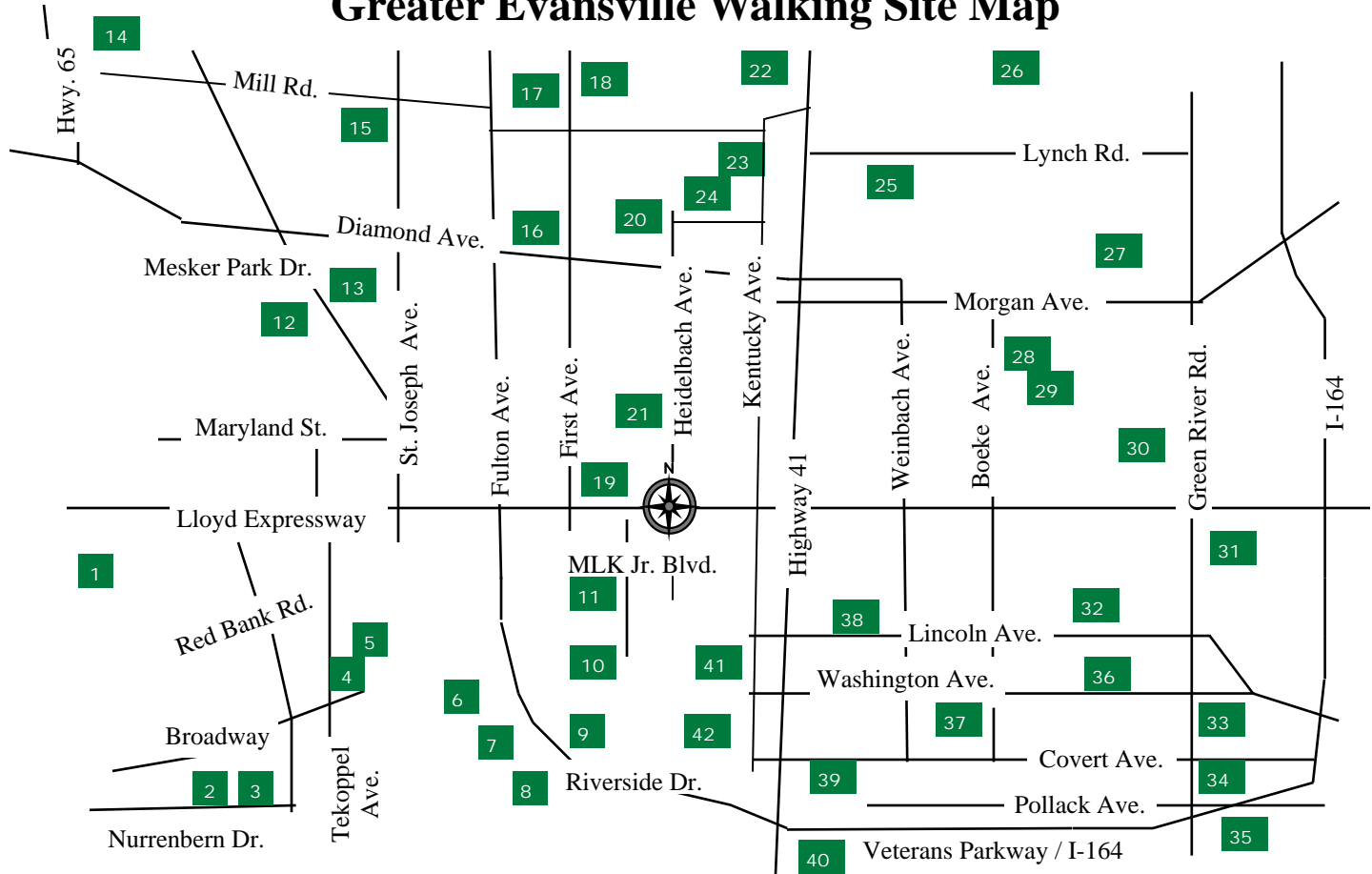


Evansville *in motion*



walking and running paths
vanderburgh county, indiana
second edition

Greater Evansville Walking Site Map



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 Park Dr. & Wimberg Ave.
14. St. Paul's Nature Preserve - 8701 Cynthiana 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 - Parkside 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



University of Southern Indiana



← To Mt. Vernon

Indiana 62

Eichoff Rd.

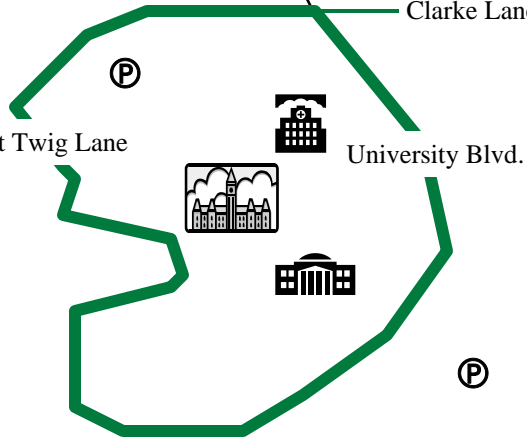
Clarke Lane

Schutte Rd.

Bent Twig Lane

University Blvd.

Reflection
Lake

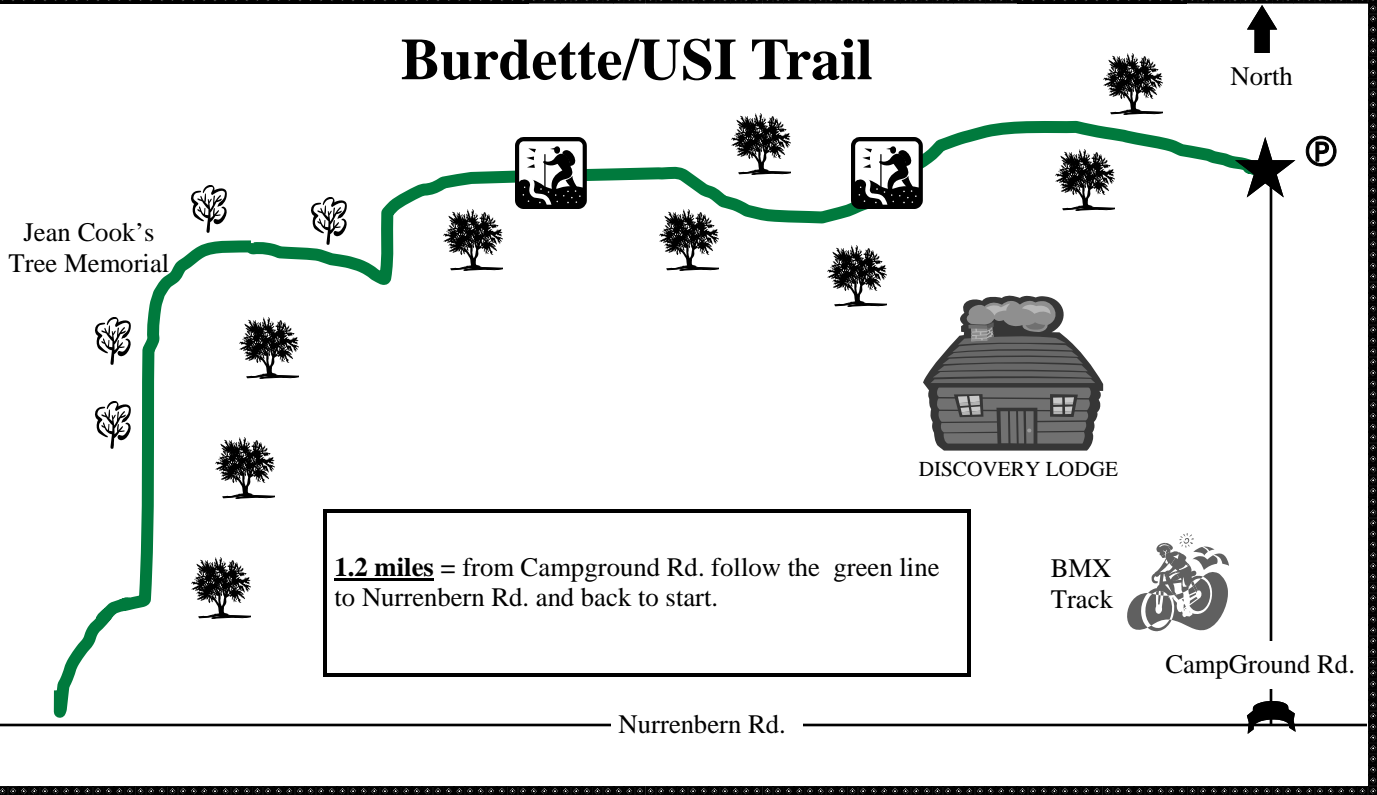


1.3 miles = 1 loop around bold green line.

2.7 miles = 1 loop around bold green line and include the thinner green line to Schutte Rd. and back.

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

Burdette/USI Trail

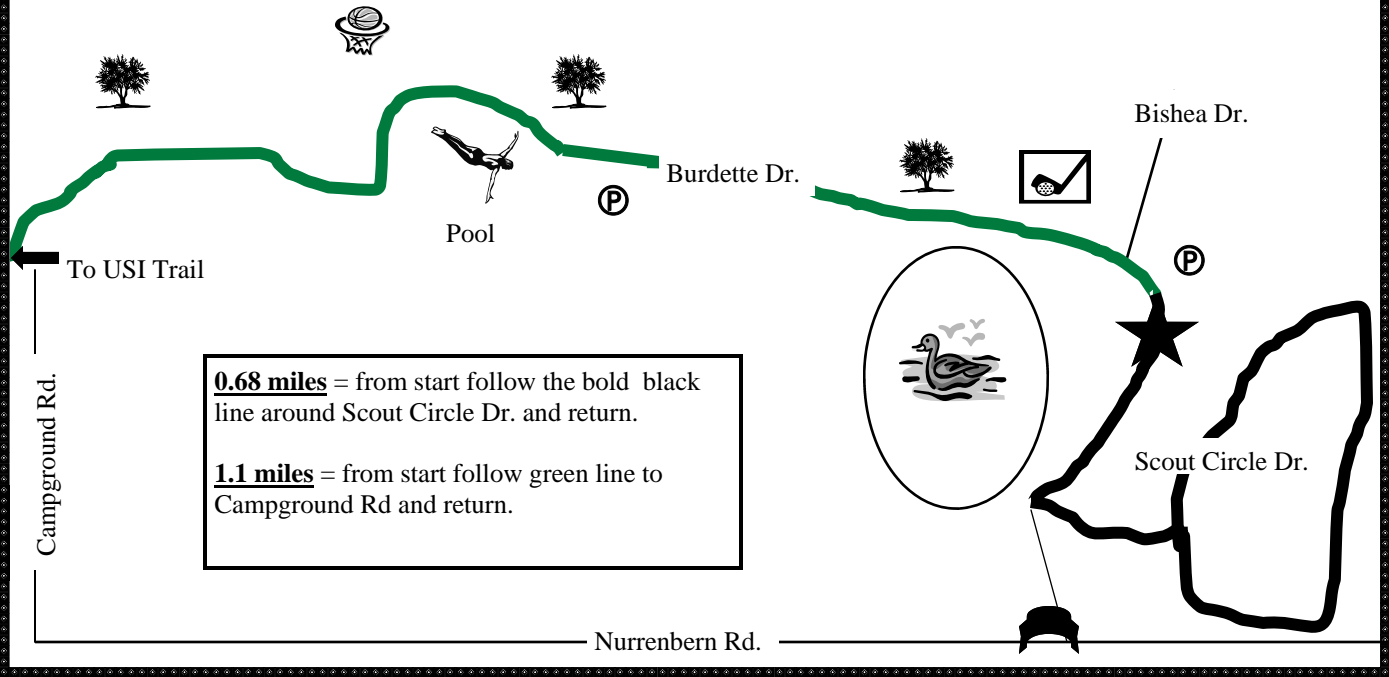


1.2 miles = from Campground Rd. follow the green line to Nurrenbern Rd. and back to start.

