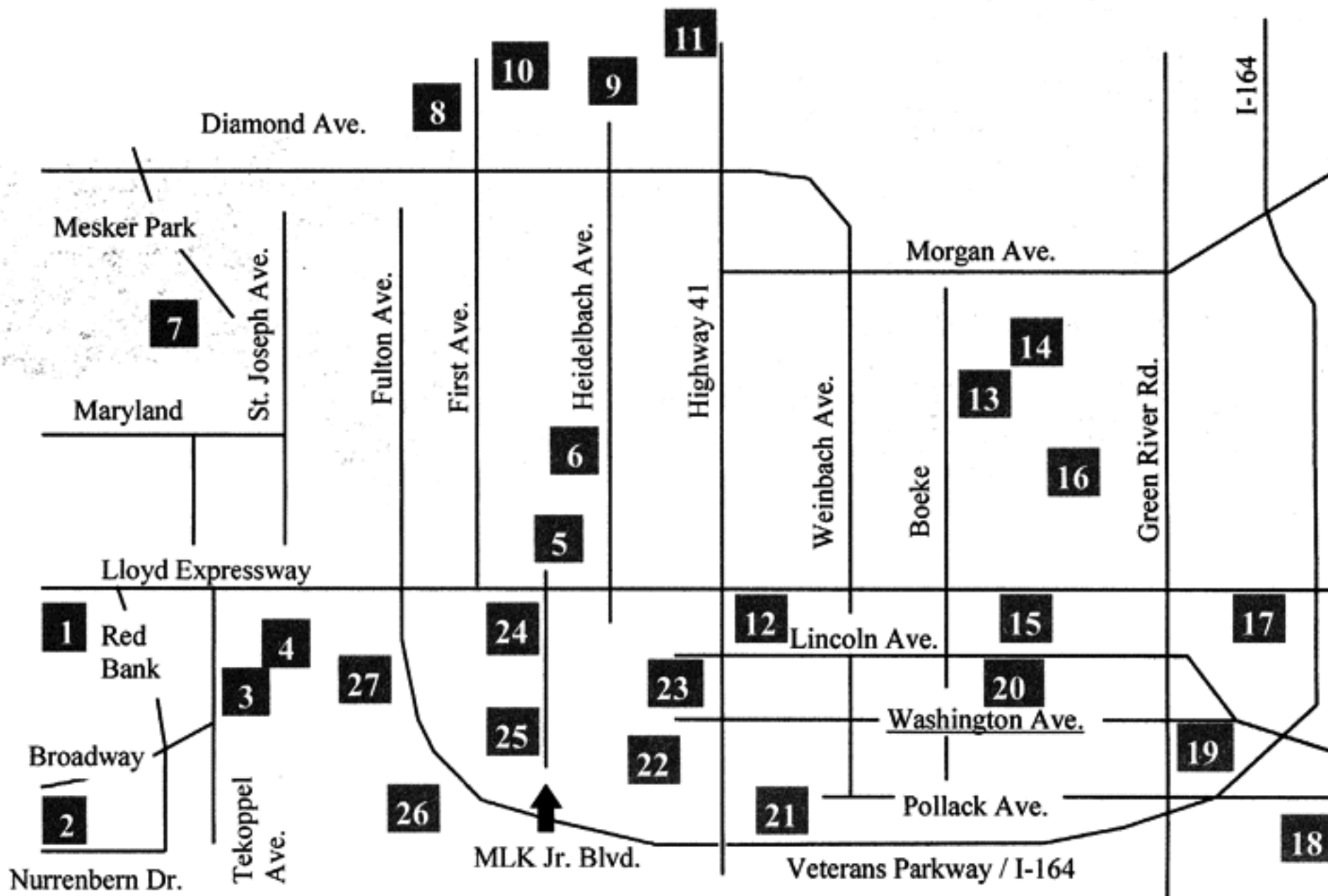


Evansville *in motion*



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. & Heidelbach 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 Park Trails – 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 Dept.– 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.gerwc.com or
www.vchd.evvindiana.org

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

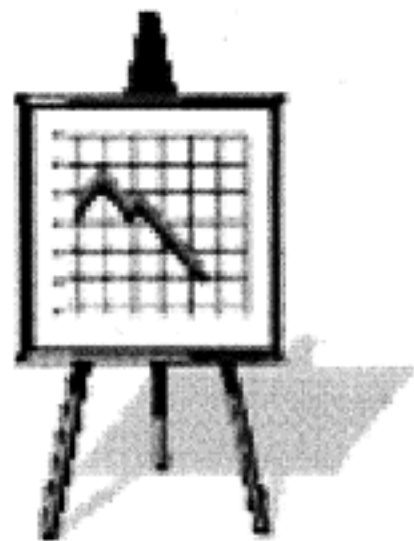
- * Always wear sunscreen SPF 15 or higher
- * Don't wear headphones
- * Use caution around strange dogs
- * Stay alert for bad weather
- * Walk against the traffic on the far left side of the street
- * Stay inside if it is above 80 degrees **AND** humid or below 25 degrees **AND** windy

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.

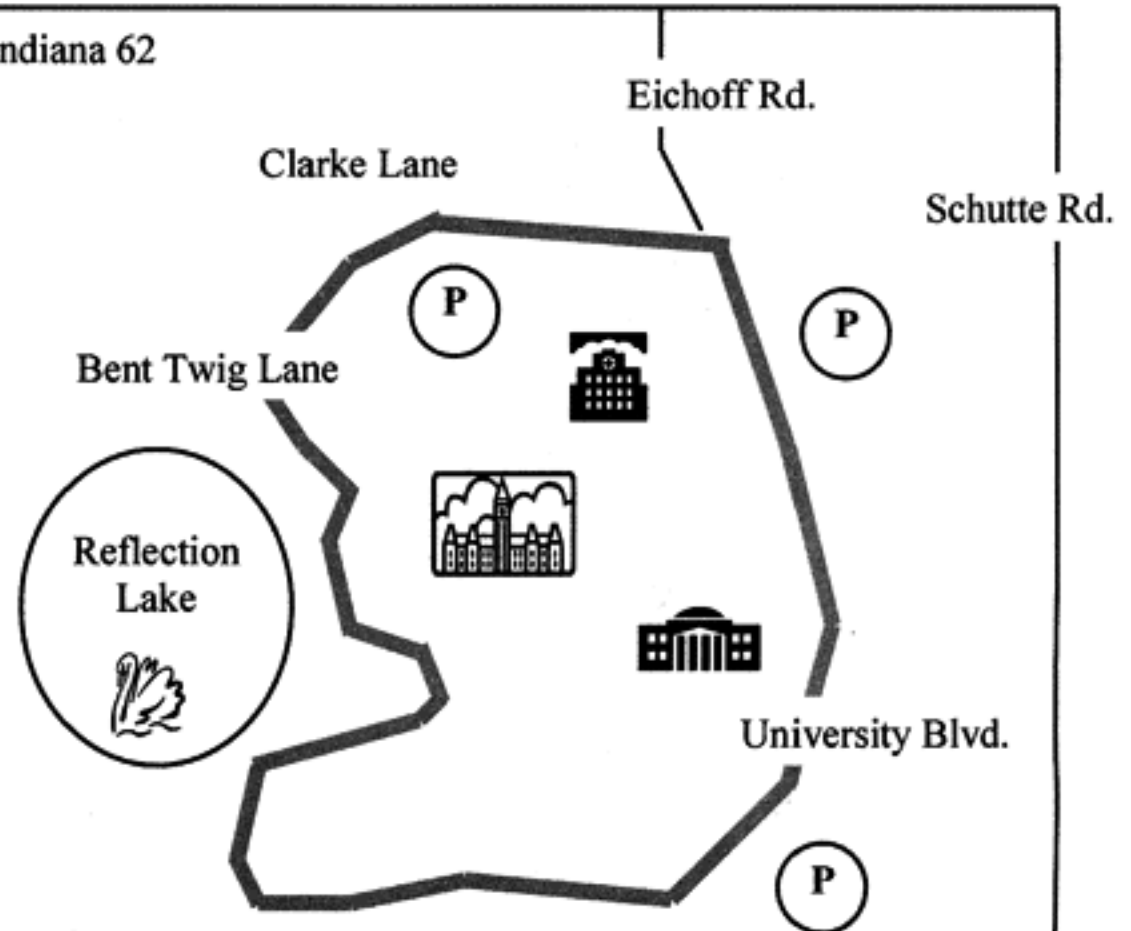
Bent Twig Lane

1.3 miles = 1 loop around bold green line.

Reflection Lake



University Blvd.



