

We are very excited about your use of the Downtown Kingsport Heritage Trail. This historic walking and fitness path, a spur of Kingsport's Greenbelt, was developed as a joint project of the City's Department of Parks and Recreation, Transportation, and with the Downtown Kingsport Association. Hanging baskets, street banners, and attractive signs mark the trail and make it more beautiful for the enjoyment of walkers.

The trail can be used to enjoy Downtown Kingsport's heritage as a planned industrial city that still reflects the ambiance of a pedestrian based design. It can also be used as a fitness trail where the 1.8 miles can be as challenging as you want to make it. Helpful hints on healthful walking are included inside this brochure.



The enclosed detailed map will describe many of downtown's significant points of interest. Also, look for the arrows next to the Greenbelt's "Walking Man" on the signs in each block for directions.

While the route is designed to minimize street crossings, you still need to observe traffic signals and signs. We want you to stay safe, and to enjoy all Downtown Kingsport has to offer.

Whether you walk in the mornings, lunch time, or evenings, be sure to stop in one of the many businesses for refreshments, shopping, or browsing. You can also visit the library, or complete your errands while in Historic Downtown Kingsport.

Have fun, and come back many times.

Thank You to each of the following for their sponsorship and assistance in making the Heritage Trail a success:

CITY OF KINGSFORT

Transportation Department
Department of Parks and Recreation
GREATER KINGSFORT FAMILY YMCA

Information Sources:

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Kingsport: A Planned Industrial City. Margaret Ripley Wolfe, 1987, Kentucky Press.

Kingsport Heritage: The Early Years 1700-1900. Murial Miller Clark Spoden, 1991, The Overmountain Press

Kingsport City Archives

YMCA Walk Reebok Instructor Manual. 1996, Human Kinetics Publishers, Inc.



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Top 10 Reasons to Walk

- #10 Walking increases feelings of well-being.
- #9 Physicians recommend walking more often than any other fitness activity.
- #8 Walking is one of the safest activities around.
- #7 A walking program has positive effects on one's health. It can lower body weight, blood pressure, cholesterol, LDL, and body fat. It can also increase HDL and bone mineral content.
- #6 Walking is great for people with chronic diseases (diabetes, high blood pressure, obesity, arthritis, cancer) as well as special conditions such as pregnancy.
- #5 Walking is a low-impact activity that you can do anytime, any place, and in any weather.
- #4 Walking requires no special equipment or club fees. All you need is a good pair of walking shoes.
- #3 Walking improves fitness as much as running and step aerobics with a lot fewer injuries.
- #2 Walking is an excellent fat-burning activity. A walker striding 12 minutes per mile will burn the same number of calories as a runner pounding along at 9 minutes per mile.

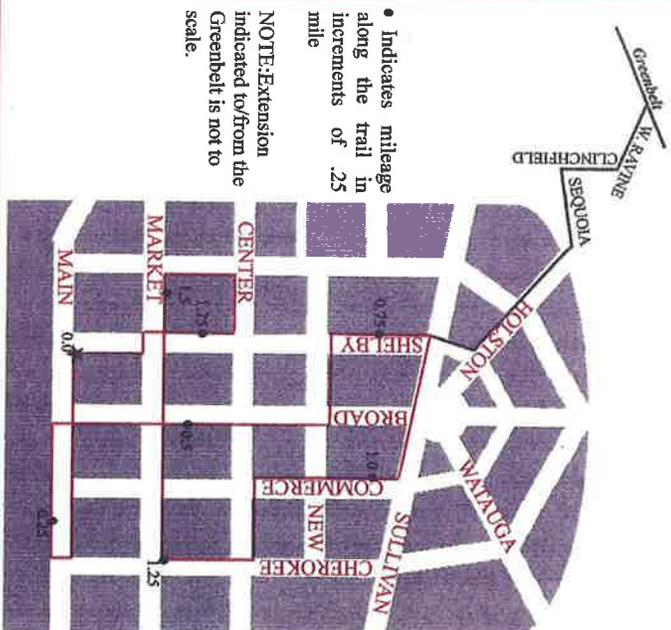
#1 ALMOST ANYONE CAN DO IT!



Did You Know?

- Walking is one of the most effective exercises for weight loss because you can do it regularly for long periods.
- More than 77 million Americans walk for fitness.
- Walking reduces stress.
- Walking is the #1 weight loss activity.
- Walking can provide total muscle conditioning when done properly.

HERITAGE TRAIL - 1.8 MILES



The Downtown Kingsport area represents a rich history, marking the beginning of Kingsport as we know it today. Kingsport is referred to as the "model city," as it is a planned industrial town. John Nolen, renowned town planner, designed Downtown Kingsport and its surroundings in the early 20th century. Downtown was the hub of activity for industries and residential areas that were strategically placed around it.

