

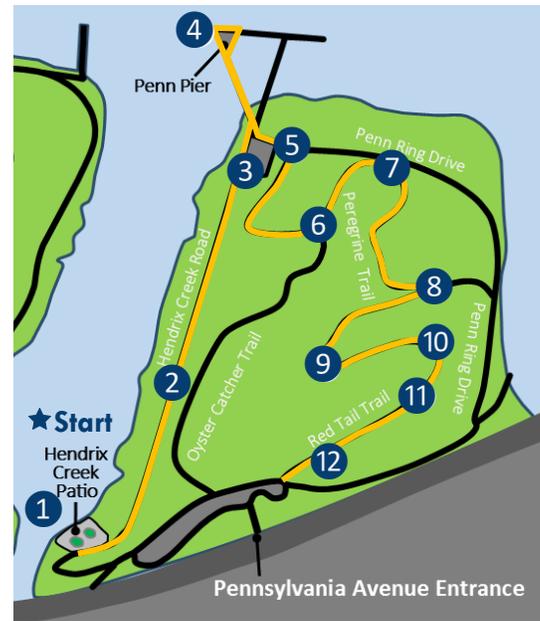
Shirley Chisholm State Park—Penn Side

2021 SCSP self-guided hike

Distance: approx. 2 miles

For this self-guided hike around the Penn side of the park, you can follow these prompts along the way. We have designed a Fitness Hike and a Mindfulness Hike to help you reflect on this past year and start the new year right. As you walk along the marked trail you can choose to do the fitness challenge or the mindfulness challenge. You might want to mix it up or do both!

We encourage you to take this at your own pace and adapt each stop to fit your skill level and needs!



Fitness Hike

1. Before you head out on your hike, find a spot on this patio to do a few stretches.

2. Find the second trail sign on this stretch of Hendrix Creek road.
 - A. Do some step-ups onto the curb. Put your left foot up, followed by your right foot, then step down with your left foot, then your right foot. Do this 10 times.
 - B. Now stretch your calves. Step up on the curb with your heels hanging off the edge. Lift yourself up onto your toes and then slowly go back down. Do this 20 times.
 - C. Do 10 more step ups like in step A.

3. Stop at the colorful fence.

This flare burns off the methane gas produced by the landfill underneath the park. Burn some calories by doing 15 jumping jacks. If you're up to the challenge do two sets.

Now jog to the end of the pier!

4. Find a spot on the pier to take a water break! When you're ready, do 15 squats. Use the railing if you want extra support.

Walk up the gravel trail to the intersection of Penn Ring Drive and Peregrine Trail.

5. This is the intersection of Penn Ring Drive and Peregrine Trail, take the path on your right and walk or jog with high knees until you get to the set of benches ahead.



Mindfulness Hike

1. **Find a spot on this patio to sit for a moment.** Focus on your breathing. Now, while breathing in and out deeply, allow yourself to focus on each part of your body. Start at your toes and work your way up to your head. Where are you feeling tension? Get in tune with your body before you begin this hike.

2. **As you walk Hendrix Creek Road** get familiar with the here and now. Take a moment and think about your senses:
 What are 5 things you see?
 4 things you hear?
 3 things you feel?
 2 things you smell?
 1 thing you taste?

3. **This flare burns off the methane gas** produced by the landfill underneath the park. Reflect on the angers and fears you want to leave behind this year. When you feel ready, take a deep breath in and think about those negative feelings. Then breathe out slowly and let the flare burn them away. Do this as many times as needed.

4. **Look across the creek to the Fountain Pier.** Fountain Pier was originally constructed to help transport the soil used to cap the landfill. The pier and this land have been repurposed. As you walk back towards Penn Ring Drive take inspiration from this transformation. Is there something in your life you feel can be repurposed too?

5. **Take a look back at the path you've just walked,** it may be hilly and uneven, but recognize how much you have accomplished already. As you walk this next stretch of trail think of 3 positive things you can carry forward into the coming year.

