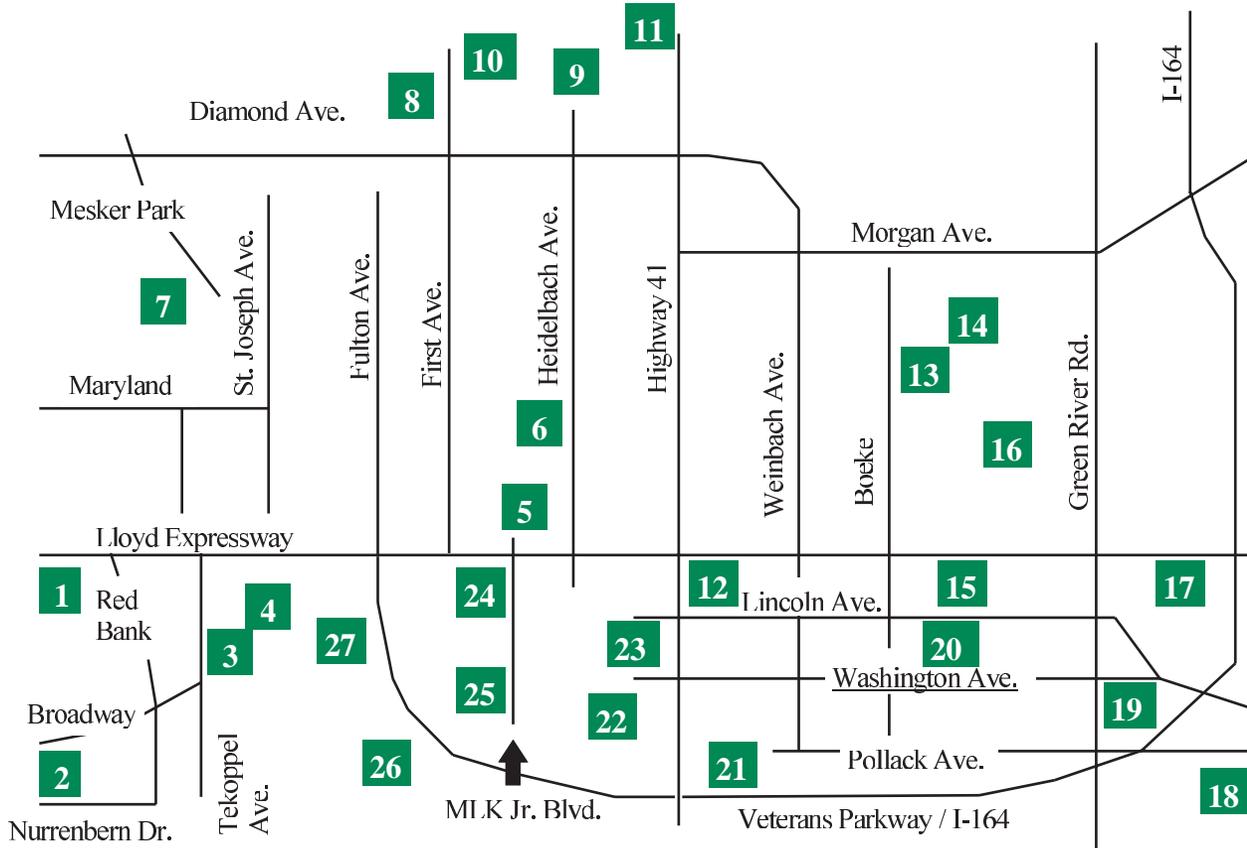


# Evansville *in motion*



walking and running paths  
vanderburgh county, indiana

# Greater Evansville Walking Site Map



1. University of Southern Indiana – 8600 University Boulevard
  2. Burdette Park – 5301 Nurrenbern Rd.
  3. Howell Wetlands – Broadway & Tekoppel
  4. Howell Park – Broadway & Barker
  5. Deaconess Hospital – 600 Mary St.
  6. Garvin Park – N. Main St. & Heidelberg Ave.
  7. Mesker Park / Helfrich Park – St. Joseph Ave. & Maryland St.
  8. Diamond Valley Park – 1100 Fulton Parkway
  9. Greenway Passage – Banks of Pigeon Creek
  10. Igleheart / North Woods – 6101 N. 1st. Ave.
  11. 4-H Center – 201 E. Boonville New Harmony Rd.
  12. University of Evansville – 1800 Lincoln Ave.
  13. Wesselman Park – 551 N. Boeke Ave
  14. Wesselman Woods Nature Preserve – 551 N. Boeke Ave
  15. State Hospital Grounds – Lincoln Ave. & Vann Ave.
  16. Eastland Mall – 800 N. Green River Rd.
  17. Lake at Eagle Crest – Eagle Crest Dr.
  18. Angel Mounds – 8215 Pollack Ave
  19. Washington Square Mall – 1138 Washington Square Mall
  20. St. Mary’s Medical Center – 3700 Washington Ave.
  21. Anthony Oates Park – Sunburst Blvd. off Riverside Dr.
  22. Akin Park – Park Side Dr. & Taylor Ave.
  23. Bayard Park – Bayard Park Dr. & S. Kentucky Ave.
  24. Main Street Walkway – Main Street Downtown
  25. Welborn Clinic / Health Department – Mulberry St. & 6th St.
  26. Sunrise Park – Riverside Dr. & Waterworks Rd.
  27. Evansville Riverfront – Riverside Dr.
- \* Bonus – Newburgh Riverfront – Water St., Downtown Newburgh

**Using this brochure:**  
**Site locations and maps are listed by number. Individual maps have number in lower right hand corner.**

**Keys:**

-  = entrance
-  = parking
-  = start

To access brochure online, visit  
[www.vanderburghgov.org/home/index.asp?page=1097](http://www.vanderburghgov.org/home/index.asp?page=1097)  
or  
[www.gerwc.com](http://www.gerwc.com)

# EVANSVILLE IN MOTION

How many times have we used these excuses for not exercising: it's too hot; it's too cold; it's raining; it's not safe in my neighborhood; it gets boring. Maybe you could add a few more excuses. We have all used them.

We have a solution! We have found many beautiful areas in Greater Evansville to get out for a walk or a run. We have even mapped out the mileage for you. Also included are places to exercise indoors when you can't exercise outdoors.

So, just get out and do it! You'll feel better, look better, be healthier and as a bonus you will discover the beautiful area in which we live.

**\*Before increasing your physical activity level, we recommend you consult with your primary care provider.**

## **GETTING STARTED**

Try to walk or run for 30 minutes most days of the week. If you are a beginner, start with brisk walking 5 minutes a day and add 2 minutes to this each week. At the end of 12 weeks you will be walking or running for 30 minutes!

**STRETCHING** – Stretch before starting the warm up, and after the cool down. When doing stretches remember these tips:

- \* Don't bounce like a yo-yo
- \* Hold each stretch 10-20 seconds
- \* Stretch from head to toe
- \* Stop if it hurts

**WARM UP** – You need to improve your flexibility by going slowly for the first 5 minutes of your walk or run.

**PACING** – This means learning how to balance your energy. You will be going the correct pace if you can talk comfortably while walking or running.

**COOL DOWN** – Go slowly for 5 minutes at the end of your walk or run to relax your muscles and allow your heart rate to return to normal.