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

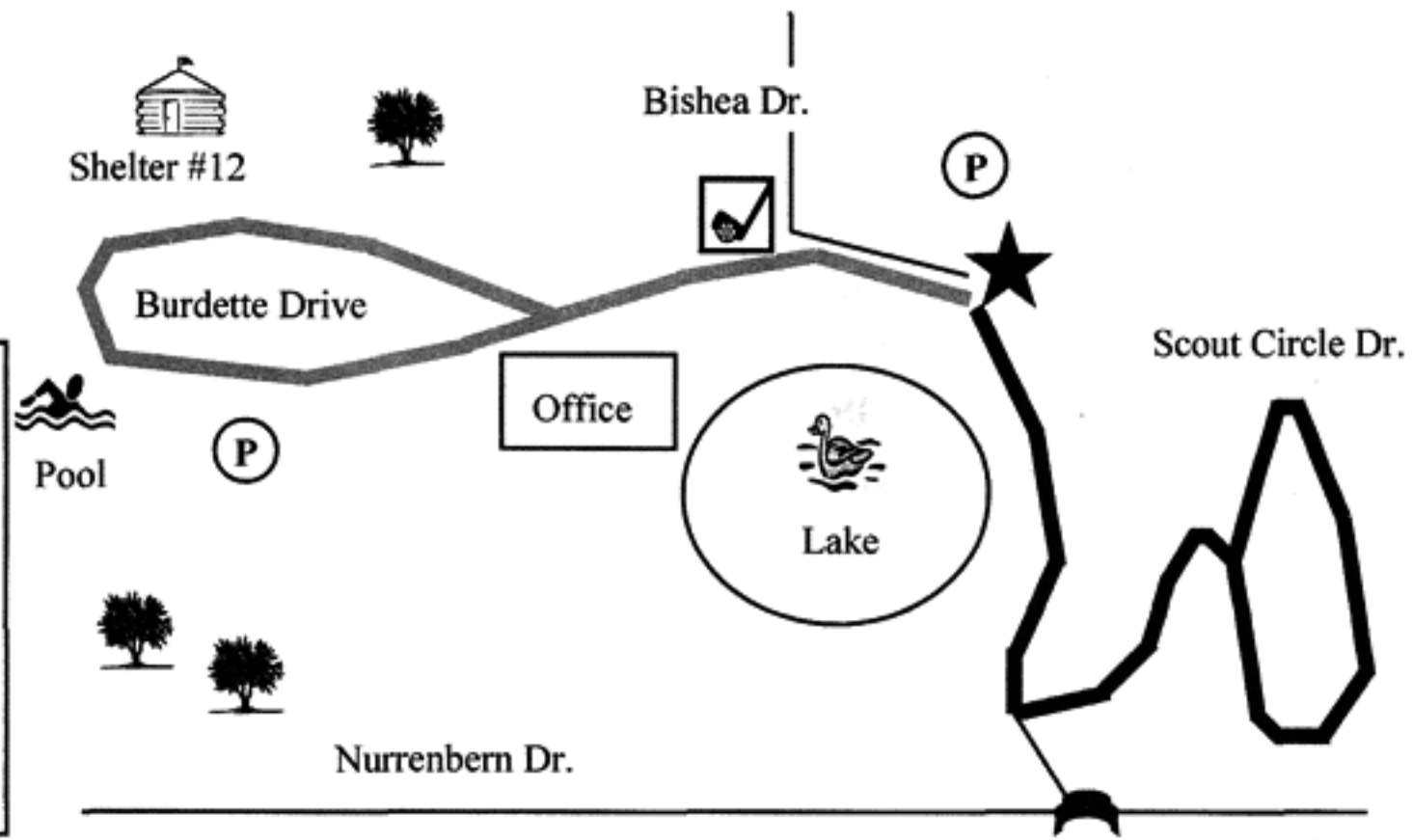
Burdette Park

Sun. – Sat. 7am-midnight



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

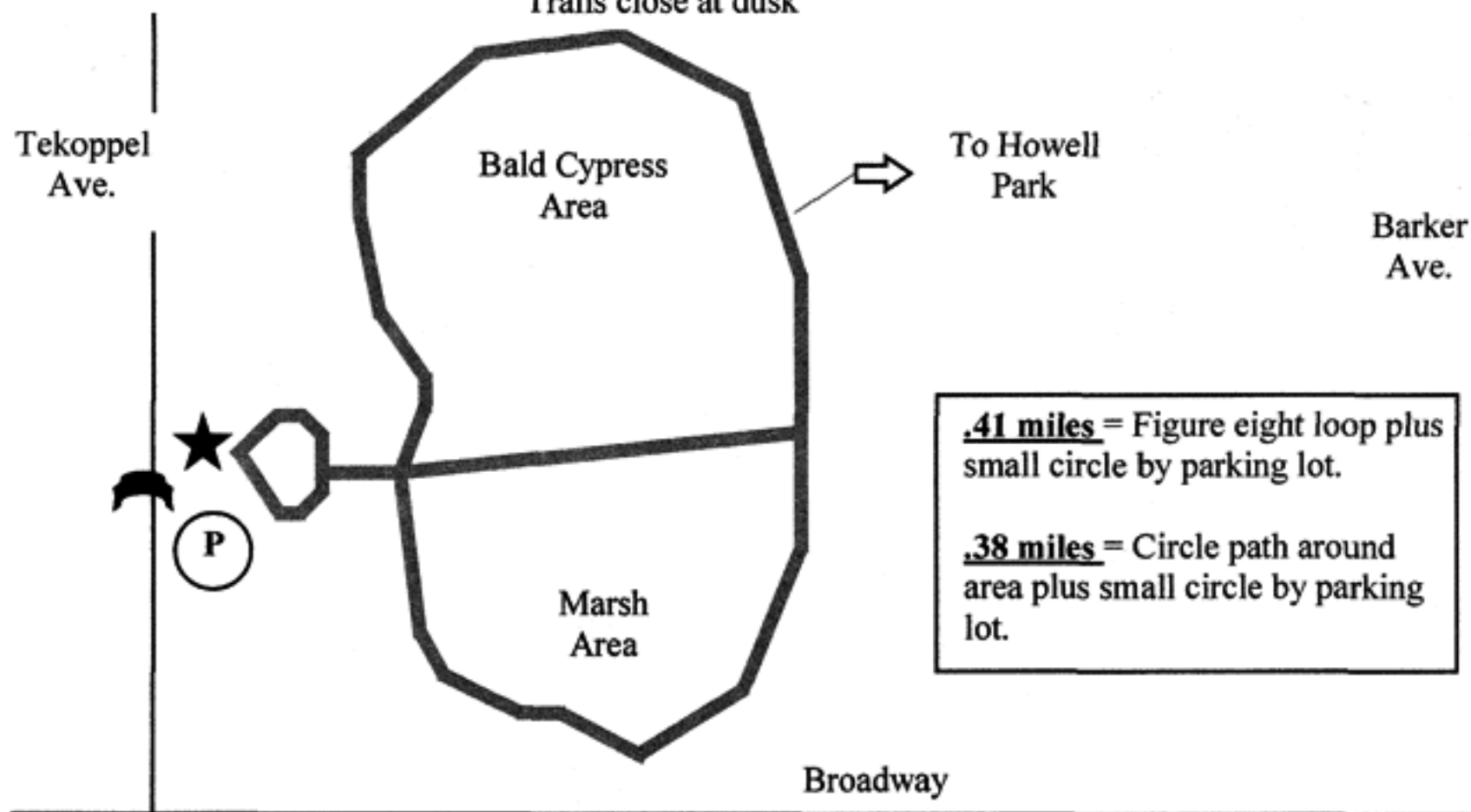
.7 miles = follow bold green line from start, along Burdette Dr. toward pool. Take right at shelter 12 then take left at the end of loop to return to start. Hilly.



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



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

Howell Park

Trails close at dusk



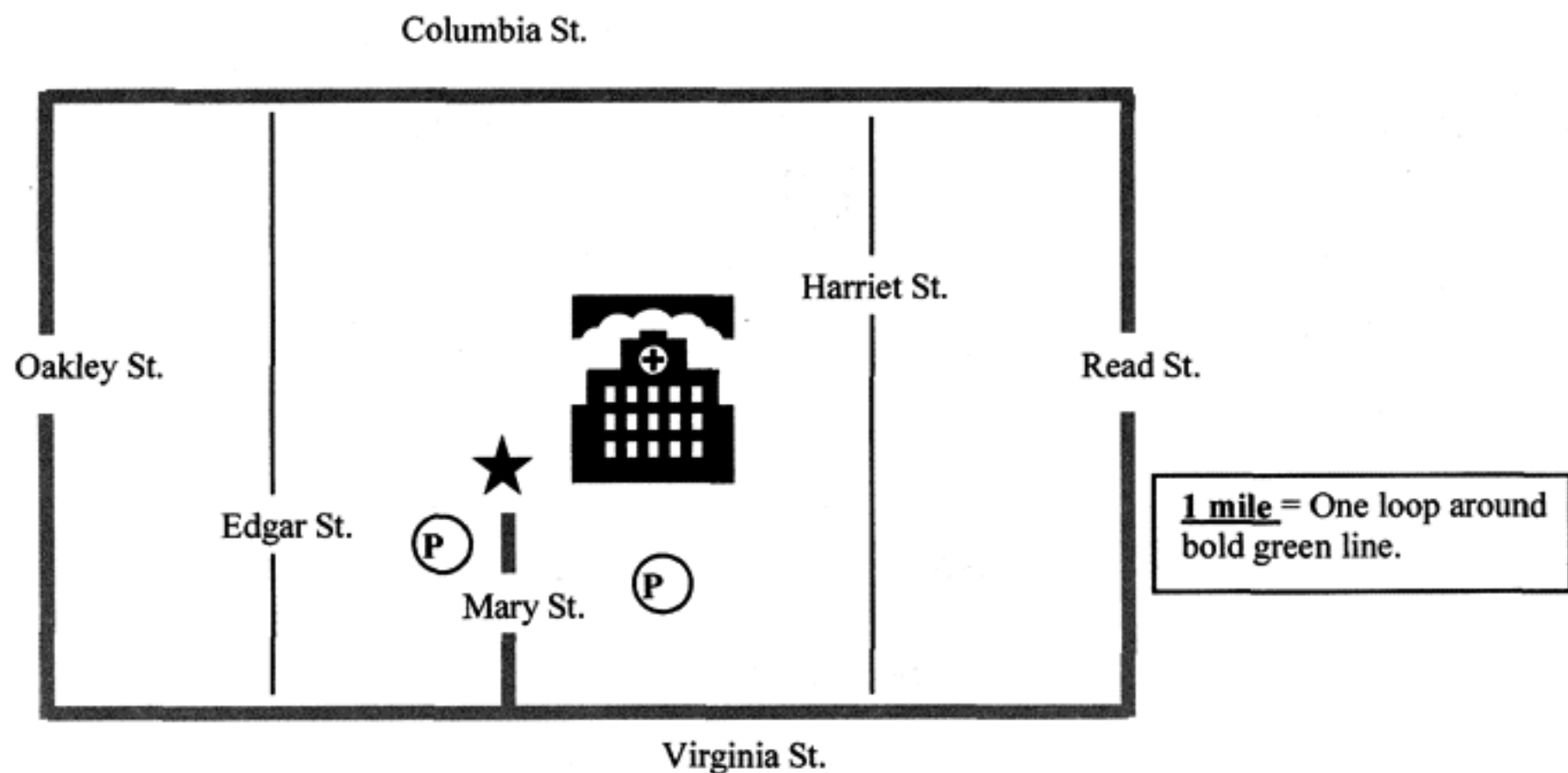
.92 miles = From start follow bold green line to right and return.

.88 miles = From start follow bold green line to left and return.

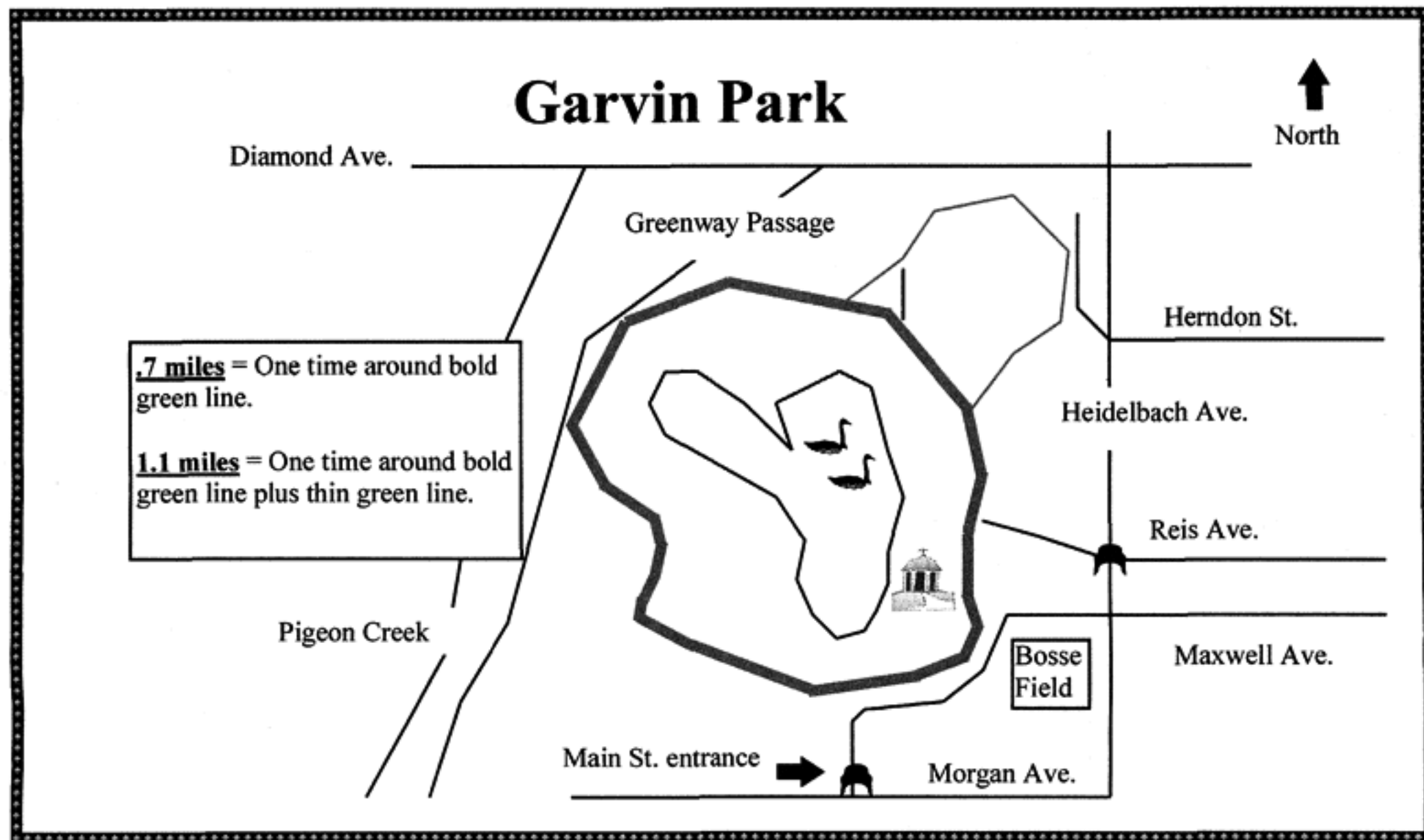
1.19 miles = From start follow bold green line to right plus trail to left and return.