J. Fred Johnson, Kingsport's "one man chamber of commerce," was hired to implement the plan that Nolen put down on paper. Mr. Johnson had a hand in everything from charming industry leaders into coming to Kingsport to planning housing developments for industry workers. Although every single detail was not completed as originally planned by Nolen, downtown is a very accurate representation of what he had in mind, and Nolen called it his greatest accomplishment. As you move along the Heritage Trail Historic Walking and Fitness path, consider the fact that you are participating within Nolen's canvas.



(0.0 miles) This historic tour begins at the old Gem Theatre (1), one of the first buildings in Downtown Kingsport. Built in 1915, this building has been used for everything from a honky tonk to a church. Obviously from its name it was a movie theater that showed old westerns. Kingsport's own Congressman James Quillen sold tickets here. In 1994,

Downtown Kingsport Association purchased the building to renovate the structure for its offices. Walking east on Main Street, you will pass some of the oldest buildings in Kingsport. One by one these are being rebuilt to reflect their original splendor.

On the corner of Main and Broad Streets is Kingsport's first Drug Store (2). Built in 1915, it housed physicians on the second floor. Currently, it is an attorney's office and apartment. Across Main Street stands the Carolina, Clinchfield, & Ohio Passenger Train Station (3), designed by Clinton McKenzie, a premier New York architect; it was constructed in 1916. Accompanied by the freight depot (4) its erection, along with the construction of the railroad in 1909, instantly gave Kingsport the potential to become an industrial community. Today, the passenger station (renovated in 1989) houses a bank, while the freight depot is occupied by the Greater Kingsport Chamber of Commerce. Behind, you can see a large hill overlooking the train station, the site of Penn Dixie Cement Co. (5). Kingsport's first industry. It operated for over 50 years. Unable to meet environmental standards in the 1970's it shut down. Kingsport's first hotel was built there in 1910. Today, the site is affectionately referred to as "Cement Hill."

(.08) Continuing on Main Street, crossing Commerce (13), and reaching its intersection with Cherokee St. (20), is the site of Citizens Supply (6). Kingsport's oldest continuously operated business (since 1915). This was once a shipping center for building materials by rail to southwest Virginia and southeast Kentucky.

Crossing Main Street and walking back along the opposite side (.22), you'll notice antique lighting and bricked sidewalks. Kingsport's only remaining original light poles now stand to your left in the Chamber of Commerce parking lot. At the east corner of Main and Commerce Streets stands another of Kingsport's early structures. The original First Union Bank (7) of Kingsport was later a bus depot for many years. The building is being restored. On the west corner is the site of Kingsport's first library (8).

On the next corner, at Main and Broad Streets, is an impressive structure, the Bank of Kingsport (9), built in 1912. This was the first bank in the model city, and has been restored to its original grandeur. Cross to the right on to Broad Street (.33) now.

To your right, just before the first alley on Broad Street, is the site of Jimmy's Candy Kitchen (10). This lunch counter and beer bar was owned by "Jimmy the Greek." Construction workers frequented the establishment late into the night during World War II. Across Broad Street is the Dobyns Taylor Hardware (11) building. This store was once the largest hardware supply outlet in Kingsport. Fleam Dobyns and George Taylor got their start in business from J. Fred Johnson by working in his "Big Store". With the best interest of Kingsport's commerce in mind, Mr. Johnson encouraged his employees to venture into business on their own. (.38)

Further north on Broad Street, at its intersection with Market Street is the original State Theater (12). The 70 seat theater began showing films in 1936. It was in business for 42 years.

Continuing North on Broad Street, immediately after crossing the intersection with Market St., stands the old Western Union Building (13) on the corner. Built in 1932, it housed the Western Union Telegraph Company. The telegraph service opened in 1910 in a discarded box car set up on railroad ties near the C&O Railroad Station. As a demand for the service grew not only from railroads, but citizens alike,

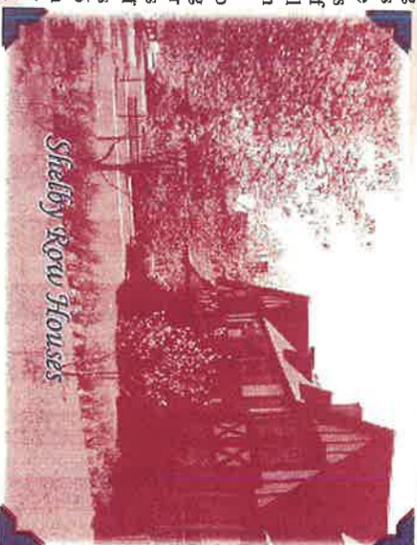
the service moved to the freight depot, and then to this site. Wires were extended from here to seven of Kingsport's industrial sites including Eastman, Mead Paper and Blue Ridge Glass for direct dispatch and receipt of telegrams.

