

Warming Up!

PBS.org offers this simple Pre-Walk Warm-Up Routine.

Before you start walking, it is important to warm up first. Increasing the temperature in your muscles and joints and increasing blood flow will make you more comfortable when you exercise and reduce the risk of injury.

Mark Fenton has developed a few easy warm-up moves that target the muscles you use most during walking. You can do them all in a standing position and the entire routine should take only three minutes.

Ankle circles. Standing on one foot, lift the other leg off the ground in front of you. Slowly flex that ankle through its full range of motion, making circles with the toes. Do 6 to 8 circles then reverse the direction of your circle and do 6 to 8 more. Switch feet and repeat.

Leg swings. Standing on one leg, swing the other leg loosely from the hip in a front to back motion. Keep it relaxed and unforced like the swinging of a pendulum. Your foot should swing no higher than a foot or so off the ground. Do 15 to 20 swings on each leg.

Figure-8 leg swings. Just like the leg swings above, swing one leg from the hip in a front to back motion, but this time, trace a figure-8 with your leg. Your leg should trace a circle in front of the body and another circle behind. Do 15 to 20 swings on each leg.

Pelvic loops. Stand with your hands on your hips, your knees gently bent, and your feet hip-width apart. Keep your body upright and make 10 slow, continuous circles with your hips, pushing them gently forward, to the left, back and to the right. Then reverse directions and repeat.

Arm circles. Hold both arms straight out to your sides, making yourself into the letter T. Make 10 to 12 slow backward circles with your hands, starting small and finishing with large circles, using your entire arm. Shake out your arms, then repeat with 10 to 12 forward circles.

Hula-hoop jumps. Begin hopping in place on both feet. Keep your head and shoulders facing forward, and begin to twist your feet and lower body left, then right, going back and forth on successive hops, 20 times.



WUI is working on an ever-expanding collection of mapped routes of varying distances within Indianapolis's urban neighborhoods. The plan is to

create a series of routes so that new walkers can start slow and build speed and distance. The route maps include both turn by turn directions and information about the area you are walking through, including - but not limited to - historic, environmental, and architectural themes.

Urban walks

Along the streets where we live,
With the people who are
Our neighbors,
Improving our health,
While focusing on
The world around us.

Historic Watson Park Route 1a

“Park to Park”
(1 mile)



Walk Urban Indy
[woo-y]

*A 360 approach to raising the quality
of life in our neighborhoods*



Historical Walk



A Blue Earth project

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WalkUrbanIndy.org



Route Overview

Watson Park Route 1a is a 1 mile trip beginning and ending at **McCord Park** at the junction of 36th Street, Watson Road, and Powell Place. While most of the walk is on sidewalks, you will also get to experience the natural footpath inside the area's second park, the **Watson Road Bird Preserve**.

