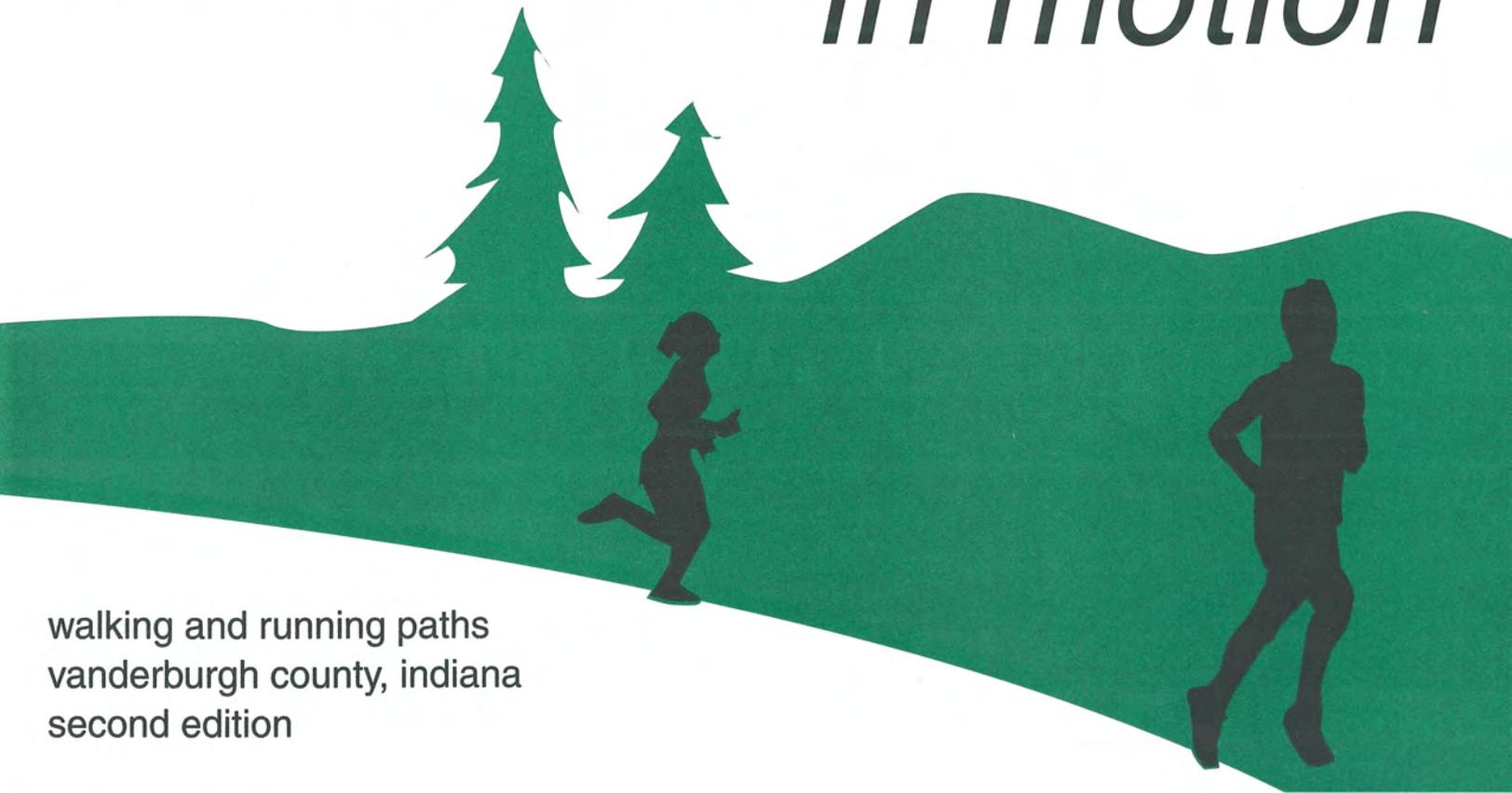


Evansville *in motion*



walking and running paths
vanderburgh county, indiana
second edition

Southeast Side Maps (underlined)

