

Ames Park Walk IA- Story County
5k Walking Directions- OSB
413 Northwestern Ave, Ames, IA 50010
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Ames is a city in Story County located 30 miles north of Des Moines in central Iowa. It is best known as the home of Iowa State University. Ames also has a beautiful park system with 38 parks and bike trails to enjoy various recreational experiences.

Directions to Start Point: Wheatsfield Co-Op, 413 Northwestern Ave, Ames, IA. From I-35N, Take exit 113 Ames. Turn left onto 220th St this becomes E13th St. Left onto Northwestern—a couple of miles, cross 6th St and continue on Northwestern. Wheatsfield parking lot will be on the right.

Rating: 2B

Restrooms: Restrooms are located at Wheatsfield

Parking: Is available at the start point

Special Programs: Rails to Trails; Little Free Library, Iowa County Walks, Story County

POC Contact: Nora Hudson (515) 230-6313

1. **Starting** from the front doors of Wheatsfield head to the sidewalk and turn left onto Northwestern Ave and walk to 6th Street
2. **Cross 6th** and turn L walk 2 blocks to a streetlight and cross Brookridge Ave and veer right onto a black tarred walkway heading alongside the creek; turn left and cross the bridge into Brookside Park.
3. **R** at the end of bridge go in front of a garden and follow that path to 13th St with a walk light. Cross 13th St walk toward the Furman Aquatics Facility
4. **Pass** the entrance to the pool on your right and continue onto the path slightly left to a T-intersection
5. **R** at the intersection heading up the hill.
6. **R** at the end of path walking--sidewalk curves left and then right. Walk on edge of High School parking lot to Ridgewood Ave.
7. **Cross** Ridgewood Ave and the railroad tracks. You are now on 16th St. Walk one long block
8. **R** at Northwestern Ave to 13th St. At the traffic light cross 13th St
9. **Continue** Northwestern 1 block to 12th St
10. **L** on 12th St; walk 3 blocks
11. **R** on Roosevelt Ave walk several blocks—notice the greenspace home of community concerts during the summer.

12. **R** at 9th St cross Northwestern, the railroad tracks and continue straight--road bends right.
13. **L** at stop sign (cross small triangle median) and follow the curving road which turns into Brookridge Ave. Walk past steps on the right. At Lee St, look left for the faded murals that were painted on the road. Proceed to 6th St
14. **Cross** 6th St immediately
15. **L**; walk 2 blocks up a hill and across bridge
16. **R** onto Northwestern to return to the start point

R= right turn and **L**=Left turn

When using the OSB system Please!

Be sure to log back into the OSB system to "finish/complete" your online registration after doing the event

These walk directions and Maps may only be used in conjunction with a signed American Volkssport athletic waiver. All other uses are prohibited.