"A man too busy to take care of his health is like a mechanic too busy to take care of his tools." — Spanish proverb

Deaconess Hospital

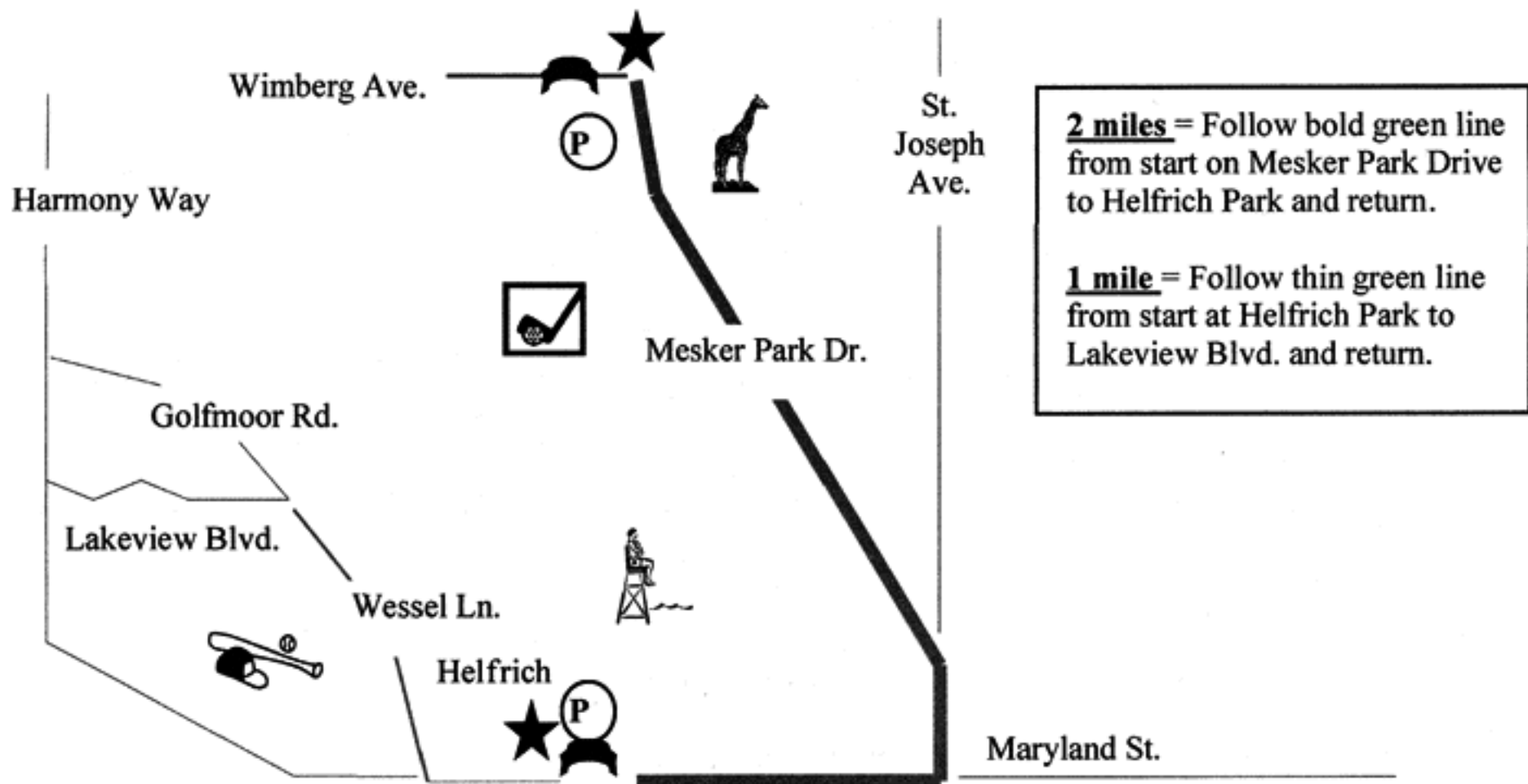


Even if you don't decrease your calories, if you start running or walking every day for 30 minutes, you will lose weight.



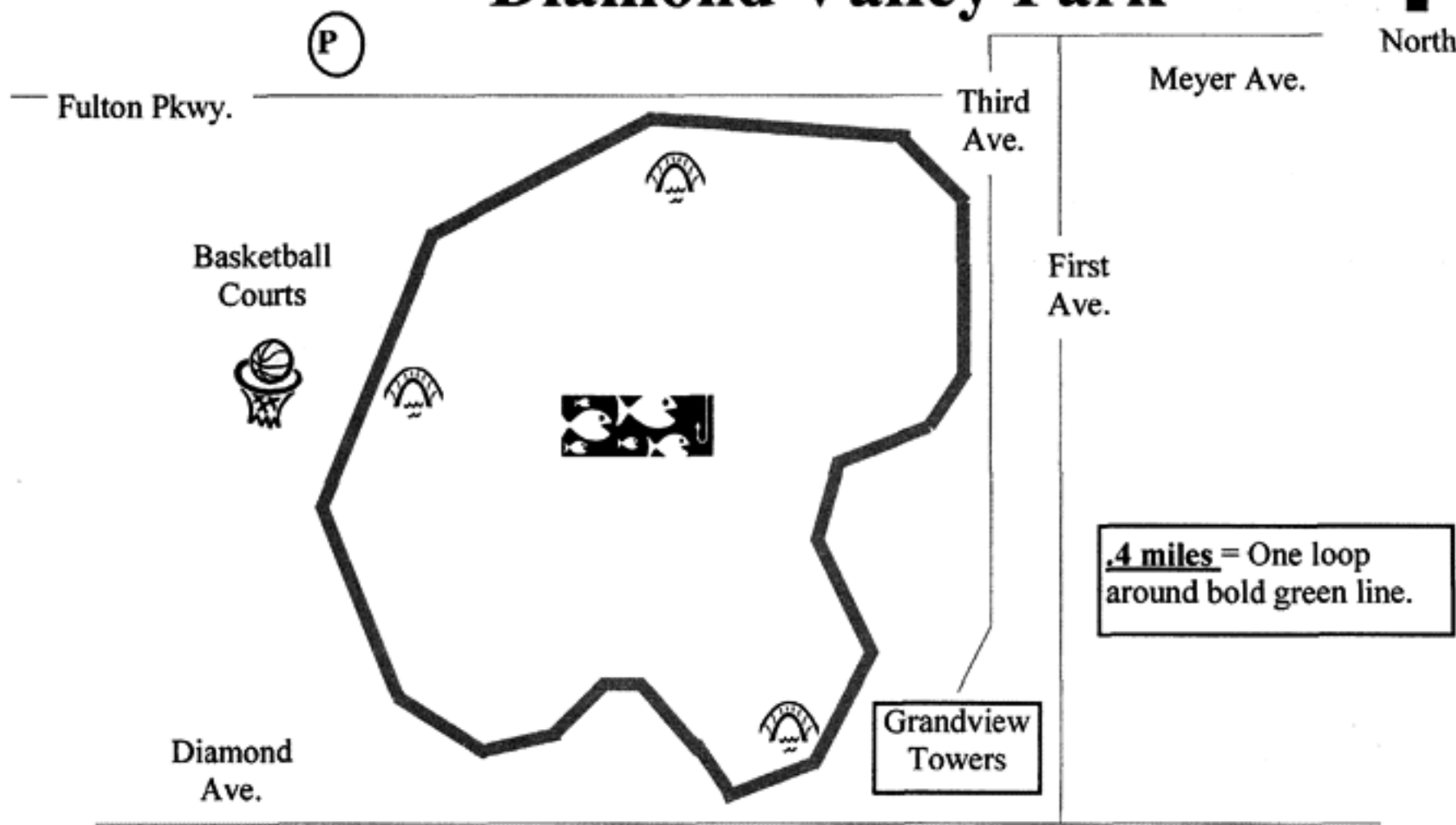
"Now is the time of illuminated woods. Every leaf glows like a tiny lamp; one walks through their lighted halls with a curious enjoyment." — John Burroughs, writer

Mesker Park / Helfrich Park



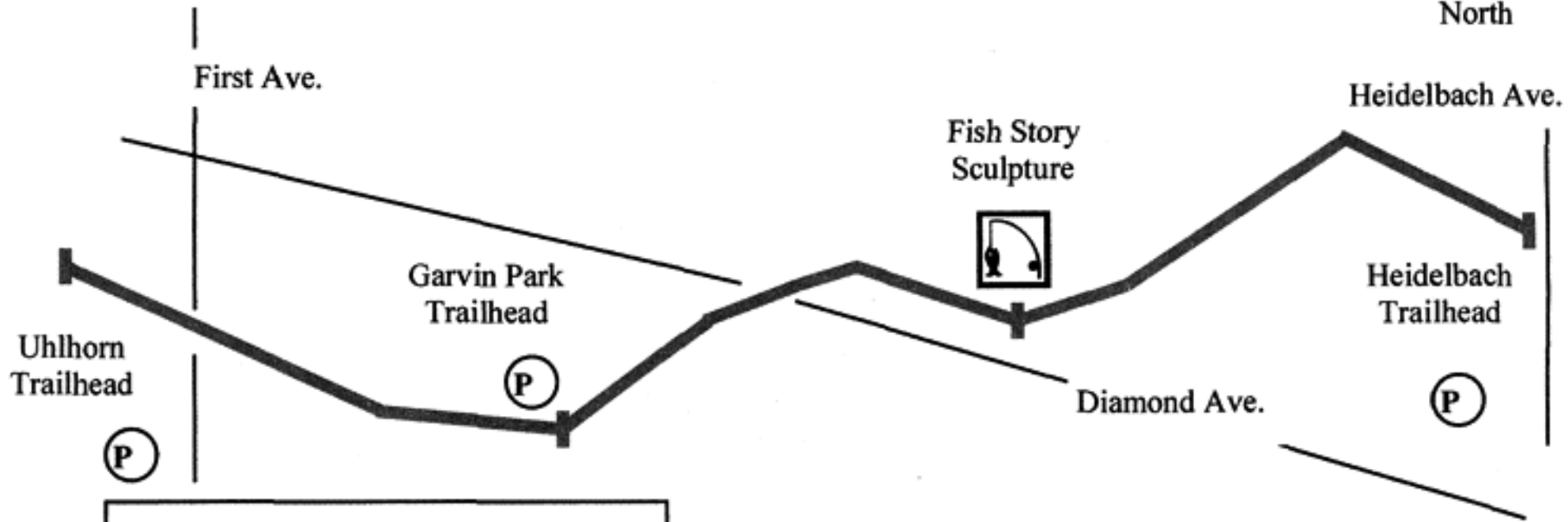
"Exercise does not take time out of your life. It puts life into your time." — Linda Maxwell