1. University of Southern Indiana - 8600 University Boulevard
2. Burdette / USI Trail - 5301 Nurrenbern Rd.
3. Burdette Park - 5301 Nurrenbern Rd.
4. Howell Wetlands - Broadway Ave. & Tekoppel Ave.
5. Howell Park - Broadway Ave. & Barker Ave.
6. Greenway Passage-Industrial Corridor - Riverside Dr. to Franklin St.
7. Evansville Riverfront - Riverside Dr.
8. Sunrise Park - Riverside Dr. & Waterworks Rd.
9. Riverside Historic District - Riverside Dr. & Cherry St.
10. Deaconess Clinic/Health Department - Mulberry St. & 6 th St.
11. Main Street Walkway - Main Street Downtown
12. Mesker Park / Helfrich Park - St. Joseph Ave. & Maryland St.
13. Mesker Park Disc Golf - Mesker Pk. Dr. & Wimberg Ave.
14. St. Paul's Nature Preserve - 8701 Cynthia Rd. (Hwy. 65)
15. Moutoux Park - St. Joseph Ave. & Mill Rd.
16. Diamond Valley Park - 1100 Fulton Parkway
17. Central High School - 5400 First Ave.
18. Igleheart / North Woods - 6101 N. 1st. Ave.
19. Deaconess Hospital - 600 Mary St.
20. Greenway Passage - Heidelberg Ave. to Fulton Ave.
21. Garvin Park - N. Main St. & Heidelberg Ave.
22. 4-H Center - 201 E. Boonville New Harmony Rd.
23. Catholic Center - 4200 N. Kentucky Ave.
24. Evans School - 2727 N. Evans Ave.
25. EVSC Tech Center - 1901 Lynch Rd.
26. Scott Park - Schlensker Rd.
27. Good Shepherd/Stockwell School - 2301 Stockwell Rd.
28. Wesselman Park - 551 N. Boeke Ave.
29. Wesselman Woods Nature Preserve - 551 N. Boeke Ave.
30. Eastland Mall - 800 N. Green River Rd.
31. Lake at Eagle Crest - Eagle Crest Dr.
32. State Hospital Grounds - Lincoln Ave. & Vann Ave.
33. Washington Square Mall - 1138 Washington Square Mall
34. Price Park - 6229 Covert Ave.
35. Angel Mounds/Levee - Pollack Ave., East of I-164
36. St. Mary's Medical Center - 3700 Washington Ave.
37. Lorraine Park - Boeke Rd. & Monroe Ave.
38. University of Evansville - 1800 Lincoln Ave.
39. Anthony Oates Park - Sunburst Blvd. off Riverside Dr.
40. Eagle Slough - Hwy. 41 & Waterworks Rd.
41. Bayard Park - Bayard Park Dr. & S. Kentucky Ave.
42. Akin Park - Park Side Dr. & Taylor Ave.
- * Bonus - Newburgh Rivertown Trail - SR 662 & Yorkshire Dr.

Using this brochure:

Most walking & running paths are paved & firm. Hiking trails are rugged with dirt or loose surfaces and indicated on site maps. Site locations and maps are listed by number. Individual maps have number in lower right hand corner.

Keys:  = entrance  = start  = parking  = hilly trails

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!

WARM UP – You need to warm your muscles to improve flexibility by walking in place while pumping your arms for a few minutes before stretching.

STRETCHING – Stretch after 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

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
- * Carry some form of identification
- * Buddy system is always the safest

Shoes

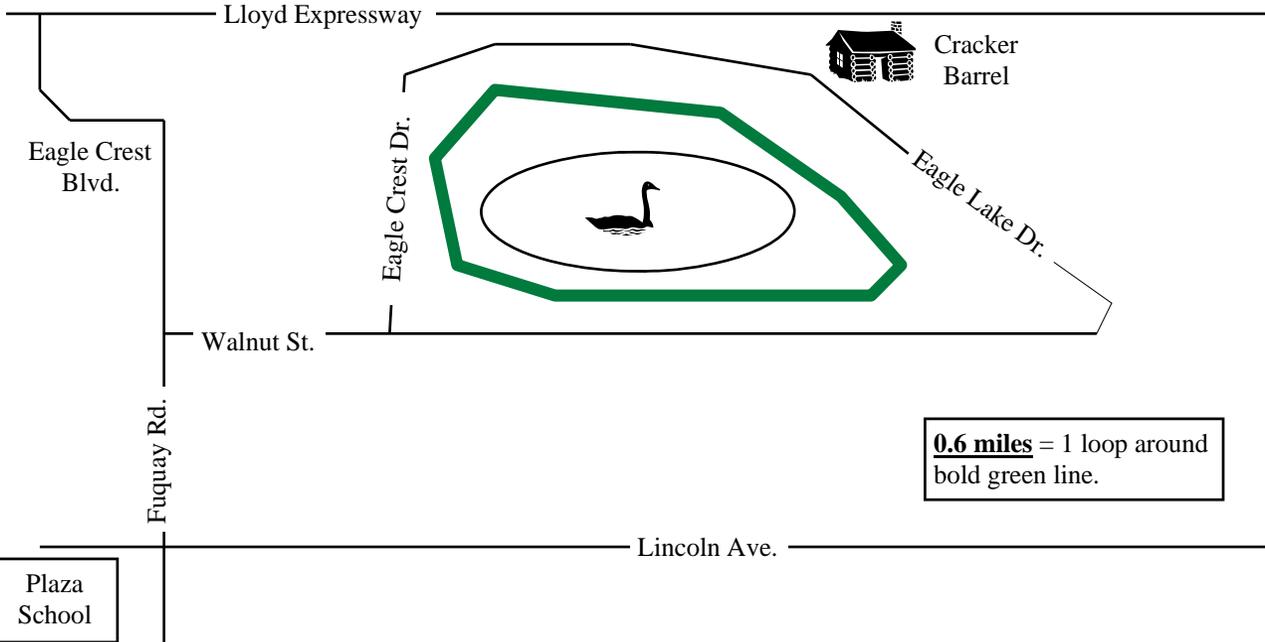
- * Never wear shoes that feel tight
- * You should be able to wiggle your toes with no pressure on the sides of your shoes
- * A good shoe will provide cushioning, support and flexibility