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Fitness Hike

6. Stop at the intersection of Peregrine and Oystercatcher Trail.

Do 15 lunges as you continue down Peregrine Trail. Feel like challenging yourself? Do 2 sets before reaching the next stop!

7. Starting at the Peregrine Trail sign, power walk or do a set of 10 squat kicks as you head to the next set of benches. Once you're there take a 1-minute rest!

To do squat kicks stand with your legs shoulder-width apart. Squat down. Kick forward with your right leg as you come up. Bring the leg back down so you're standing on two feet, then squat again and kick with your left leg. Move forward a few steps and repeat.

Continue taking the gravel trail to Red Tail Trail intersection.

8. Starting at the intersection of Peregrine and Red Tail Trail, get ready to head up hill! Challenge yourself by sprinting to the top. If you'd rather take it slower, power walk with high knees.

9. You've reached the highest point in the park! Savor this moment!

Once you've taken in the beautiful 360° view, do a push-up or tricep dip utilizing each picnic table along this stretch of trail.

To do a push-up: place your palms on the edge of the table shoulder width apart, arms should be straight. Align your feet so your arms and body are completely straight. Bend your elbows to lower your chest towards the table, then push your body away from the table.

To do a triceps dip: sit on the bench facing out. Place your palms flat next to you (fingers pointing the same direction as your toes), then shift your body forward off the bench keeping your arms in place. Lower yourself until your elbows are bent, then slowly push yourself back up.

10. Stop at the trail sign near the end of this row of picnic tables.

From here to the next set of benches swiftly side-step, alternating sides every 10 steps.

11. Stop when you reach 4 benches. Use one of these benches to do 10 high step-ups. Bonus Challenge: do a set on each bench.

12. Cooldowns are important for a workout! Take this time to walk back to the parking lot. Feel your heart pump and your breathing slow once more. When you reach the end of this trail, pause and stretch again!

Congratulations! You've completed the 2021 Shirley Chisholm State Park self-guided hike! We hope this hike challenged you both physically and mentally, and has allowed you to feel more confident moving forward throughout the year!

We cannot wait to see you on the trails again soon!
Follow us on Instagram @ShirleyChisholmStatePark for more trail challenges coming in 2021.

Mindfulness Hike

6. Sometimes the path you want to take is closed, but remember, as one path closes, another opens. You have had to make some hard decisions this past year. Reflect on how you have grown as a person because of them. What roadblocks (mental or physical) are you currently facing?

7. Stop at the trail sign near the curve in the Peregrine Trail.

Look out towards Jamaica Bay. Close your eyes and listen closely for 30 seconds. What do you hear that you weren't aware of before?

Face the grasses behind you, and do it again.

Continue walking the gravel trail to Red Tail Trail intersection.

8. An uphill climb can seem daunting, but you have overcome many of the struggles this year has thrown at you! As you climb, think of all the challenges you have overcome and reflect on what you did that helped you overcome them.

9. Congratulations! You made it to the peak of the Penn side of the park. There is nothing you cannot accomplish if you set your mind to it. Take a breather and enjoy the sights. Try to count how many NYC landmarks you see and compliment yourself once for each.

Hint: The JFK air tower, Jamaica Bay, Canarsie Pier, the Verrazano Bridge, and the Freedom Tower can all be seen from this spot!

10. What you've achieved this year is great. Close your eyes, and breath in and out deeply. Take these moments to think of all those in your life who have supported you and lifted you up. How have you helped them in return? How can you show them gratitude?

11. Have you been paying attention to the wildlife around you on this hike? Take a moment to sit on these benches and observe the grasses in front of you. Have you seen these animals before? If so, where have you seen them? What do you think they are doing? Why do you think they are doing these things?

12. This tree is dedicated to Lee Shelly, who was a founding member of the Friends of Penn and Fountain (now Friends of SCSP). His dedication, and the dedication of the other members, helped turn these landfills into the park you see today. Reflect on the causes you are dedicated to and pick one you promise to hold yourself accountable for this year.

