

Saratoga Springs City 5K and 10K Walks, NY

A 5K walk rated **1A** and a 10K walk rated **1B** are available.

Starting Point: Saratoga Springs Visitor Center Phone: 518 587-3241
297 Broadway Website: www.discoversaratoga.org
Saratoga Springs, NY, 12866

Saratoga Springs Visitor Center is open Monday to Saturday from 9 AM to 5 PM. Closed on Saturday and Sunday. Call ahead to verify hours during holidays. Restrooms are available at the Start Point and at many restaurants and stores, e.g. Library or Stewarts. **Parking at Saratoga Springs Visitor Center is reserved for customers only.** Continue on Congress to shopping center on left just after CVS Pharmacy or on nearby streets or Paid Parking Garage on Maple Avenue; or any of the many **free** public parking facilities downtown. Please note posted time limits as they vary in different areas of each parking garage/area.

Directions to Start Point: Saratoga Springs is located approximately 38 miles north of Albany, NY.

From the South: Take I-87 North. Get off at Exit 13N, continue North on Route 9 towards Saratoga Springs. Stay on Route 9 (Broadway) for 4.4 miles to center of city. Turn left at Congress St and Visitor Center is on your left.

From the North: Take I-87 South. Get off at Exit 15 and bear right onto Route 50/US 9 South. Go approximately 1.5 miles bearing left onto Broadway following Route 50/US 9 to Congress St across from Congress Park. Turn right and Saratoga Visitor Center is on your left.

Course Description: Walk on city street & sidewalks, passing many Victorian homes and shop fronts; past world-famous mineral springs; the 19th century Canfield Casino & Italian Gardens in the city's park; the historic Thoroughbred Racecourse & National Racing Museum; and Skidmore College. The **5K trail is rated 1A** and is suitable for wheelchairs and strollers, but some assistance may be required. The **10K trail is rated 1B** because of stairs and is not suitable for wheelchairs or strollers.

AFTER YOUR EVENT: Be sure to log back into the OSB system to 'finish/complete' your online registration after doing the event. The OSB system does not deduct any event fee from a participant's Event Bank until they have submitted event completion info including the date of the event, the distance, and the selection of applicable Special Programs that person is participating in. (Nevertheless, a fee of \$2 for a downloaded PDF is deducted from the user's Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a user's Event Bank when he/she submits the event completion info as a paying-for-credit participant. Note, however, the \$2 coupon for the downloaded PDF will expire in 60 days.) Also note that an event registration expires after 30 days, but if your registrations lapses, you may re-register without cost.

SPECIAL PROGRAMS

Anniversary Hurrah!	Par for the Course	Step to the Beat
Walking With the Wild Things		Walking with America's Veterans

The following maps & directions may only be used in conjunction with a signed American Volkssporters Association athletic waiver. All other uses are prohibited.

For immediate assistance, call **911**.

Event Related Assistance POC: Lea Darling, cell: 518-275-6221

Email: saratogawalk@walkescv.org

Saratoga Springs City 5K Walk, NY -- Rated 1A

1. **Leaving** Visitor Center's front door turn **LEFT** and follow path to the corner of Congress St and Broadway.
2. **RIGHT** crossing Broadway using crosswalk.
3. **RIGHT** on sidewalk crossing E Congress St. and passing through opening in black fence into Congress Park. **REFER to PARK Map Inset.**
4. **FOLLOW** path passing Columbian Spring and Deer Park Spring, on your right.
5. Just after Deer Park Spring **bear LEFT** on path past WW Memorial and Veterans Pond (SP: *Walking With Americans Veterans*) to park roadway (E Congress St).
6. **CROSS** park roadway then **RIGHT** past the front of the Canfield Casino.
7. **LEFT** down right side of Canfield Casino to a round fishpond. At fishpond with spouter, look for plaque on park bench honoring singer/actor David Cassidy.
8. **CONTINUE** past pond and end of buildings, then **RIGHT** on path to footbridge.
9. **CROSS** footbridge then **LEFT** onto a **wet, muddy path** along creek to Palladian Circle and the Italian Gardens.
10. **Follow** path to the **LEFT** past the Triton Pool with its two merman fountains, nicknamed Spit and Spat. (SP: *Walking With the Wild Things*) **Continue** on path to the Carousel.
11. **Continue** on the path past the right side of the Carousel up the hill to the Spirit of Life statue/pool.
12. **RIGHT** on path along left side of pool to view the Spirit of Life Statue.
13. **LEFT** on path out to the park entrance at the corner of E Congress St. and Broadway.
14. **RIGHT** on Broadway to Phila St. Note the Arts Center at the corner of Broadway and Spring St. (SP: *Step to the Beat*)
15. **RIGHT** on Phila to Putnam St.
16. **LEFT** on Putnam St to Caroline St. (Note Saratoga Springs City Library on the right has restrooms)
17. **RIGHT** on Caroline to Nelson Ave.
18. **RIGHT** on Nelson to Phila St.
19. Just before Phila St **LEFT** crossing Nelson onto the left side of what is now 5th Ave. **Immediate RIGHT** onto the right side of 5th Ave.
20. **LEFT** on 5th Ave to East Ave. Note gargoyles on steps of Tudor style house at the corner of 5th Ave and East Ave, #44 5th Ave. (SP: *Walking With the Wild Things*)
21. **RIGHT** on East Ave. to Union Ave.
22. **RIGHT** on Union to Regent St.
23. **LEFT** on Regent to Park Place.
24. **RIGHT** on Park Place to Circular St.(no street sign)
25. **CROSS** then **LEFT** on Circular St. Note the lovely mansion (Batcheller Mansion) across the street on the corner of Whitney and Circular.
26. **Continue** on Circular to Broadway.
27. **CROSS** Broadway then **RIGHT** on Broadway back to Start Point at the Visitors Center.