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

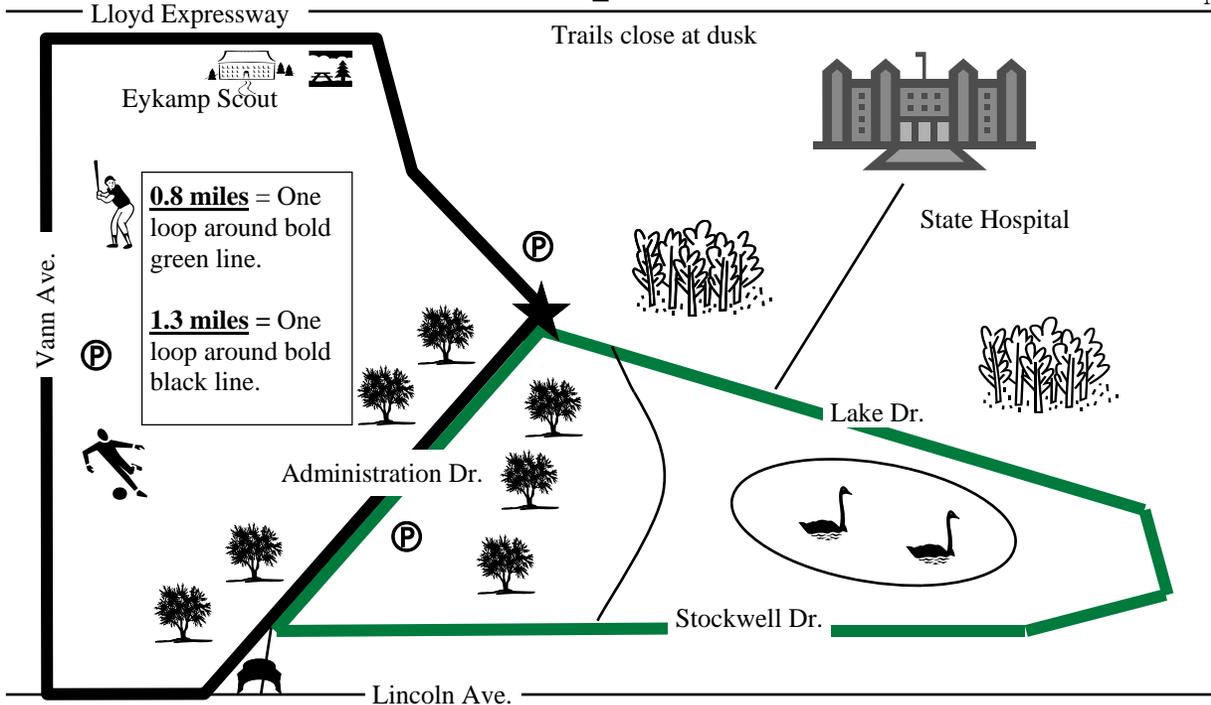


Lake at Eagle Crest



“If you are standing still, you are going backwards.” — Maxim

State Hospital Grounds



“A journey of a thousand miles begins with one step.” — Lao-Tzu

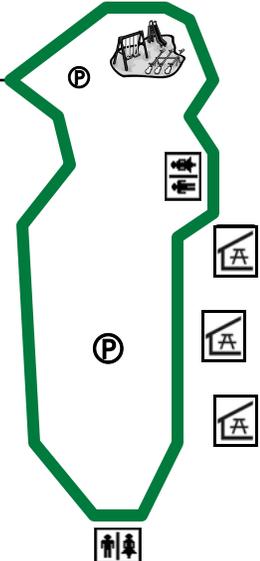
Price Park



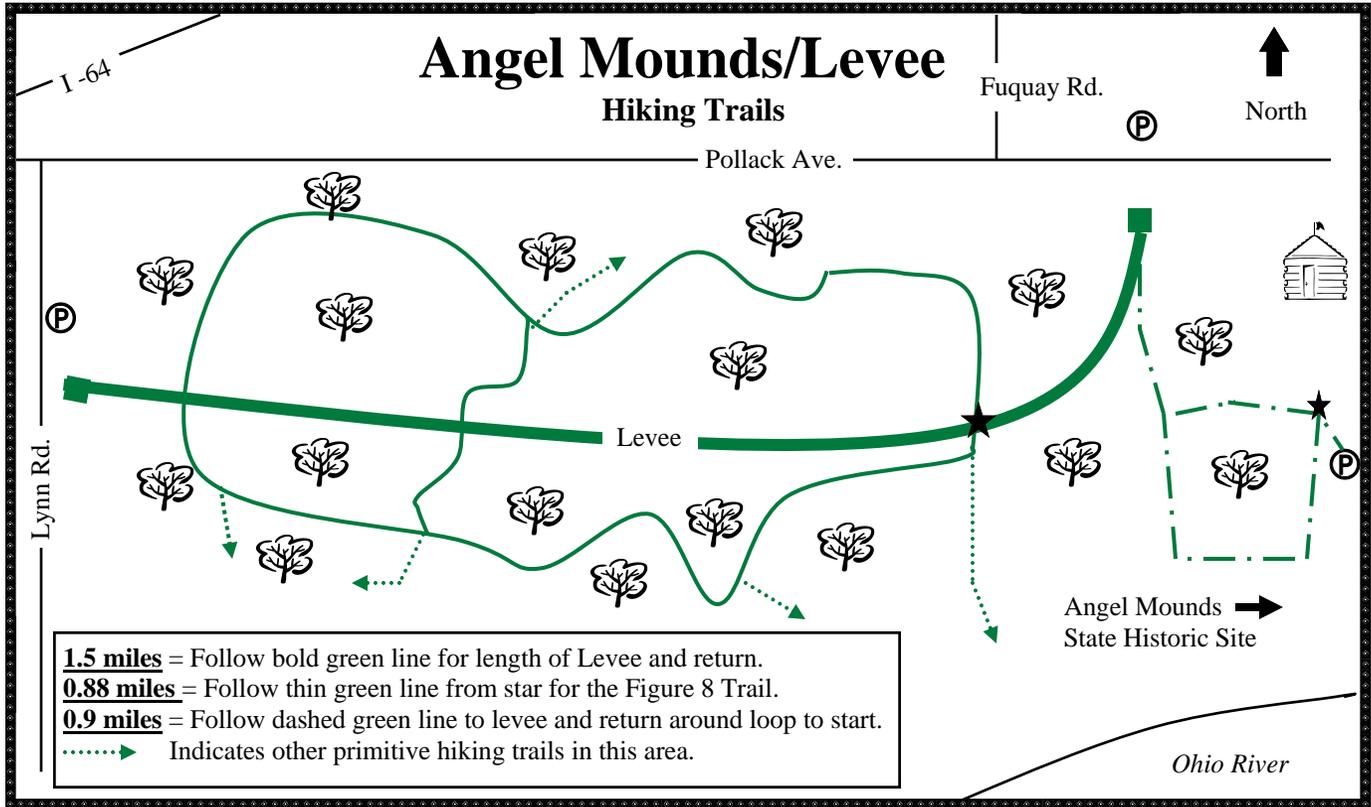
Covert Ave.