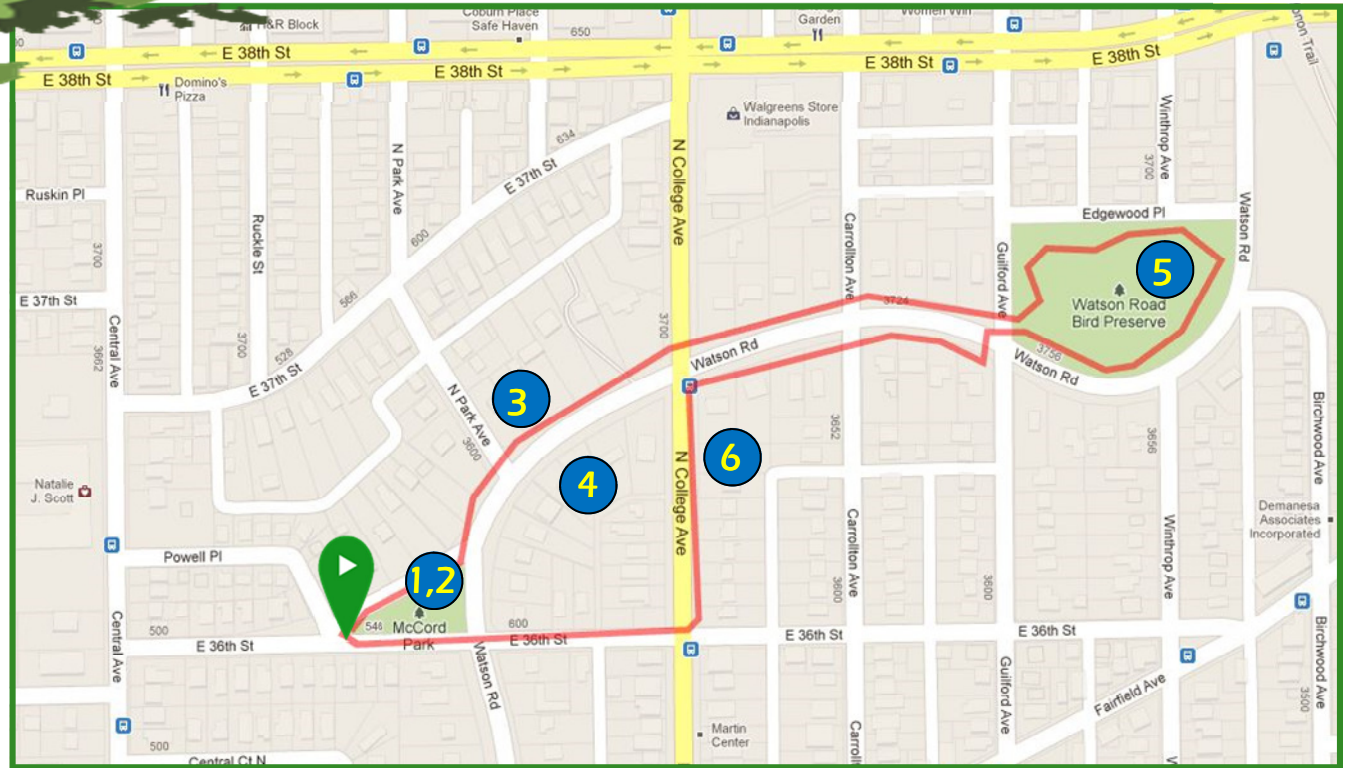
Walking the Route

1) We start our trip at the western-most tip of the small, triangular, **McCord Park** and head off along the northern border of the park continuing northeast on **Watson Road** towards **College Avenue**.

Watch carefully as you cross over College Avenue as traffic can be quite busy at times.

2) Continue on along **Watson Road** until you reach the Watson Road **Bird Preserve**. At this point you have two options — to walk the natural path inside of the park (the recommendation and the measured route), or walk the streets lining the perimeter of the park. Inside the park, the natural path has some rapid elevation changes and can be slippery and muddy after a hard rain. The perimeter streets, however, do not all have sidewalks and extreme care must be taken (proceed at your own risk).

3) Assuming you are walking inside the park, cross **Guilford Avenue** and walk directly into the park past the park sign until you come to the **natural walking path** (it runs very close to the prairie area). Take the path to the left to circle around the park in a clockwise fashion.



4) Exit the park along the same route as you entered, crossing **Guilford Avenue** to the NW corner of the intersection and then **Watson Road** to the SW corner.

5) Follow **Watson Road** west all the way to **College Avenue**. You are walking on the opposite side of the road you traveled down before entering the park.

6) When you reach **College Avenue**, you turn left (south) and go just to the next cross street, which is **36th Street**.

7) Cross **College Avenue** again and go west on **36th Street** which will take you back to your starting point at the west end of **McCord Park**.

NOTABLE SITES

1. McCord Park
2. Memorial to Officer Whitfield
3. Historic Home: Henry L. Dithmer Home
3642 Watson Road (formerly 3634)
4. Historic Home: H.L. Fuller Home
3645 Watson Road
5. Watson Road Bird Preserve
6. College Avenue Transportation Corridor

Historic Watson Park, part of the larger area of Mapleton Fall Creek, is located in the “Mid-North” area of Indianapolis, and is roughly defined by the following boundaries (Central Court, within these boundaries, has its own historic designation):

- North: 38th Street (formerly Maple Road)
- West: Central Avenue
- South: Fairfield Avenue (formerly Fairgrounds Rd)
- East: The Monon Trail (formerly the CI&L “Monon” railway route)

This area was once a heavily wooded wilderness. When the City of Indianapolis was founded in 1821, its boundaries were the mile square and it took true pioneers to move into

the area shown on these maps, nearly four miles from the City.

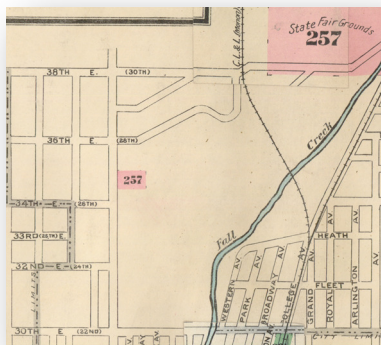
Sugar maples were a predominant tree and the area around 38th and Illinois was named Sugar Grove (later changed to Mapleton).

38th Street frequently shows up on historic maps as Maple Road as it was more commonly called.

In 1872, James Ruddell and Merrick Vinton platted the area for a suburban-style development. By 1898, some streets surrounding the area were taking shape but the only buildings of note belonged to the “Indianapolis Flower and Plant Co.” (W. J. Hasselman, Proprietor) on Central Avenue.

