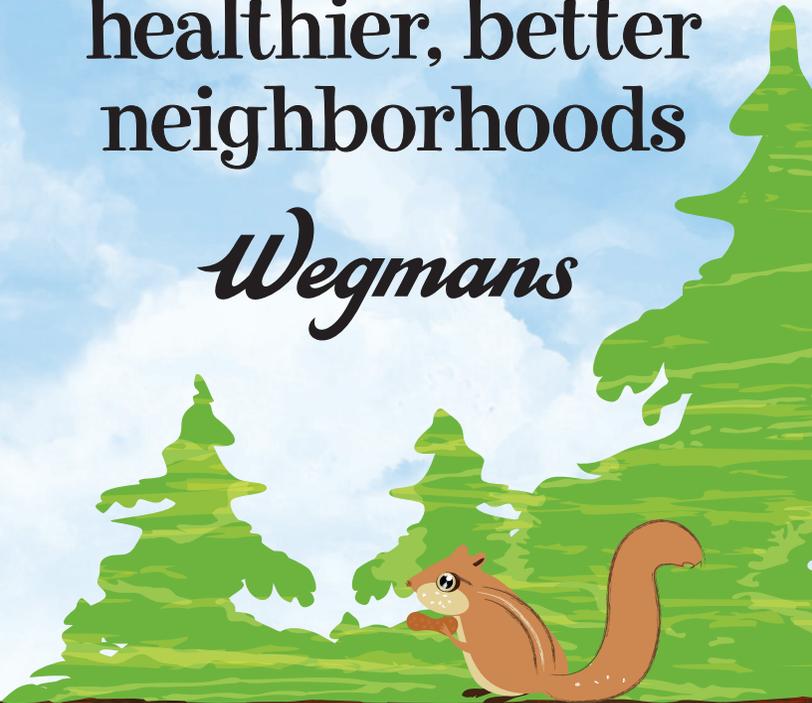


Helping create  
healthier, better  
neighborhoods

*Wegmans*



Discovering  
Historic Corn Hill

## ***Welcome to Historic Corn Hill!***

The Corn Hill Neighbors Association is pleased to partner with Wegmans on this important program that encourages visitors to take a healthy walk through our neighborhood while simultaneously learning about the colorful people and events that have defined Rochester's oldest residential neighborhood.

Highlights include sisters who communicated with the dead, the location where Frederick Douglass first published his iconic newspaper *The North Star*, Rochester's first "gated community" where the city's wealthiest families built their mansions, an orphan Asylum that suffered a tragic fate, and a legendary jazz club.

When you complete "rubblings" at each of the stops - see instructions on the inside back cover - you may win a \$250.00 gift card from Wegmans in a drawing held during our annual Corn Hill Arts Festival in July. Be sure to include your name and the best way for us to contact you, then mail the completed Passport to:

Corn Hill Neighbors Association  
133 South Fitzhugh Street  
Rochester, NY 14608

To learn about other events in Corn Hill, visit us on the web at [www.cornhill.org](http://www.cornhill.org)

# Corn Hill Historic Wellness Trail

Ford Street

Clarissa Street

Clarissa Street

Troup Street

Adams Street

Greig Street

S. Plymouth Ave.

Exchange Blvd.

Genesee River



★ indicates location of trail marker for rubbing



[www.cornhill.org/history-of-corn-hill/genesee-river/](http://www.cornhill.org/history-of-corn-hill/genesee-river/)

## ★ 1 Genesee River

**Marker Location:** Corn Hill Landing behind the Water Spirits Sculpture where South Plymouth meets Exchange Street.

In 1803, Nathaniel Rochester and his partners William Fitzhugh and Charles Carroll purchased a 100-Acre Tract of land on the west bank of the Genesee River, a small seed that grew into the city we know today. The only river in the northeastern part of the United States that flows north, its swift current offered power for mills that eventually lined its shores.

MAKE TRAIL MARKER RUBBING HERE



## Spiritualist Obelisk

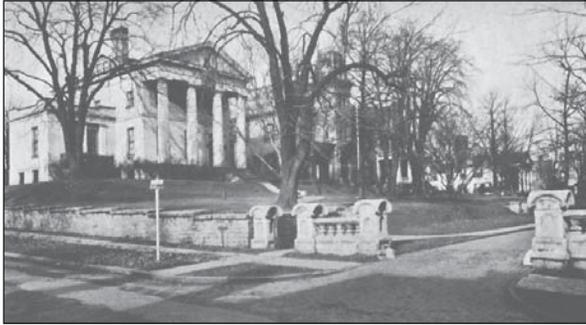
**Marker Location:** Troup Street just east of South Plymouth Avenue

In 1848, the famous Fox Sisters, Katie, Margaret and Leah shocked Rochesterians by interpreting knocking sounds as communications from the dead. In 1906, just north of this spot, the Plymouth Spiritualist Church was founded to carry on their work. The church was torn down in the 1950s to clear the way for construction of the 490 Expressway. This obelisk once stood on the church grounds until moved out of the highway's path.