"If your dog is fat, you're not getting enough exercise." — Author unknown

Burdette Park

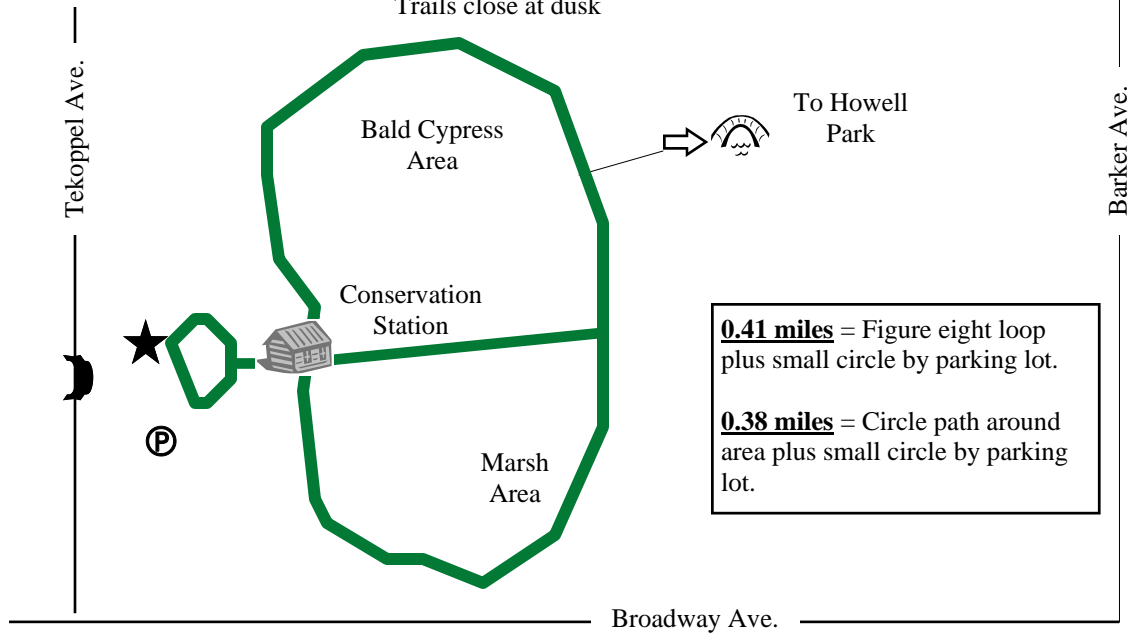
Sun. – Sat., 7am-midnight



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



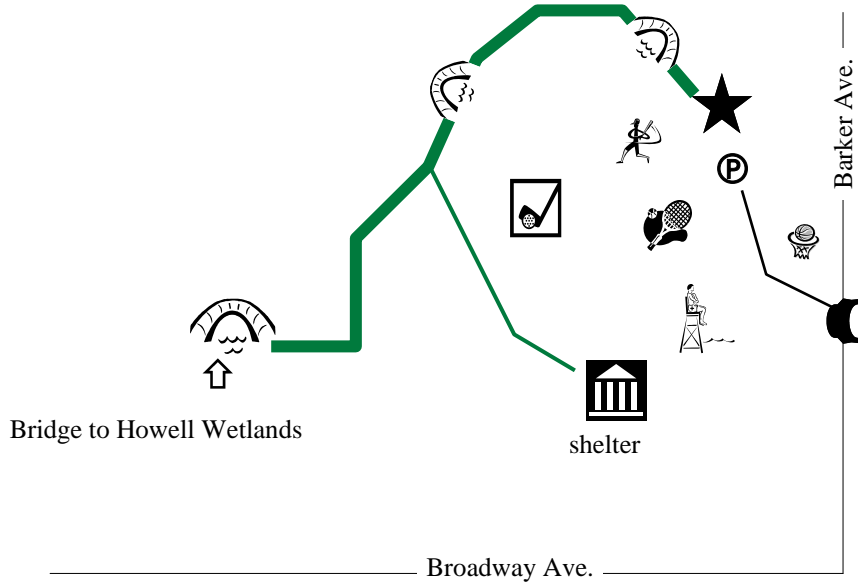
0.41 miles = Figure eight loop plus small circle by parking lot.

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

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

Howell Park

Trails close at dusk



0.92 miles = From start follow bold green line and return.

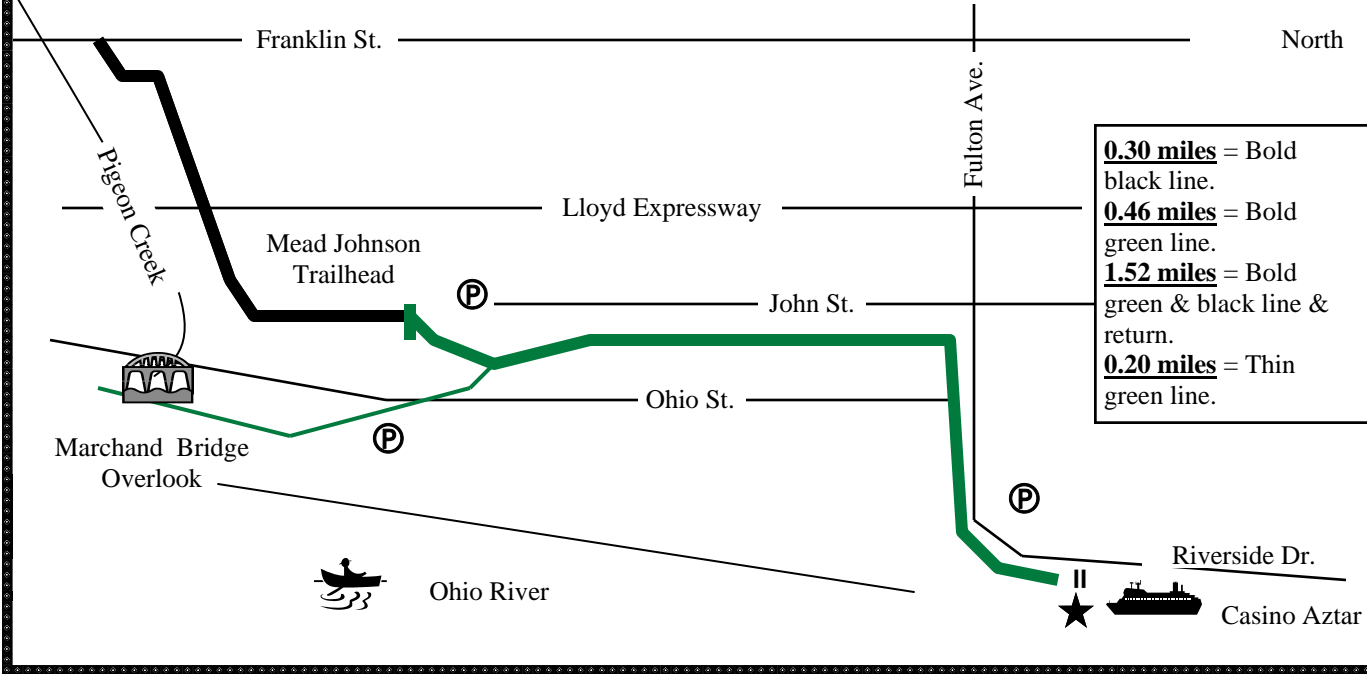
0.88 miles = From start follow bold & thin green line to shelter and return.

1.19 miles = From start follow bold green line plus thin green line 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

Greenway Passage-Industrial Corridor

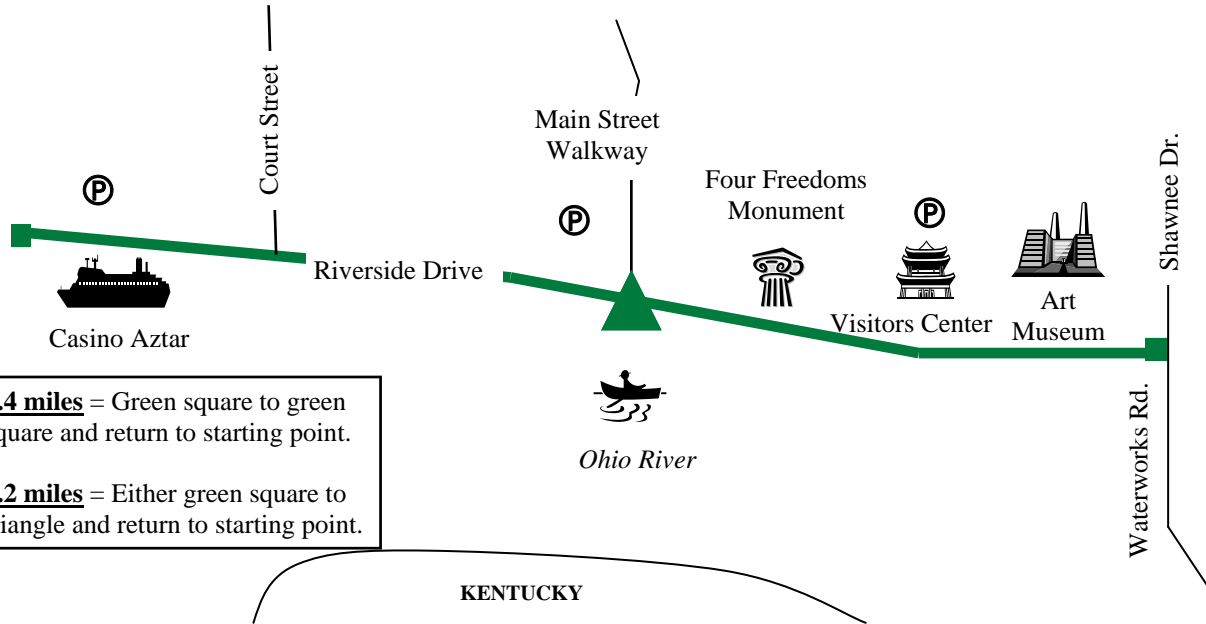
Franklin St. to Riverside Dr.



0.30 miles = Bold black line.
0.46 miles = Bold green line.
1.52 miles = Bold green & black line & return.
0.20 miles = Thin green line.

“Health is worth more than learning.” — Thomas Jefferson

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

Sunrise Park

Park closes at 11pm



North

Ohio River

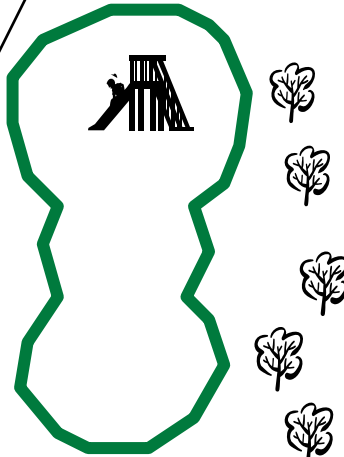
Riverfront
Walking
Path



Waterworks Rd.



Greenway
Passage



Veterans Memorial Parkway

Stay to the farthest outside path when walking.

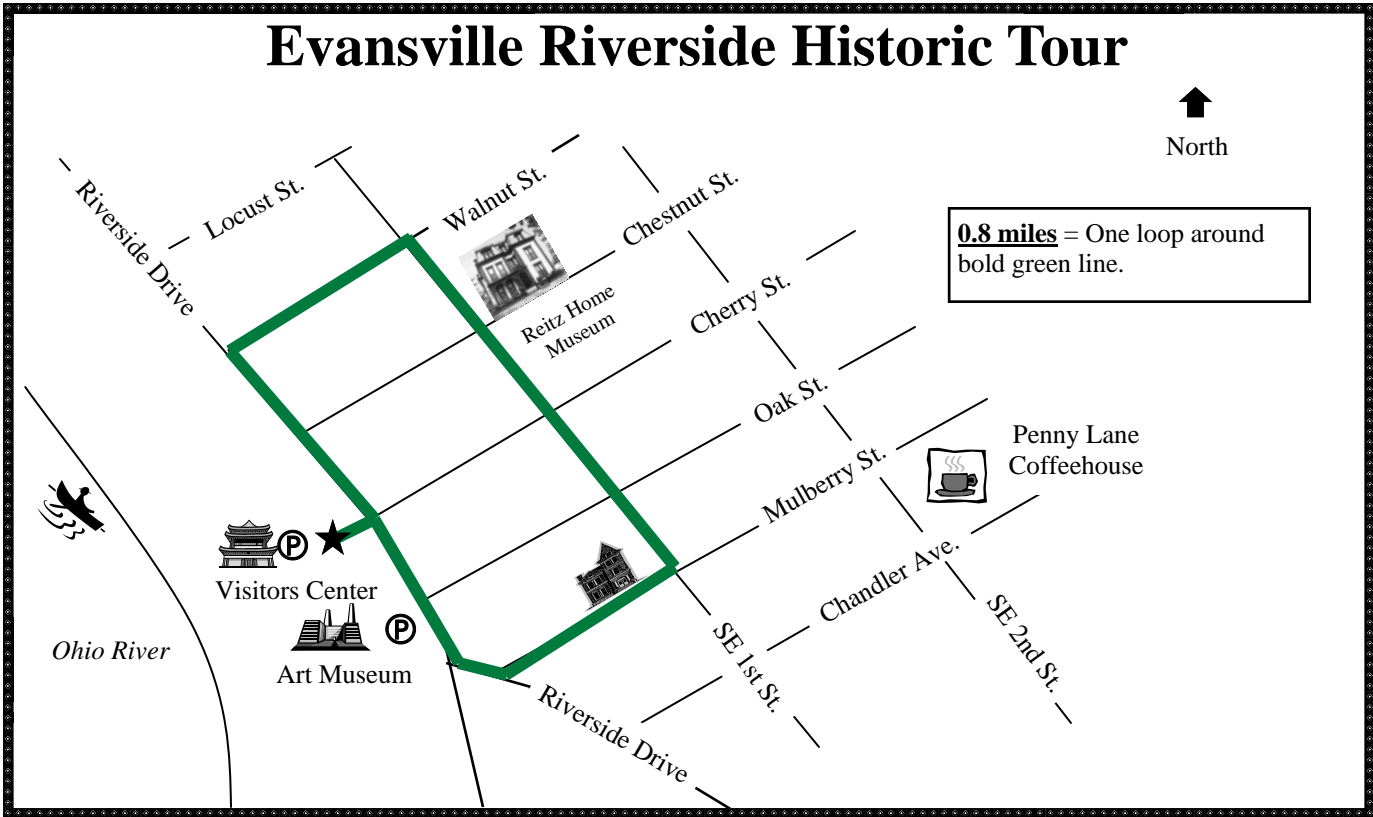
0.3 miles = One loop around bold green line.

