822, the NC General Assembly created a new county from Rowan County. Davidson County was named for General William Lee Davidson, a hero of the Revolution, who was killed in the Battle of Cowan's Ford. After a dispute about the exact location of the new county seat, Lexington was chosen and by 1824 a new brick courthouse was constructed in the middle of the town square, around which 25 acres owned by prominent businessmen were sold to the county for \$.50 an acre. Thus began uptown Lexington.

Compactness and intactness characterize the Uptown Lexington Historic District—it is a five block area of commercial construction with almost no "missing" or destroyed structures within it. Although many buildings have undergone street level façade changes, most of the second floor facades remain unaltered.

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The district is comprised of brick detailed with various classical architectural elements executed in granite, wood, metal, terra-cotta and brick. By 1858, a second courthouse whose scale and design were considered quite ambitious for such a small community had been built. Hotels, newspaper offices, livery stables, and a wide variety of stores and offices were built of wood in close proximity to the courthouse on the square, providing quite a contrast between wooden storefronts and Corinthian columns.

By 1885, the first of the brick structures appeared just south of the courthouse and during the next few decades all of the original wooden buildings were overbuilt with the brick structures which exist today. Records indicate that in a few instances, current buildings dating back as early as 1900 may be the third or fourth structure to occupy the site.

Today, Lexington is designated as a North Carolina Main Street City. Uptown Lexington, Inc. manages efforts to revitalize the traditional commercial district and to encourage quality development of the existing property for retail, service, professional, and residential uses.

A walk through Uptown Lexington is a uniquely enjoyable experience. Take it all in—the historic surroundings, our community’s heritage, the special treasures found throughout our shops, our historical and art museums, and the friendliness of our residents.

What



Imagine a North Carolina...

...Where the country roads and neighborhood streets are wide enough that bicycles can safely travel alongside vehicles.



...Out in the country, our rural roads have wide, striped shoulders that make cycling safe enough for children riding to the homes from their weekend rides.

...Cyclists pedaling, pedestrians walking, and people in wheelchairs rolling to areas located in the city as well as in the beauty of the rural countryside.

...Greenways connect neighborhoods, and sidewalks link neighborhoods to the center of town.

...In our towns and cities, adults and children bike, skate, or walk for fun and to commute to school, work, and shopping areas of town.

...Restaurants offer healthy items, and when families go out to eat, they can easily spot these on the menu.



...Supermarkets offer plenty of heart-healthy food options and guide customers to these options by indicating on the shelf, this is a heart-healthy choice.

...School cafeterias are inviting places where children enjoy sitting down to eat a healthy meal and talk with friends.

...Restaurants are family-oriented and smoke free.



Davidson Health Alliance strives to improve the health of Davidson County residents through advocacy, educational initiatives, and improving access to health care services. The Alliance works to identify health needs and resources in the community and work collaboratively to improve the quality, continuity, access, and coordination of health care services. The Alliance has four work groups: Access to Care, Asthma, Mental Health, and Health Promotion.

To become a part of Davidson Health Alliance, contact Jen Hames at 336-242-2354 or by email at Jen.Hames@DavidsonCountyNC.gov.

HEALTH CARE RESOURCES FOR THE COMMUNITY

1. Davidson County Health
Department - 242-2300
2. Lexington Memorial Hospital
248-5161
3. Davidson Medical Ministries
Clinic - 243-7475
4. Cancer Services - 249-7265
5. American Red Cross - 248-2205
6. Poison Control Center -
1-800-672-1697
7. Positive Wellness Alliance -
248-4646
8. Domestic Violence and Sexual
Assault—243-1934
9. Daymark - 242-2450
10. Family Services of Davidson
County - 249-0237

YOUR TARGET HEART RATE

- Your target heart rate is the amount of heart beats per minute you should have while exercising
- It serves as an indicator of how hard you are working
- To take your heart rate, place your middle and index finger on the base of your thumb, on the palm side. Slide the fingers straight down on to the wrist and feel for a pulse



- Below is a chart for ages and appropriate heart rates at 50% of max for healthy adults w/ a resting heart rate of 72 beats per minute (A good start for beginning exercisers)