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

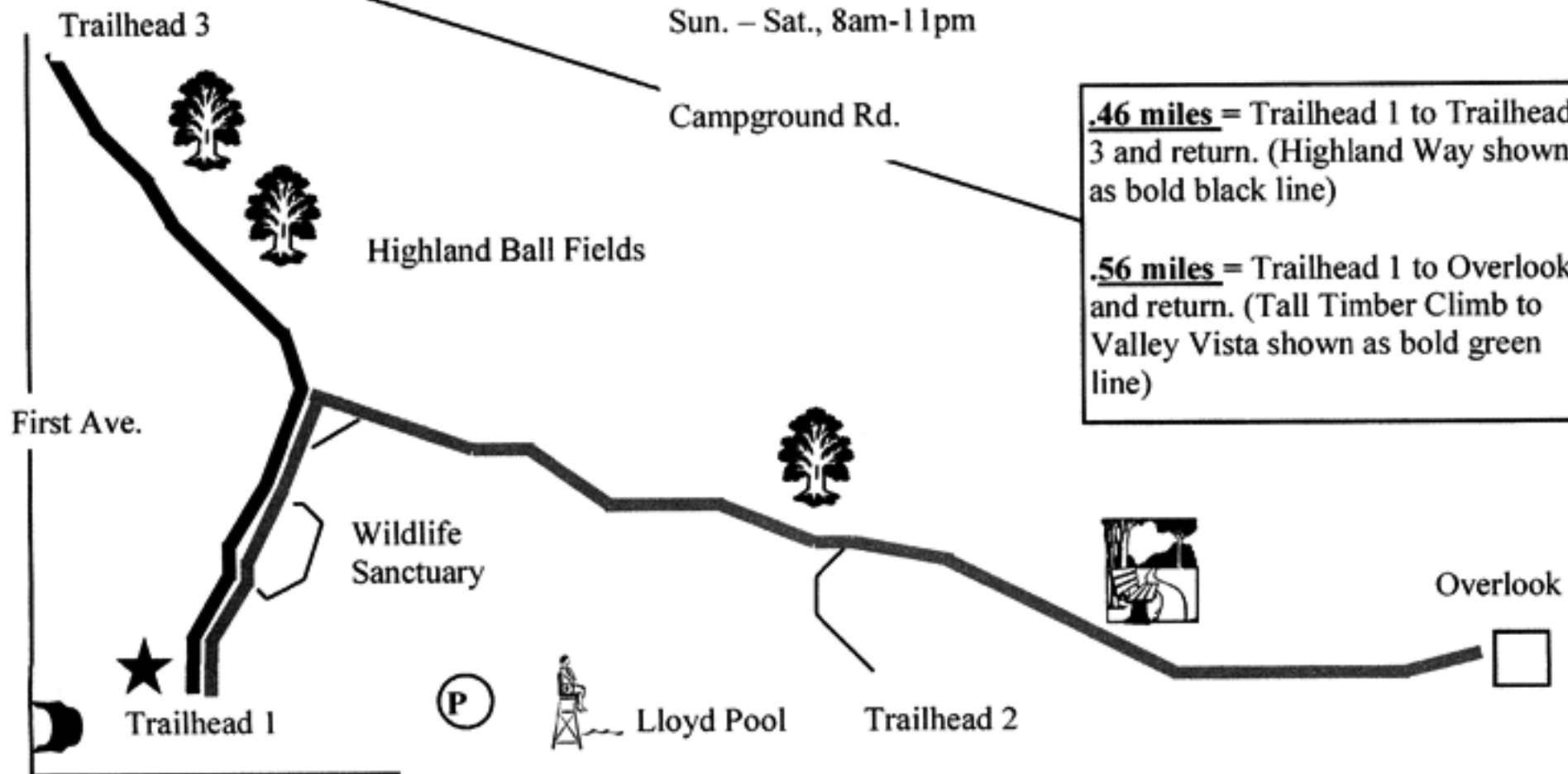


Sun. – Sat., 8am-11pm

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

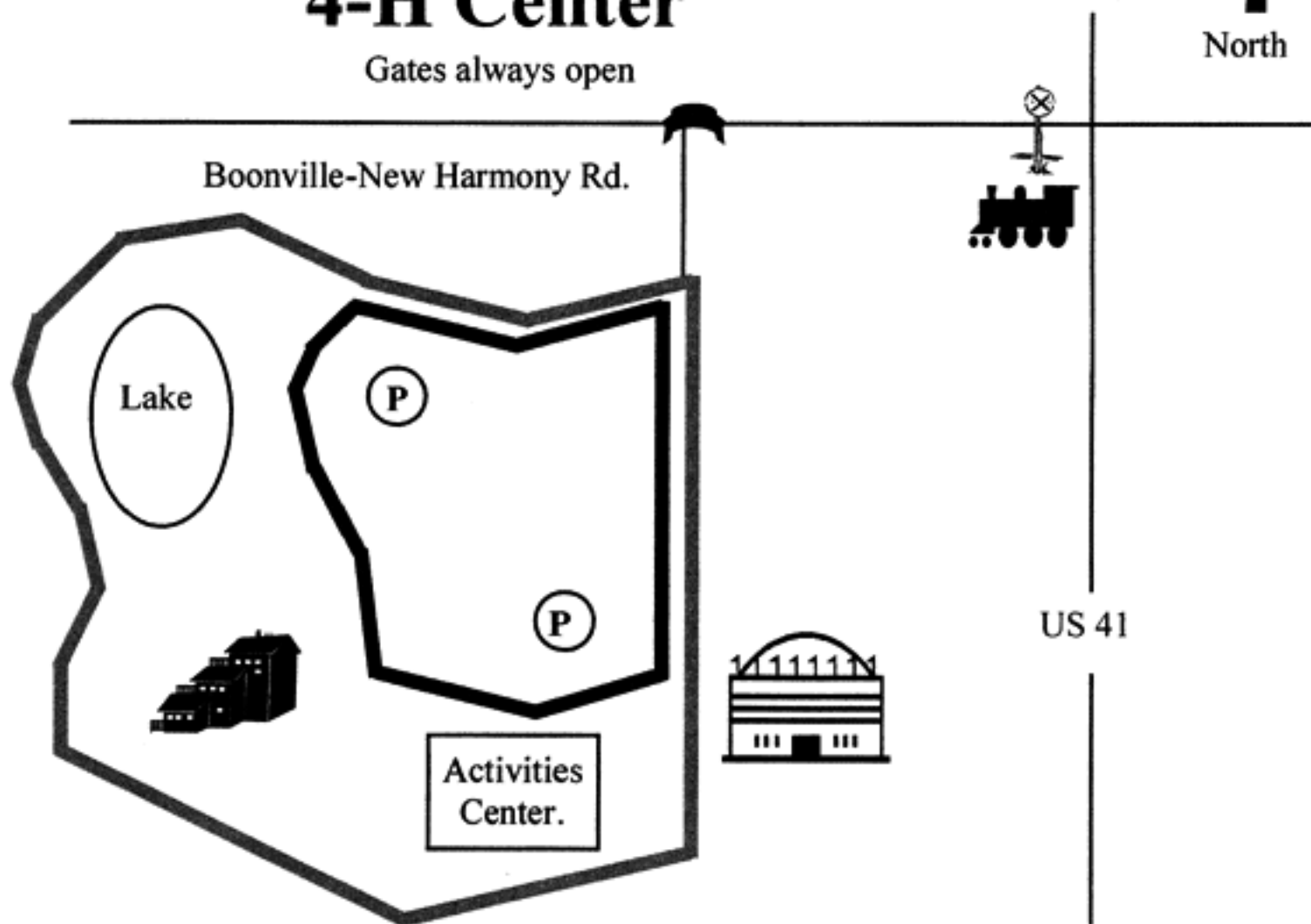
4-H Center

Gates always open



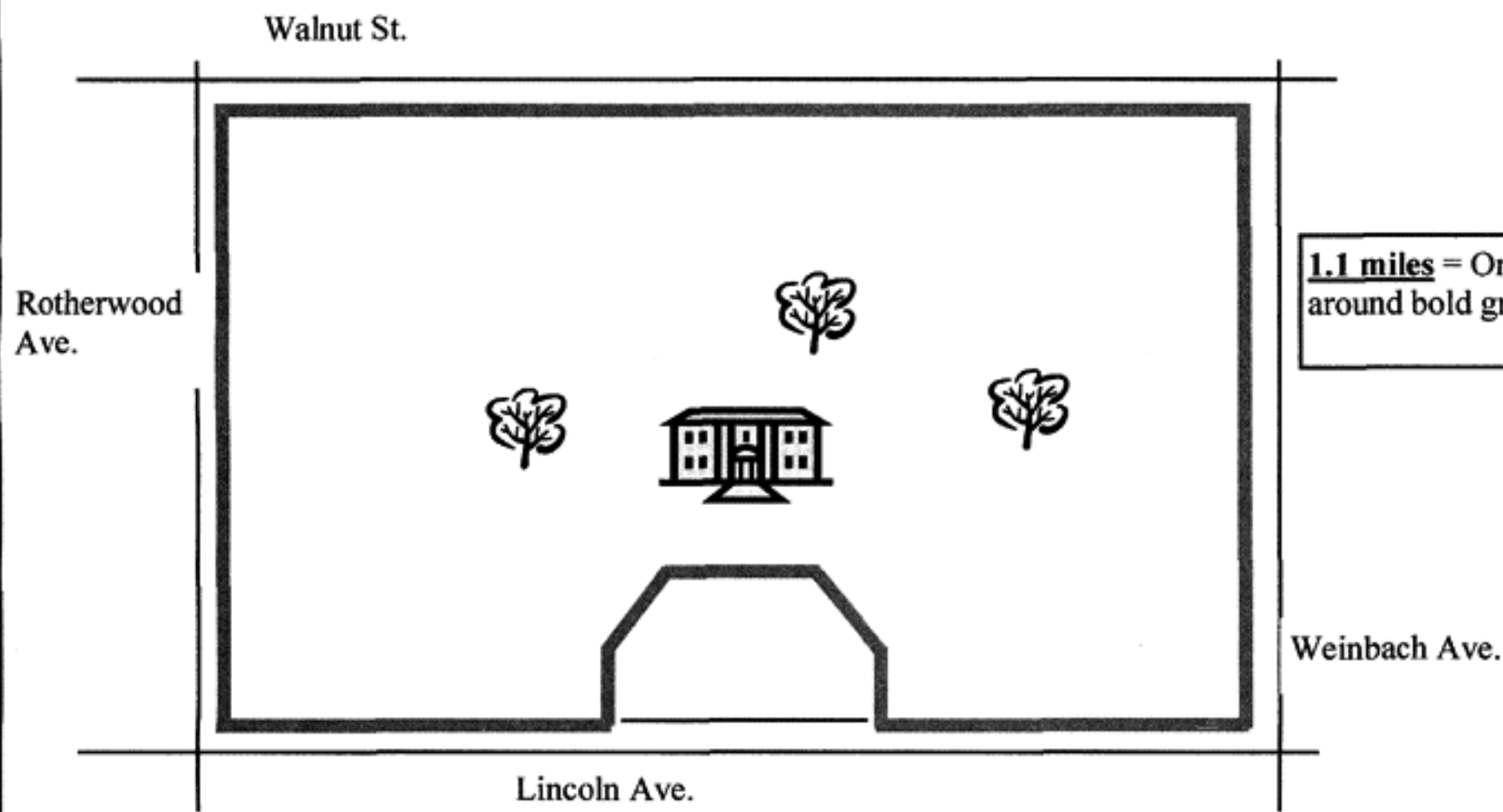
.64 miles = One loop around bold green line.

.35 miles = One loop around bold black line.



"He who has health has hope; and he who has hope has everything." — Arab proverb

University of Evansville



1.1 miles = One loop
around bold green line.

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.

Lloyd
Expressway

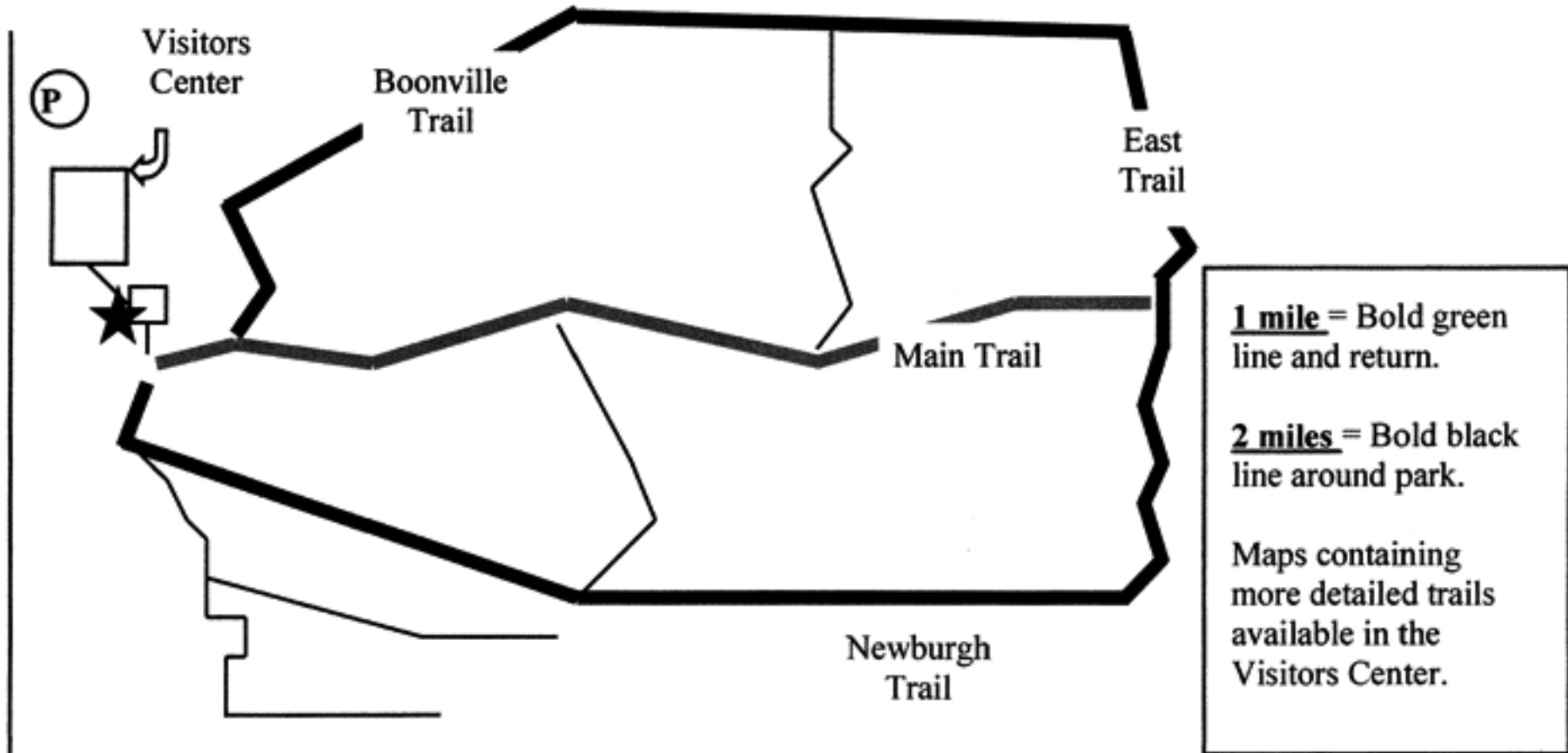
Boeke Rd.