[www.cornhill.org/history-of-corn-hill/fox-sisters-obelisk/](http://www.cornhill.org/history-of-corn-hill/fox-sisters-obelisk/)

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### ★ 3 Livingston Park

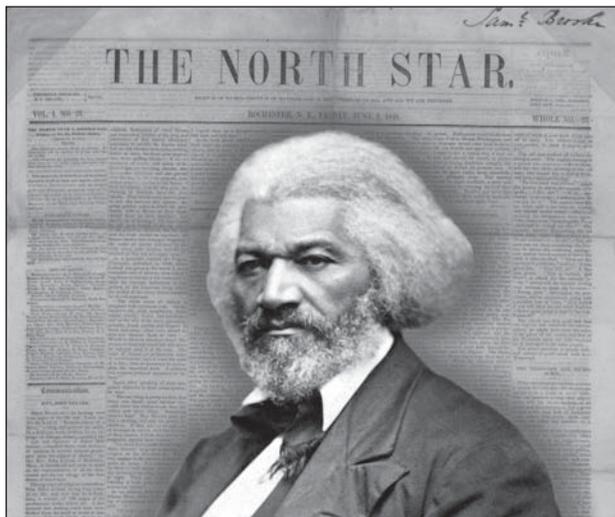
**Marker Location:** Corner of Troup Street and Livingston Park

Livingston Park was an exclusive gated group of large elegant residences built between 1827-1838. The Livingston-Backus House later served as a young women's seminary and has been relocated to the Genesee Country Village & Museum. The Greek Revival Hervey Ely House remains as a reminder to the grandeur of this park.



[www.cornhill.org/history-of-corn-hill/livingston-park/](http://www.cornhill.org/history-of-corn-hill/livingston-park/)

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[www.cornhill.org/history-of-corn-hill/ame-church/](http://www.cornhill.org/history-of-corn-hill/ame-church/)



## AME Church

**Marker Location:** Favor Street, east of Ford Street

Rev. Thomas James, a former slave, built Rochester's first African Methodist Episcopal Church on this site. He later permitted another former slave, Frederick Douglass, to set up a printing press in the church's basement where *The North Star*, an antislavery newspaper, began publication in December 1847.

MAKE TRAIL MARKER RUBBING HERE

## 5 Clarissa Street Jazz

**Marker Location:** Southwest corner of Troup and Clarissa Streets

Until World War II, the majority of Rochester's African-American population lived in the Third Ward and Clarissa Street was the heart of their community. Often referred to as Rochester's Broadway, it featured a hotel, eateries, and jazz clubs, the most famous of which was the Pythodd Club that once stood on the nearby parking lot. Some of the greatest names in music once performed here, including Dizzy Gillespie and Stevie Wonder.



[www.cornhill.org/history-of-corn-hill/clarissa-street/](http://www.cornhill.org/history-of-corn-hill/clarissa-street/)

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## 6 Frederick Douglass Village

**Marker Location:** Tubman Way cul-de-sac flower garden

In 1999, twenty-three homes on three streets became the first City of Rochester housing development sponsored by an African American church, AME Zion. Tubman Way was named to honor Underground Railroad pioneer Harriet Tubman. It leads toward the Genesee River, which was used as an escape route for runaway slaves.



[www.cornhill.org/history-of-corn-hill/frederick-douglass-village/](http://www.cornhill.org/history-of-corn-hill/frederick-douglass-village/)

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## ★ 7 “Son” House Rediscovered

**Marker Location:** Clarissa Street between Greig Street and Riverferry Way

Eddie James "Son" House Jr. (1902-1988) grew up in the Mississippi Delta where he created a distinctive sound in American Blues that influenced numerous performers like B. B. King, Eric Clapton and Bonnie Raitt. In the early 1940s, he disappeared for a generation until 1964 when three college students found him living on Grieg Street and helped him launch a second career. He was inducted into the Rochester Music Hall of Fame in 2013.