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

Evansville Riverside Historic Tour

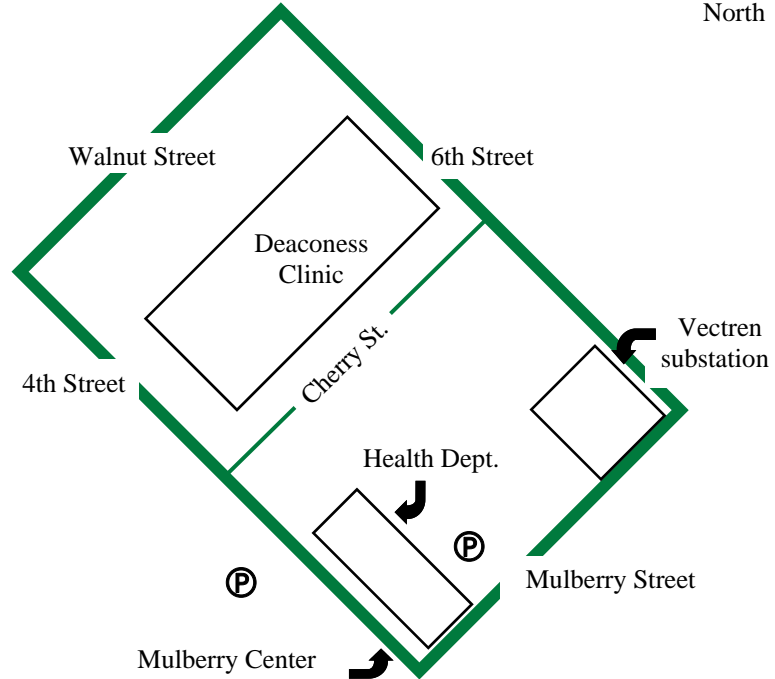


0.8 miles = One loop around bold green line.



“He who has health has hope; and he who has hope has everything.” — (Arabian Proverb)

Deaconess Clinic / Health Dept.

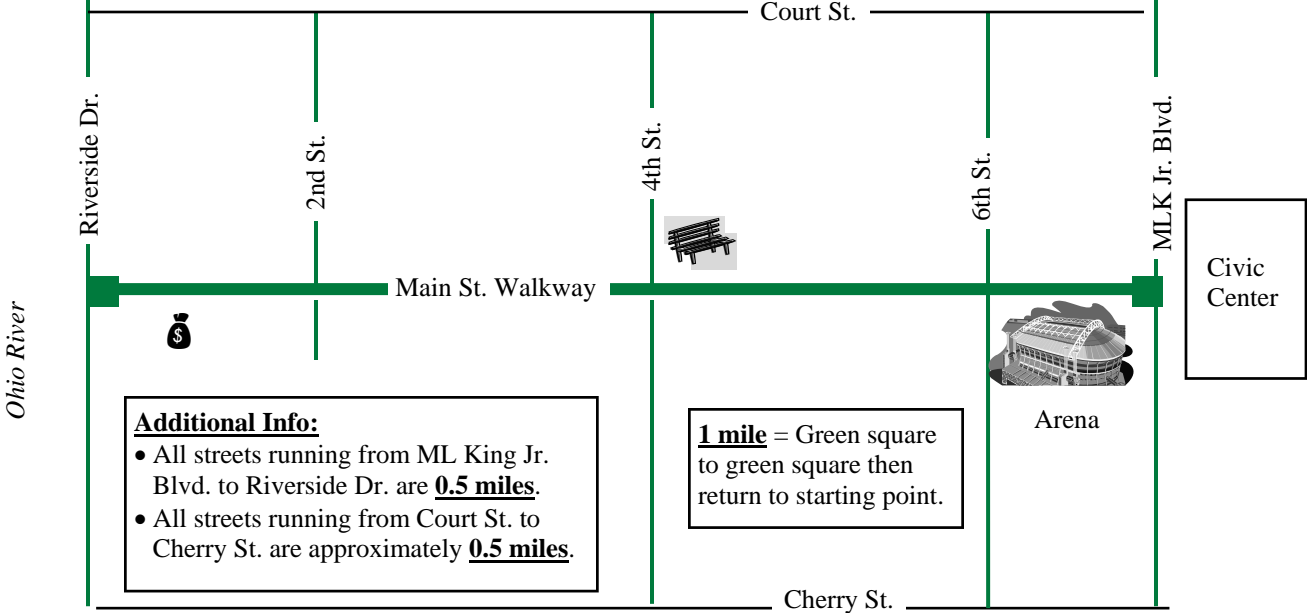


0.8 miles = One loop around bold green line.

0.5 miles = 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

Main Street Walkway



Additional Info:

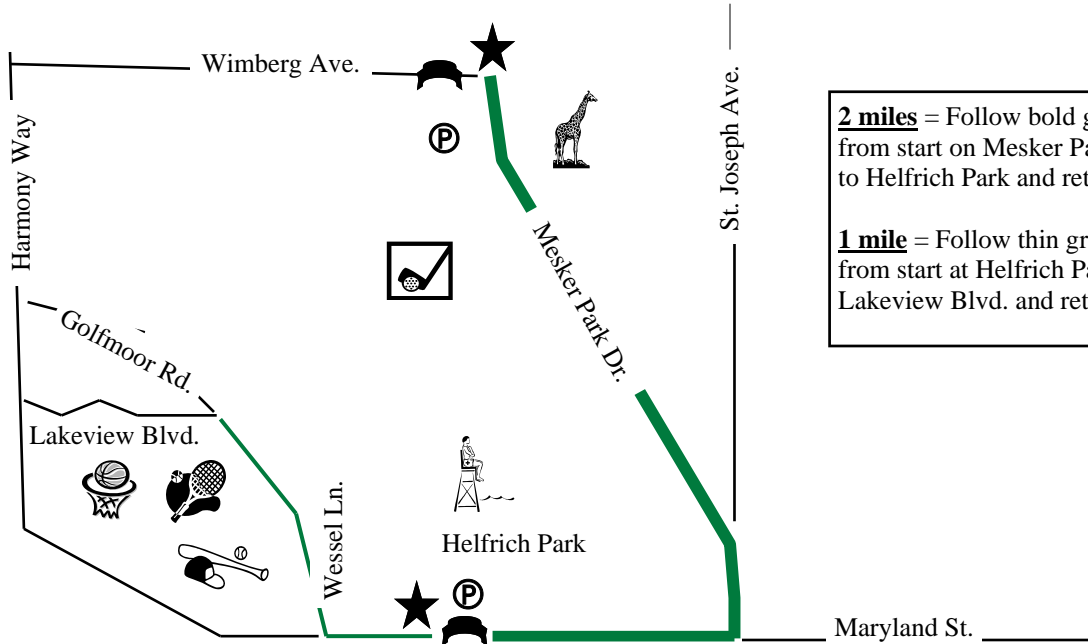
- All streets running from ML King Jr. Blvd. to Riverside Dr. are **0.5 miles**.
- All streets running from Court St. to Cherry St. are approximately **0.5 miles**.

1 mile = Green square to green square then return to starting point.



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

Mesker Park / Helfrich Park

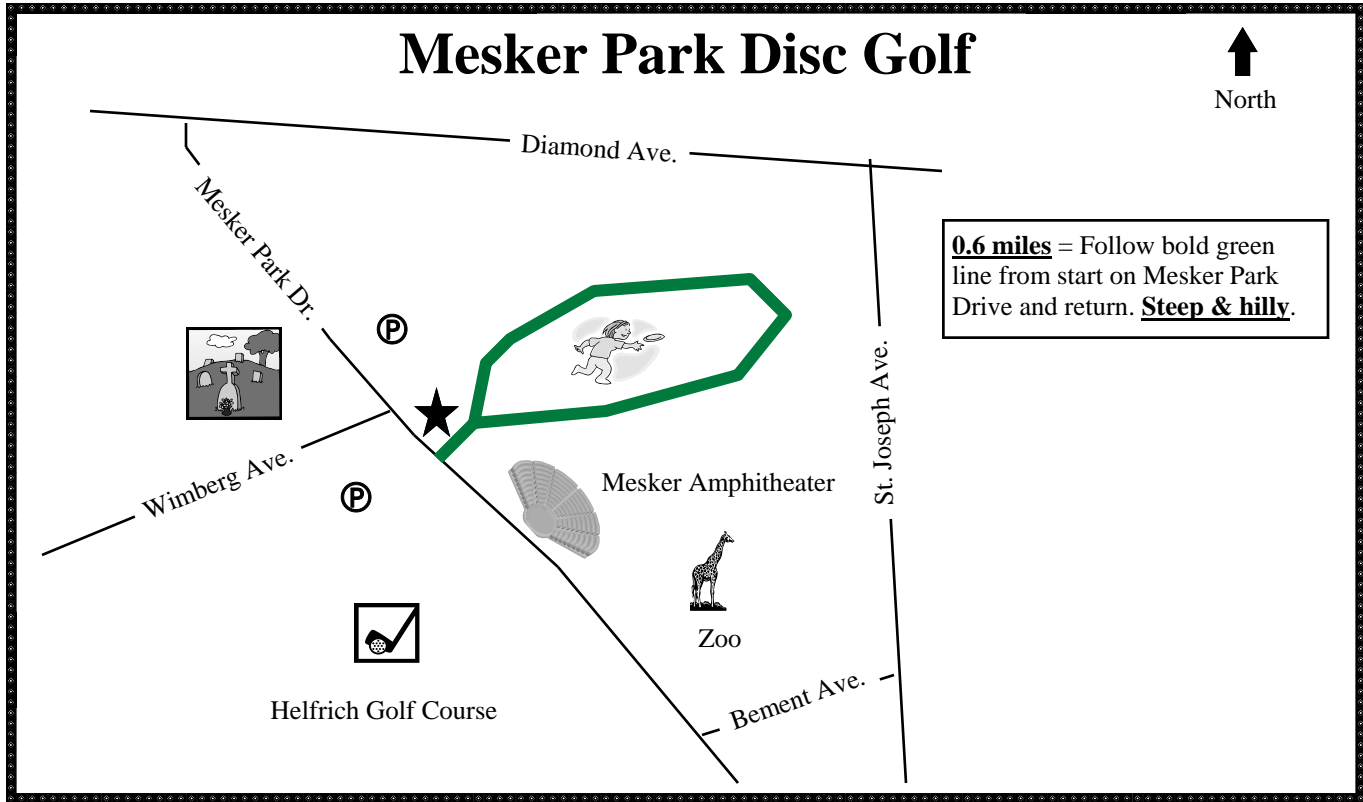


2 miles = Follow bold green line from start on Mesker Park Drive to Helfrich Park and return.

1 mile = Follow thin green line from start at Helfrich Park to Lakeview Blvd. and return.

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

Mesker Park Disc Golf



“The more I want to get something done, the less I call it work.” — Richard Bach

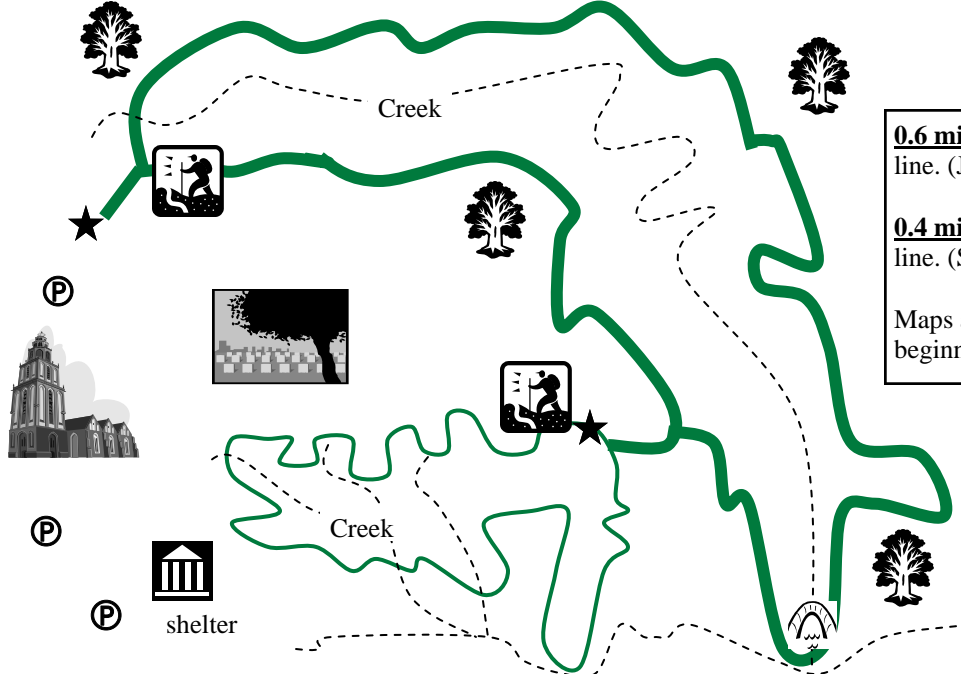
St. Paul's Nature Preserve

Hiking Trails



Kuebler Rd.