## Safety Tips

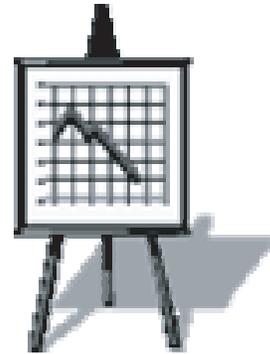
- \* Always wear sunscreen SPF 15 or higher
- \* Don't wear headphones
- \* Use caution around strange dogs
- \* Stay alert for bad weather
- \* Walk against the traffic on the far left side of the street
- \* Stay inside if it is above 80 degrees AND humid or below 25 degrees AND windy

## Shoes

- \* Never wear shoes that feel tight
- \* You should be able to wiggle your toes with no pressure on the sides of your shoes
- \* A good shoe will provide cushioning, support and flexibility

## Studies show that aerobic exercise like running and brisk walking can:

- \* Help control blood pressure
- \* Decrease anxiety and depression
- \* Help control blood sugar
- \* Improve your appearance
- \* Improve your stamina
- \* Improve cholesterol levels
- \* Help with weight loss and weight control
- \* Improve muscle strength
- \* Improve your well being
- \* Postpone disability in seniors by nine years
- \* Increase your life span
- \* Improve your quality of life



# University of Southern Indiana



← To Mt. Vernon

Indiana 62

Eichoff Rd.

Clarke Lane

Schutte Rd.

Bent Twig Lane

1.3 miles = 1 loop around bold green line.



University Blvd.



*Brisk walking burns the same amount of calories per mile as running.*

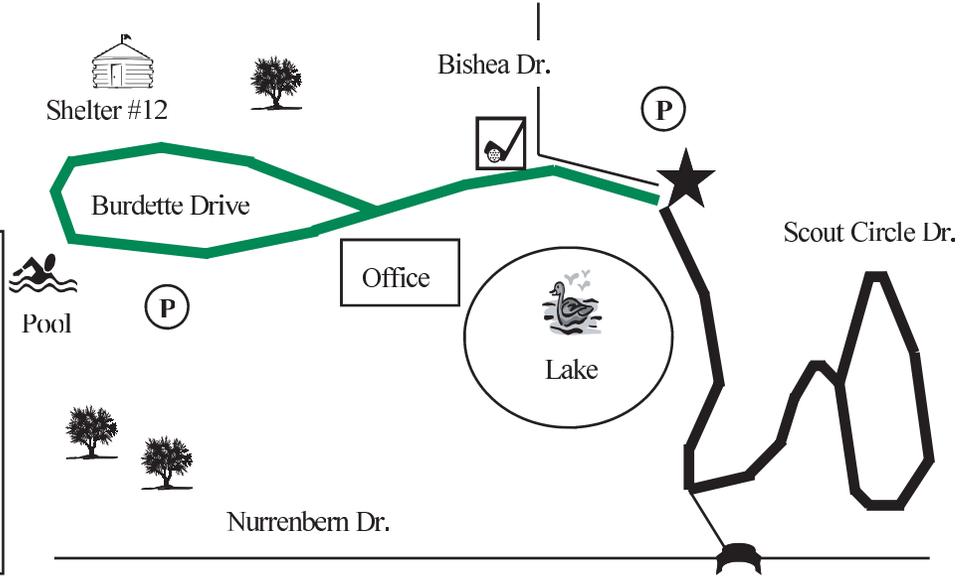
# Burdette Park

Sun. – Sat. 7am-midnight



**.68 miles** = follow bold black line from start, around Scout Circle Dr. and return.

**.7 miles** = follow bold green line from start, along Burdette Dr. toward pool. Take right at shelter 12 then take left at the end of loop to return to start. Hilly.



*When dressing for the weather – consider that once you warm up it will feel like it is about 10-15 degrees warmer.*

# Howell Wetlands

Trails close at dusk



Tekoppel Ave.

Bald Cypress Area

To Howell Park

Barker Ave.



Marsh Area

**.41 miles** = Figure eight loop plus small circle by parking lot.

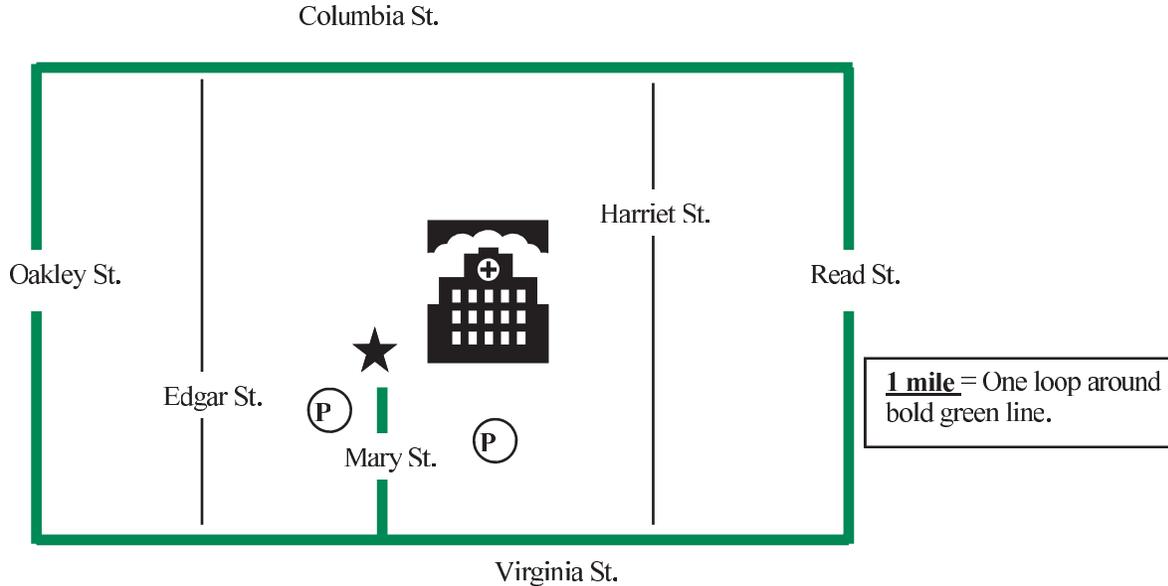
**.38 miles** = Circle path around area plus small circle by parking lot.

Broadway

*"Never trust an idea you came upon sitting down." — Frederick Nietzsche*



# Deaconess Hospital



*Even if you don't decrease your calories, if you start running or walking every day for 30 minutes, you will lose weight.*

# Garvin Park



Diamond Ave.

Greenway Passage

Herndon St.

Heidelbach Ave.

Reis Ave.

Maxwell Ave.

**.7 miles** = One time around bold green line.

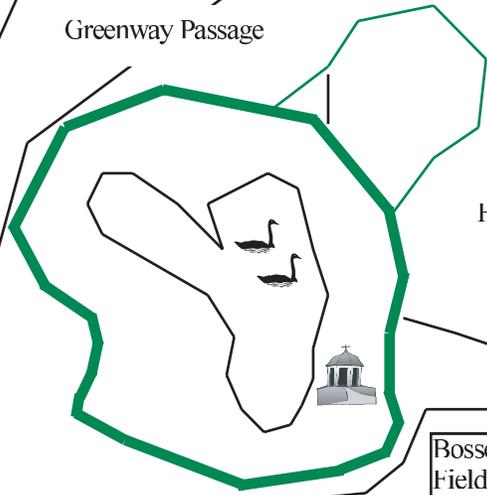
**1.1 miles** = One time around bold green line plus thin green line.