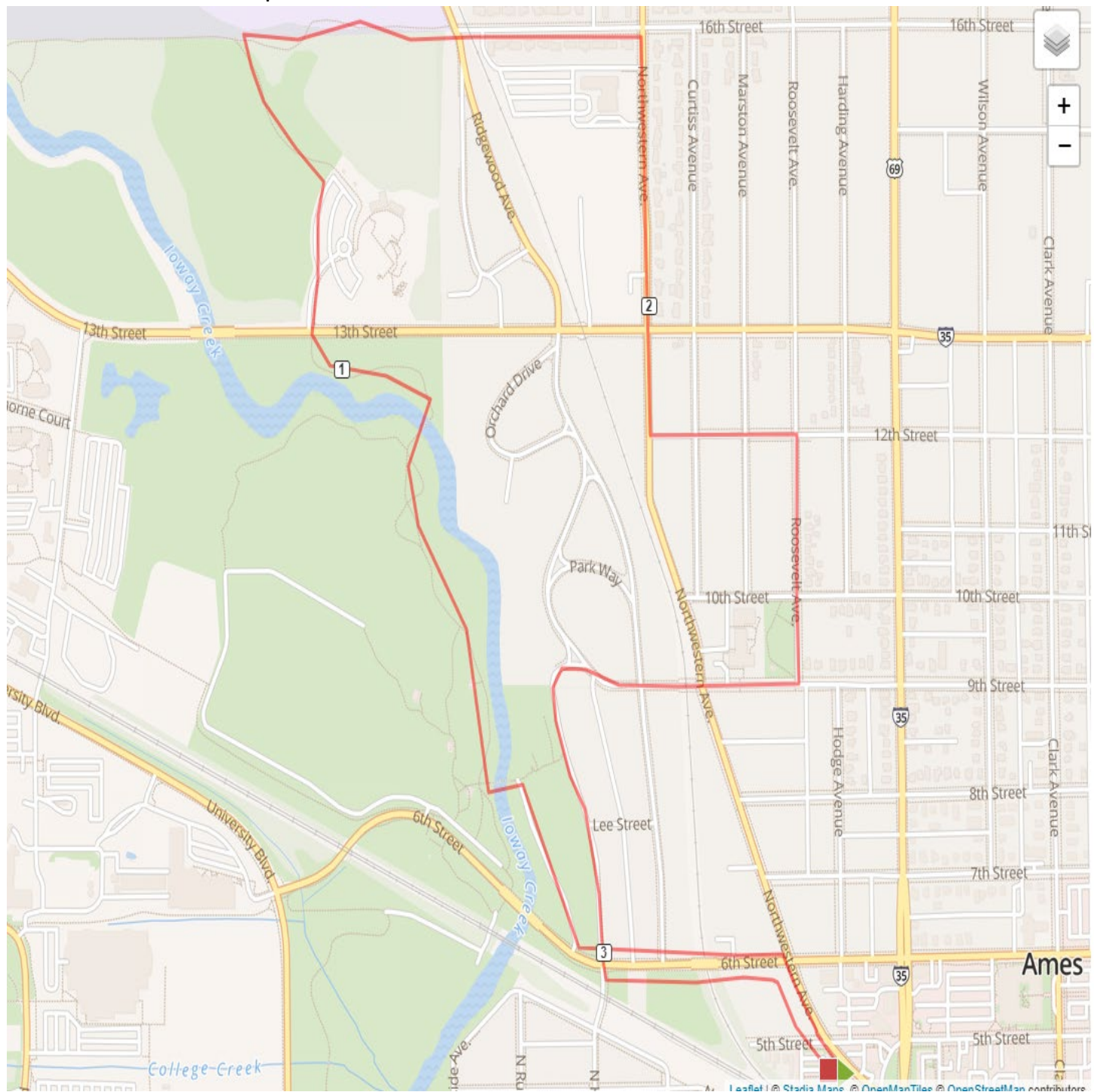


Emergency: Dial 911
POC: Nora Hudson
(515-230-6313)

updated 8/7/22 NH

Please use either the Online Start Box (OSB) or a Physical Start Box (PSB) to register and complete the event. DO NOT mix and match, for example, registering using the OSB, then signing in on the PSB log sheet.

Ames Park 5k walk Map –



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Ames 10K Walk IA- Story County
OSB Walking Directions
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***Directions for 10 K Ames City and ISU
Walk (updated 5/30/2022 by Nora
Hudson)***

Ames was established in 1864 named after Oakes Ames, a U.S. Congressman and it served as the westward-bound Cedar Rapids and Missouri River Railroad.

1. Leaving Wheatsfield CO-Op parking lot turn left onto Northwestern Ave, head north to 6th Street
2. At 6th street turn left walking 3 blocks passing Brookside park on your right and a skate park on left, next intersection is University Blvd
3. Cross University Blvd and continue straight ahead on the bike path. Soccer fields on the left and bus barn on the right.
4. At the end of the bike path near the power plant on the right veer right and follow the sidewalk to Wallace Rd.