18 YRS	25 YRS	35 YRS	45 YRS	55 YRS
101	98	93	88	83



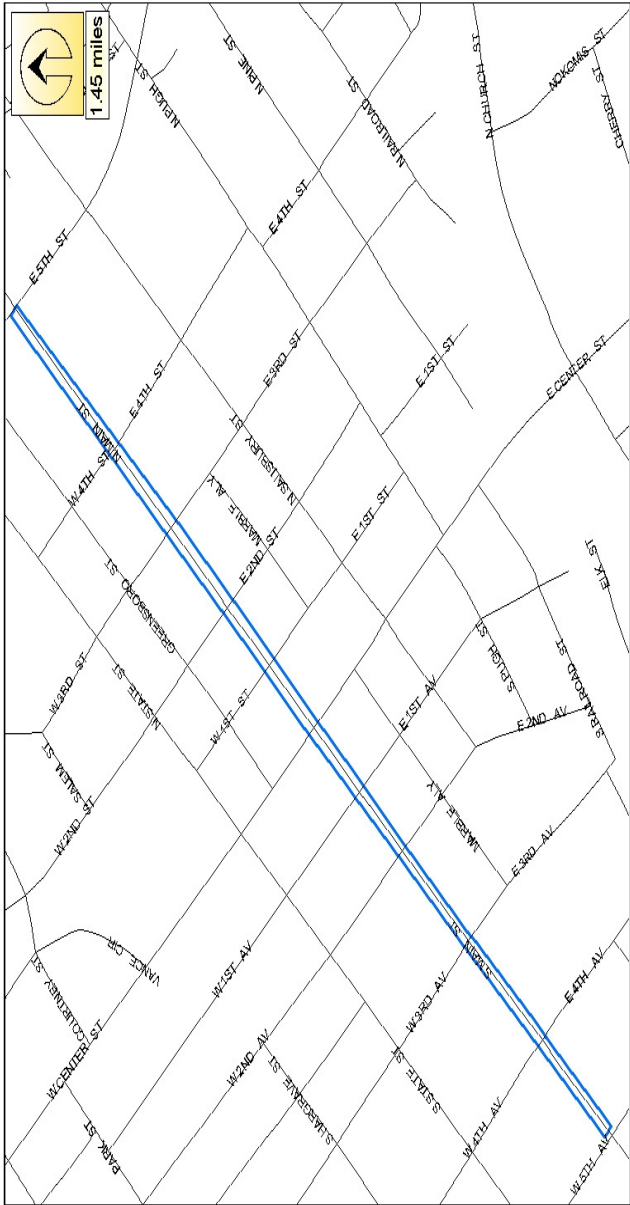
The Walker's Ten Commandments

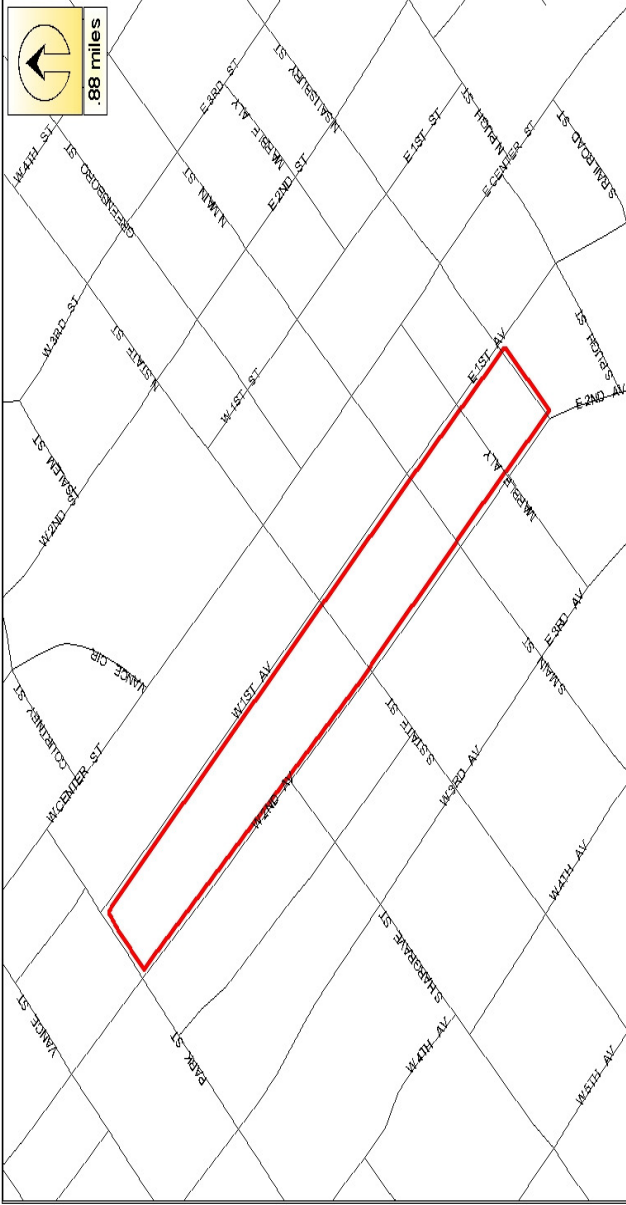
1. **You Shall Stop and Stretch**—Start off walking slowly for 5-10 minutes, THEN stretch.
2. **You Shall Know Your Limits**—Keep your workout to 20 minutes a day for at least 2 weeks when starting, then increase.
3. **You Shall Travel Empty-Handed**—No hand weights.
4. **You Shall Drink Your Fill**—Drink water before and after your workout to prevent dehydration.
5. **You Shall Know Walking Isn't Wimpy**—Walking at a pace of 4 mph will get you in the target heart zone.
6. **You Shall Keep Head High**—The underside of your chin should be parallel to the ground.
7. **Your Stomach Shall Be Pulled In**—Do what you would do if someone ordered you to suck in your gut.
8. **Your Arms Shall Swing in Moderation**—Swing arms in natural opposition to your feet.
9. **You Shall Find Your Natural Stride**—Stride long enough to be comfortable without falling over.
10. **You Shall Not Jaywalk**—Obey all of the rules of the road for a safe walk.