Pigeon Creek

Main St. entrance →

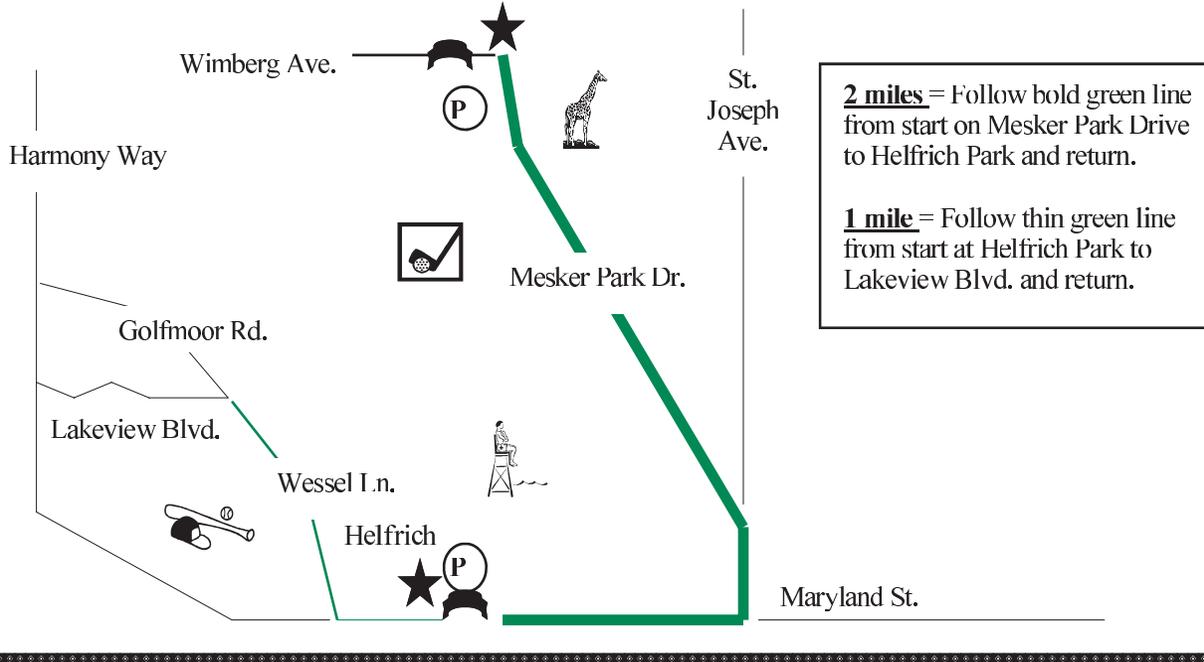
Morgan Ave.

Bosse Field



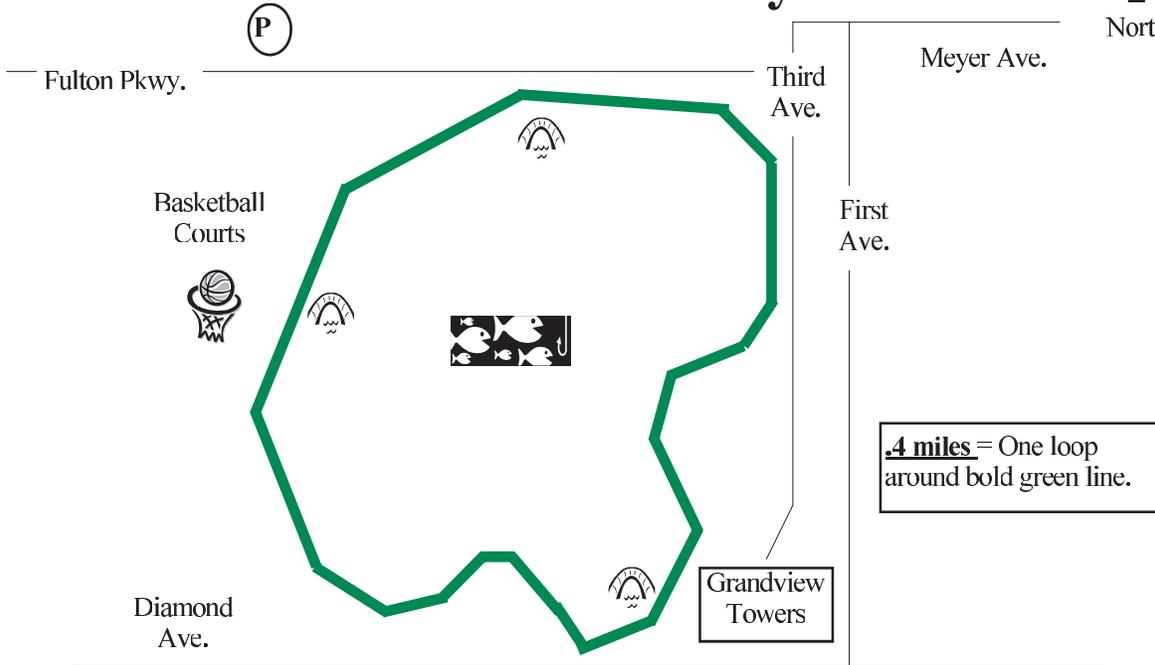
*“Now is the time of illuminated woods. Every leaf glows like a tiny lamp; one walks through their lighted halls with a curious enjoyment.” — John Burroughs, writer*

# Mesker Park / Helfrich Park



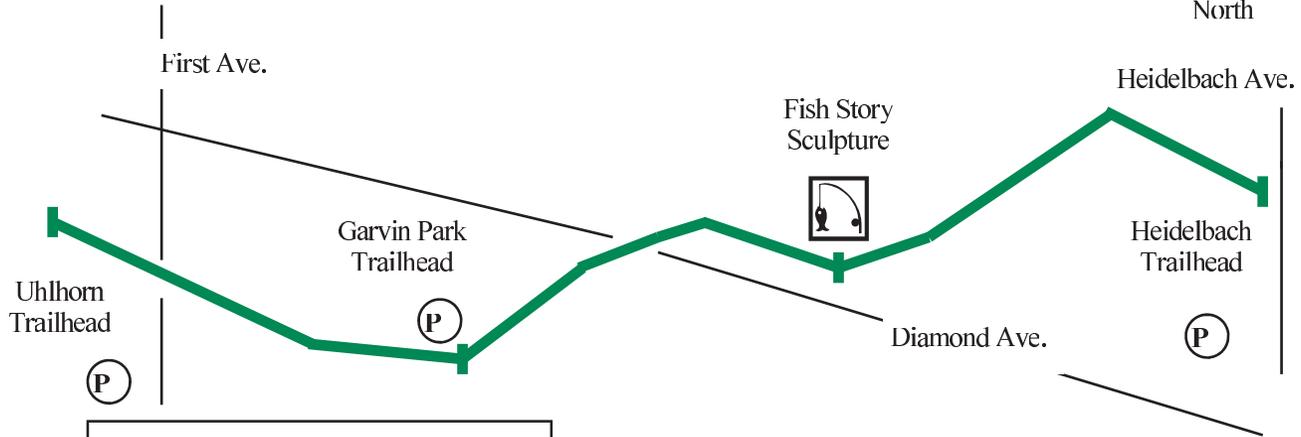
*"Exercise does not take time out of your life. It puts life into your time." — Linda Maxwell*

# Diamond Valley Park



*Many people find they sleep better when they exercise regularly.*

# Greenway Passage



**All distances are roundtrip.**

- 1.7 miles** = Uhlhorn to Garvin Park
- 2.4 miles** = Uhlhorn to Fish Sculpture
- 3.16 miles** = Uhlhorn to Heidelberg
- .7 miles** = Garvin to Fish Sculpture