Thanks for supporting AVA with your participation in ESCV's Year Round Saratoga Springs City Walk.

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Step to the Beat	Walking With the Wild Things

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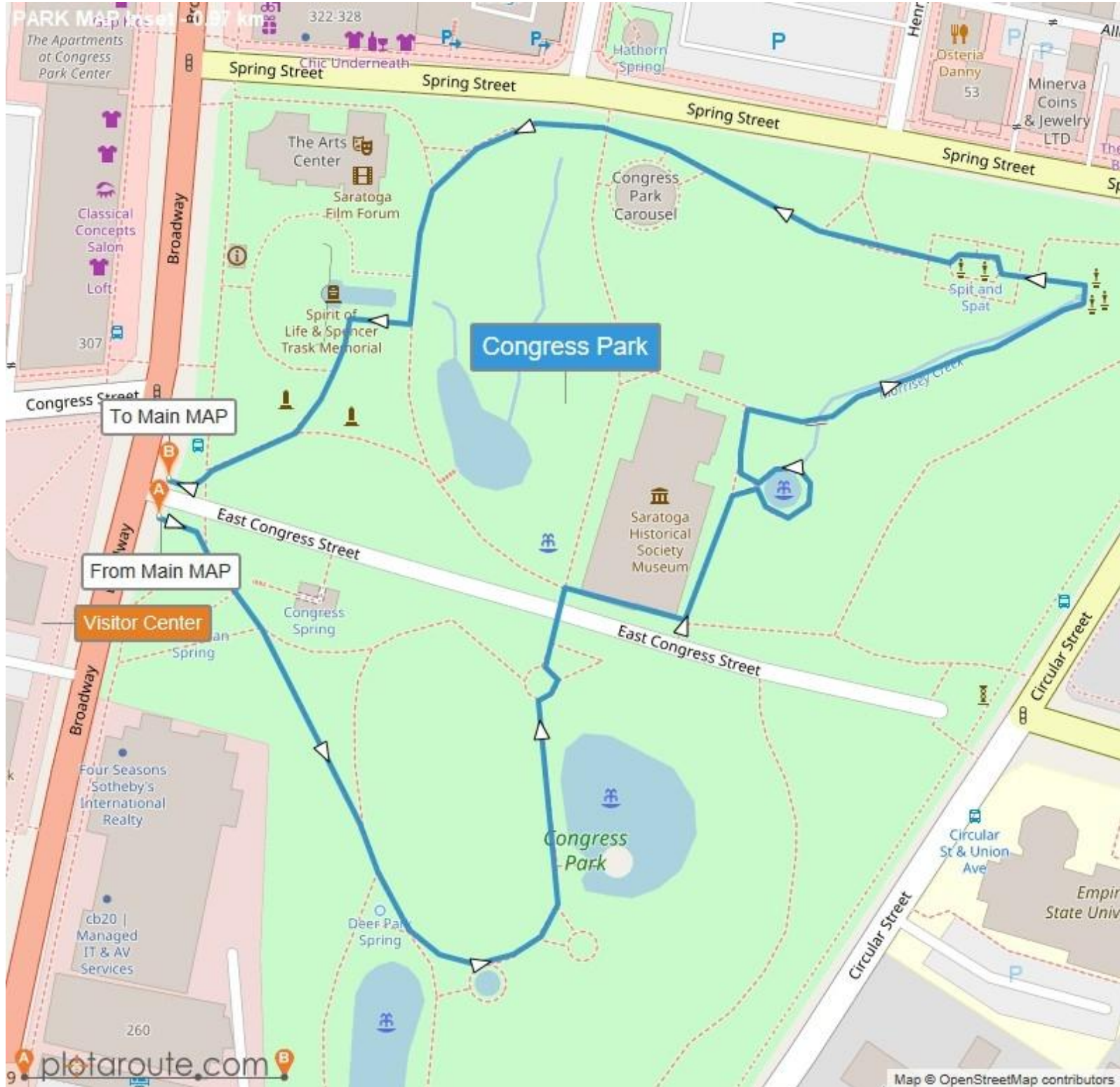
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Email: saratogawalk@walkescv.org

