



**OFFICE OF THE MAYOR**  
**TOWN OF WALLINGFORD**  
**CONNECTICUT**

**WILLIAM W. DICKINSON, JR.**  
MAYOR

**NOTICE**

**SUBJECT: Wallingford Public Park Advisory**

**Dear Residents:**

We hope you are well. We appreciate your patience and understanding as we navigate these challenging and uncertain times together. During these times, the Wallingford Parks and Recreation Department along with the Connecticut Recreation and Parks Association are encouraging you to stay active and get outdoors to enjoy your local walking or hiking trails. If you want to avoid the walking and hiking trails, take a run, walk or bike ride around your local neighborhood. Stay active! Exercise is essential in maintaining a healthy lifestyle. Studies show people who exercise outside feel more revitalized, engaged, and energized than those who do it indoors. (American Chemical Society).

Enjoy one of the many parks that provide walking or hiking trails in Wallingford. Marcus Cooke Park, Lufbury Park, Tyler Mill and the Quinnipiac Linear Trail are some great locations to explore while observing the CDC's minimum recommended social distancing of six feet from another person. We strongly encourage the use of common sense in these times. If you arrive at a park and crowds are forming, choose an alternate location, trail, or return another day or time. Although Town parks at this time are open to the public, please comply with Governor Lamont's order that social or recreational groups not exceed five (5) people.

During this unprecedented crisis, it is important to continue to practice safe, sanitary and social distancing as we maintain active and healthy lifestyles. If you are not feeling well, stay home. Again, common sense. Be sure to follow the CDC's guidance on personal hygiene prior to heading to and during your time at the park. Wash your hands, carry hand sanitizer, cover your mouth and nose when coughing or sneezing and avoid surfaces that are touched often.

**Stay active, stay healthy and be well!**

**Kenny Michaels**  
Director of Parks and Recreation

**Stephen Civitelli**  
Director of Health

**William W. Dickinson, Jr.**  
Mayor

**3/27/20**