Henry A. Wallace graduated Iowa State College in 1910. His agricultural experiments led to higher yielding hybrid corn plants and a profitable business. After two terms as Secretary of Agriculture, Wallace was FDR's Vice President 1941-1945.

5. Cross Wallace Rd and continue straight on a walkway between two buildings and stay on the path to the right.
6. At the next road, turn left past the Food Sciences Bldg on the left then at the East Hall sign turn right crossing the street heading toward a curved walkway going behind a building and past a big tree on the right.

7. At the y go left behind a yellow building which is the Sloss House and continue straight on this walkway toward the tall Campanile with the clock.

Iowa State University has nationally recognized programs in the physical sciences and engineering. John V. Atanasoff invented the electronic digital computer at ISU in the late 1930.

8. Continue past the Campanile to the second sidewalk and turn left to the Memorial Union. walking around the four seasons fountain to the north entrance of the building.

*You may enter this door to the **Veterans Memorial Hall**. (The Union has refreshments and rest rooms.)*

9. As you exit the Union from the same door, take a minute to enjoy the fountain of four seasons and the Campanile. Turn right and walk toward the road then turn right heading down hill toward a bridge over college creek.

10. Walk across the bridge and turn right at the walking path which goes along the creek ending at Lincoln way.

11. Cross Lincoln Way and head onto Ash Ave and continue two blocks to Sunset Drive.

12. Left on Sunset Dr, passing the Delta Delta Delta Sorority on your right.

13. Walk 1/4 block and then follow Pearson Ave to the right for a short distance past Delta Zeta sorority on the left.

14. Left at the next street (Greeley St) and walk east along the right sidewalk with houses on your right.
15. Cross Beach Ave and then an immediate right crossing Center St. Continue straight ahead on Beach Ave past the Alumni Center.
16. Continue on Beach Ave, crossing South 4th Street
17. Just past McCarthy Rd (sign on the right) you will come to a Y. Veer left at the Y and walk downhill to the entrance to Reiman Gardens. *The Butterfly Conservatory is special. Take some time to enjoy the Reiman Gardens. (fee)*
18. On exiting the gardens, turn right and follow the sidewalk to the right and at the second crosswalk. Cross over to the small park with an art structure in the center, walk ½ way around the circle path and exit toward the Reiman Garden Sign, then turn left and take the side road with parking lots on the left.
19. Walk past several parking lots till you come to the stop sign and turn right onto 4th street.
20. At University Blvd stoplight cross 4th St. and then cross University Blvd with park on left.
21. Continue walking on 4th St. past the small parking lot to the park entrance with a playground.
22. Cross the bridge and continue along 4th St. You will pass O'Neil Park, walk 2 blocks to cross Grand Ave walking behind Hy-Vee on the left.
23. One block after passing Hy-Vee, cross Walnut St and turn left and walk one block.
24. Cross 2nd St and turn right and cross three streets till you get to Duff
25. Go left on Duff crossing Lincoln Way heading toward Kum and Go, Restrooms available
26. After exiting Kum & Go, turn left on Duff Ave. passing *the Dutch Oven Bakery on left. Then crossing railroad tracks you will pass Bandshell Park on the right and enter the historic Old Town District.*
27. Continue walking on Duff crossing 6,7 and 8 street (For historical information about house styles and their owners see the backside of the Map)
28. Left on 9th St. for one block and then left on Douglas Ave.
29. Cross 6th St and turn right. *(Rest rooms and water in library on the left.)*
30. Left on Kellogg Ave.
31. Turn right on Main St. *You will pass the historic railroad depot now housing Cornbred BBQ on the left.*
32. Continue on Main St. Stay on the upper level walking across the bridge over Grand Ave; Main St becomes Northwestern Ave.
33. Wheatsfield is on left for the finish of the 10k Congratulations. We hope you have enjoyed the volksmarch through Ames.
34. Interactive Map:
www.plotaroute.com/route/1299002



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