"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.



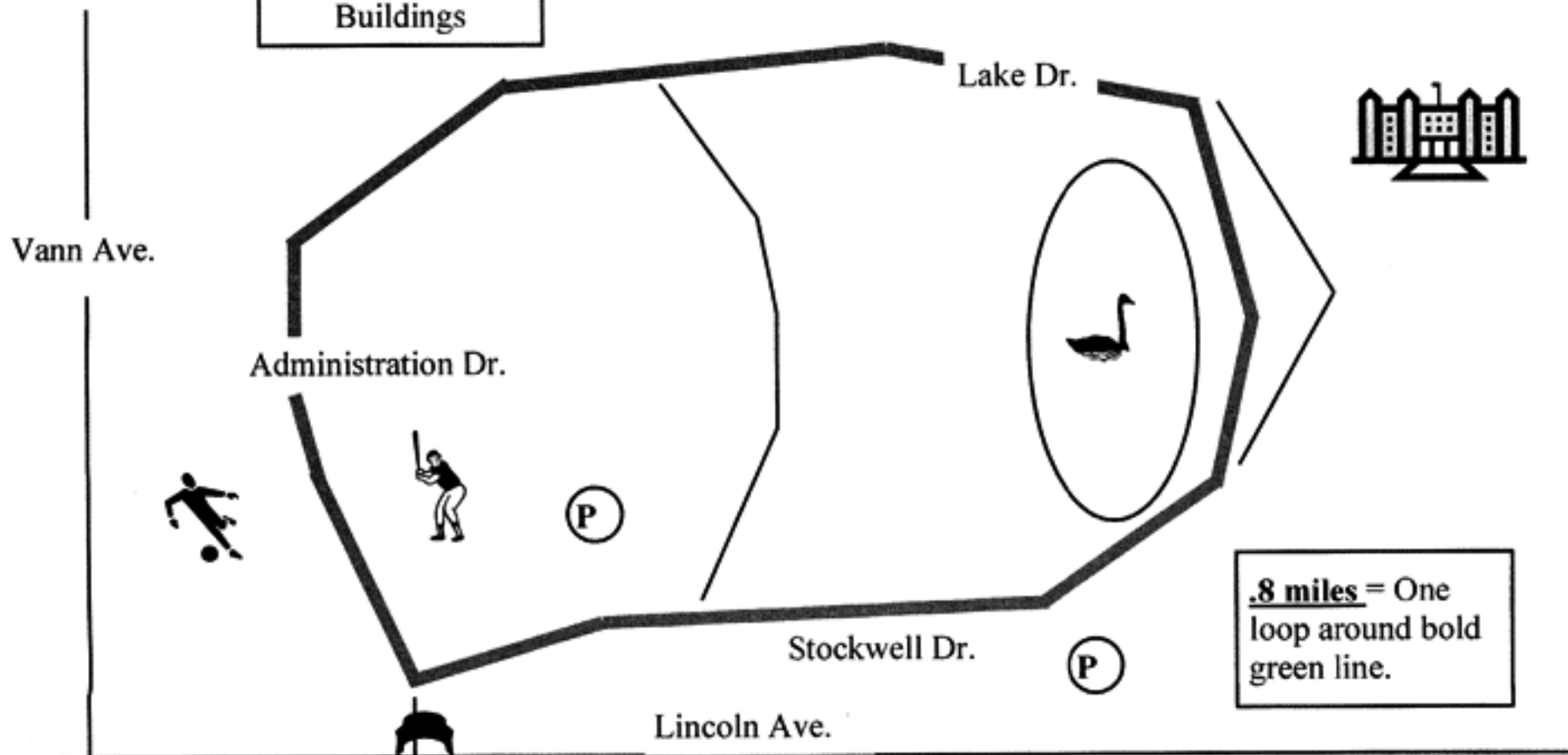
"Last Sunday more than 8,000 of us started a mighty walk from Selma...our bodies are tired, our feet are sore...our souls are rested." —Martin Luther King Jr.

State Hospital Grounds



Old State Hospital
Buildings

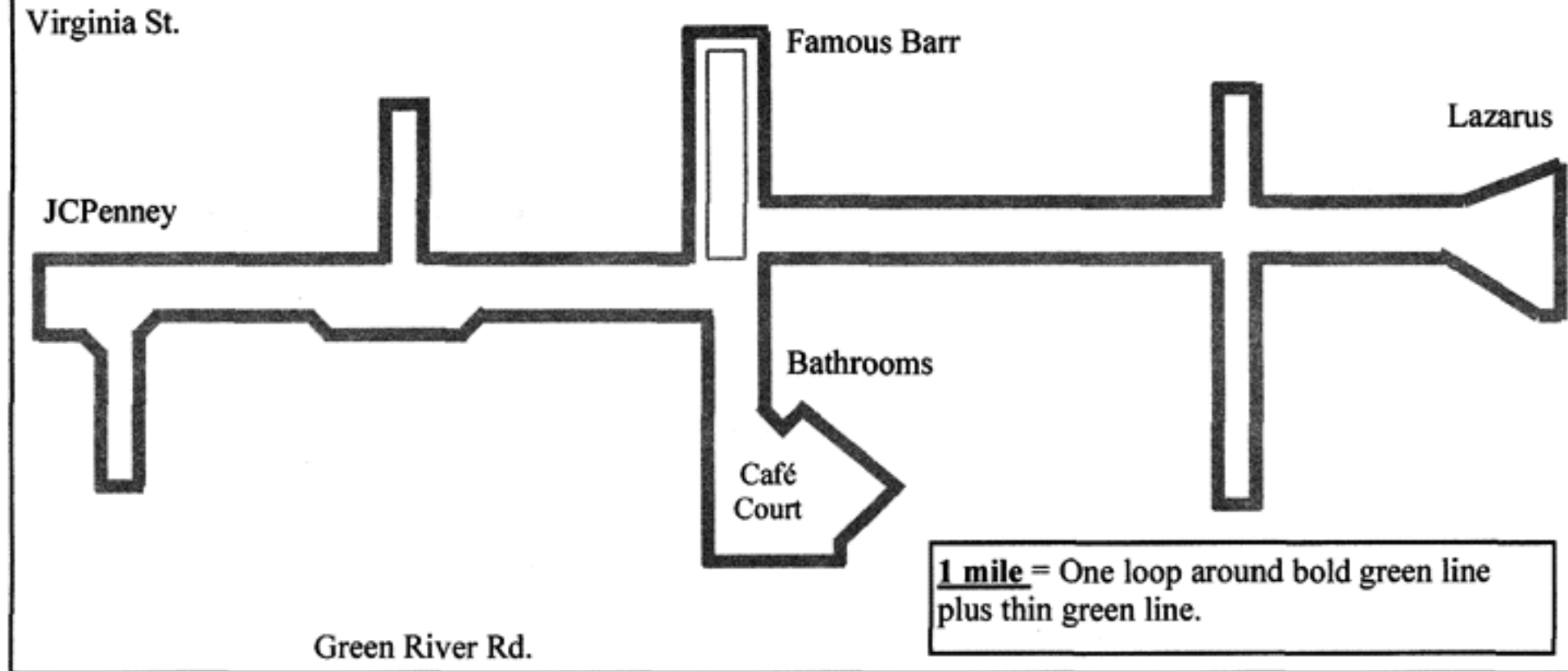
Trails close at dusk



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

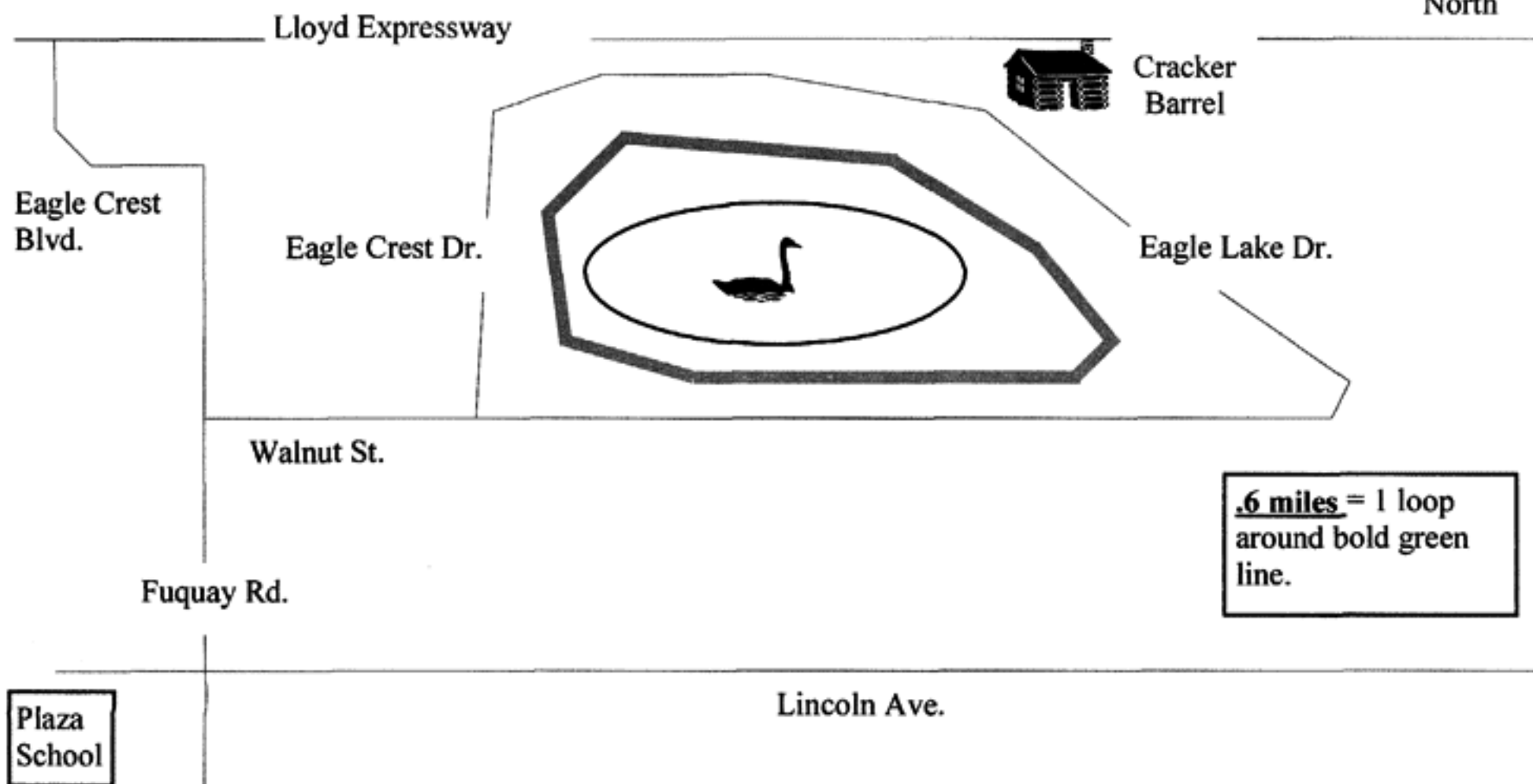
Eastland Mall

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



"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.