0.5 miles = One loop around bold green line.

Seasons Ridge Blvd.

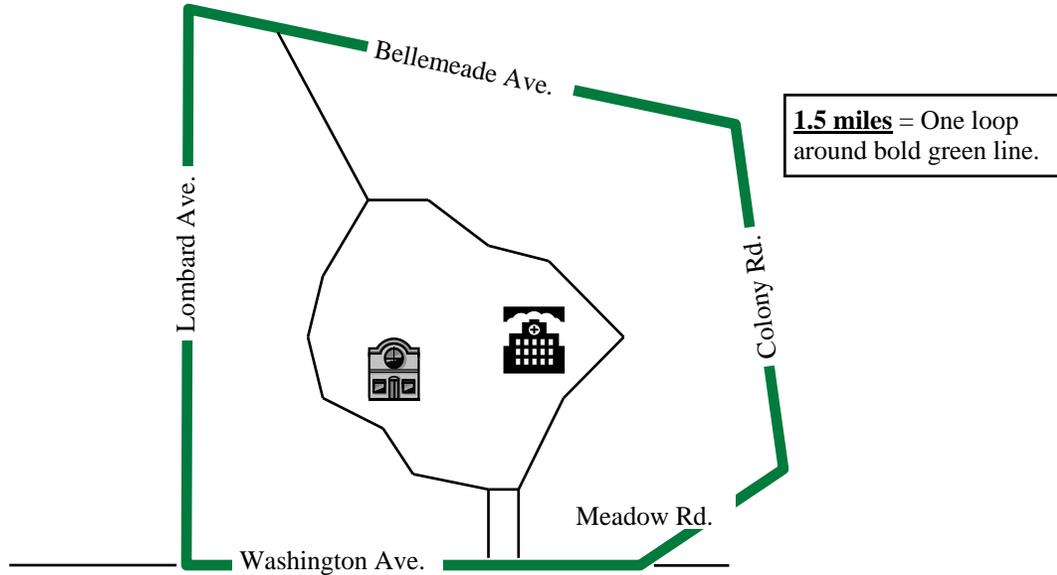


“Wholesome exercise in the free air, under the wide sky, is the best medicine for body and spirit.” — Sarah Louise Arnold



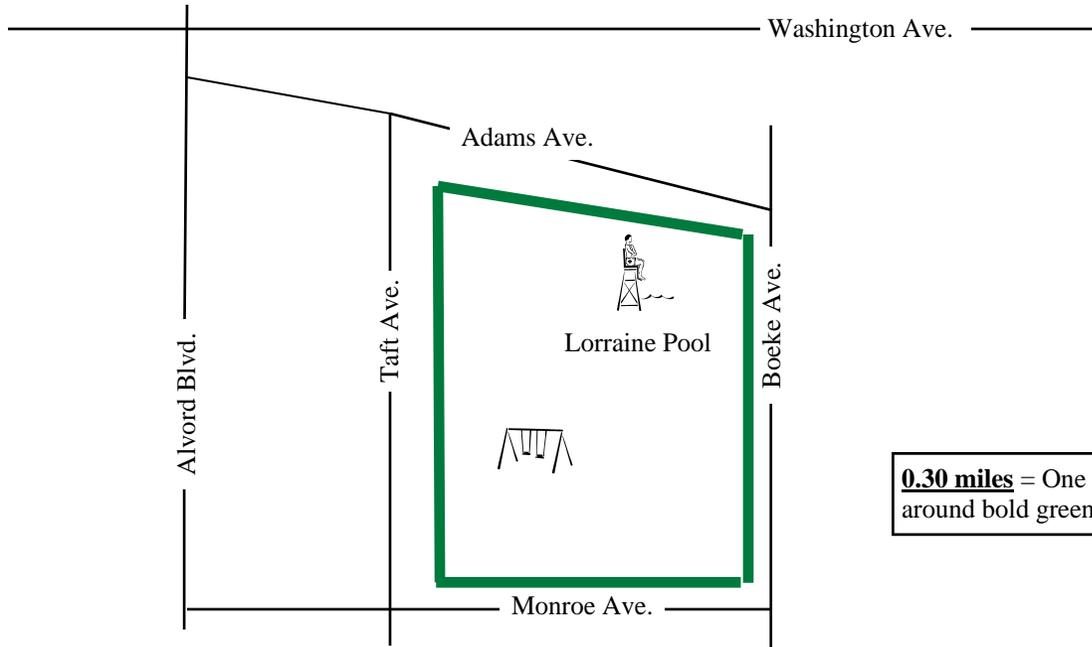
“Nature cures, not the physician.” — Hippocrates

St. Mary's Medical Center



“Give up TV and you will be amazed at how much time you have.” — Kees Tuinzing, runner.