Safety Tips

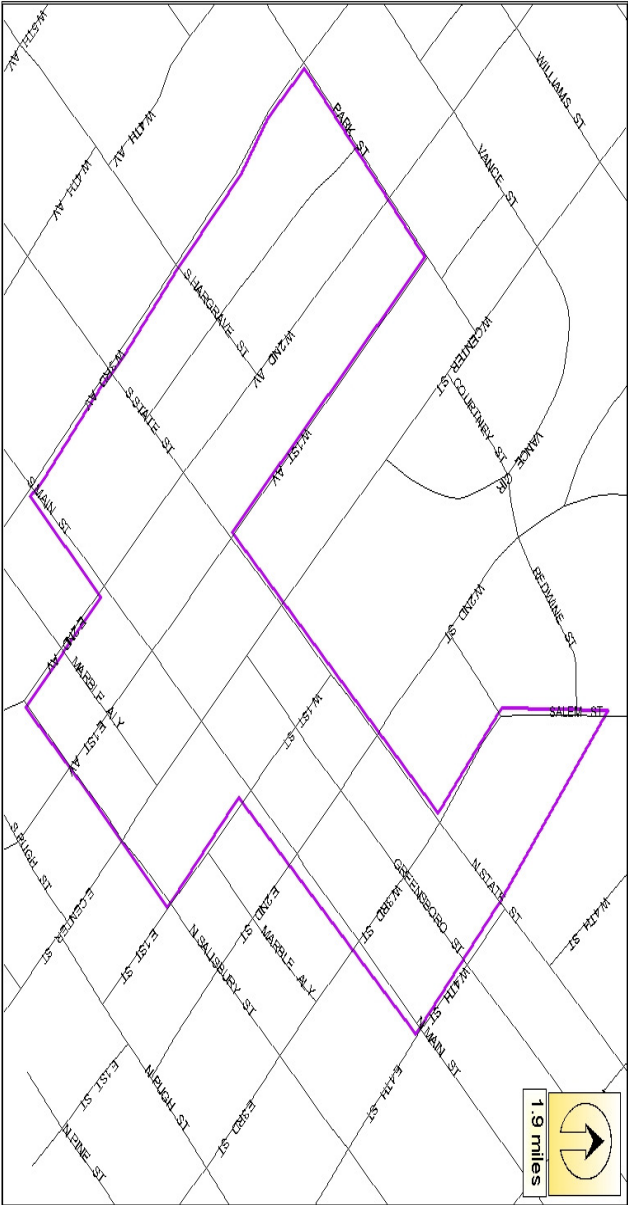
- Supervise young children.
- Cross streets at a corner, use crosswalks.
- Obey the traffic signals.
- During hot weather, walk in the morning or evening hours.
- If exposed to the sun, apply at least #15 sunscreen. Wear sunglasses and a hat with a visor to shade your eyes and face.
- Walking shoes need to have good shock absorption and cushioning. Make sure that there is a thumbnail's width between the end of the longest toe and the end of the shoe. Buy shoes at the end of the day when the foot is the largest.
- Sixty percent of a shoe's shock absorption is lost after 250-500 miles of use, so people who walk up to ten miles per week should consider replacing their shoes every nine to 12 months.
- Dress in layers. The inner layer should be material that takes perspiration away from the skin (polypropylene, thermax); the middle layer (not necessary for legs) should be for insulation and absorbing moisture (cotton); the outer layer should protect against wind and moisture (nylon).
- Wear loose-fitting, light-colored clothing.
- As always...consult your physician before starting any type of exercise program.











Logging Your Time and Miles

5	
30:23	1.75

Chart your progress by writing it in the log book, located near the end of this book.

In the upper left-hand corner is a box dedicated for the date (ex., the 5th of the month). On the left side of the dividing line, place the time—duration—of your walk/run, etc. On the right side of the dividing line, place the number of miles walked/run, etc.



Revised 3/08

Benefits of Walking Uptown

1. Safe
2. Well-lit
3. Handicap-accessible
4. Public Restrooms
5. Shopping
6. Sense of community
7. Pay phones
8. Participant in revitalization of Uptown
Lexington
9. Heart of your community
10. See progress that occurs daily