**All distances are roundtrip.**

- .8 miles** = Heidelberg to Fish Sculpture
- 1.5 miles** = Heidelberg to Garvin Park
- 3.16 miles** = Heidelberg to Uhlhorn

*"Most of us don't wear out. We rust." —anonymous*

# Iglehart / North Woods

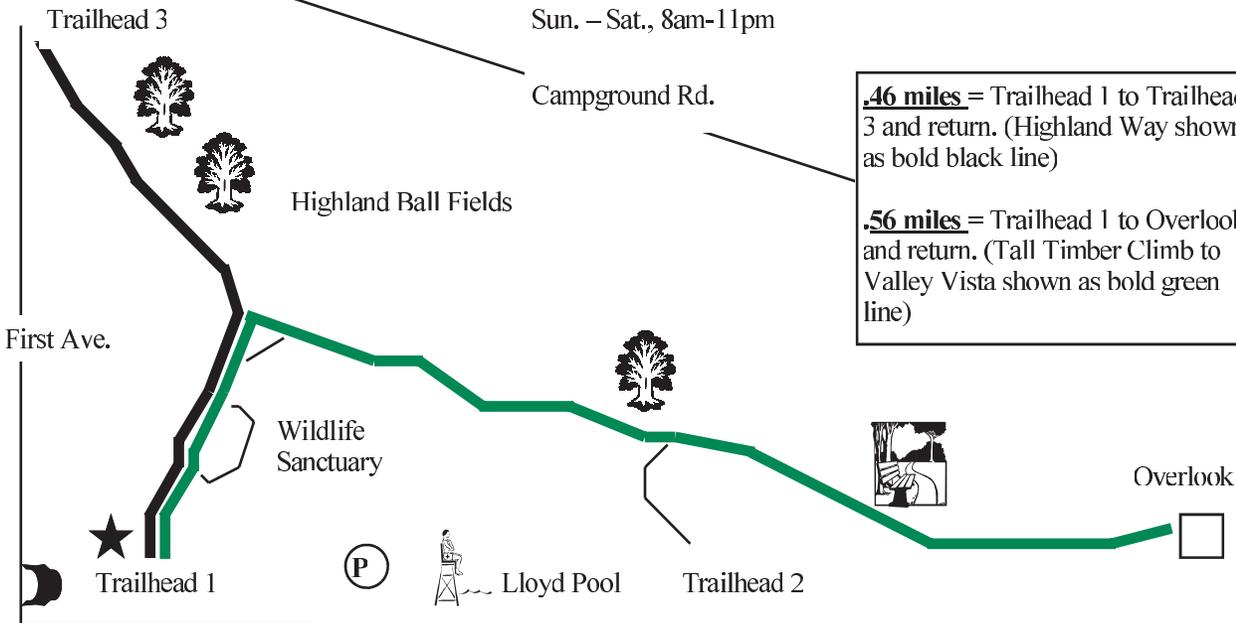


Sun. – Sat., 8am-11pm

Campground Rd.

**.46 miles** = Trailhead 1 to Trailhead 3 and return. (Highland Way shown as bold black line)

**.56 miles** = Trailhead 1 to Overlook and return. (Tall Timber Climb to Valley Vista shown as bold green line)



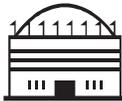
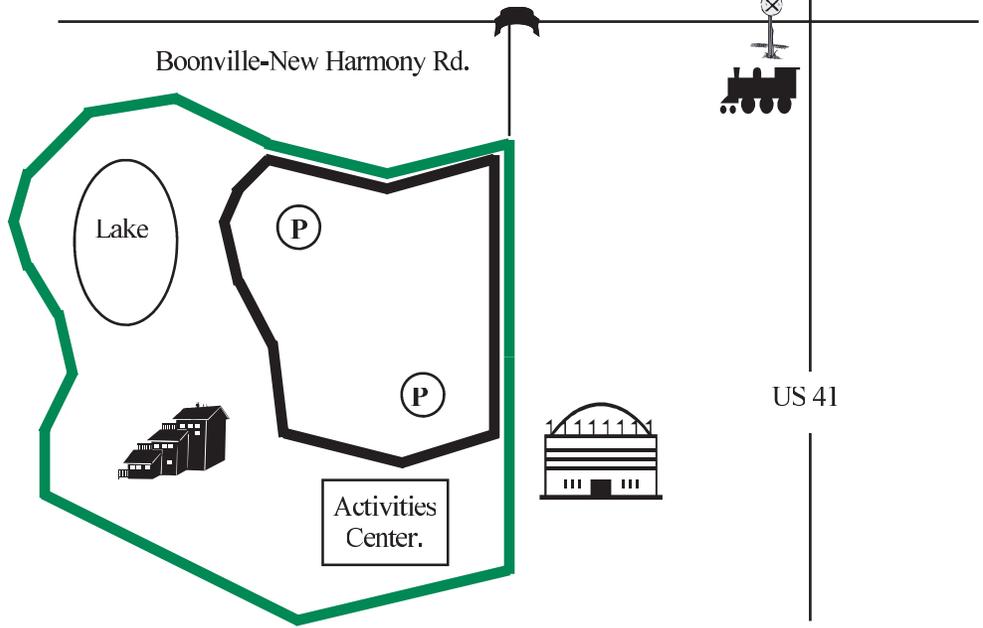
*"Never, never, never, never give up." — Winston Churchill*

# 4-H Center

Gates always open



**.64 miles** = One loop around bold green line.  
**.35 miles** = One loop around bold black line.



Activities Center.

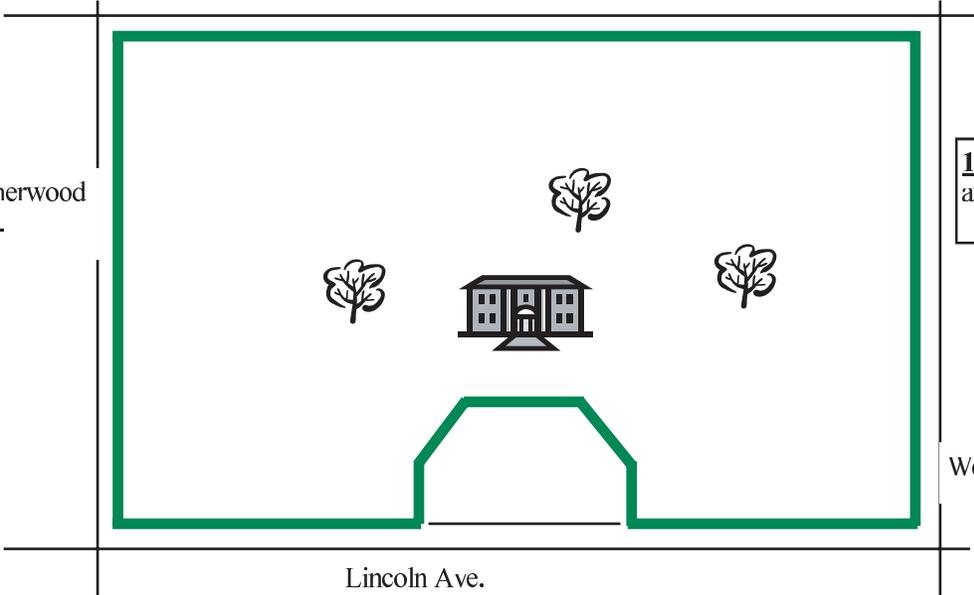
*“He who has health has hope; and he who has hope has everything.” — Arab proverb*

# University of Evansville



Walnut St.