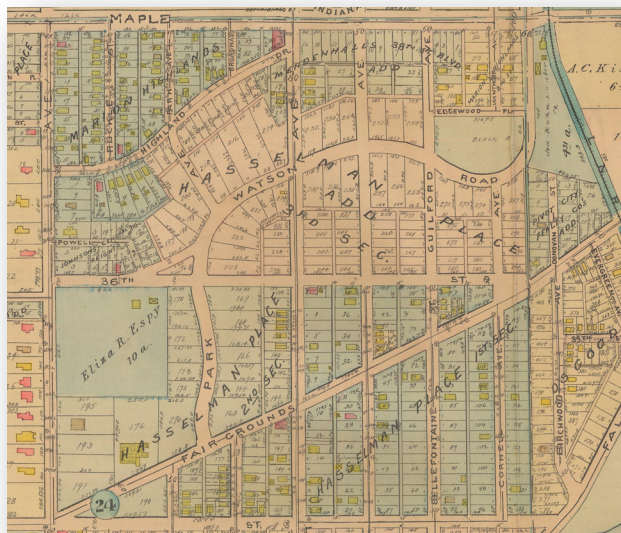
It's marked with a small “257” on the map. The Constitution Gardens apartment complex stands on this site today. The larger 257 is the State Fairgrounds opened at this location in 1892. You will note that two curving streets, Highland Drive (now 37th Street) and 37th Street (now Watson Road) are the only streets platted in Watson Park.

Suggested Reading: “A Home in the Woods” in which Howard Johnson recounts, in the first person, the boyhood life of his grandfather, Oliver Johnson, who grew up in the area of 38th Street and College Avenue in the early to mid 1800's.

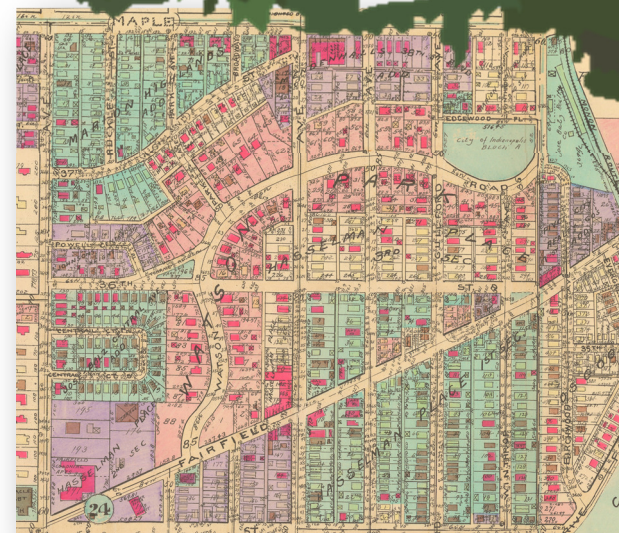


1898 Sanborn Map

Historic maps courtesy of the Indianapolis Sanborn Map and Baist Atlas digital collection of the IUPUI University Library



1916 Baist Map



1941 Baist Map

The area remained farmland for many years, not seeing housing development until around 1910 with most houses going up between 1915 and 1930. Watson Park is full of well-detailed and intact examples of the housing styles popular in the early part of the century up through the 1960's. “Hasselmann Place Addition 3rd Section” (1916 map), centering around Watson Road, and the focus of this walk, remained undeveloped while the city grew up around it. An article in the November 22, 1925 Indianapolis Star announced the opening of the “Watson Park District” by Fletcher Savings and Trust Company, trustee, through a contract with Watson J. and Ida B. Hasselman. Under the heading “Public Utilities Available” the article noted that the tract had been “kept from the market until it could be offered to the public for home sites of the better class with all municipal improvements completed.”

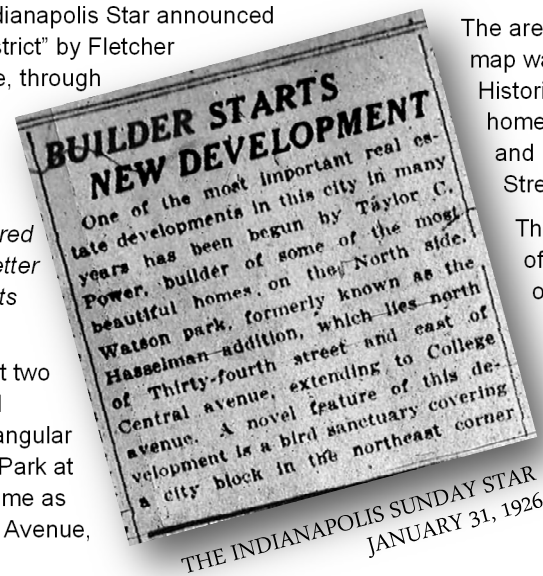
Creating a “suburb” with not one, but two green spaces (the Watson Park Bird Preserve at the east end and the triangular pocket park now known as McCord Park at the west end), was unusual for the time as was the use of curving streets. Park Avenue,

as it ran south of “Watson Park” (now McCord Park) on the 1916 map, was renamed as an extension of Watson Road (as seen on the 1941 map), presumably due to the popularity of the development. Similarly, Terrace Road, along the north side of the park, also became Watson Road some time after 1941, with these modifications resulting in at least two changes in house numbers along the street.