Hwy. 65 (Cynthiana Rd.)

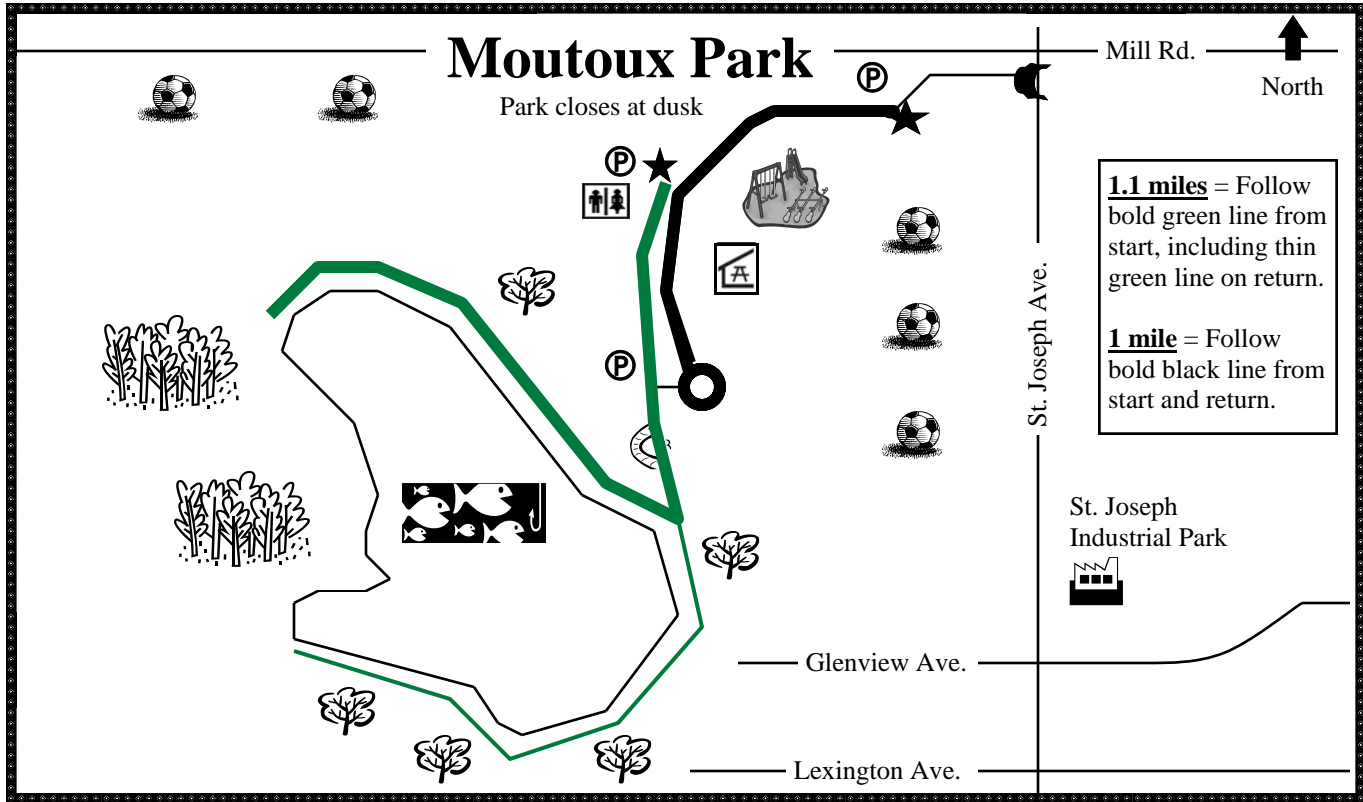


0.6 miles = Bold green line. (John Lehman Trail)

0.4 miles = Thin green line. (Sumac Trail)

Maps are available at the beginning of each trail.

"If we did all the things we are capable of doing, we would literally astound ourselves." — Thomas Edison

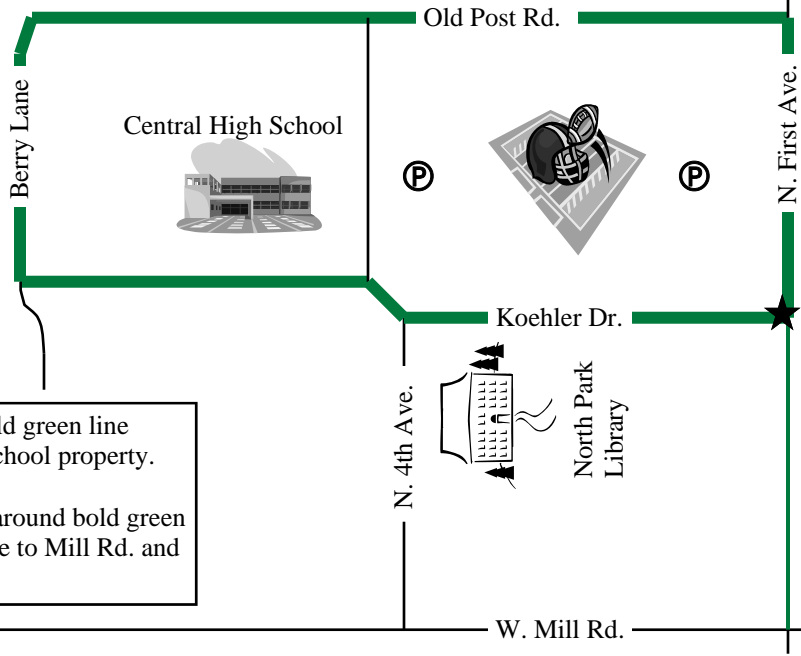


“Your future depends on many things, but mostly on you.” — Frank Tyger

Central High School



North



1.16 miles = follow bold green line around Central High School property.

1.97 miles = one loop around bold green line, plus thin green line to Mill Rd. and return.

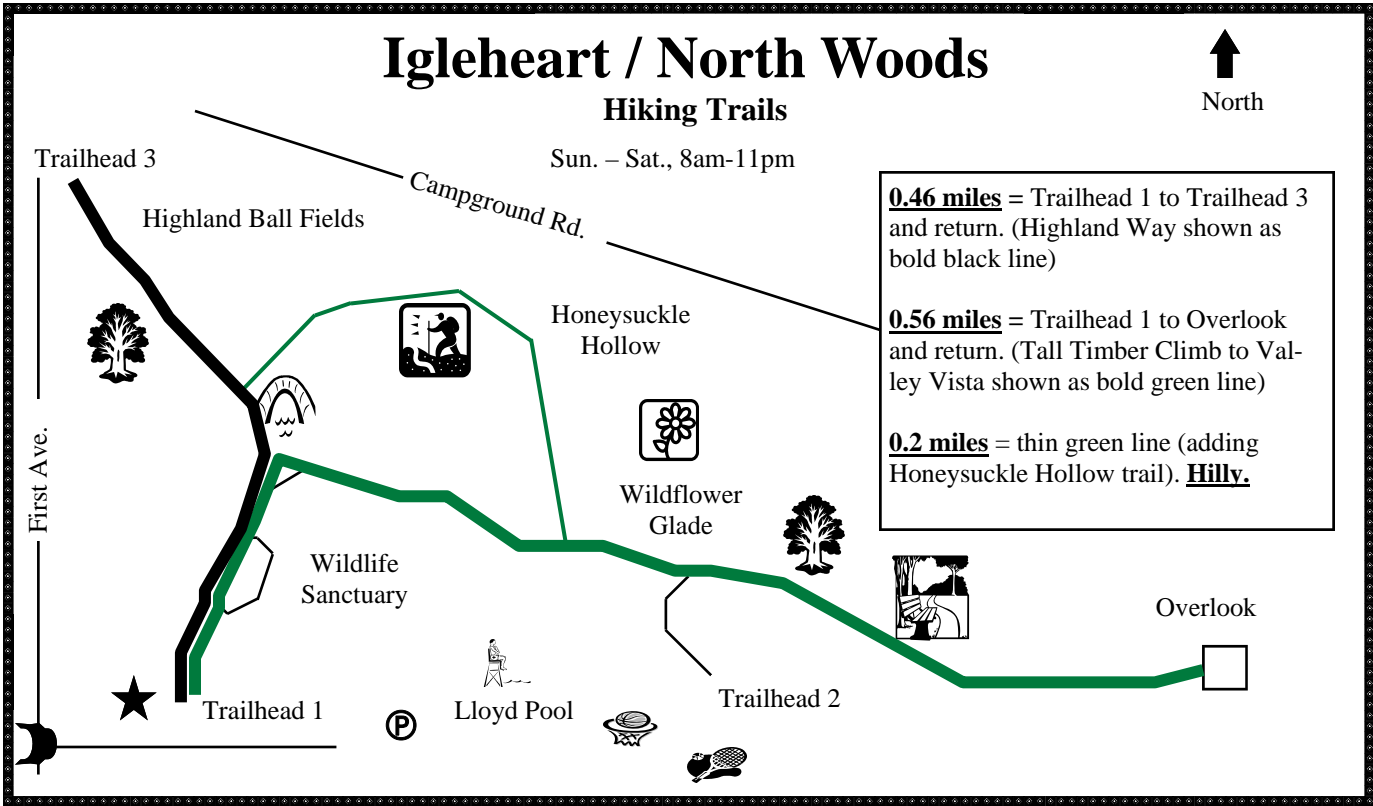
“Those who think they have not time for bodily exercise will sooner or later have to find time for illness.” — Edward Stanley

Igleheart / North Woods

Hiking Trails



Sun. – Sat., 8am-11pm



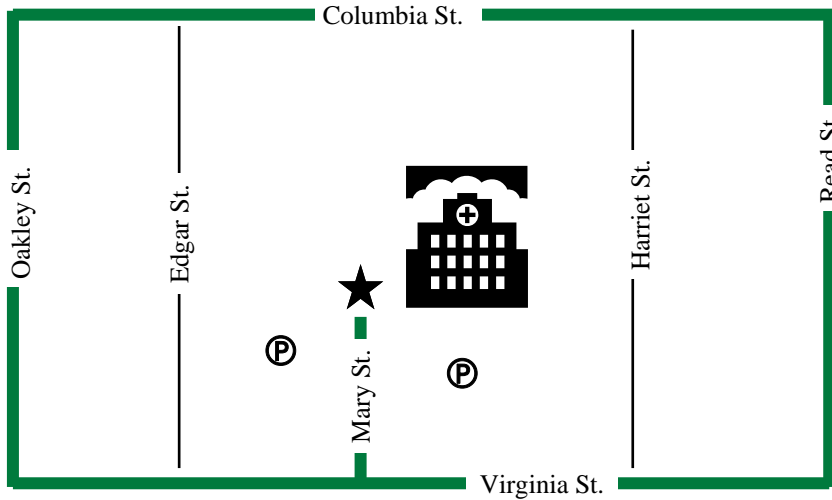
0.46 miles = Trailhead 1 to Trailhead 3 and return. (Highland Way shown as bold black line)

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

0.2 miles = thin green line (adding Honeysuckle Hollow trail). **Hilly.**

“Never, never, never, never give up.” — Winston Churchill

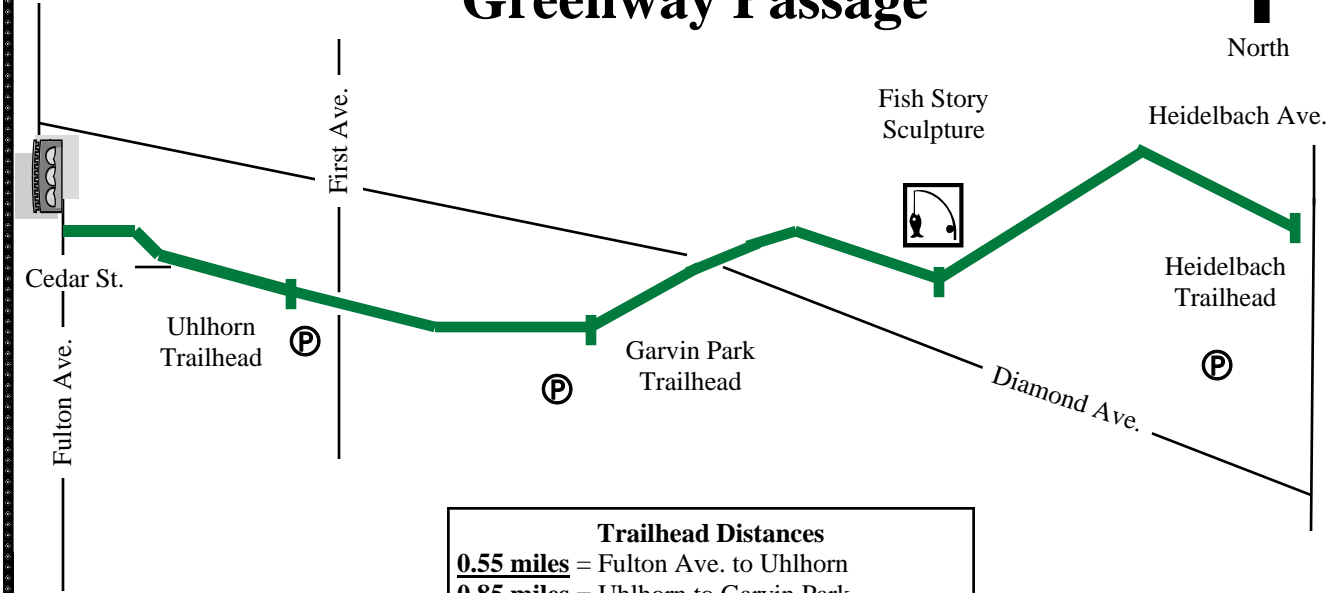
Deaconess Hospital



1 mile = One loop around
bold green line.