Rotherwood  
Ave.



**1.1 miles** = One loop  
around bold green line.

Weinbach Ave.

Lincoln Ave.

*Be alert for signs of over exertion, which include extreme shortness of breath, dizziness, and excessive fatigue.*

# Wesselman Park

Sun. – Sat. 8am-11pm



**.8 miles** = One loop around bold green line.  
**.45 miles** = Small loop with thin green line.



⇒ Nature Trails & Recycling

Boeke Rd.

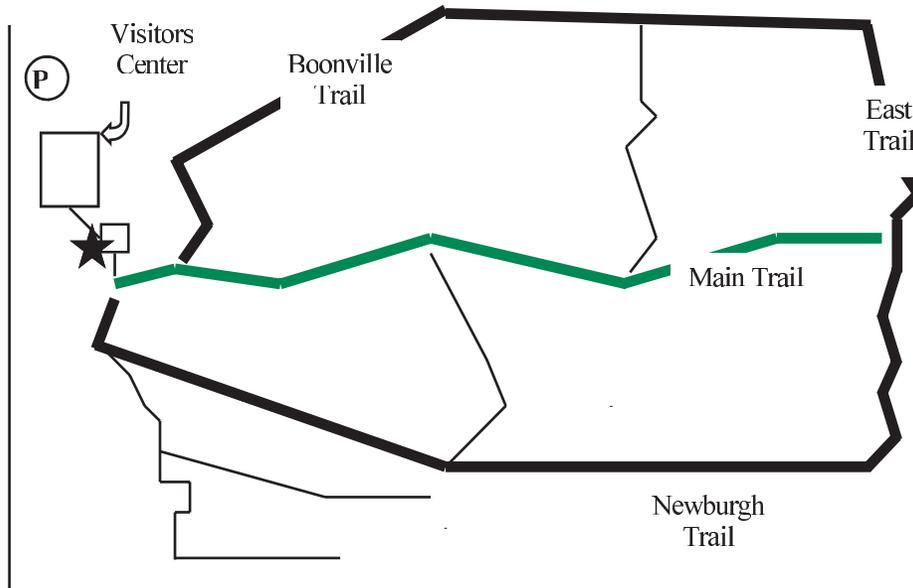
Lloyd Expressway



*“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” —Aristotle*

# Wesselman Park Trails

Tues. – Sun. 8am-4pm, closed Mon.



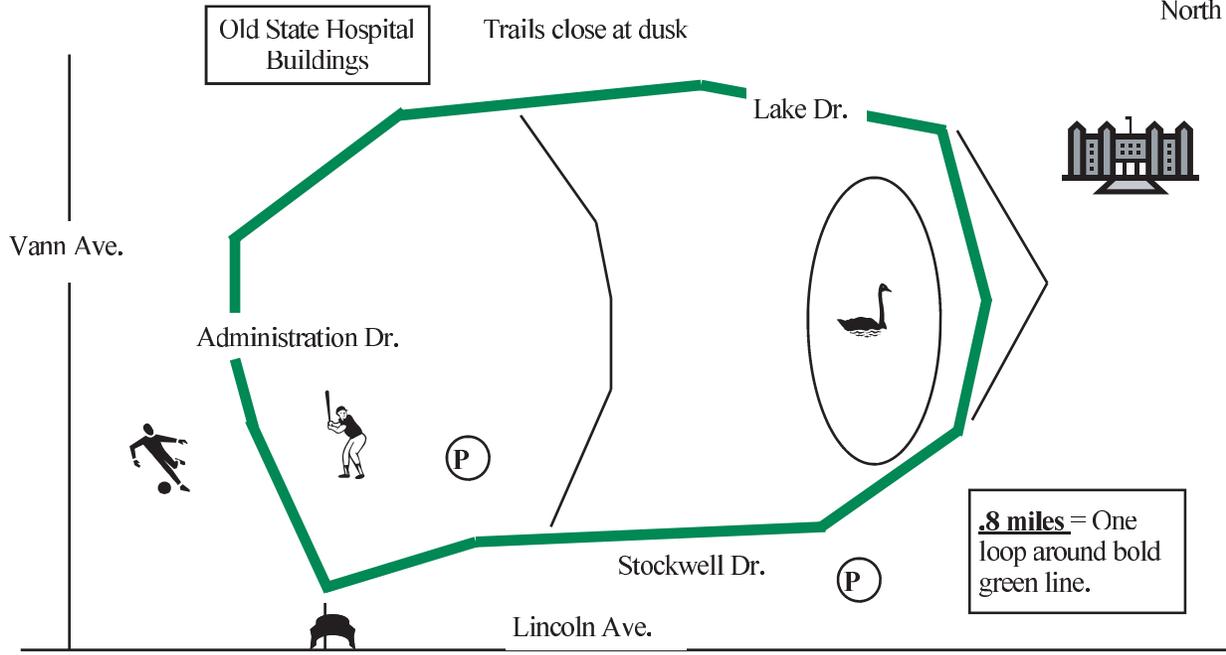
**1 mile** = Bold green line and return.

**2 miles** = Bold black line around park.

Maps containing more detailed trails available in the Visitors Center.

*“Last Sunday more than 8,000 of us started a mighty walk from Selma...our bodies are tired, our feet are sore...our souls are rested.” —Martin Luther King Jr.*

# State Hospital Grounds



*"A journey of a thousand miles begins with one step." —Lao-Tzu*

# Eastland Mall



Walking Hours: Mon -Sat. 7am-9pm, Sun. 11am-6pm

Virginia St.