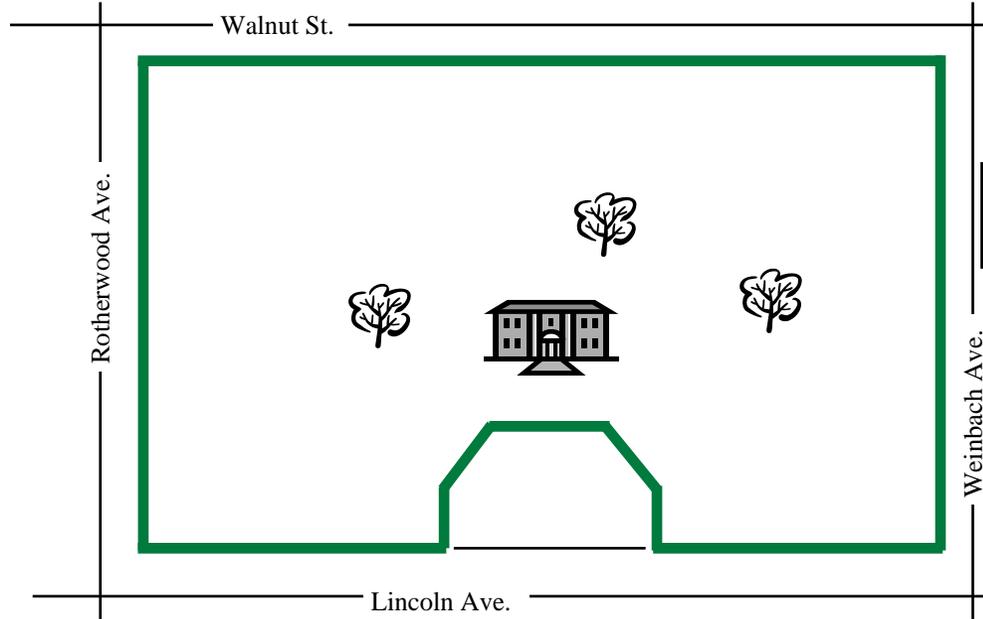
Lorraine Park



0.30 miles = One loop
around bold green line.

“Early to bed and early to rise, makes a man healthy, wealthy and wise.” — Benjamin Franklin