Just next door, stands Wallace News Stand (14). Built in the 1920's, the establishment began as Broad St. Fruit & News. Serving the same purpose to present day, you just can't help but stop for a bag of fresh popcorn (.47).

As you stroll further along Broad Street, you see a fine example of building restoration, the Progress Building (15). Built in the 1920's, the building was restored in 1987. The Lady of Progress has always and will continue to keep watch on downtown Kingsport. (.52)

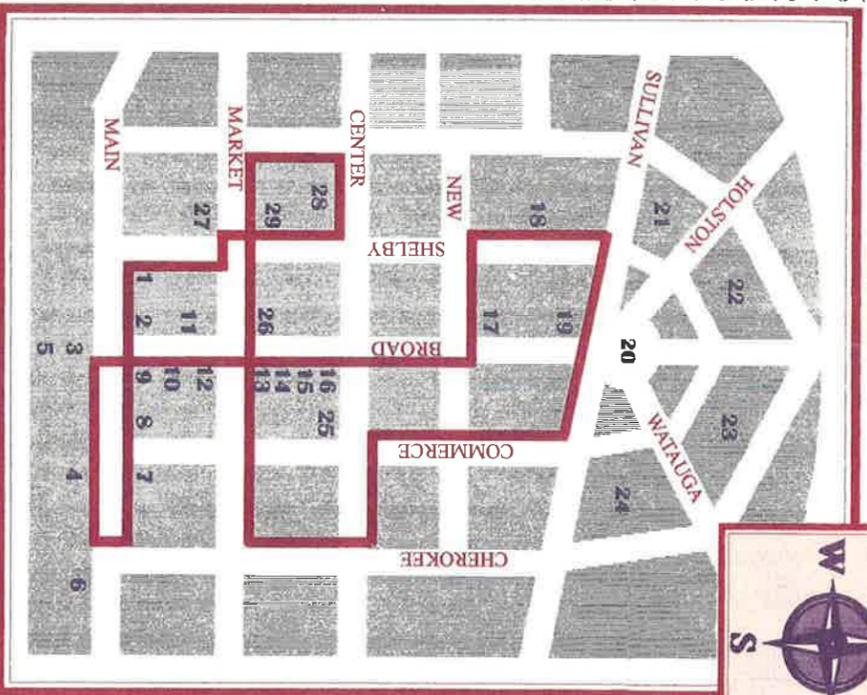
Continue to walk along Broad St., coming to its intersection with Center Street. At this corner stands the First National Bank of Sullivan County (16) This bank opened its doors in 1916 at its original location at Main and Cherokee Streets. Under the presidency of J. Fred Johnson, it moved to this newly constructed building in 1927. Proceed across Center and to the next intersection with New Street (.61). Immediately cross to the left to the Kingsport Public Library (17). The library was originally constructed in the 1930's as the Federal Building & Post Office. A proposed civic center would have connected it to the Utilities Building to the right by the construction of a library in the middle. Although this never occurred, the beautiful site of Glen Bruce Park and its fountain and gazebo still serve as an integral part of Kingsport's unique identity.

Walking down New Street and turning right on Shelby Street (.68), you see the Shelby Row Houses (18). This tudor style development, also designed by Clinton McKenzie, was one of the first built by the Kingsport Improvement Co. Because this development impressed George Eastman so much, plans for future housing for Eastman employees began only days after his visit to Kingsport. Today, most of the houses are filled with commercial dwellings, although a few remain residential. Clinton McKenzie designed most of the earliest professionally planned buildings in Kingsport. His accomplishments include the railroad station, Improvement Building, the former Kingsport Inn, the Fifties (another tudor housing development, about .2



Shelby Row Houses

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Sunday school superintendent. Today, the circle is recognized in urban design studies across the nation.

First Baptist Church (21) was formed in 1917 when several small groups meeting in various places came together. The congregation that became First Baptist Church originally met in the Gem Theatre before building on this site.

First Presbyterian Church (22) was organized on March 18, 1917. Services of worship, originally held in a large tent behind city hall, moved to the Gaiety Theatre on Broad Street that winter. A three-room frame school house was acquired at the present site in 1918 and served as the first church building for over 20 years. Designed by Al Dryden, Sr., the church was completed and dedicated on December 14, 1941. Extension work made in 1964 and 1993. Its most famous member and supporter was the "father of Kingsport," J. Fred Johnson.

The First Broad Street United Methodist Church (23) has roots dating to 1827 when the Boatyard Methodist Church was founded. The cornerstone for the present building was laid in 1916, housing Broad Street United Methodist Church until 1969 when the church merged with First United Methodist Church (24) until this merger.

