

## Frederick Williams

### From Underground to Water Trail: Blue Spaces for Black Faces

With Tiara Coats and Frederick Williams



This presentation will go into the history of the African American heritage trail, its ties to the Underground Railroad, the mission to make outdoor spaces more accessible to people of color and how restorative justice has been a key component to reclaiming and sustaining these spaces. We will discuss the history, impact, and importance of this 7- mile water trail that starts on the Southside of Chicago and ends in Dolton IL touching neighborhoods like Golden Gate, Riverside Village, Village of Robins, Concordia Place, Altgeld Gardens - all predominantly black communities. We hope you will join us to learn more about this often overlooked, yet very important piece of water, its historical relevance for access to blue spaces for black faces and its potential future. There are historical

figures and locations that inspire generations simply by representation and presence.

Frederick Williams: I am a paddlesports instructor for Chicago Adventure Therapy. I have worked with underrepresented communities bringing them into outdoor spaces for about 3 years. My goal is to continue using outdoor/indoor sporting activities and Social Emotional Learning (SEL) techniques to reshape the frames of people's mindsets in misrepresented communities to better lives and give equal access and opportunities to people of color.