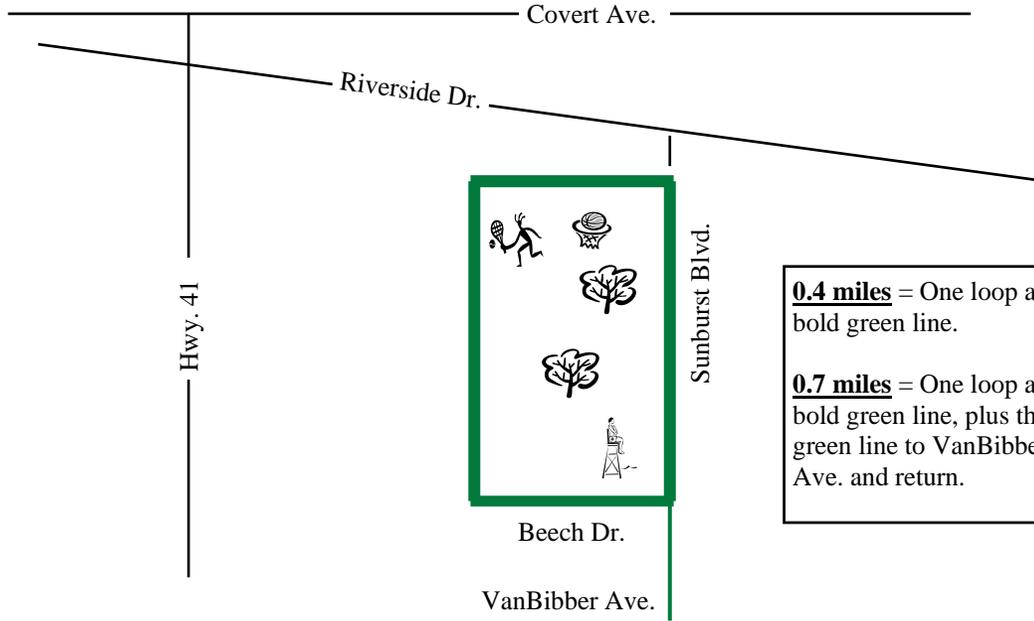
University of Evansville



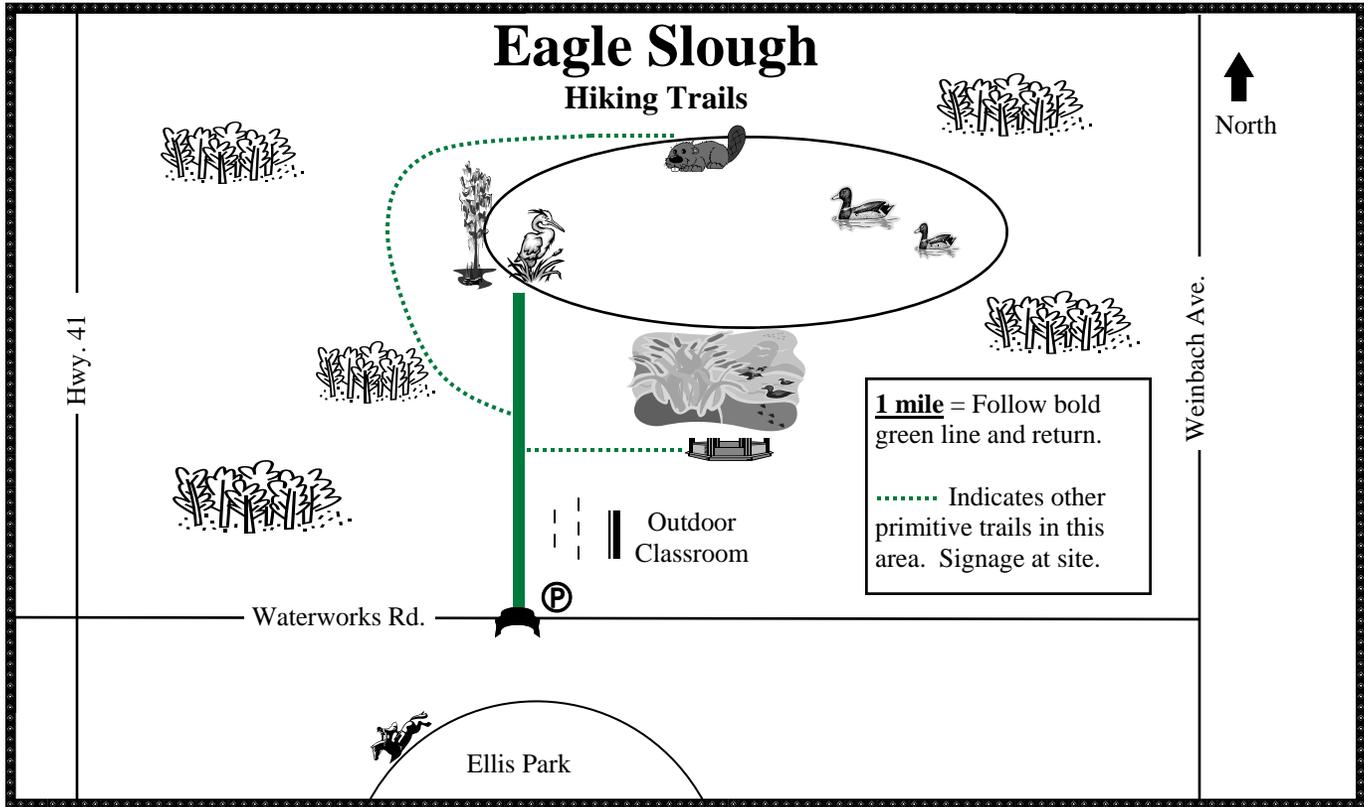
1.1 miles = One loop
around bold green line.

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

Anthony Oates Park



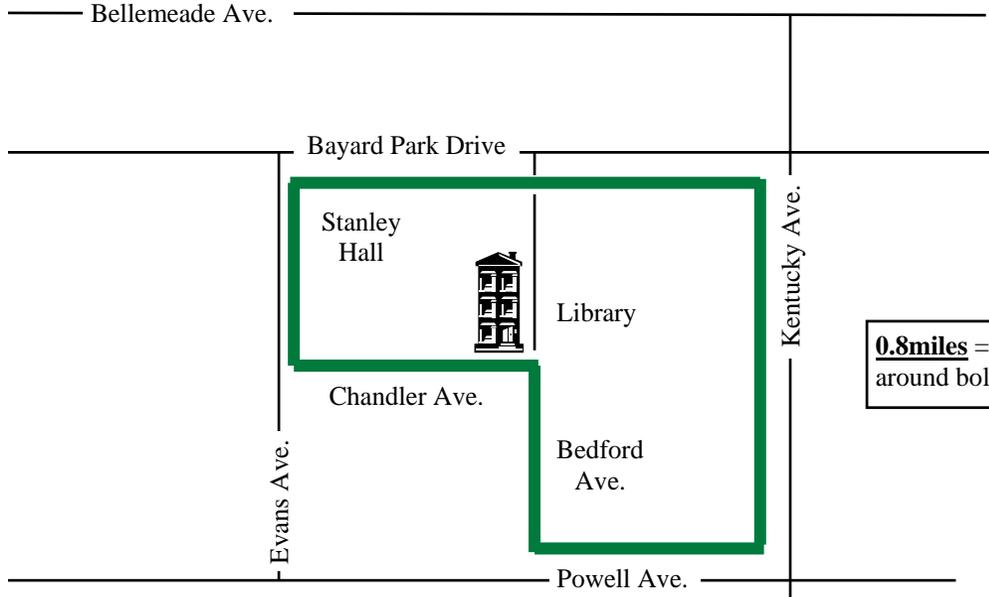
“Running (and walking) should be a lifetime activity. Approach it patiently and intelligently and it will reward you for a long, long time.” — Michael Sargent, MD