Saratoga Springs City Walk 5K Map



Saratoga Springs City Walk PARK Map Inset



Saratoga Springs City 10K Walk -- Rated 1B

- 1. Leaving** Visitor Center's front door turn **LEFT** and follow path to the corner of Congress St and Broadway.
- 2. RIGHT** crossing Broadway using crosswalk.
- 3. RIGHT** on sidewalk crossing E Congress St. and passing through black fence into Congress Park. **REFER to PARK Map Inset.**
- 4. FOLLOW** path passing Columbian Spring and Deer Park Spring, on your right.
- Just after Deer Park Spring **bear LEFT** on path past WW Memorial and Veterans Pond (*SP: Walking With Americans Veterans*) to park roadway (E Congress St).
- 6. CROSS** park roadway then **RIGHT** past the front of the Canfield Casino.
- 7. LEFT** down right side of Canfield Casino to a round fishpond. At fishpond with spouter, look for plaque on park bench honoring singer/actor David Cassidy.
- 8. CONTINUE** past pond and end of buildings, then **RIGHT** on path to footbridge.
- 9. CROSS** footbridge then **LEFT** onto a **wet, muddy path** along creek to Palladian Circle and the Italian Gardens.
- 10. Follow** path to the **LEFT** past the Triton Pool with its two merman fountains, nicknamed Spit and Spat. (*SP: Walking With the Wild Things*) **Continue** on path to the Carousel.
- 11. Continue** on the path past the right side of the Carousel up the hill to the Spirit of Life statue/pool.
- 12. RIGHT** on path along left side of pool to view the Spirit of Life Statue.
- 13. LEFT** on path out to the park entrance at the corner of E Congress St. and Broadway.
- 14. CROSS** Broadway using crosswalk on your right.
- 15. RIGHT** on Broadway all the way through downtown to Van Dam St.
- 16. Carefully CROSS** Van Dam using crosswalk and **CONTINUE** on Broadway to Greenfield Ave.
- 17. LEFT** on Greenfield to first cross street, Woodlawn Ave. (no street sign)
- 18. RIGHT** on Woodlawn to 1st St.
- 19. LEFT** on 1st St to State St. Note playground on the corner. (*SP: Par for the Course*)
- 20. RIGHT** on State St to beginning of 3rd St. **REFER to CAMPUS Map Inset**
- 21. LEFT** on path into green space. **Continue** on path passing over rock footbridge towards Skidmore College.
- 22. CROSS** over road following path straight ahead keeping pond on left.
- 23.** After passing the pond **bear LEFT** on the path over crosswalk and up the stairs along the right side of the Case Campus Center. (Restrooms are available in the Campus Center.)
- 24. RIGHT** on concourse past Scribner Library on your left and Saisselin Art Building on your right to the curved Filene Music Building. (*SP: Step to the Beat*)
- 25. Bear LEFT** on the path past the Filene Music Building to a crosswalk at a campus roadway.
- 26. CROSS** roadway and continue on sidewalk between the main campus entrance and exit driveways towards Broadway.
- 27. CROSS** then **RIGHT** on Broadway to Greenfield Ave. (street sign on right side of street)

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Saratoga Springs City 10K Walk -- Rated 1B

- 28. **LEFT** onto what is now Rock St. (no street sign) Note the Unitarian Church at this corner.
- 29. **Continue** on Rock St to traffic light at divided highway (US-9/Rt-50).
- 30. **CROSS** divided highway using crosswalk and continue on Rock St to Maple Ave.
- 31. **Carefully CROSS** Maple Ave, then **LEFT** on path which gradually bends to the right and downhill to a parking lot. Be careful on pathway.
- 32. **CROSS** parking lot to High Rock Ave. (no street sign)
- 33. **RIGHT** on High Rock Ave to York St. Note the 9/11 Memorial and natural Springs on right.
- 34. **LEFT** on York St to Henry St.
- 35. **LEFT** on Henry St to McTygue Pl (looks like an alley)
- 36. **RIGHT** on McTygue to Circular St.
- 37. **CROSS** Circular and **continue** on what is now York Ave to Nelson Ave.
- 38. **LEFT** on Nelson to North St.
- 39. **RIGHT** on North St to Warren St.
- 40. **LEFT** on Warren to Avery St.
- 41. **RIGHT** on Avery to East Ave.
- 42. **RIGHT** on East Ave crossing a number of streets to Union Ave. Note Tudor style house at the corner of East Ave and 5th Ave (#44 5th Ave) has gargoyles on its front steps. (SP: *Walking with Wild Things*)
- 43. **RIGHT** on Union to Regent St.
- 44. **LEFT** on Regent to Park Place.
- 45. **RIGHT** on Park Place to Circular St. (no street sign)
- 46. **CROSS** then **LEFT** on Circular St. Note the lovely mansion (Batcheller Mansion) across the street on the corner of Whitney and Circular.
- 47. **Continue** on Circular to Broadway.
- 48. **CROSS** Broadway then **RIGHT** on Broadway back to Start Point at the Visitors Center.