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

Lynn Rd.

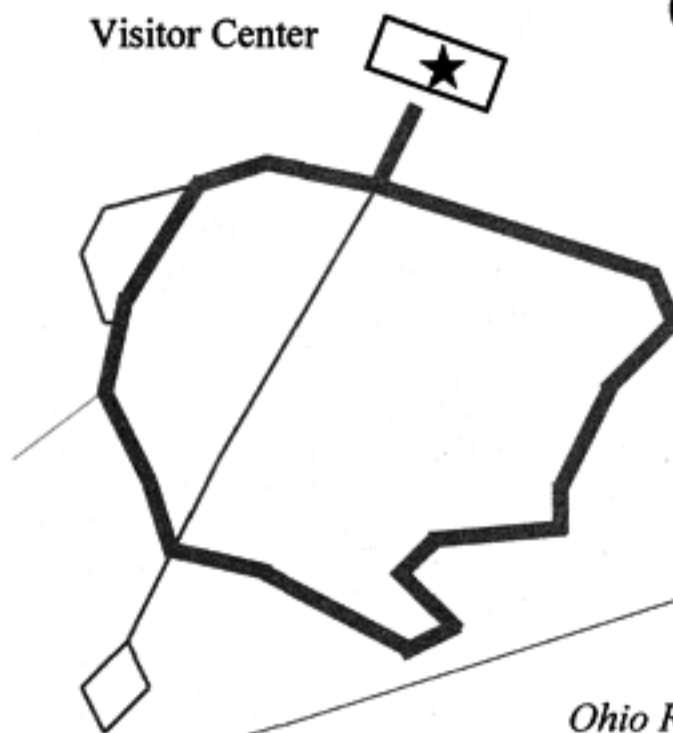


Indian Dr.

Visitor Center



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.

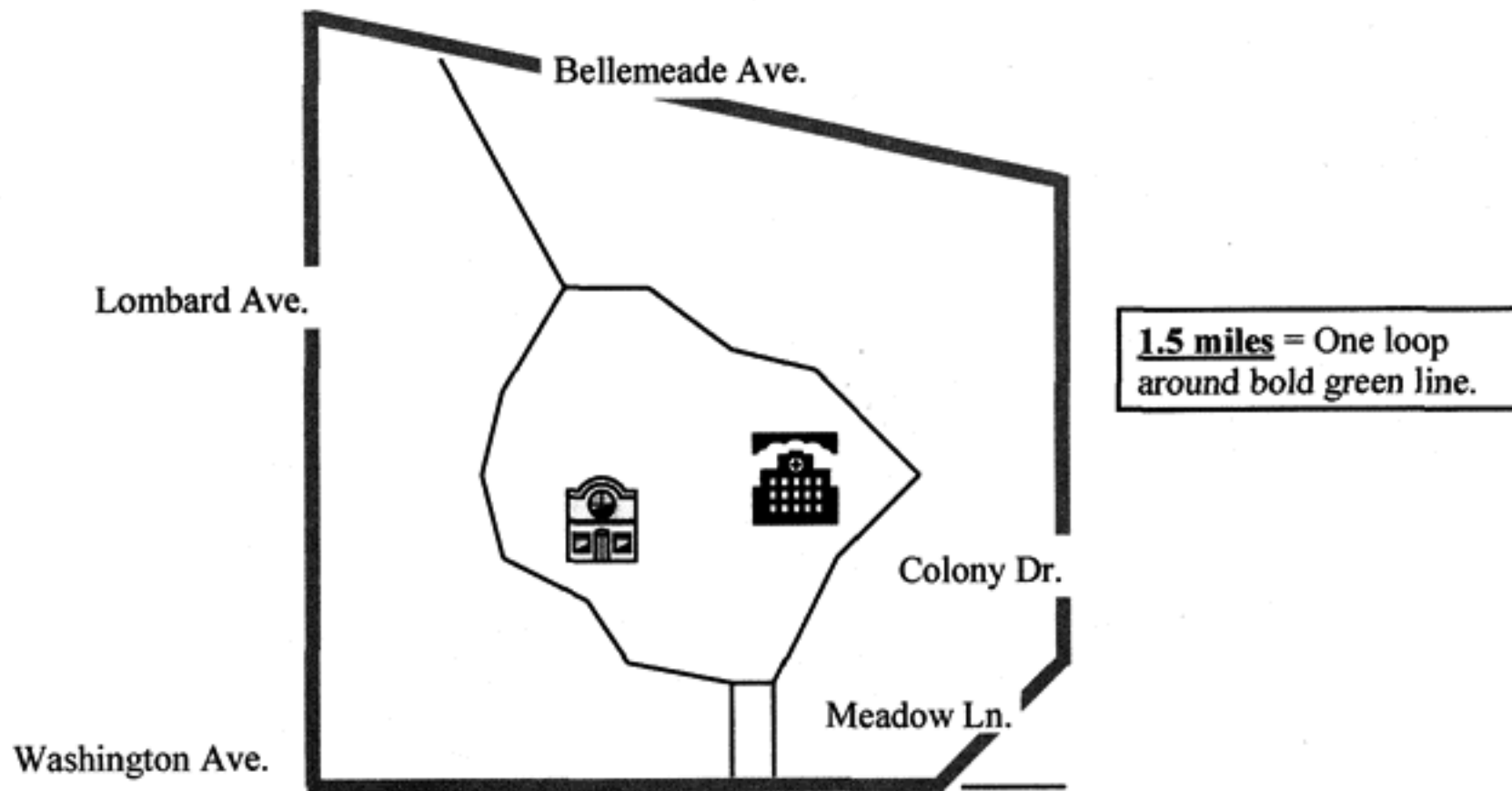
Follow painted gray line next to wall.

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

St. Mary's Medical Center

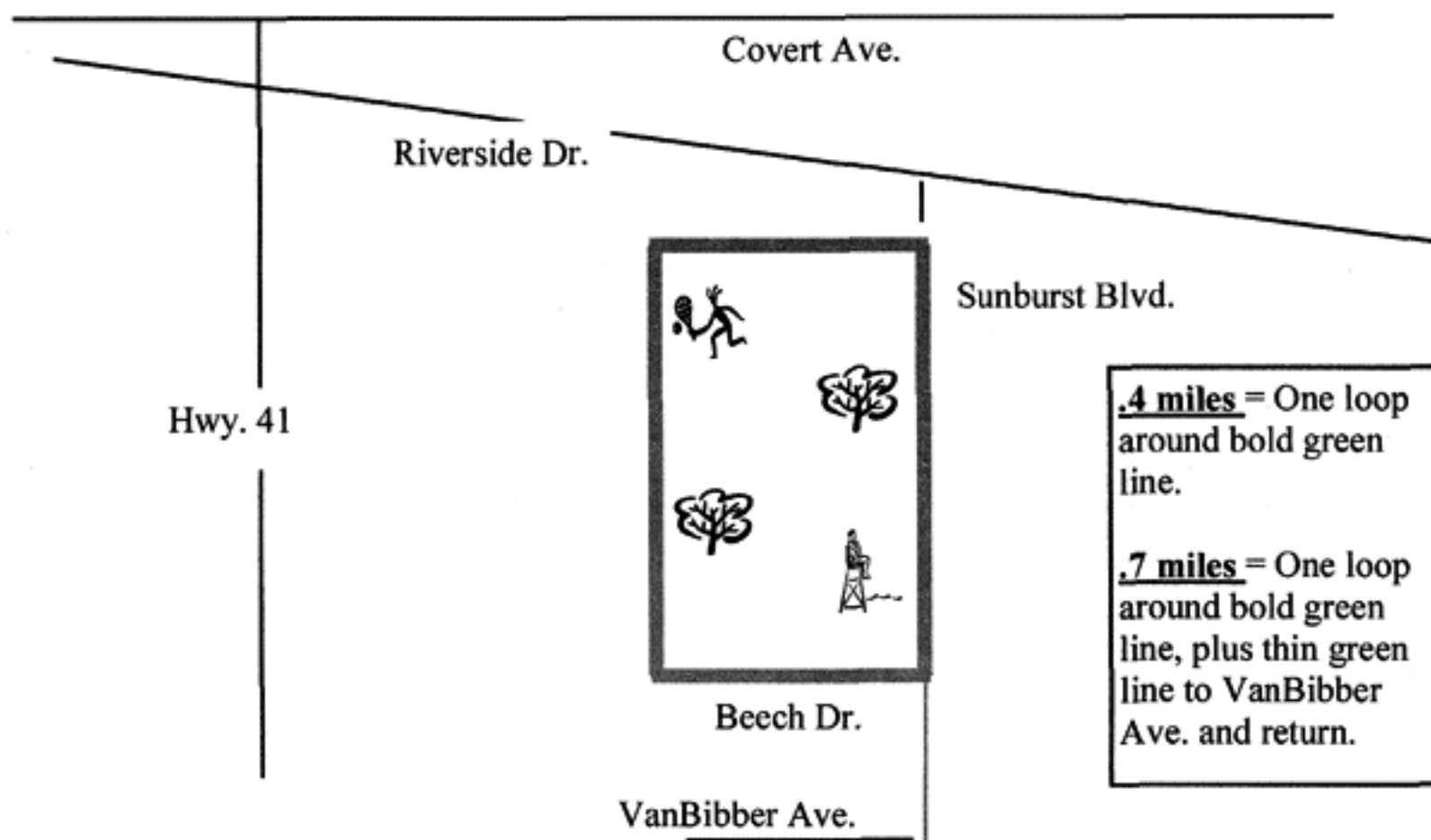


North



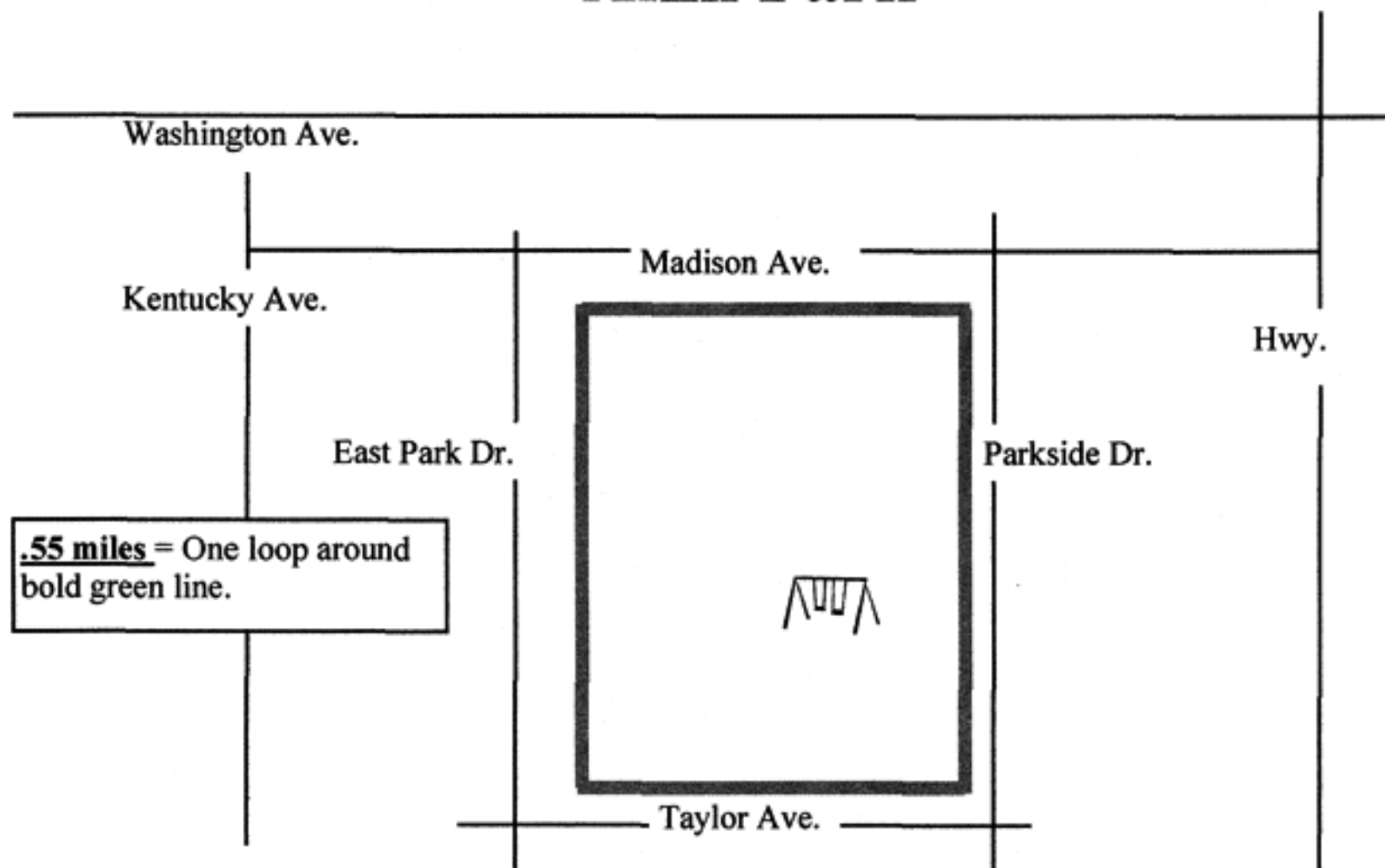
"Give up TV and you will be amazed at how much time you have." - Kees Tuinzing, runner.