“One touch of nature makes the whole world kin.” — William Shakespeare

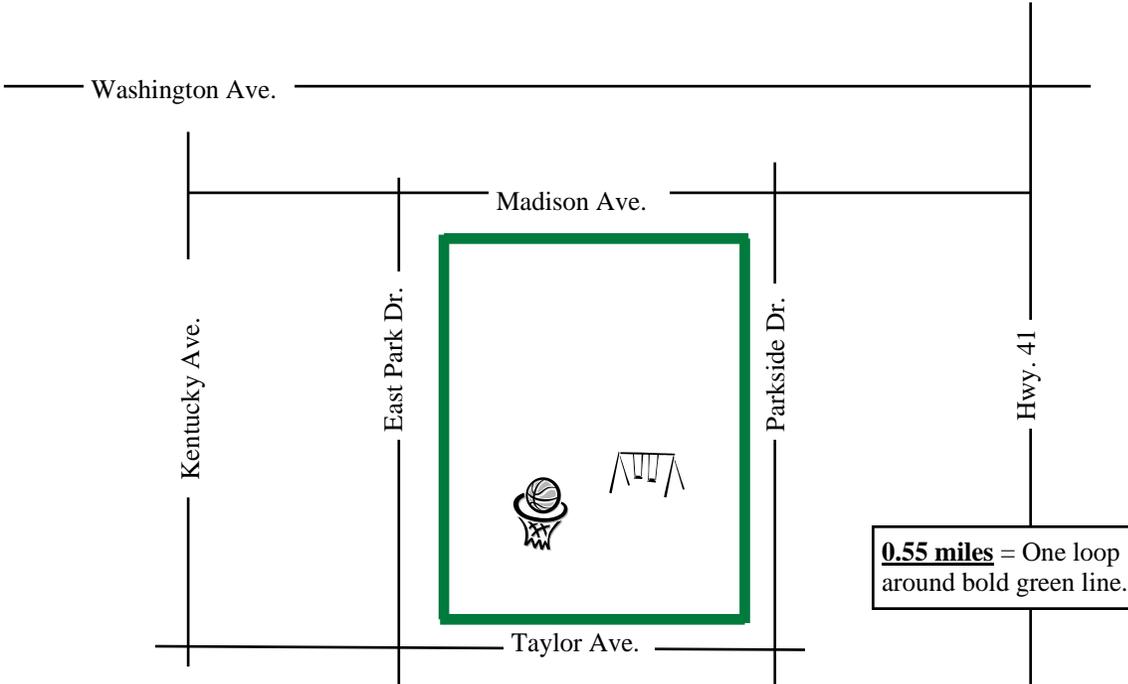
Bayard Park

Park closes at 11pm

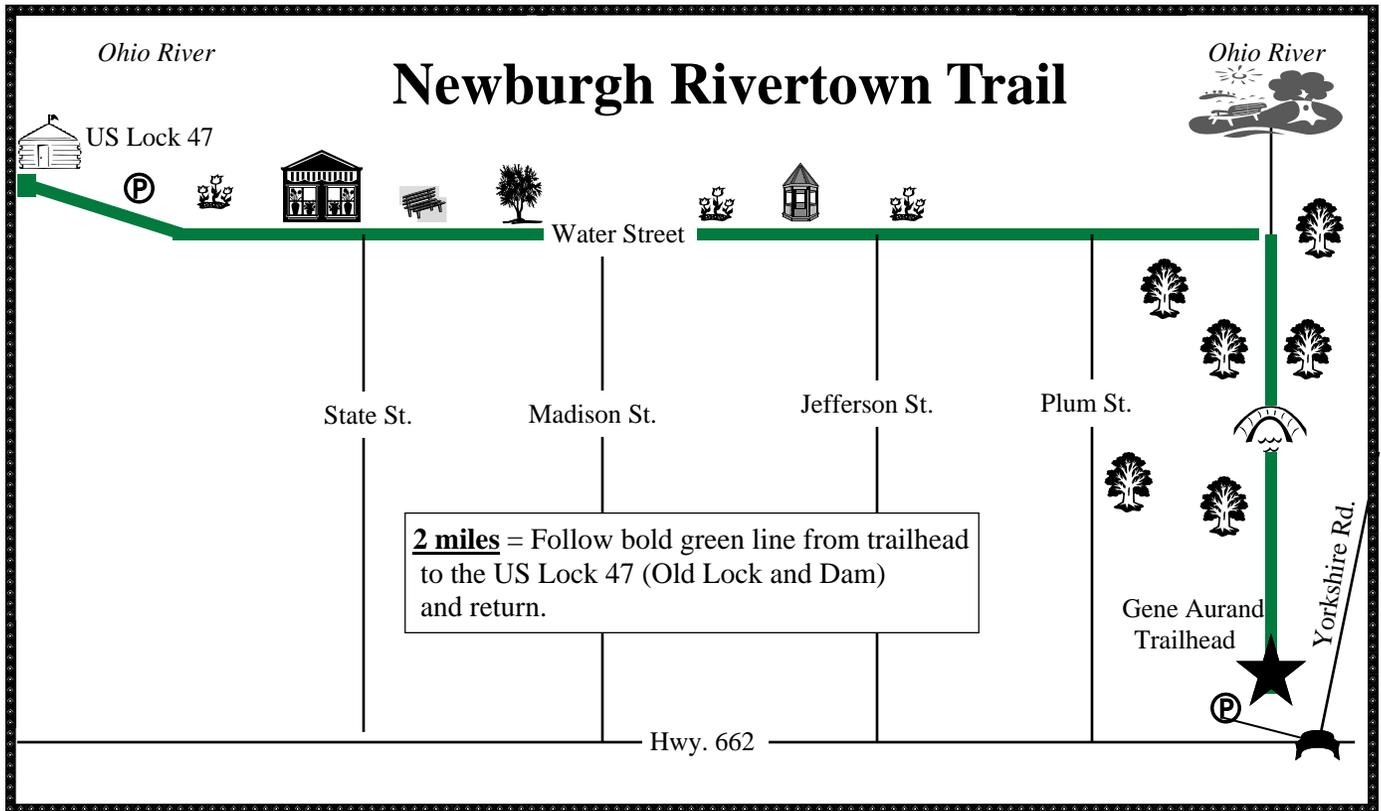


"I use exercise to help me unwind. On days of big events, I often run beforehand." — Tom Brokaw, broadcaster

Akin Park



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



"I frequently tramped eight or ten miles through the deepest snow to keep an appointment with a beech tree, or a yellow birch, or an old acquaintance among the pines." — Henry David Thoreau

Bonus Map!

