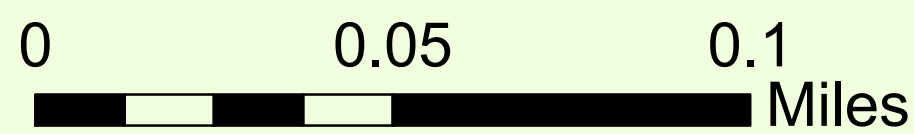


VALLEY LAKE TRAIL MAP



City of Lakeville
 Parks & Recreation Dept.
 (952) 985-4600
 www.lakevillemn.gov



Legend

- Sign Locations
- Schools

Valley Lake Trails

- Donnays Valley (1.9mi)
- Lakeside (0.5mi)
- North East (0.9mi)
- Parkview (0.8mi)
- Valley North (0.9mi)

A Calorie Calculator
 The "Net Calorie Burn" measures calories burned, minus basal metabolism. Scientists consider this the best way to evaluate the actual calorie-burn of any exercise. The walking formulas apply to speeds of 3 to 4 mph. The average human walking speed is about 3 miles per hour. At 5 mph and faster, walking burns more calories than running.

	Your Total Calorie Burn/Mile	Your Net Calorie Burn/Mile
Running	.75 x your weight (in lbs.)	.63 x your weight
Walking	.53 x your weight	.30 x your weight

ENJOY LAKEVILLE'S TRAILS

ACTIVE RESIDENTS = HEALTHY RESIDENTS

THIS MAP MADE POSSIBLE
 THROUGH A GRANT FROM THE
 DAKOTA COUNTY
 PUBLIC HEALTH DEPARTMENT