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

Greenway Passage



Trailhead Distances	
<u>0.55 miles</u>	= Fulton Ave. to Uhlhorn
<u>0.85 miles</u>	= Uhlhorn to Garvin Park
<u>0.35 miles</u>	= Garvin Park to Fish Sculpture
<u>0.4 miles</u>	= Fish Sculpture to Heidelbach

“Most of us don’t wear out. We rust.” — anonymous

Garvin Park



— Diamond Ave. —

Greenway Passage

Heidelberg Ave.

— Herndon St. —

— Reis Ave. —

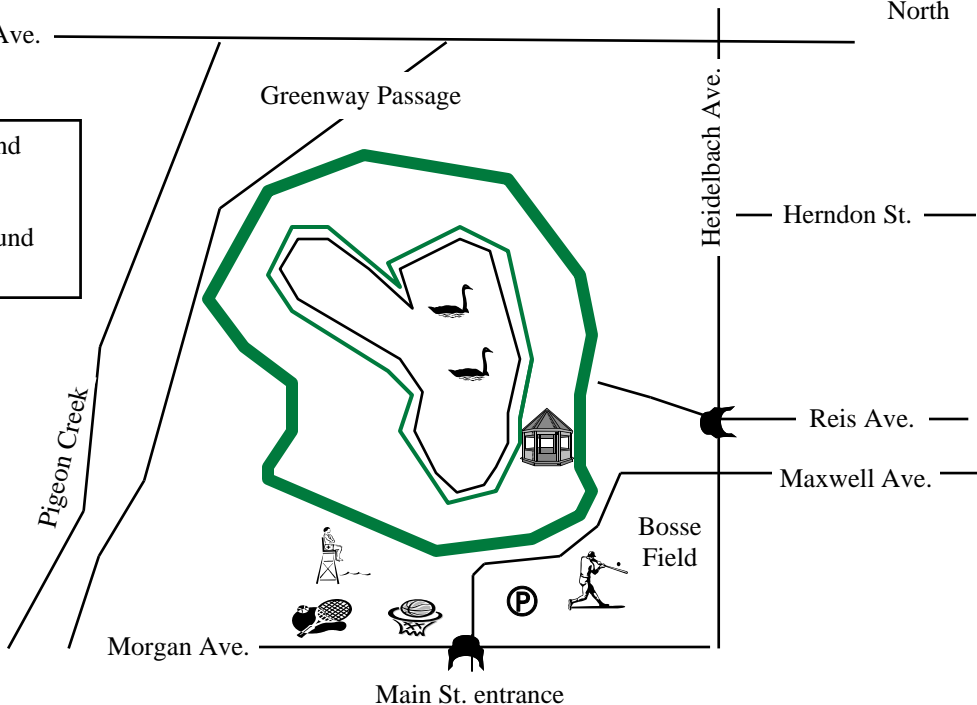
— Maxwell Ave. —

Morgan Ave.

Main St. entrance

0.7 miles = One time around
bold green line.

0.72 miles = One time around
thin green line.



“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

4-H Center

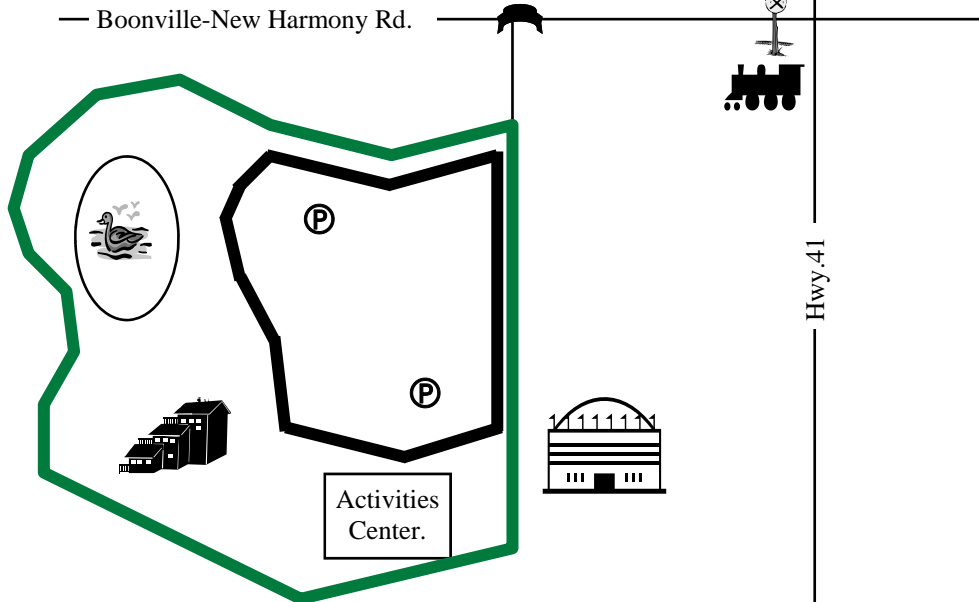
Gates always open



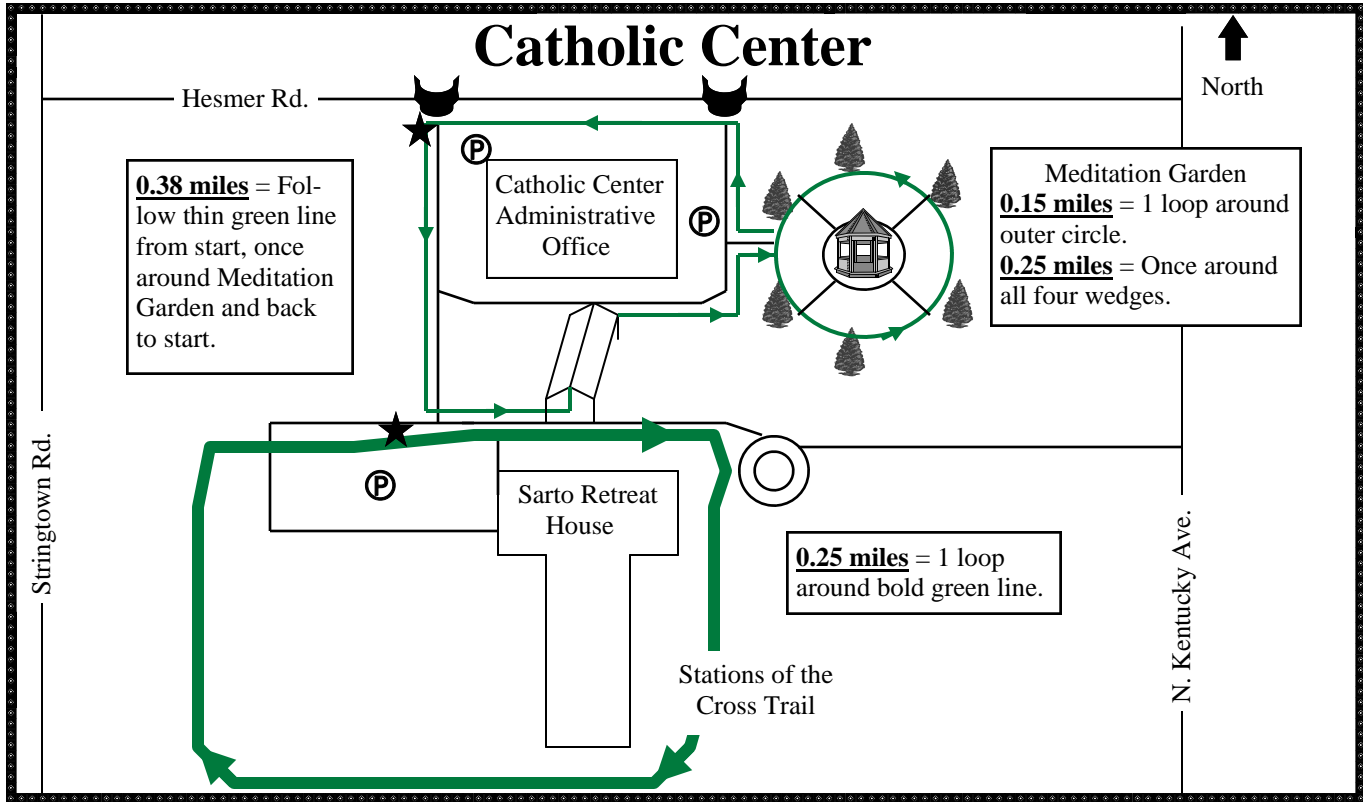
0.64 miles = One loop around bold green line.

0.35 miles = One loop around bold black line.

— Boonville-New Harmony Rd.

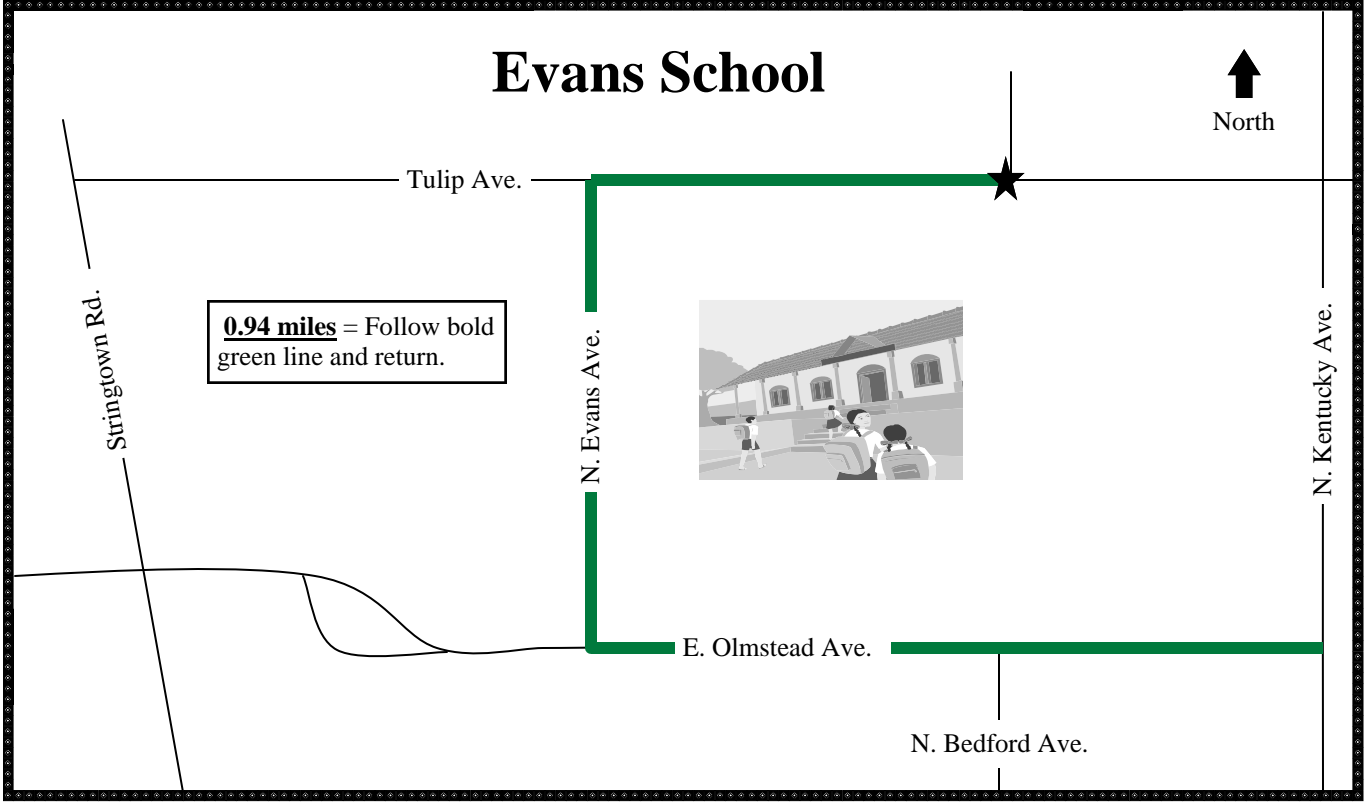


“You don’t have to see the whole staircase, just take the first step.” — Martin Luther King, Jr.