Links for walking, running and hiking in Greater Evansville

Southern Indiana Trails

<http://southernindianatrails.freehostia.com/>

This link includes many of the trails in this booklet and great information about walking/hiking/running in our area.

Evansville Trail Coalition

<http://evansville-areatrailscoalition.org/>

Scott Park

<http://www.scotttownshippark.com/>

Burdette Park

<http://www.vanderburghgov.org/Index.aspx?page=74>

Greater Evansville Runners/Walkers Club

<http://gerwc.com/>

River City Ramblers

<http://home.insightbb.com/~jgvf65/rivercityramblers.htm>

INShape Indiana

<http://www.in.gov/inshape/>

Excellent information about health and fitness for Hoosiers.



Vanderburgh County Health Department

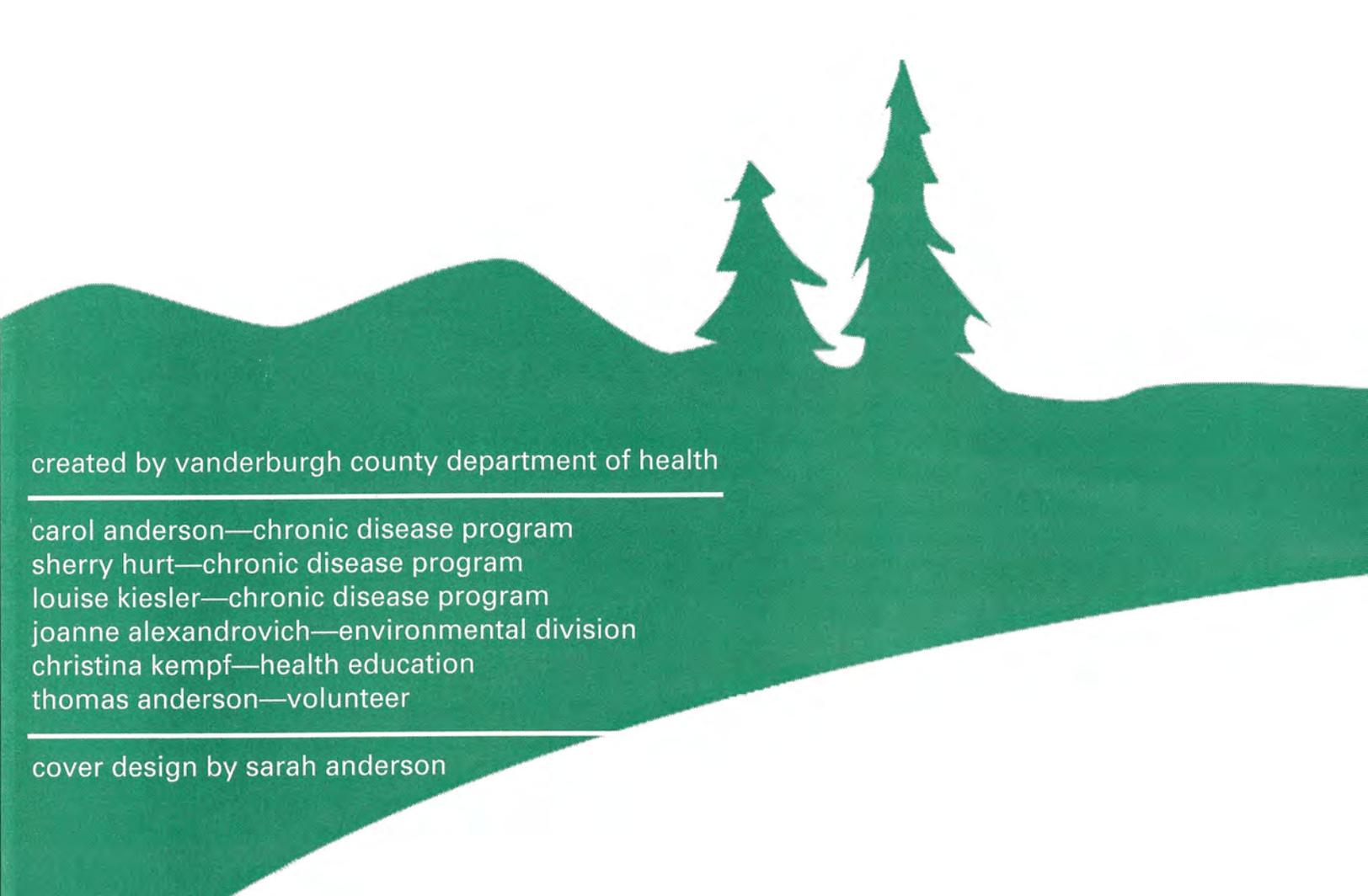


Public Health
Prevent. Promote. Protect.

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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