JCPenney

Famous Barr

Lazarus

Bathrooms

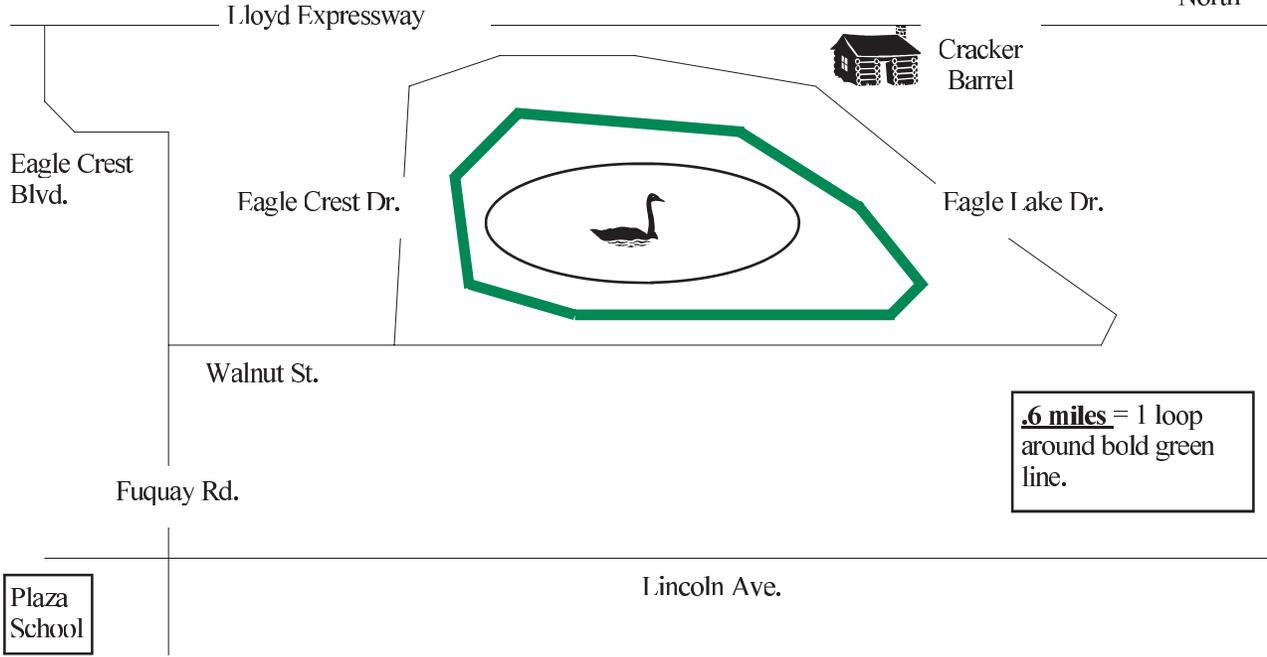
Café  
Court

Green River Rd.

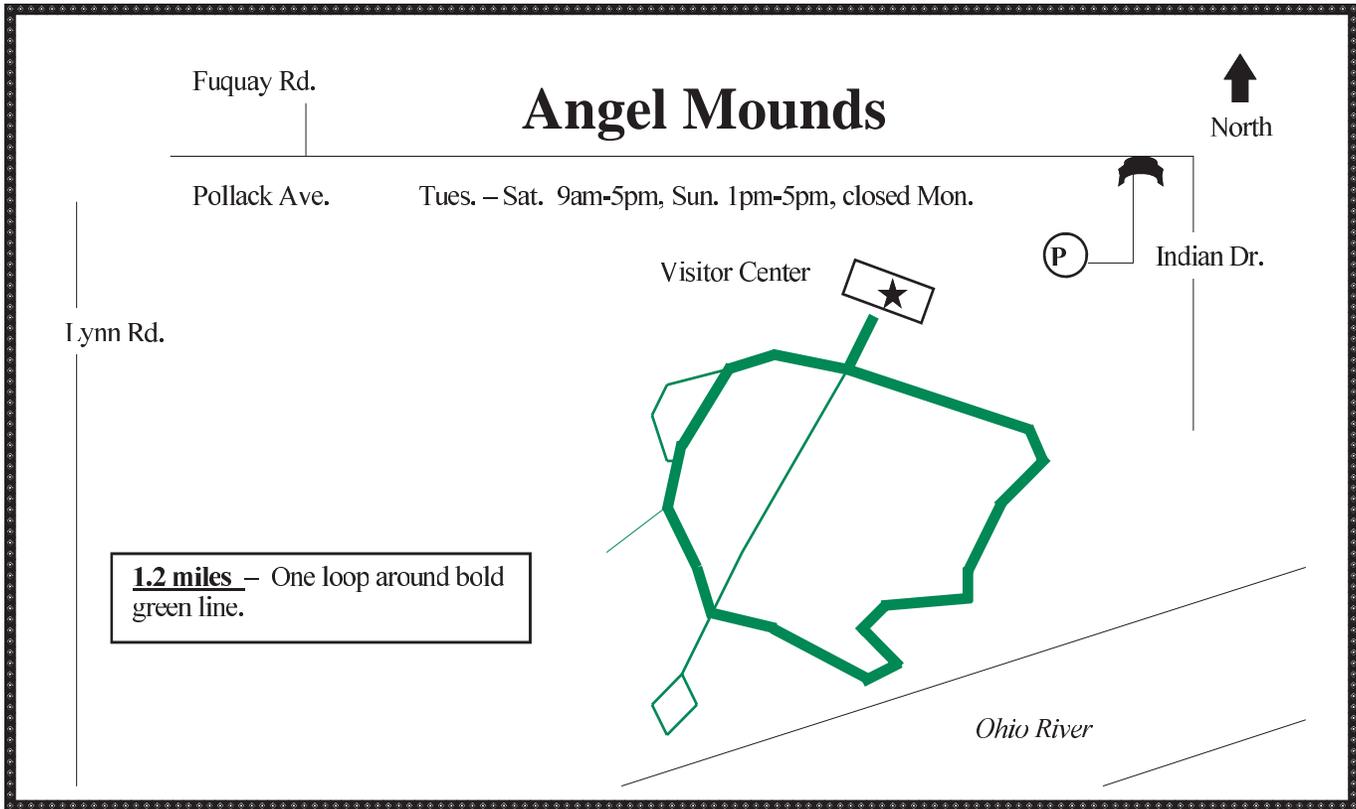
**1 mile** = One loop around bold green line  
plus thin green line.

*“Everyone has inside him a piece of good news. The good news is you don’t know how great you can be!  
What you can accomplish! What your potential is!” —Anne Frank*

# Lake at Eagle Crest



*"If you are standing still, you are going backwards." — Maxim*



# Angel Mounds

Fuquay Rd.

Pollack Ave.

Lynn Rd.

Tues. – Sat. 9am-5pm, Sun. 1pm-5pm, closed Mon.

Visitor Center



Indian Dr.



**1.2 miles** – One loop around bold green line.

Ohio River

*Drink water in cold and warm weather. Drink during your walk or run if it is warm. Always drink after you finish.*

# Washington Square Mall



North

Mon. – Sat. 6am-9pm (east entrance)  
Sun. 8am-5pm

Bathrooms

Washington Ave.

Sears

Food Court

Green River Rd.

**.47 miles** = Bold green line including bathroom hall (go to the very end).  
**.41 miles** = Bold green line without including bathroom hall.

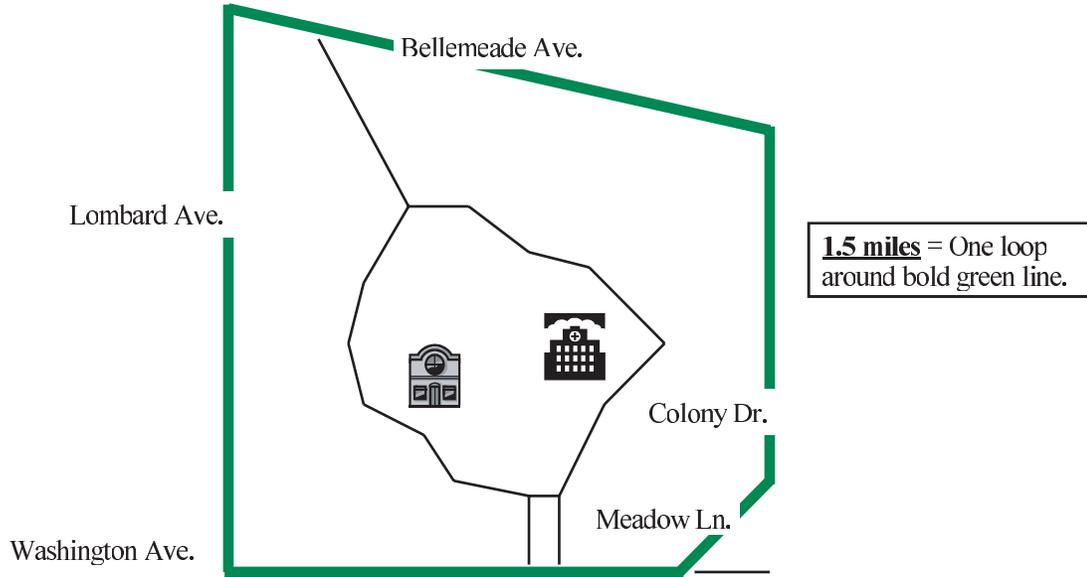
**Follow painted gray line next to wall.**

