



News Release

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Columbus walking route moved because of safety concerns

For Immediate Release

(COLUMBUS, Neb.) – The Platte County Lifestyle Coalition’s south walking route has been moved to the Pawnee Park Trail.

The route will have signs along the Pawnee Park Trail that encourage community members to practice five pillars of good health: Eat well, move more, stress less, love more and sleep well.

The trail runs the length of Pawnee Park, starting on 6th Street at the Berne Square (baseball diamond). It passes the playground and pond, then starts to skirt the edge of Loup River. The trail passes underneath Lincoln Highway and then north to the tennis courts and Pawnee Park Memorial Stadium, before terminating on 8th Street.

The previous route started across the street from Henry’s on 11th and connected people to the various businesses along 11th Street. Organizers decided to move the course because of safety concerns about sidewalks in that area.

The walking route is one of two routes that PCLC created with a grant from America Walks, in conjunction with Columbus Community Hospital.

The second route begins at 18th Street and 32nd Avenue, across from the Family Resource Center. It heads south along 32nd Avenue to 14th Street, then east along 14th Street toward the Platte County Courthouse, City of Columbus offices, churches and many businesses. That route will also connect walkers to the new Columbus Public Library and Children’s Museum when that building is complete. It turns south at 22nd Avenue, then back west along 13th Street, connecting people to several businesses.

In addition to planning these walking routes, PCLC is involved with several other local health and wellness programs, including the Walk to Jerusalem, the Complete Health Improvement Program (CHIP), running clubs at local schools, Walk with a Doc and more.

To learn more about the PCLC or the walking routes mentioned above, contact Gene Vis, PCLC coordinator, at 402-562-4686 or edvis@columbushosp.org.