[www.cornhill.org/history-of-corn-hill/son-house/](http://www.cornhill.org/history-of-corn-hill/son-house/)

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[www.cornhill.org/history-of-corn-hill/corn-hill-orphanage-fire-of-1901/](http://www.cornhill.org/history-of-corn-hill/corn-hill-orphanage-fire-of-1901/)

## 8 Rochester Orphan Asylum

**Marker Location:** Southeast corner of Greig Street and Hubbell Park

Rochester's Orphan Asylum operated on Hubbell Park from 1843 until a fire destroyed it in January of 1901. Tragically, more than 30 lives were lost and the orphanage was never rebuilt. In 1905 another facility was erected at a new location on Pinnacle Hill and eventually renamed the Hillside Home for Children.

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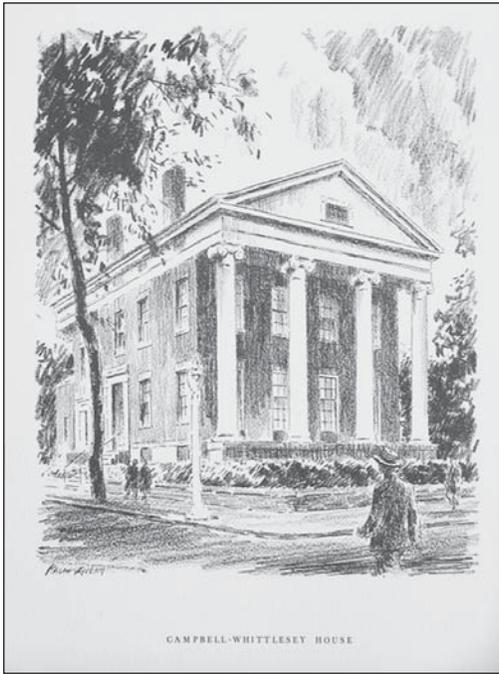
[www.cornhill.org/history-of-corn-hill/the-gazebo/](http://www.cornhill.org/history-of-corn-hill/the-gazebo/)

## 9 ★ Gazebo at Lunsford Circle Park

**Marker Location:** Lunsford Circle Park, at the south Frederick Douglass Street

Established as Caledonia Square in 1837 reflecting the Scottish heritage of this area's early inhabitants, it was subsequently known as Plymouth Park until 1986 when it was given its present name honoring Dr. Charles T. Lunsford, Rochester's first African-American physician and prominent civil rights pioneer. The gazebo survived a fire that destroyed St. Joseph's Church downtown and was moved here in 1979 where it has become a gathering point for many Corn Hill events.

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## ★ 10 Ralph Avery Mall

**Marker Location:** The small park between South Plymouth Avenue and Adams Street at the north end of Frederick Douglass Street

Ralph Avery was a watercolor artist who specialized in paintings of Rochester skylines and Corn Hill scenes. He was credited with helping to eliminate the line between commercial and fine art. In April of 1980, this park was developed and named in honor of Corn Hill's famous resident artist.



[www.cornhill.org/history-of-corn-hill/ralph-avery-mall/](http://www.cornhill.org/history-of-corn-hill/ralph-avery-mall/)

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## *Walking Tips*

**Dress in Layers** – The weather and even your own body temperature can fluctuate as you walk or hike. Layering allows you to comfortably add or remove clothing as needed during your activity.

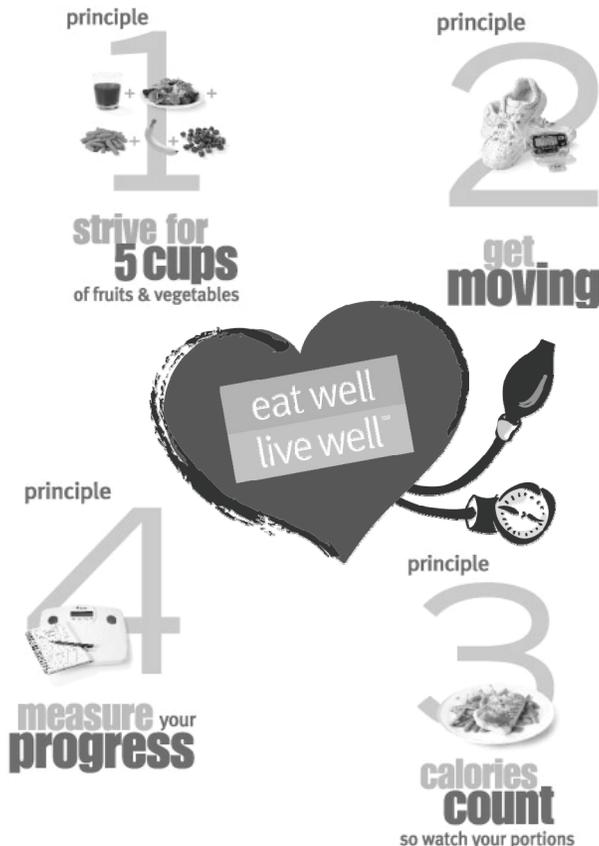
**Stay Hydrated** – If you plan to be active for an hour or less, plain water is typically the best option to keep you hydrated. If your activity will last for more than 1 hour (or the outside temperature is high) a sports drink, juice or milk provide important nutrients and electrolytes to prevent dehydration.