*“With a little reason and much heart, one can change many things, or move mountains.” —Albert Schweitzer*

# St. Mary's Medical Center

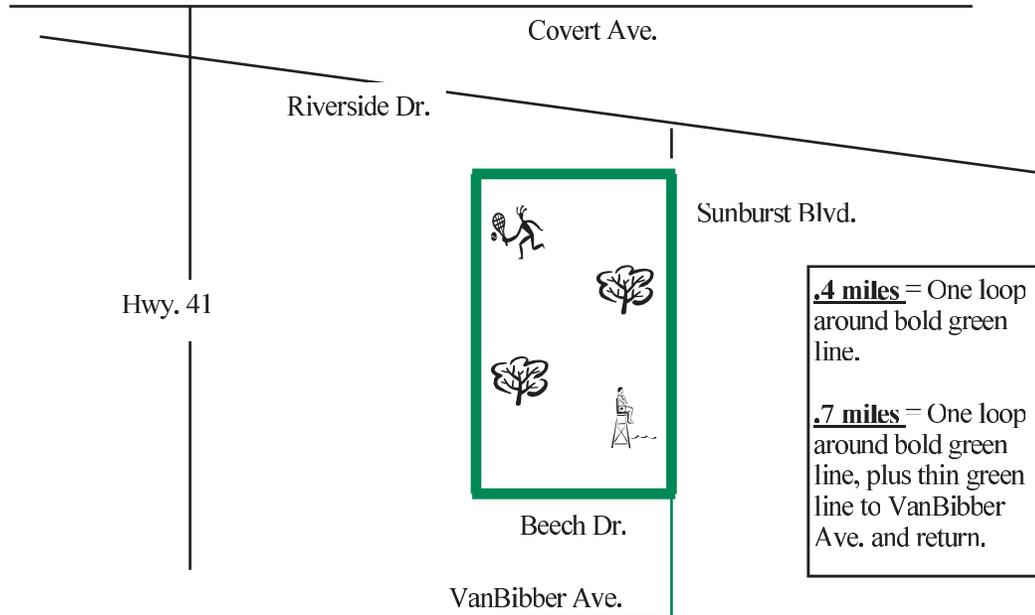


North



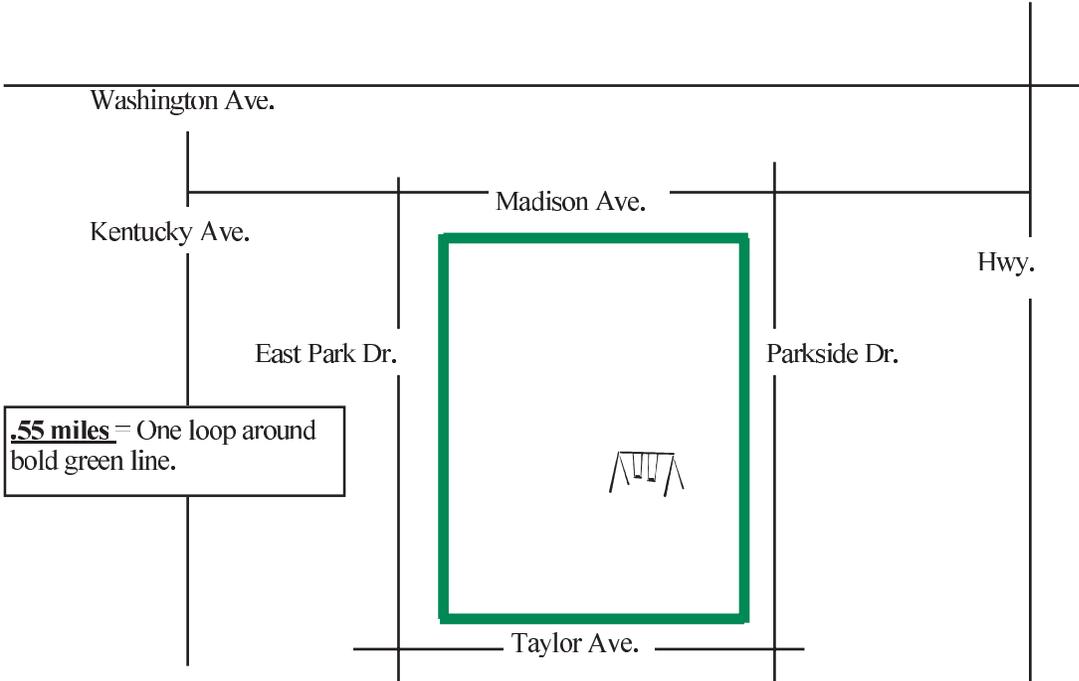
*"Give up TV and you will be amazed at how much time you have." - Kees Tuinzing, runner.*

# Anthony Oates Park



*“Running (and walking) should be a lifetime activity. Approach it patiently and intelligently and it will reward you for a long, long time.” —Michael Sargent, MD*

# Akin Park



.55 miles = One loop around bold green line.

*“He who is outside the door has already a good part of his journey behind him.” — Dutch proverb*

# Bayard Park

Park closes at 11pm



Bellemeade

Bayard Park Drive

Stanley  
Hall



Library

Kentucky  
Ave.

Chandler Ave.

Bed-  
ford

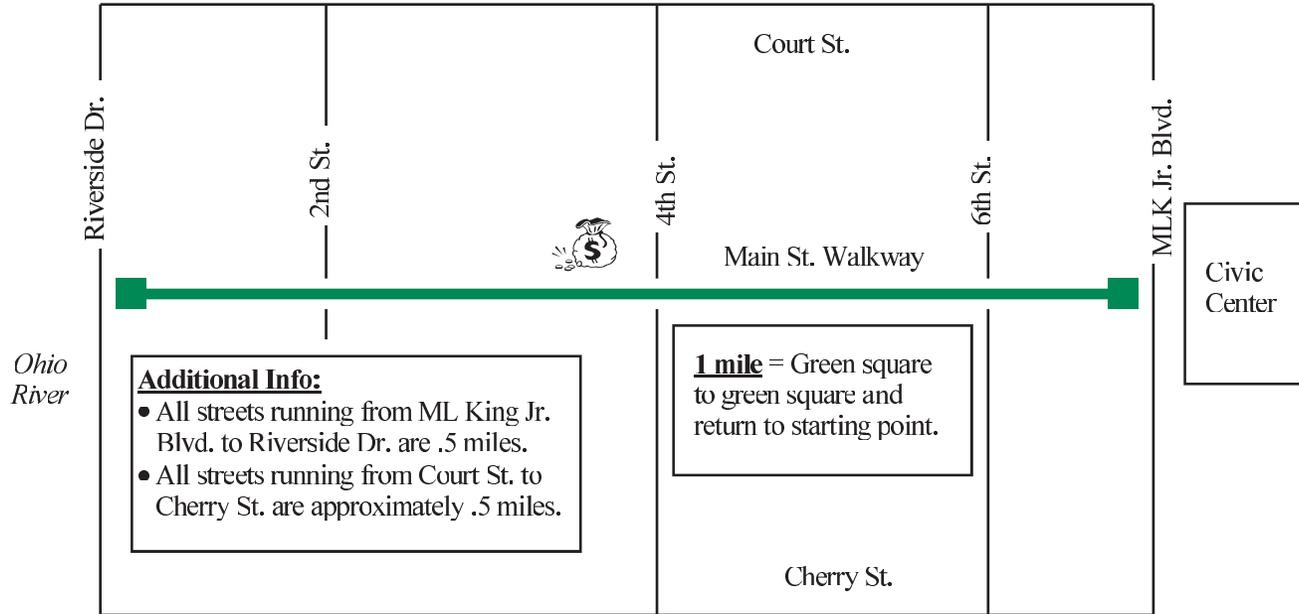
**.8 miles** = One loop  
around bold green line.