“A healthy body is a guest chamber for the soul; a sick body is a prison.” — Francis Bacon, Sr.

Evans School

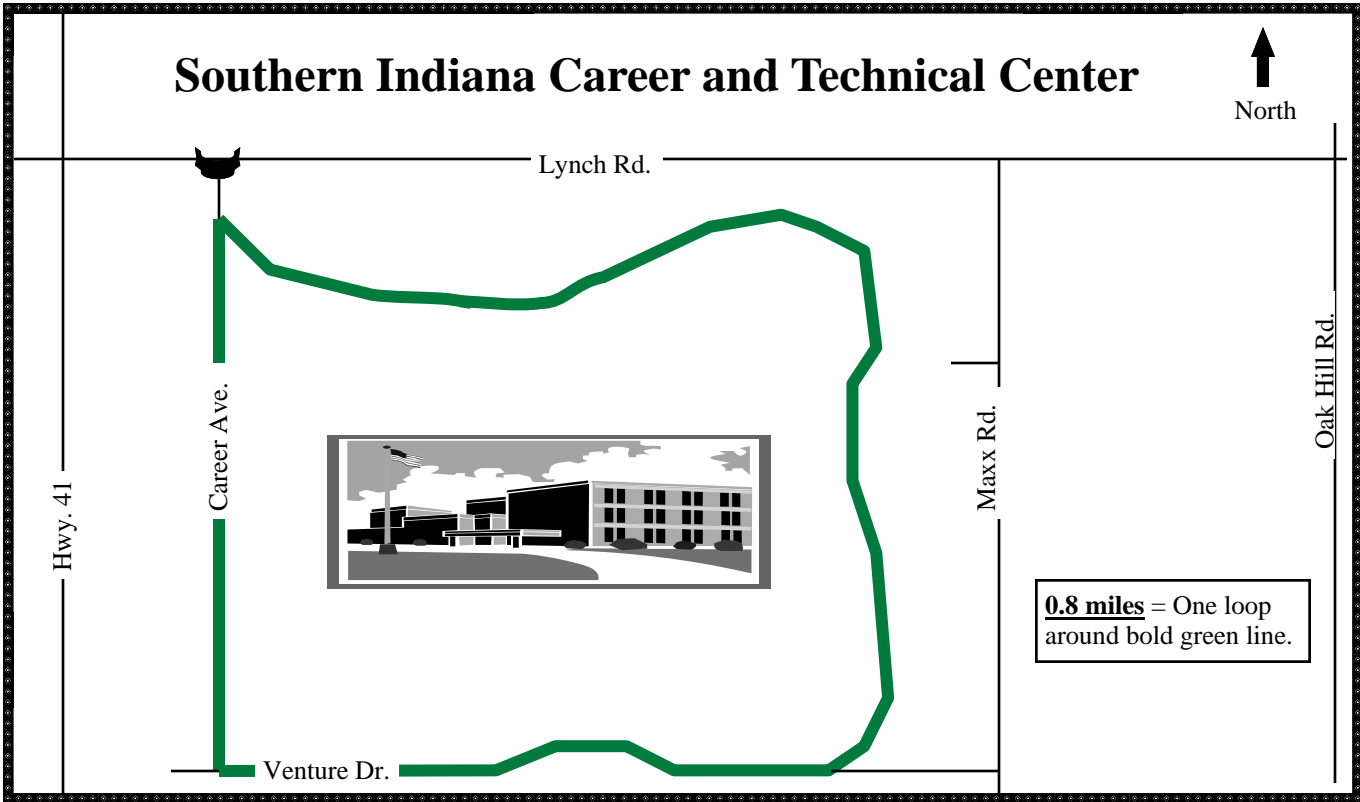


0.94 miles = Follow bold green line and return.



“When it comes to eating right and exercising, there is no ‘I’ll start tomorrow.’ Tomorrow is disease.” — V. L. Allineare

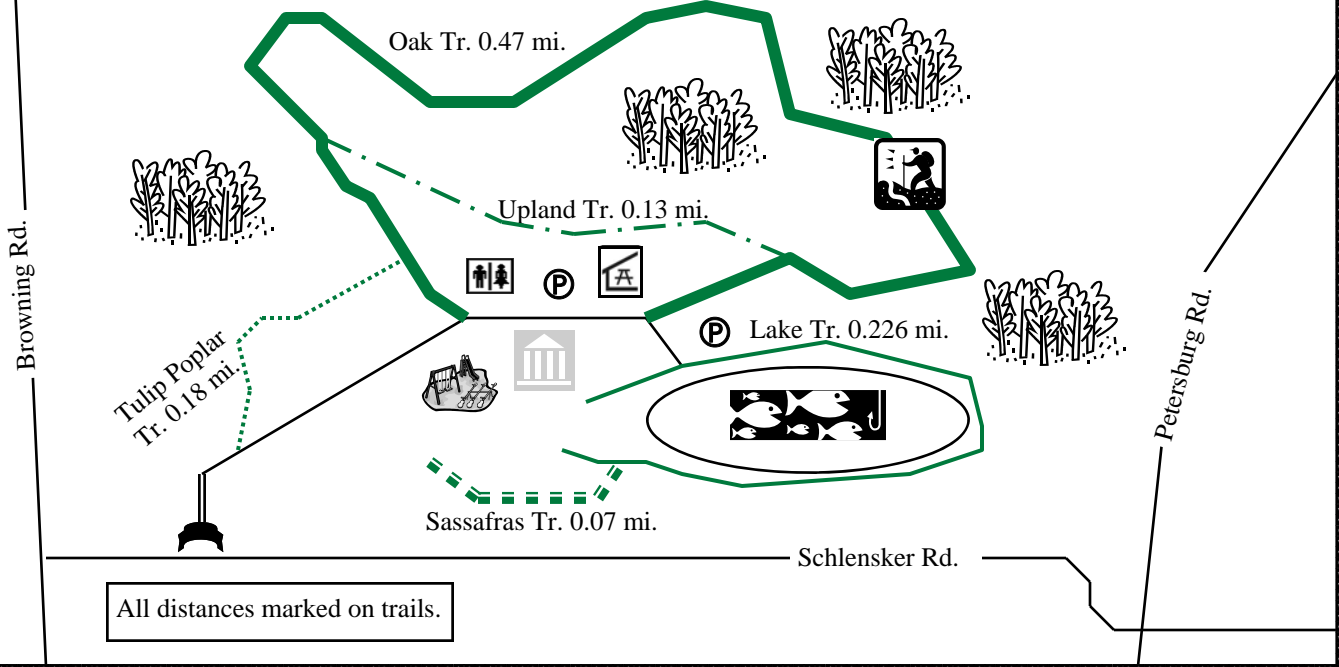
Southern Indiana Career and Technical Center



“Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity.” — World Health Organization

Scott Township Park

Hiking Trails



All distances marked on trails.

“Fresh air impoverishes the doctor.” — Danish Proverb

Good Shepherd Church/Stockwell School



1.2 miles = From start follow bold green line and return.

1.3 miles = From start follow bold green line and add thin green line on return.

Timber Park Dr.

Timber View Dr.



Stockwell School



Good Shepherd Church

Stockwell Rd.

Theatre Dr.

Morgan Ave.

N. Green River Rd.

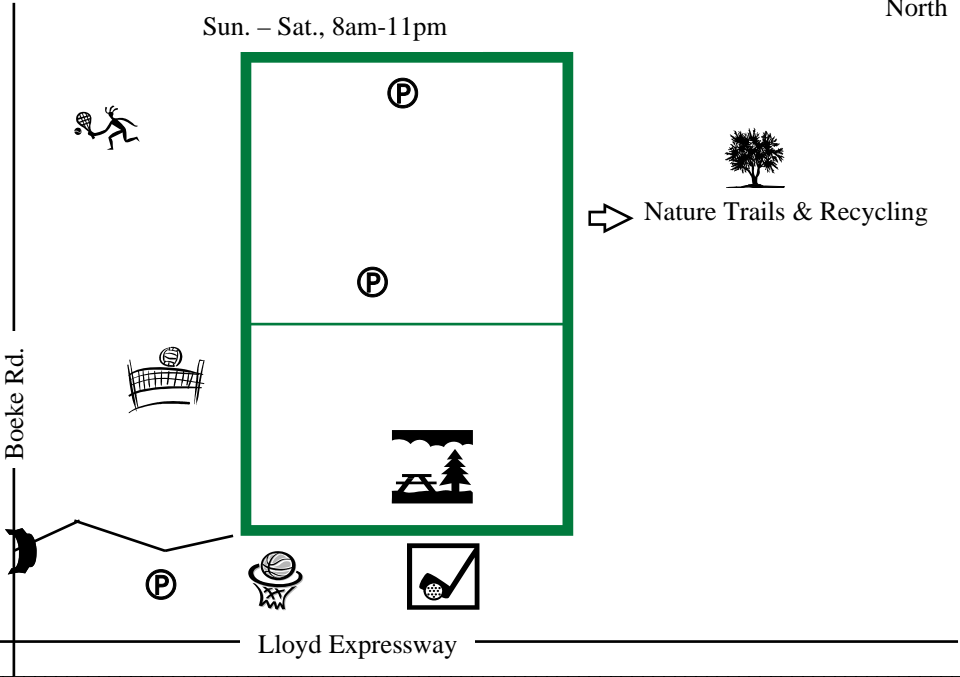
“Every man is the builder of a Temple called his body.” — Henry David Thoreau

Wesselman Park



Sun. – Sat., 8am-11pm

0.8 miles = One loop around bold green line.
0.45 miles = Small loop with thin green line.

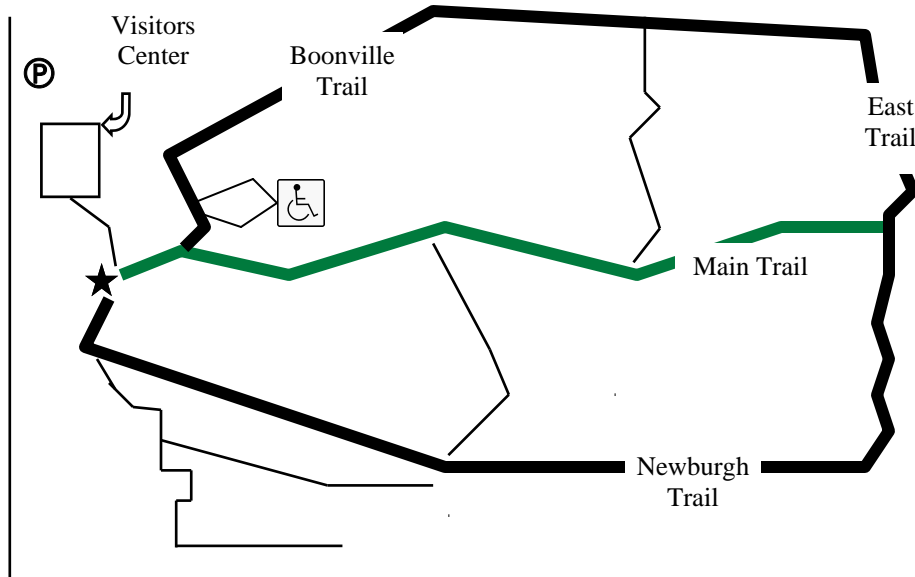


“We are what we repeatedly do. Excellence, then, is not an act, but a habit.” — Aristotle

Wesselman Woods Nature Preserve

Hiking Trails

Tues. – Sat. 9am-5pm, Sun. 12-5pm, closed Mon.



1 mile = Bold green line and return.

2 miles = Bold black line around preserve.

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.

Eastland Mall



Walking Hours: Mon -Sat., 8am-9pm, Sun. 10am-6pm

Virginia St.