**Pack a Snack** – Keeping a healthy snack on hand is a good idea just in case your walk goes a little longer than planned. Snacks that travel well include an apple, banana, granola bar or small snack bag filled with nuts, trail mix or pretzels.

**Wear Sunscreen** – Anytime you are out in the sun no matter what time of year it is, it is important to protect your skin by wearing sunscreen.

**Bring a Buddy** – Having someone to walk with makes the journey safer and more enjoyable.

*Good luck on your journey to better health!*



# Tips for Fuel on the Trail

Short, leisurely walks don't usually require any fuel besides water and your own two feet! However, if you are planning an activity that is of moderate intensity or that will last more than 45 minutes, packing smart hydration and food choices is a good idea.

- Stay hydrated with water (plain or sweetened with fruit) or unsweetened iced tea instead of sugar-sweetened beverages. Freeze a bottle of water the night before your activity: it can be used as an ice pack, and will be ready to drink later in the day!
- Consider portable protein choices such as pouched tuna and salmon to support your hard work! Other options that work well are cheese sticks, snack packs of hummus, and grilled chicken strips (keep cool with an ice pack or frozen bottled water).
- Choose whole grains for more filling fiber than refined grains. Options like whole grain breads, wraps, tortilla chips, and crackers all work well on the go!
- Pack a rainbow of colorful fruits & veggies to provide fiber & hydration for your activity! Choices that travel well include apples, bananas, dried fruit, snap peas, baby carrots, and sweet pepper strips.
- Nuts & seeds are great for keeping hunger from getting in the way of your fun! Bring a handful of walnuts, almonds, sunflower or pumpkin seeds for a crunchy, satisfying snack.

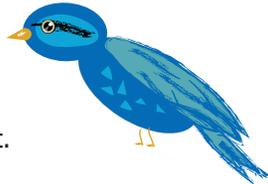
## Welcome to your healthier, better life!

Since 2005, Wegmans has partnered with town and city recreation programs and park conservancy groups to encourage folks to **take advantage of their community's town, county, and urban trails**. It's part of our commitment to helping our customers enjoy a healthier, better life through great food and healthy activity. Your **FREE Wegmans Hit the Trail Passport** will make getting active even more fun.

Your Wegmans Passport highlights 10 locations in the Corn Hill neighborhood. So, browse your passport, grab a buddy, and enjoy Historic Corn Hill!

### Here's how it works:

- Hit the trail with your passport.
- Rub trail markers to record your visits right in your passport.
- Mail completed passports to Corn Hill Neighbors Association for a chance to **WIN prizes!**



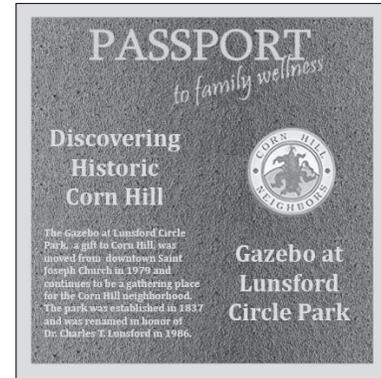
**Happy trails to you from your local Wegmans!**

## Here's how to record trail visits in your Wegmans *Hit the Trail* Passport!

Look for the 10 markers, like the one below, along the Historic Corn Hill trail. At each marker, find the corresponding page in your **Wegmans Hit the Trail Passport** and make a rubbing of the marker name. When you have rubbed all 10, you can **enter to win a \$250 Wegmans gift card**.



[www.cornhill.org](http://www.cornhill.org)



**This passport belongs to:**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone/email \_\_\_\_\_