Evans Ave.

Powell Ave.

*"I use exercise to help me unwind. On days of big events, I often run beforehand." —Tom Brokaw, broadcaster*

# Main Street Walkway



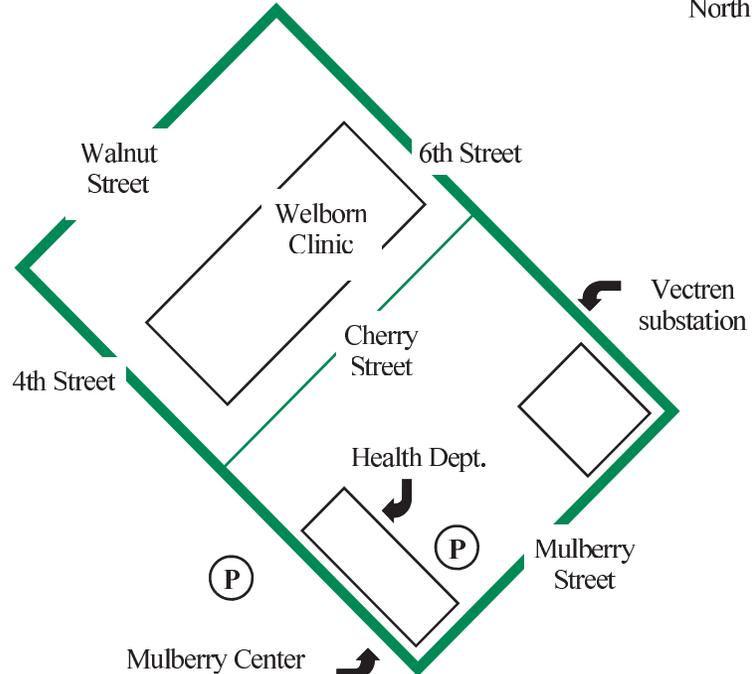
*“With physical fitness you become better...physically, emotionally and socially...you build positive feelings about yourself.” — Pete Sarconne, teacher*

# Welborn Clinic / Health Dept.



**.8 mile** = One loop around bold green line.

**.5 mile** = Either small loop including thin green line.

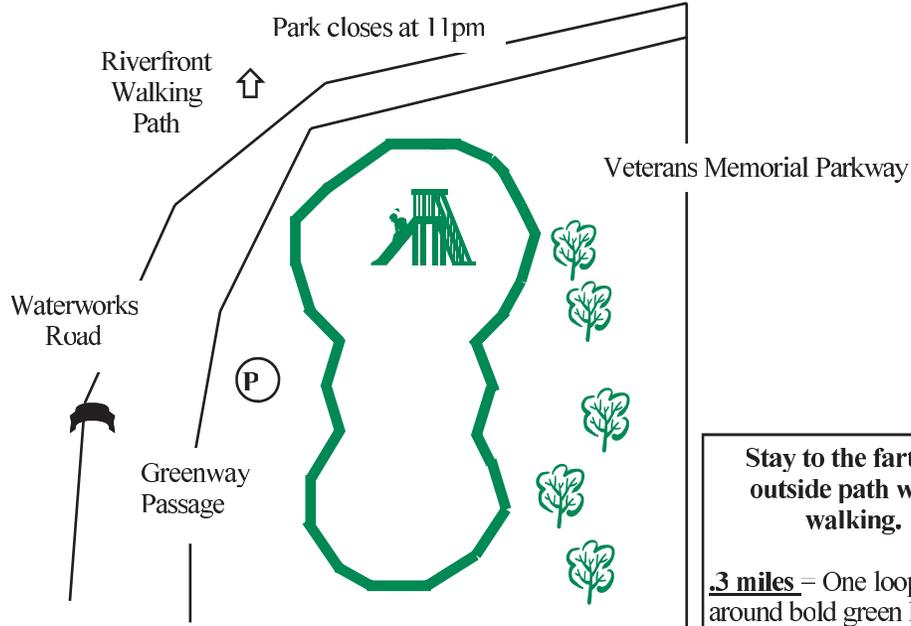


*"Me thinks that the moment my legs begin to move, my thoughts begin to flow." —Henry David Thoreau*

# Sunrise Park



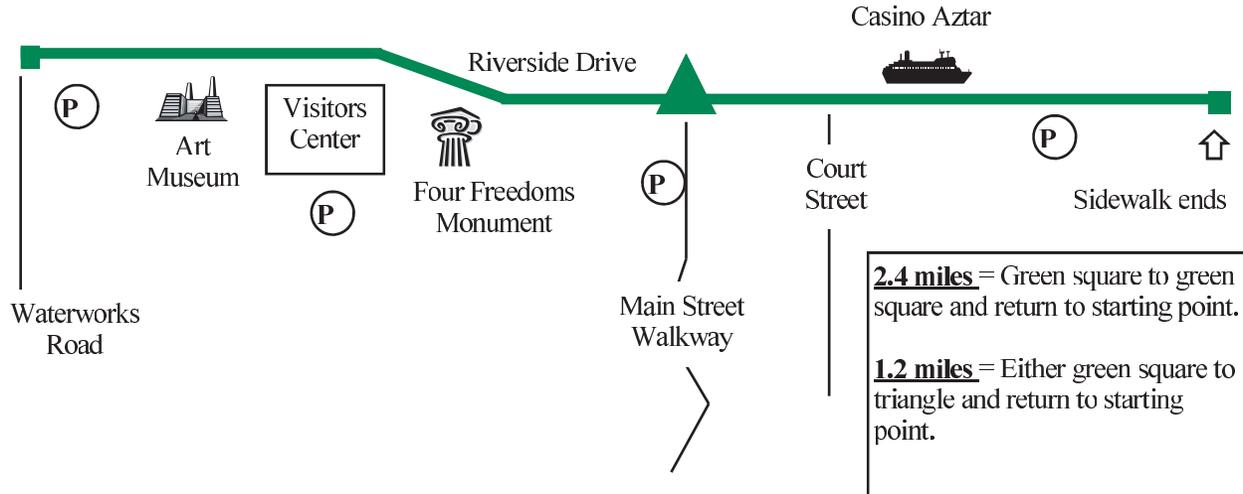
*Ohio River*



*“Only he who does nothing makes a mistake.” —French Proverb*

# Evansville Riverfront

Ohio River 



*"I have loved the feel of green grass under my feet, and the sound of the running stream by my side, and the face of the fields has often comforted me more than the faces of man." —John Burroughs, philosopher*





**Vanderburgh County  
Health Department**  
Oak Park Professional Building  
420 Mulberry St.  
Evansville, IN 47713

<http://www.vanderburghgov.org/health>

**For comments, information or to obtain a brochure,  
Call our Chronic Disease Nurses at  
(812) 435-5015**

created by vanderburgh county department of health

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cover design by sarah anderson