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



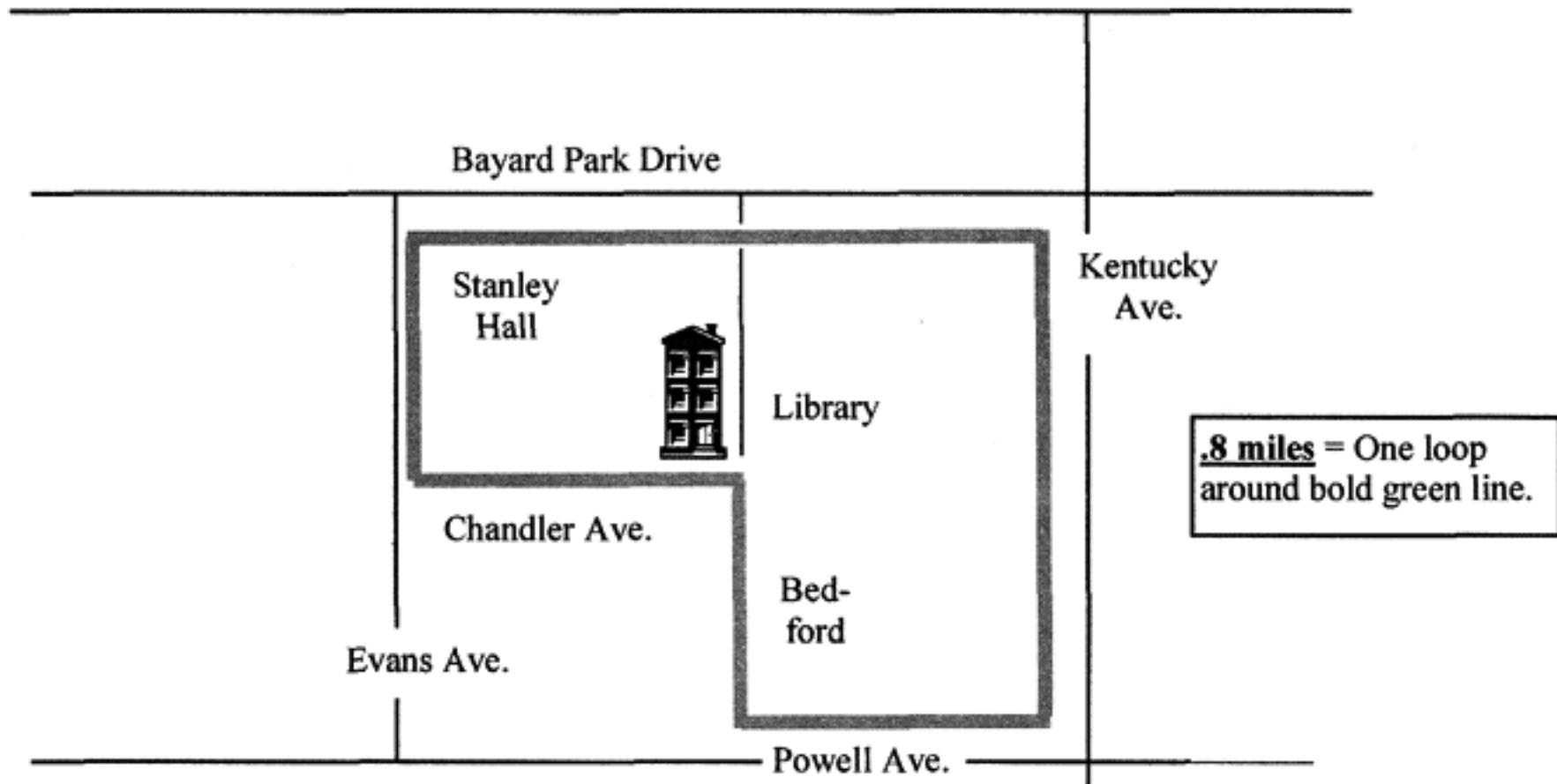
"He who is outside the door has already a good part of his journey behind him." — Dutch proverb

Bayard Park

Park closes at 11pm

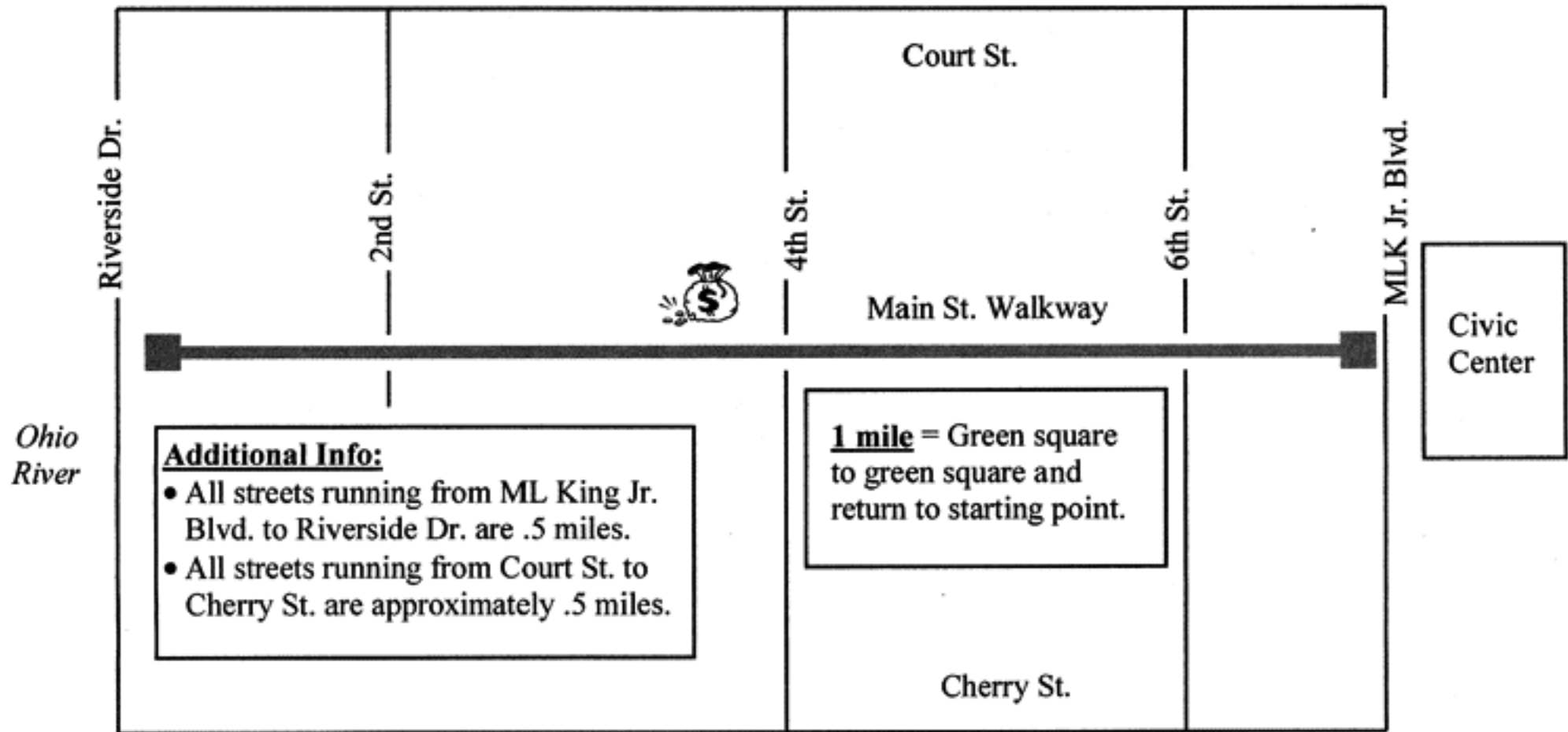


Bellemeade



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

Main Street Walkway



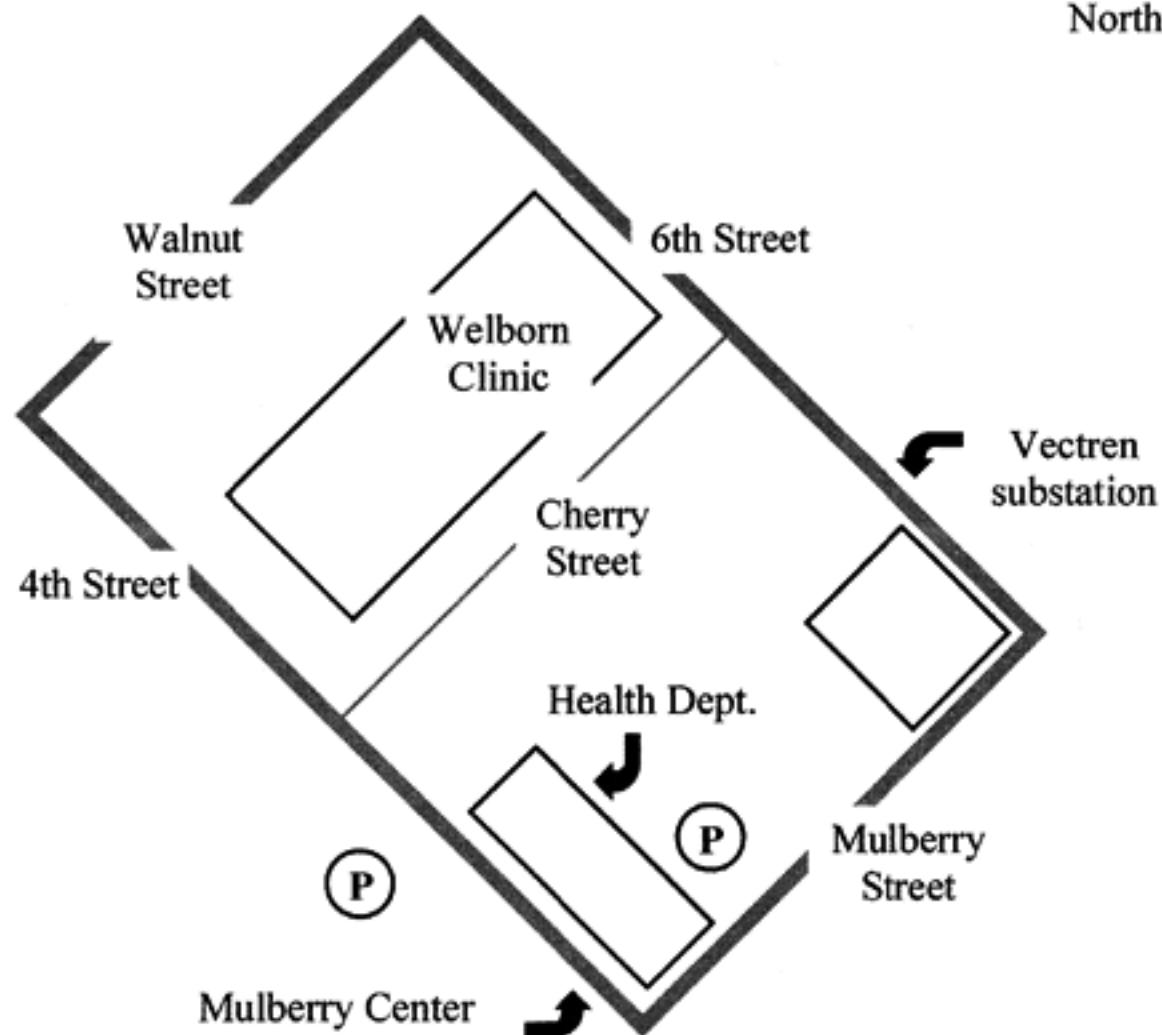
"With physical fitness you become better...physically, emotionally and socially...you build positive feelings about yourself." — Pete Sarconne, teacher

Welborn Clinic / Health Dept.