JCPenney

Dillard's

Macy's

Bathrooms

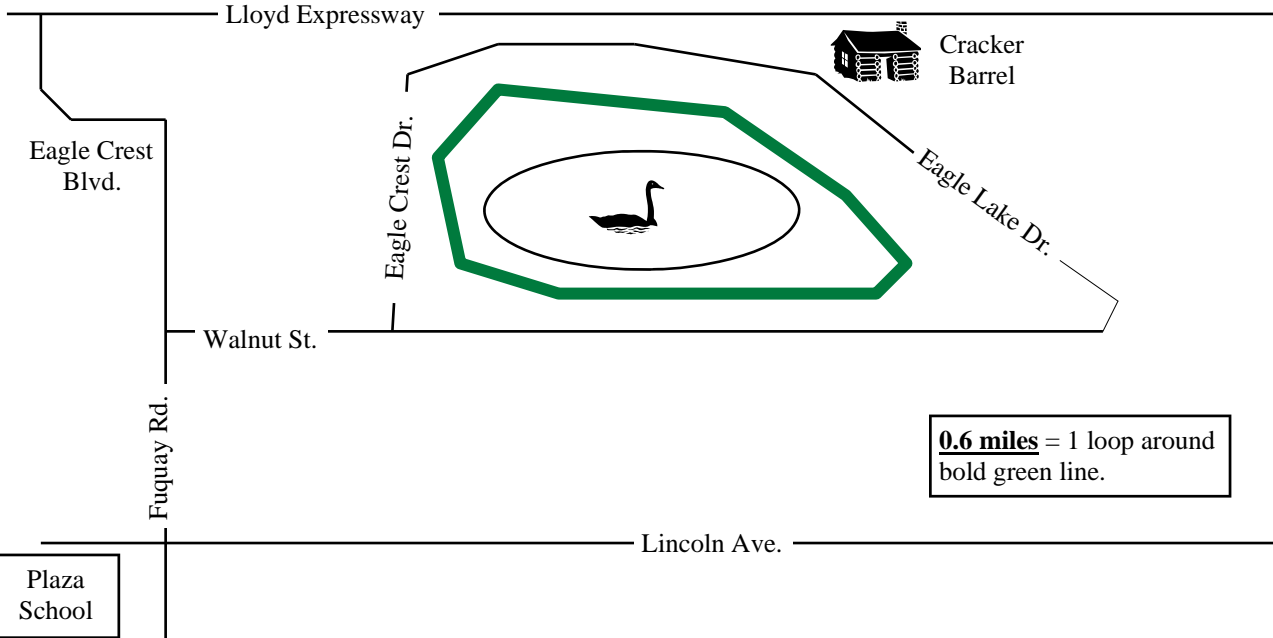
Café
Court

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

Green River Rd.

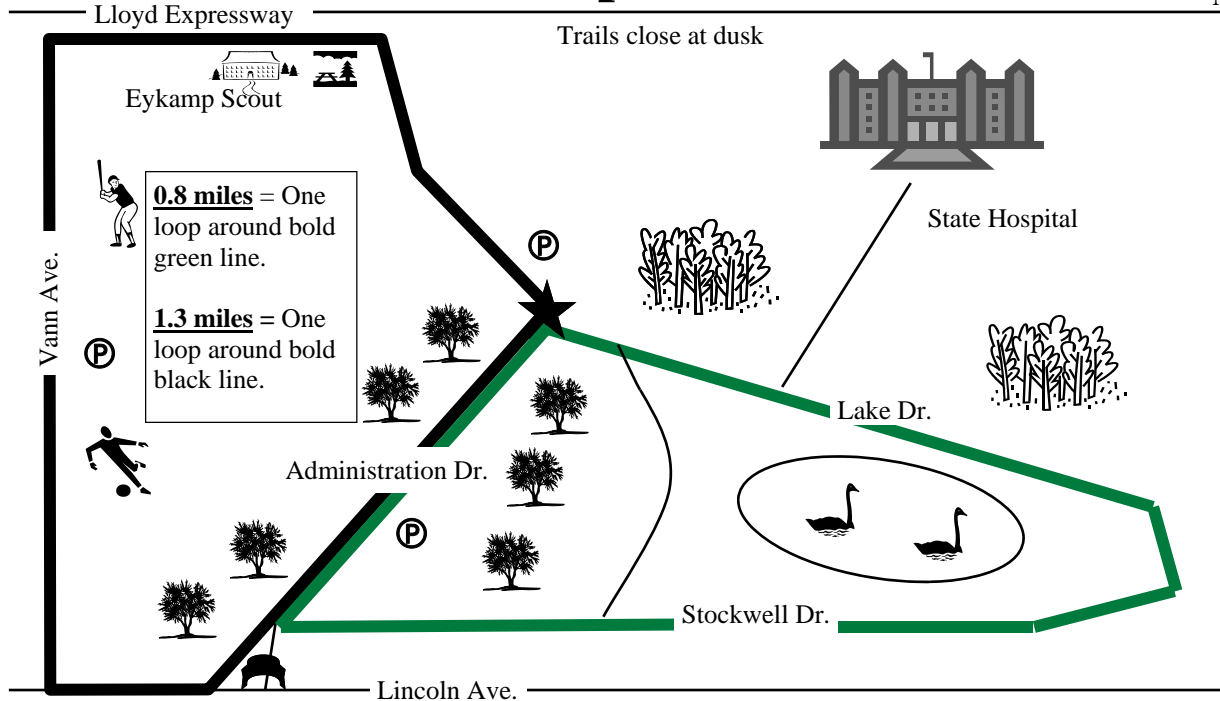
*“Everyone has inside him a piece of good news. The good news is you don’t know how great you can be!
What you can accomplish! What your potential is!” — Anne Frank*

Lake at Eagle Crest



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

State Hospital Grounds



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

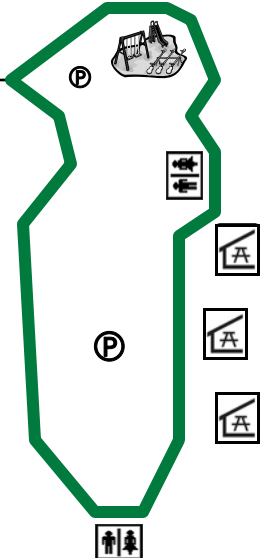
Price Park



Covert Ave.

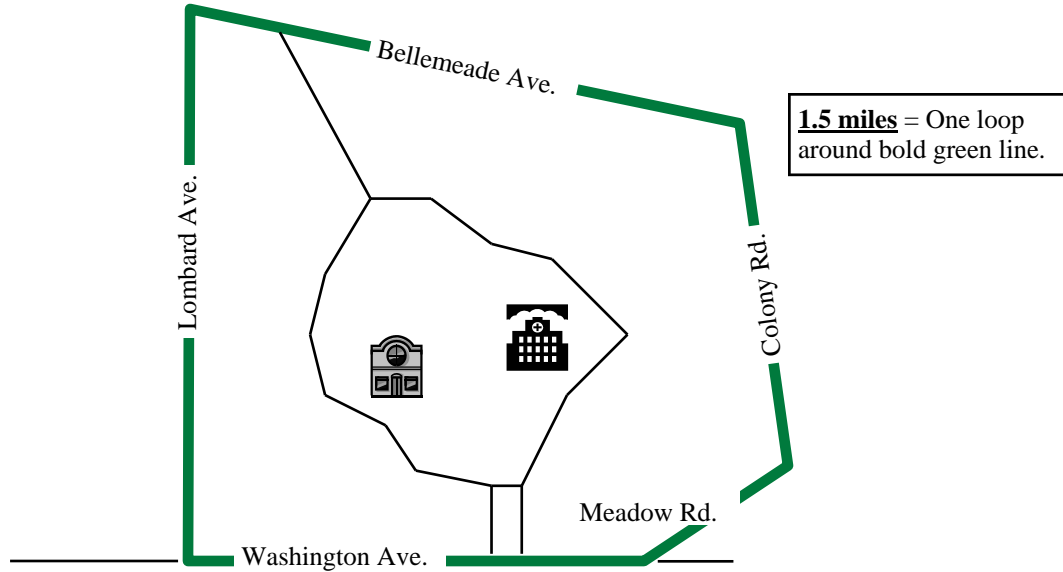
0.5 miles = One loop around bold green line.

Seasons Ridge Blvd.



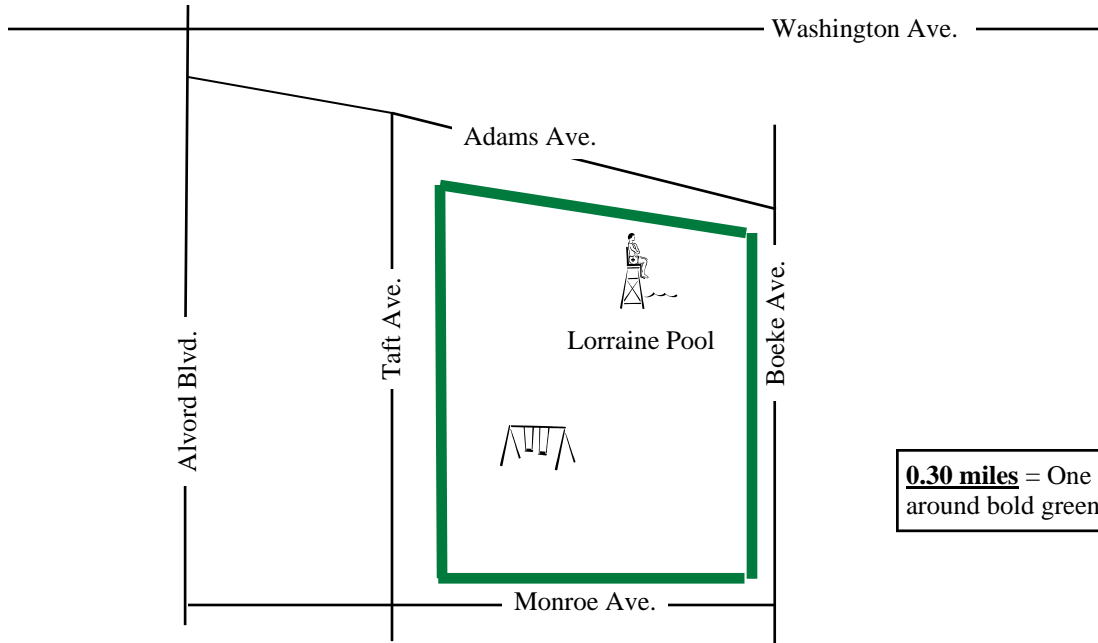
“Wholesome exercise in the free air, under the wide sky, is the best medicine for body and spirit.” — Sarah Louise Arnold

St. Mary's Medical Center



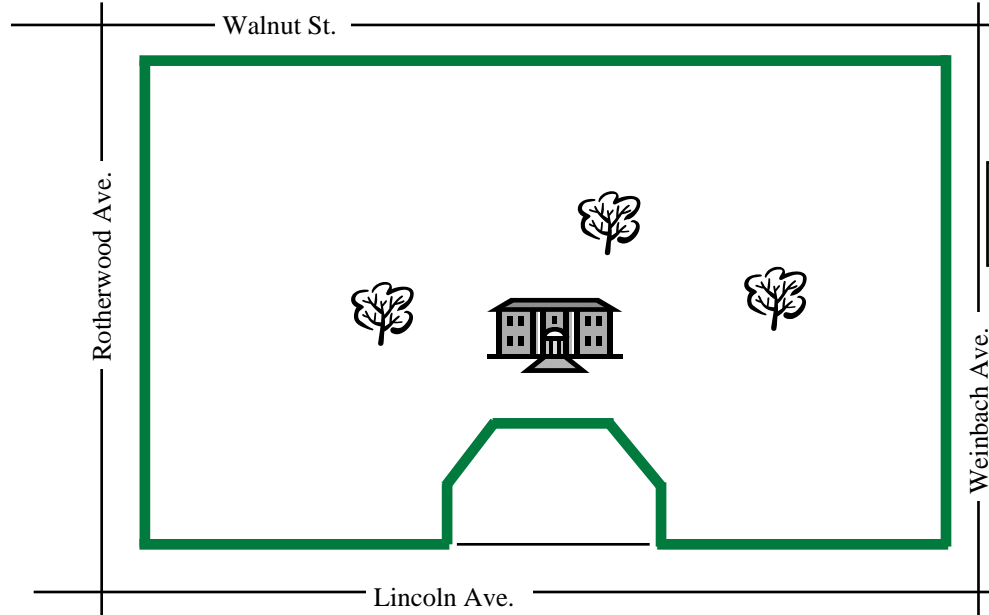
“Give up TV and you will be amazed at how much time you have.” — Kees Tuinzing, runner.