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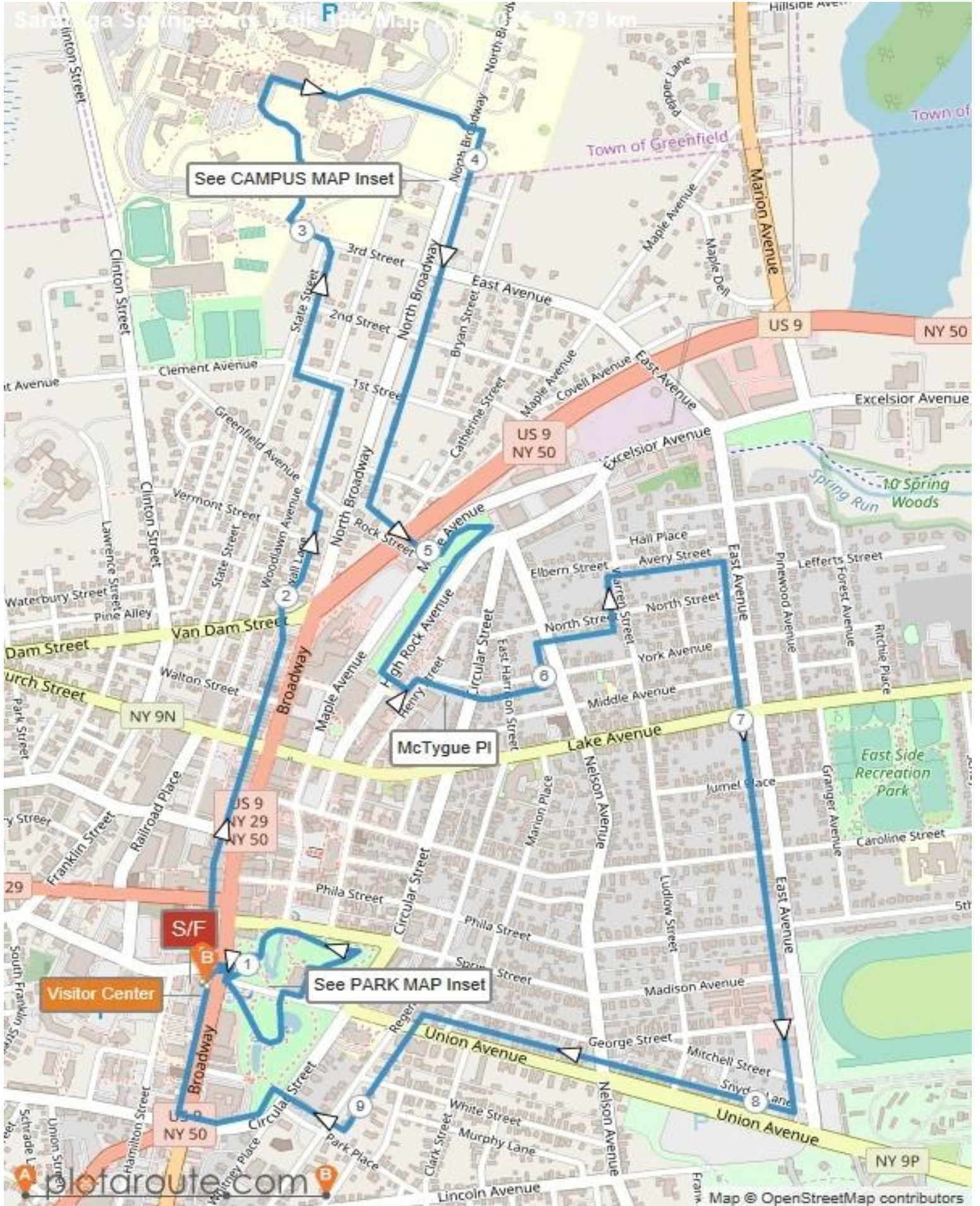
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Saratoga Springs City Walk CAMPUS Map Inset