The area marked “Eliza R. Espy” on the 1916 map was designated the Central Court Historic District in 2004 and includes 30 homes facing the u-shaped Central Court and 17 adjacent homes located along 36th Street and Central Avenue.

The Watson Park Historic District was officially listed in the National Register of Historic Places in June of 2012.

For more information about Historic Watson Park, visit the Watson Park Neighborhood Association website at: watsonpark.org.



1 McCord Park

At 3600 Watson Road, McCord Park (originally Watson Park) sits on 1.6 acres of land and is an ideal location for passive recreation. The park was revitalized in 2005 and is maintained by the neighborhood. It was renamed McCord Park in 1970 after Robert McCord, a Watson Park resident who had maintained the park for many years.



A map of the park's plantings is available on-line. Contact "Friends of McCord Park" for more information. mccordpark.com

2 Memorial to Officer Whitfield

The centerpiece of McCord Park is a memorial to Indianapolis Police Officer William Whitfield who succumbed to gunshot wounds suffered while chasing a suspect near the park on June 18th, 1922. The memorial, in the form of a large metal sundial and planter, was designed by ExpoDesign in 2005, and honors Whitfield, the first African-American law enforcement officer killed in the line of duty in the state of Indiana. More information can be found at odmp.org.



All of the Taylor C. Power built homes are exhibits of high-grade workmanship and excellence in the selection of accessories that enter into the modernization of the home. The water softener, electric refrigeration and automatic water heater and the plumbing were installed by F. E. Trosky. The lighting fixtures were

The Indianapolis Star "articles" quoted to the right appeared in the Builder's Department section of the Sunday paper and were, essentially, advertisements for the builder.

3 Henry L. Dithmer Home 3642 Watson Road (formerly 3634)

"Those who are in search of a home that offers all the seclusion and quiet that the word implies and yet is close enough to the business center to make it easy for the man of the family to go back and forth from the office without unnecessary loss of time will find much of interest in the new residence built by Taylor C. Power at 3634 Watson road"
- The Indianapolis Star, May 30, 1926.



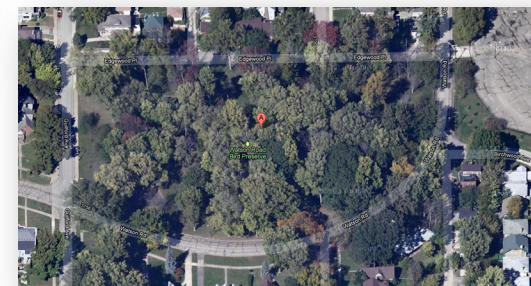
4 Henry L. Fuller Home 3645 Watson Road



"The new addition that lies north of Fairfield avenue and west of College has developed, in a very brief space of time, into one of the most attractive residential sections of Indianapolis, and no small part of the beauty of the neighborhood is due to the dignity and homelike charm of such residences as that of H.L. Fuller at 3645 Watson Road, a house designed and built by Taylor C. Power."
- The Indianapolis Star, October 31, 1926

5 Watson Road Bird Preserve

Established in 1925, this four acre park is unique in the City of Indianapolis (and a rarity in the United States) as an urban bird sanctuary. Showing as a reserved plot as early as the 1916 Baist maps, the park is kept wooded with no improvements to encourage the area's avian residents. The City's Land Stewardship team has implemented numerous improvements in recent years to promote its unique function as a bird preserve. The outer edges of the park are mowed up to the center area which is left as a woodland prairie for ground-nesting birds. A rough footpath surrounds the naturalized area. Many mature trees, including Ohio Buckeye, Black Walnut, and Northern Hackberry are spread throughout the sanctuary. Keep Indianapolis Beautiful (KIB), through their NeighborWoods program, has added more than 25 native trees over the past five years, including Chinquapin, Red Oaks, Serviceberry, and American Beech.



6 College Avenue Transportation Corridor

A succession of mass transit options have run up and down the College Avenue and Central Avenue corridors from the turn of the century including streetcars, trolleybuses, the Interurban electric rail service, and motor coaches. In 1930, for example, you could take the College Avenue streetcar (rail) line from downtown up to 63rd Street, or the Central Avenue Line up to 34th Street (then switch to the Fairground line that ran up Fairfield). Today the area is served by several Indygo bus routes including buses 4-Ft. Harrison (up Fairfield), 17-College, 19-Castleton (up Central), and 39-E. 38th Street.