



go vibrant walking routes
are as easy as 1, 2, 3.

1. ASK A FRIEND

or a family member, or a
colleague to join you, or
take a stroll by yourself.

2. PICK A ROUTE

orange 1 mi ~20 mins

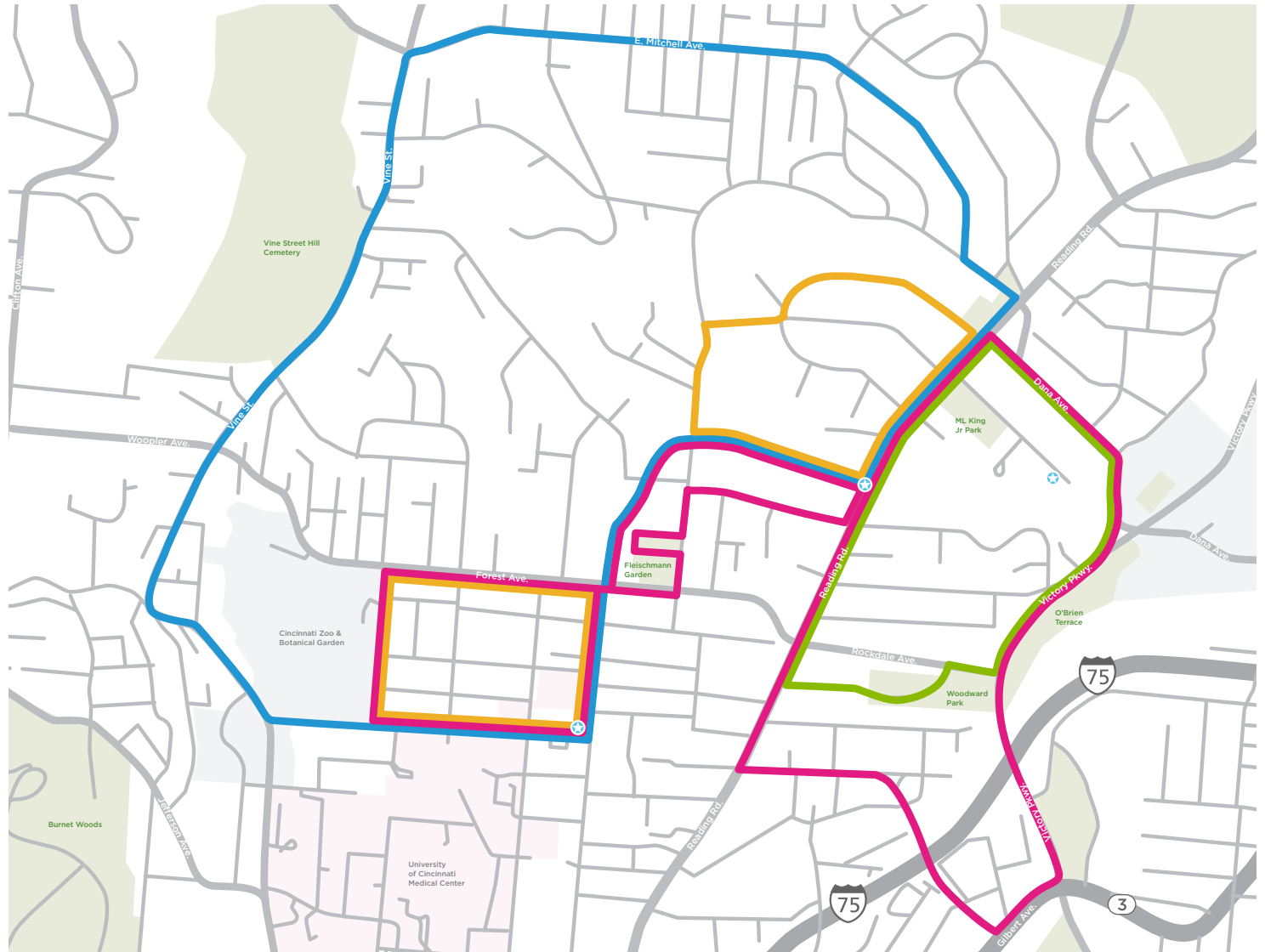
green 2 mi ~40 mins

pink 3 mi ~60 mins

blue 5 mi ~90 mins

3. WALK OR RUN IT

follow the color coded
signs on the way and
have fun!



Landmarks on the Routes:

(1) Avondale Library (est. 1902)
(2) Gabriel's Place (est. 2008)
(3) Fleischman Gardens (est. 1925)
(4) Lincoln Statue and Park
Avondale Pride Center

Avondale Town Center
Blair Park
Burnet Avenue Business District
Children's Hospital Medical Center
Cincinnati Zoo

Hirsch Recreation Center
LBD Business Center
MLK Park
Rockdale School
Ronald McDonald House

Seasongood Park
Shriner's Hospital for Children
South Avondale School
The Urban League



1



2



3



4

have fun!



Avondale was established in 1853 and has a rich history and rich cultural heritage. Walking the neighborhood one will see a diversity of housing; large stately homes amidst tall multi-family apartment living inclusive of a large senior living population. Street names like Martin Luther King Jr. Boulevard, Fred Shuttlesworth Circle, and a bronze statue of Abraham Lincoln indicate the importance of this African American neighborhood.

Within her boundaries are gorgeous parks, the Civic Garden Center, Hirsch Recreation Center, the world class Cincinnati Zoo, and Gabriel's Place, which houses our Farmer's Marketplace and Community Gardens.

COMMUNITY CONTACTS



Avondale Comprehensive
Development Corporation
(513) 861-2232
www.A-cdc.org
admin@a-cdc.org



Avondale Community Council
(513) 281-5999
www.avondalecommunitycouncil.org

Avondale Running Club
www.avondalerunningclub.com
admin@avondalerunningclub.com



Hirsch Recreation Center
3630 Reading Road
Cincinnati, OH 45229
(513) 751-3393
hirsch@cincinnati-oh.gov



Cincinnati Children's Hospital
(513) 751-3393
hirsch@cincinnati-oh.gov



Cincinnati Zoo
(513) 751-3393
hirsch@cincinnati-oh.gov



Gabriel's Place
3618 Reading Road
Cincinnati, OH 45229
(513) 221-2306

walking the big payoff

DISEASE PREVENTION

Regular walking can improve cholesterol, reduce hypertension, control weight, and reduce the risk of heart disease and diabetes.

LONGEVITY & AGING

Exercise may help you live longer, and improve the quality of life as you age. Much of what we consider aging- weakness, declining aerobic activity, and increased body fat- is really the result of inactivity.

CALORIE BURNING & WEIGHT CONTROL

You burn calories when you walk. Your metabolism stays higher for a few hours after stopping exercise, burning even more calories.

MUSCLE TONING

Fact is walking, particularly fast walking, trains and therefore tones the muscles of the leg, buttocks, your upper thigh, as well as the abdominals.

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walking/running routes
in Avondale
www.govibrant.org

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