Lorraine Park



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

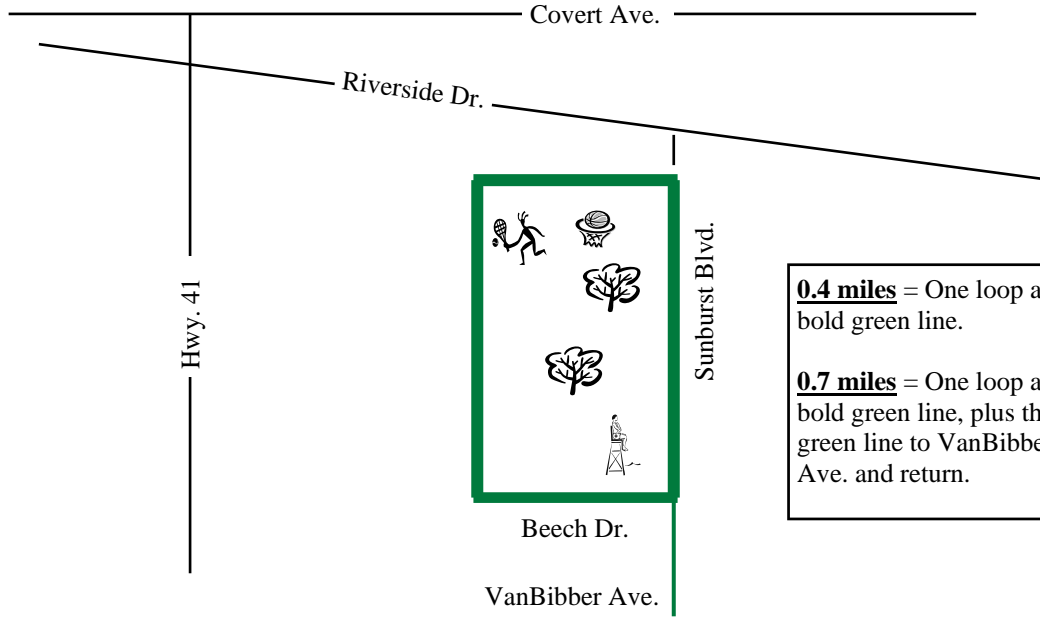
University of Evansville



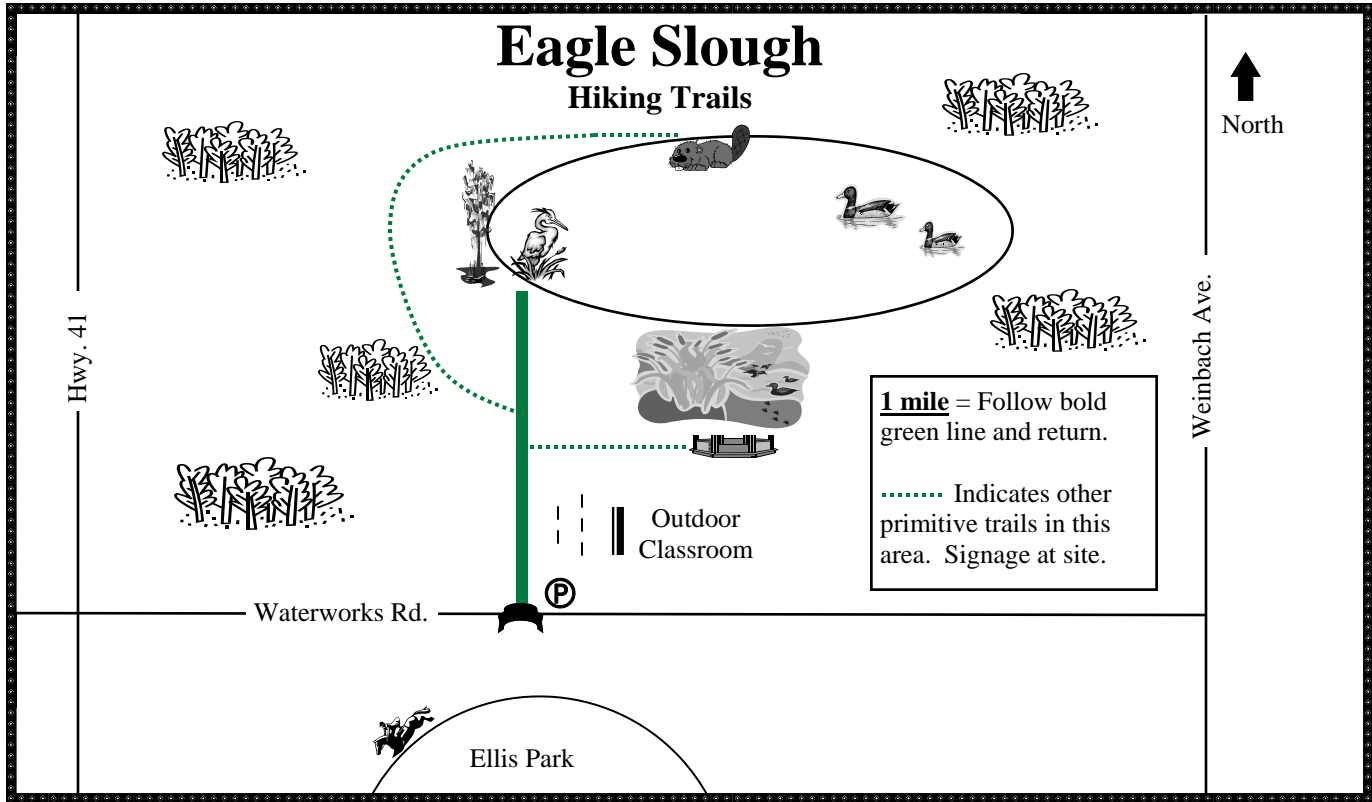
1.1 miles = One loop
around bold green line.

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

Anthony Oates Park



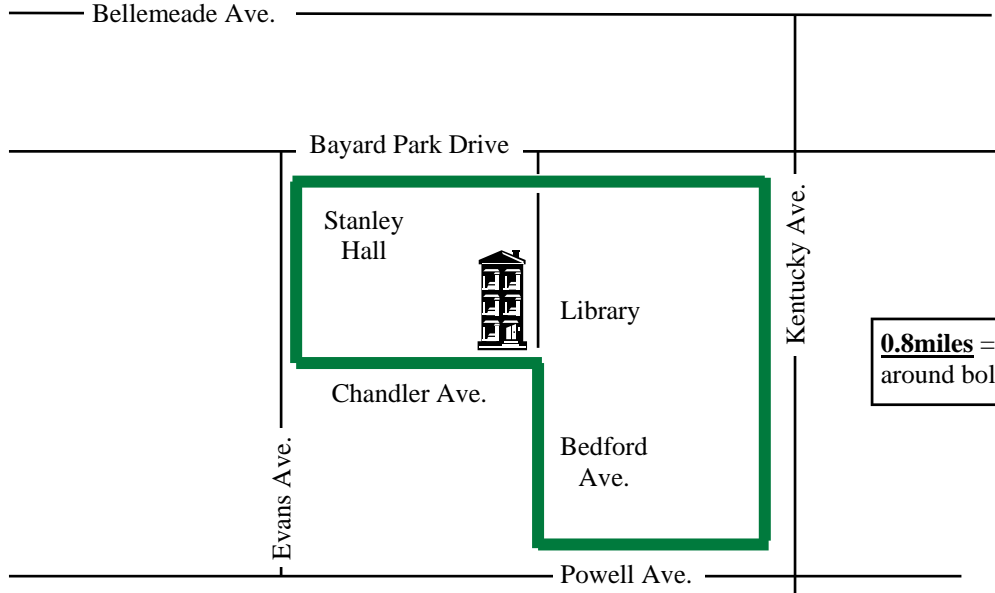
“Running (and walking) should be a lifetime activity. Approach it patiently and intelligently and it will reward you for a long, long time.” — Michael Sargent, MD



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

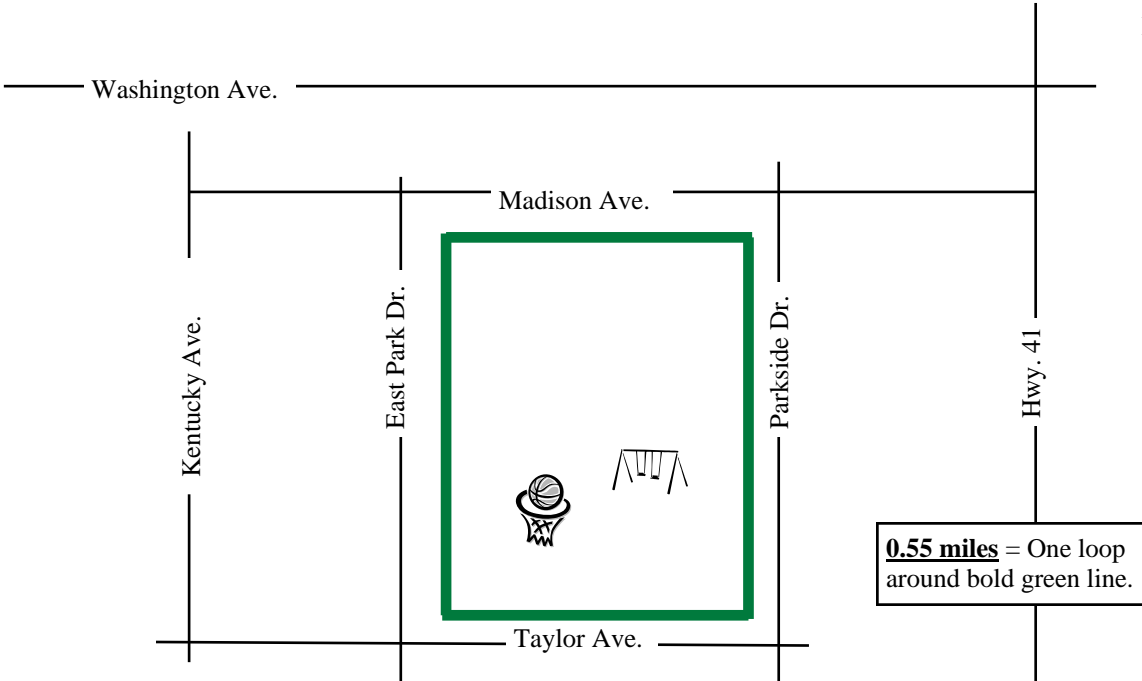
Bayard Park

Park closes at 11pm

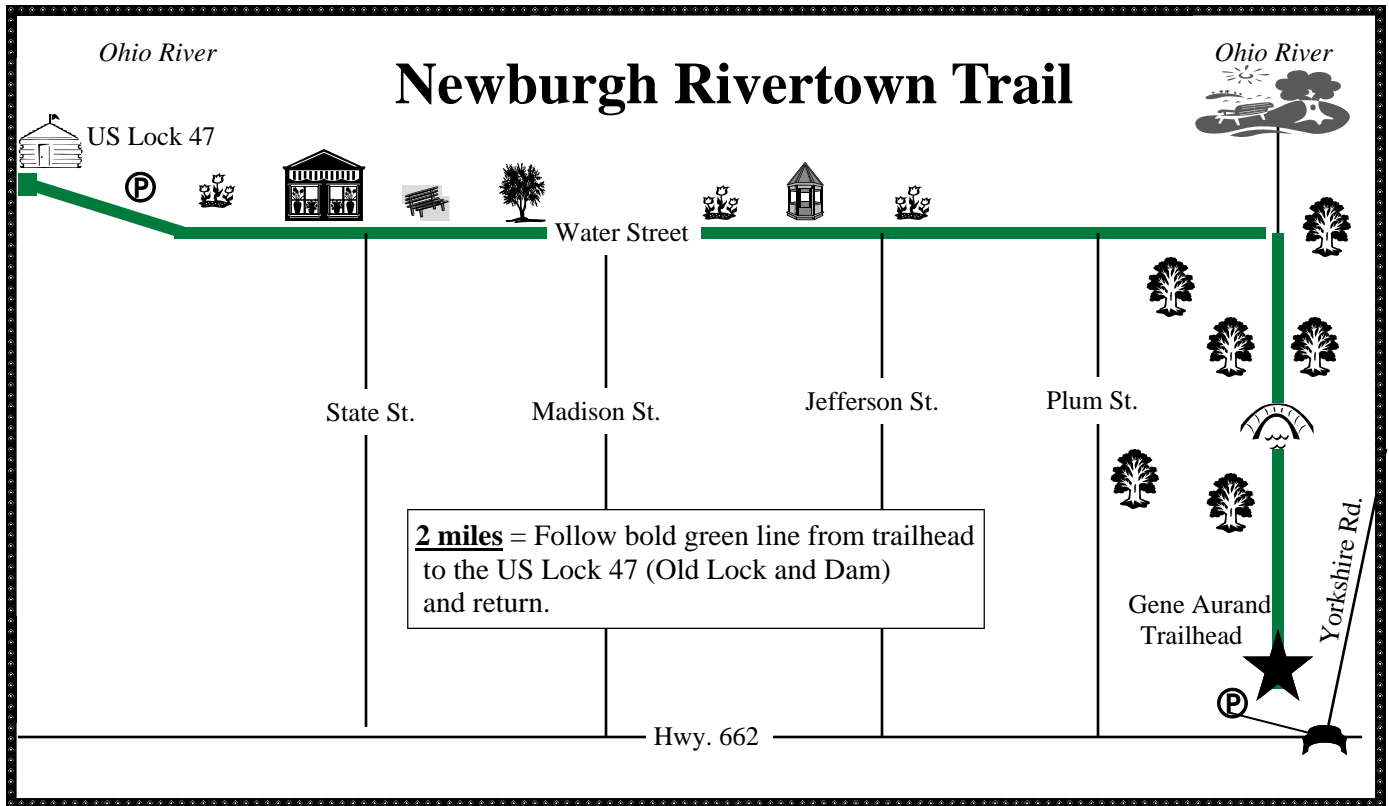


"I use exercise to help me unwind. On days of big events, I often run beforehand." — Tom Brokaw, broadcaster

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

carol anderson—chronic disease program
sherry hurt—chronic disease program
louise kiesler—chronic disease program
joanne alexandrovich—environmental division
christina kempf—health education
thomas anderson—volunteer

cover design by sarah anderson