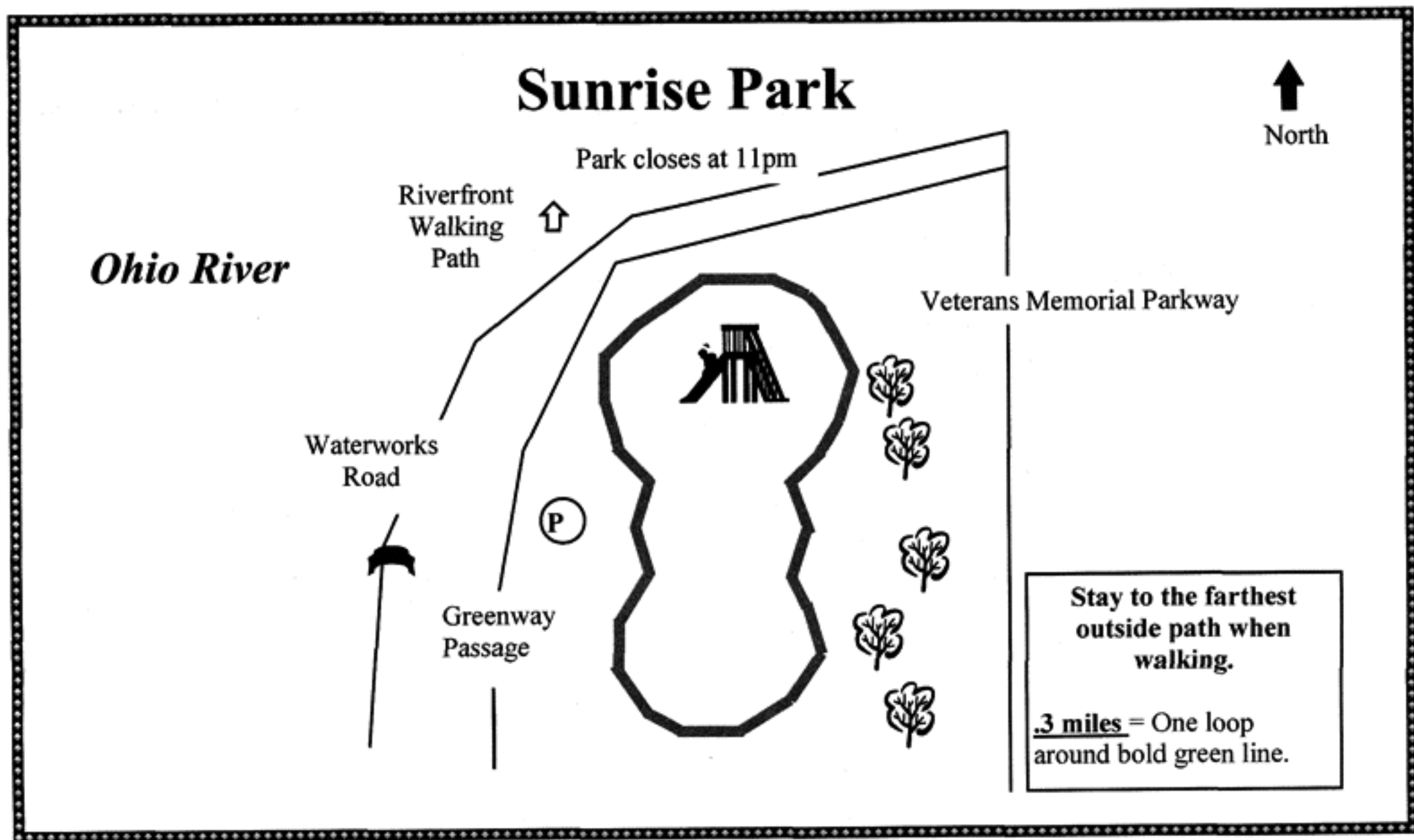


.8 mile = One loop around bold green line.

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

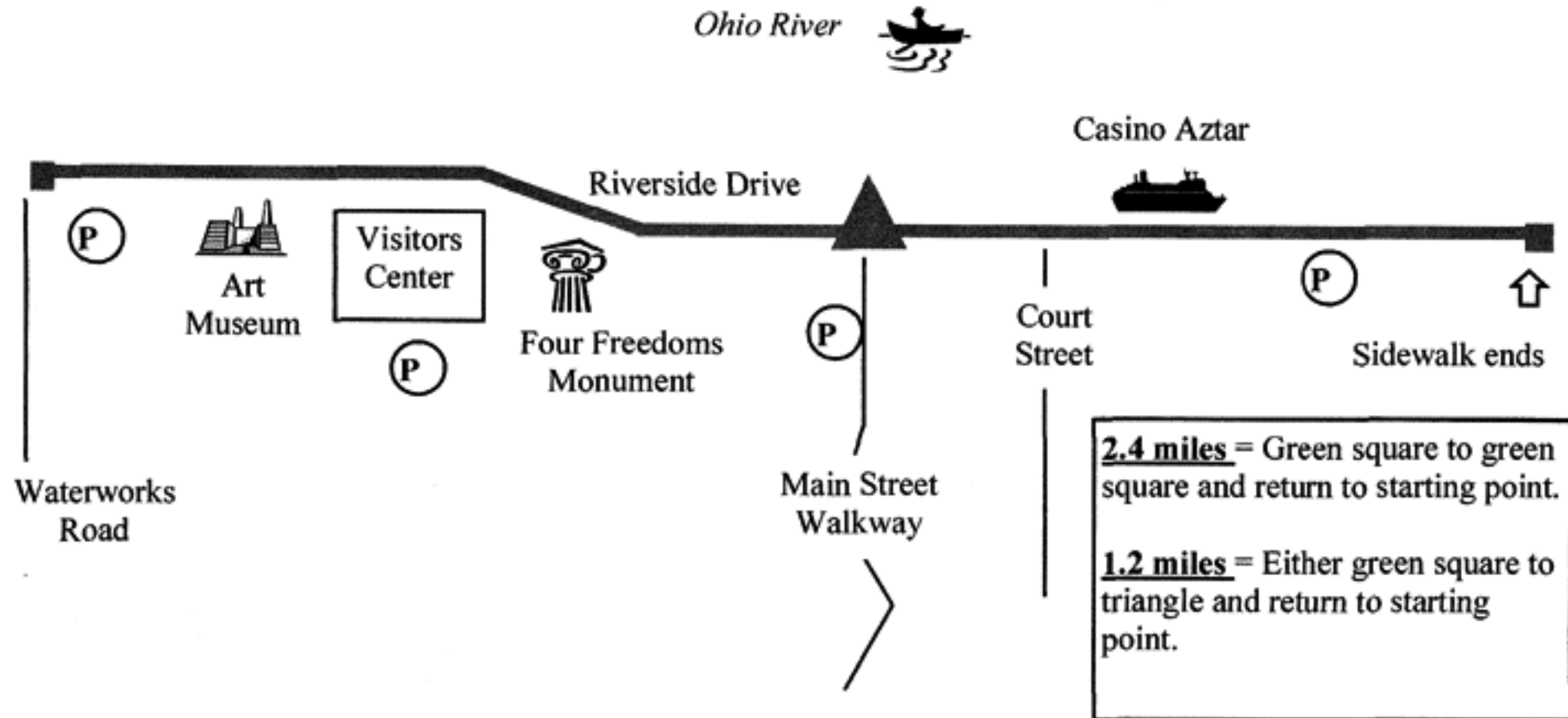


"Me thinks that the moment my legs begin to move, my thoughts begin to flow." —Henry David Thoreau



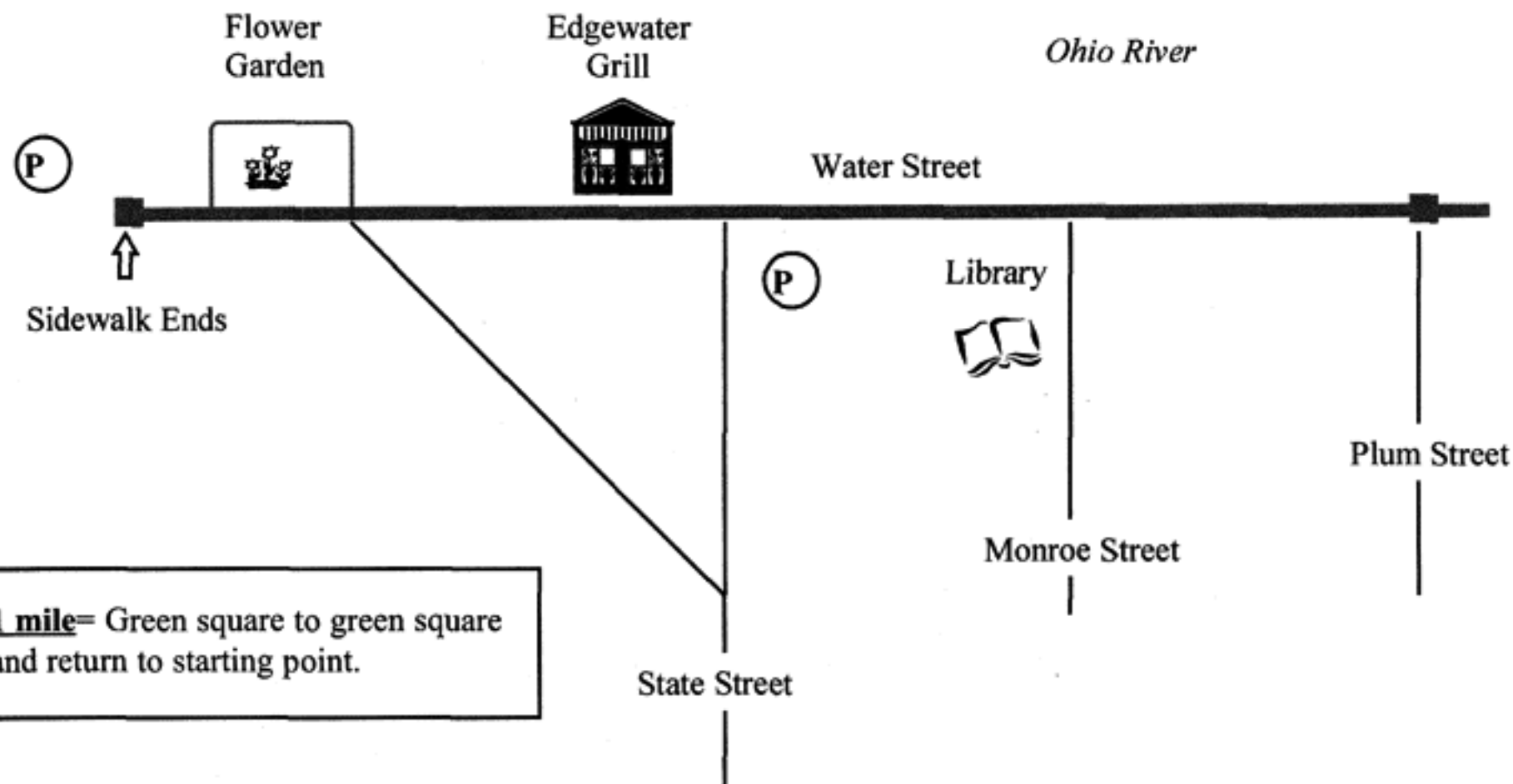
"Only he who does nothing makes a mistake." —French Proverb

Evansville Riverfront



"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

Newburgh Riverfront



"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!

THANK YOU TO OUR SPONSORS



**Deaconess
Hospital**



created by vanderburgh county department of health

christina kempf - health education
carol anderson - chronic disease program
sherry hurt - chronic disease program
louise kiesler - chronic disease program

cover design by sarah anderson