In 1919, Reverend Everett Woodyard was named pastor of First United Church and arranged for the purchase of the East Church Circle land through J. Fred Johnson. The church was constructed by Rev. Woodyard and a man named Carl Rogers, alone. It must be presumed that they laid all of the 186,000 brick sand performed all of the carpentry work. The steeple was also constructed by Woodyard, and raised from the ground by a crane. The architect was Allen Dryden, Sr. The building has been fully restored and is used for multiple purposes by FBSUMC.

Continue around the southern base of the circle (.89), following Sullivan Street, turn right on Commerce Street (.94) and cross New Street (1.0). At the intersection with Center Street is the site of Kingsport's Historic Mural (25). Painted by Ellen Elmes in 1987, the mural is a great representation of Kingsport's rich history. The far left speaks of the first settlers of the land where Kingsport is today, the Cherokee Indian. He gazes into the future that lies ahead ending to the present day. The mural was commissioned by the Downtown Kingsport Association. A key and complete description of the mural is available at the DKA office (1.05).

Turn left on Center Street, then cross, turning right at the next block (1.12) onto Cherokee Street. Turn right at the end of the first block (1.20), and travel down Market Street. This street, as originally designed in John Nolen's plan, was landscaped and lined with trees. In earlier days, businesses occupied the ground level of Market Street buildings, and residential spaces filled the upper levels.

Following Market Street, crossing Commerce Street (1.41), and coming to its intersection with Broad Street, you see the site of the old Charles Store (26) on the corner. Occupied by several businesses, the building was constructed in the 1920's. The Charles Store, along with Parks-Belk and Montgomery Ward, began the expansion of retail businesses into this section of Broad Street.

Continuing your walk along Market Street (1.41), you will see the Improvement Building (27) after crossing the Shelby Street intersection. This historical building housed the Kingsport Improvement Corporation, led by J. Fred Johnson and John B. Dennis. Designed by Clinton McKenzie, the building was constructed in the 1920's. In these offices, plans and decisions were made that continue to influence daily life in Kingsport. Walk to Market Street's intersection with Clay Street and turn right (1.47). Clay Street will join Center Street; turn right here (1.54). The Kingsport City Hall (28) has almost always been at this site, although the building has changed. The original building was designed by Clinton McKenzie, again, in a tudor style and constructed in 1920 for the Young Men's Christian Association. In 1928, the city municipal offices moved to this location and continued to house the YMCA for a period of time. The present structure was built in 1962.

Turn right at Center Street's intersection with Shelby Street (1.6). At the south side of city hall stands the Kingsport's Justice Center (29). This structure was built in 1987 and designed to compliment the architectural integrity of downtown Kingsport. It houses the city jail, city and county courts, and the city police department. Traveling to the end of Shelby Street to its intersection with Main Street brings you to the conclusion of the Historic

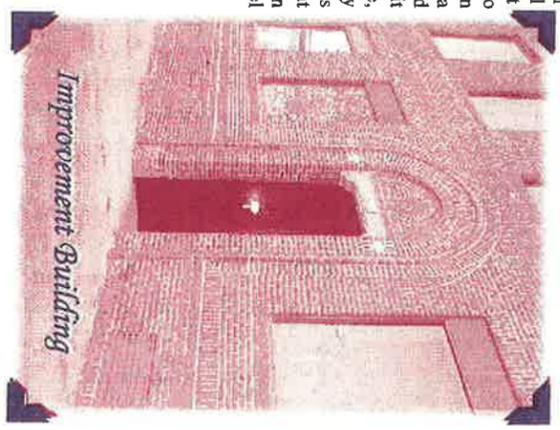
Downtown Heritage Trail (1.8). We hope that your visit to Downtown Kingsport is a pleasant one, and that you will visit the many unique, high quality businesses available that specialize in making you feel right at home.

Turn right on Sullivan Street (.78), the Kingsport Utilities Building (19) stands to the right at the end of this block (.85). Built in 1932, the building was constructed for Kingsport Utilities, Inc. Formed in 1917, the same year Kingsport was incorporated, the need for the company was strong in order to continue "progress in industry and perfection in the home life." Because upper management strove to be community oriented, the upstairs auditorium, complete with a full kitchen for demonstrations and such, was available to the ladies for free. At the time, this was the only large assembly hall in the city. Although not open for private social gatherings, the hall was booked weeks in advance by the local PTA, garden clubs, church groups, and farm & civic organizations.

Kingsport's Historic Church Circle (20) is a nationally recognized landmark. At its original rendering, it was not necessarily intended to be a site for Kingsport's churches. But as time moved on, one by one the churches were constructed on the four lots of land. This became possible as J. Fred Johnson sold the land to the congregations for "next to nothing," being especially partial to the Presbyterian church where he was a ruling elder and



Kingsport Utilities Building



Improvement Building