

Little Rock, AR Year-Round (Capital) Walk – 11 K
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This map and directions may only be used in conjunction with a signed American Volkssport Association (AVA) athletic waiver. All other uses are prohibited.

START/FINISH POINT: Curran Hall Visitor's Center & Quapaw Quarter Assn – 615 E Capitol Ave, Little Rock, AR 72202

From N, take I-30 to downtown. **Exit 140b** to 6th. **Turn right** on 6th to parking lot behind Curran Visitor's Center. From S, **exit 140**, follow I-30 frontage rd to left on 9th. **Turn right** on Ferry and **turn left** on 6th to parking lot behind Curran Visitor's Center on the right (free parking). For Center info: (501)371-0076 or Email: RWilliams@quapaw.com.

AVA Special Programs: Border Crossings; Bridges – Spanning the USA; Doin' the Louisiana Purchase; Make a Wish at a Water Fountain; State Capital; Take a Walk in a City Park; Walking America's Ports of Call



In case of emergency, dial 911. For an AVA administrative issue, contact the SC Regional Director (Lucy) at 913.250.0866.

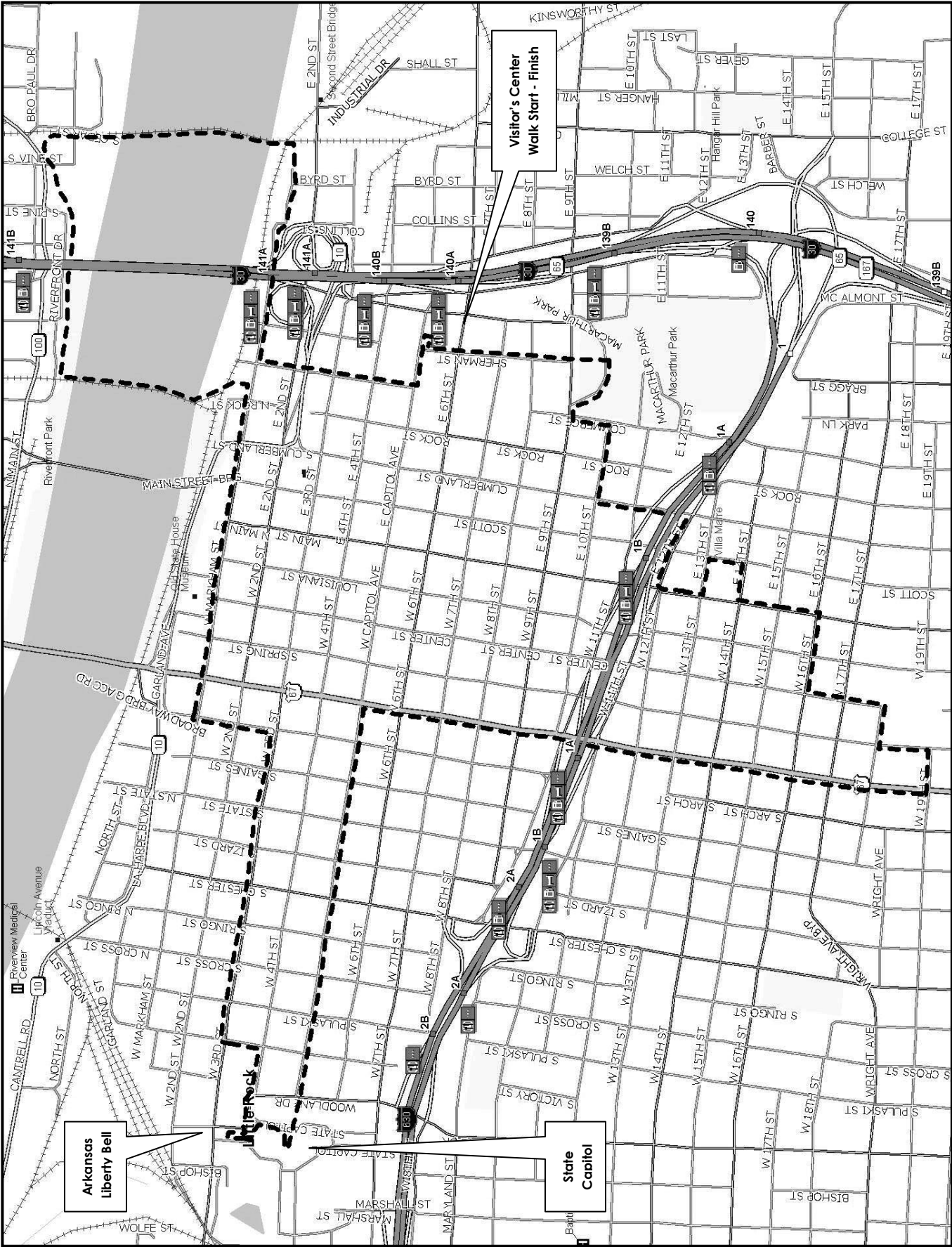
1. Exit **front** door of Visitor's Center and turn **left** (west) for 1½ blocks on Capitol (no sign) to River Market Dr. (Leaving the Quapaw Indian Nation Visitor's Center constitutes a Border Crossing.)
2. **Right** (north) on River Market for 4 blocks to President Clinton Ave.
3. **Right** on President Clinton Ave and walk to Clinton Presidential Library. Open 9-5 Mon-Sat with a fee.
4. Take the Pedestrian Bridge by the library and **cross** the Arkansas River.
5. Turn **left** at the end of the bridge and **follow** the walkway to the bicycle trail that enters the river park area on your left (first entrance).
6. **Follow** the bike trail passing **under** the highway bridge. After passing under the pedestrian bridge, turn **right** and go to the blue stairs that lead to the pedestrian bridge.
7. **Cross** the Arkansas River by way of the bridge (take the elevator or stairs up to the crossing level, then back down)
8. After leaving the pedestrian bridge, walk straight **through** the River Market (**restrooms**) to President Clinton Ave and turn **right** to Arch St.
9. **Left** on Arch to 3rd St.
10. **Right** on 3rd to Victory St.
11. **Left** on Victory to 4th St.
12. **Right** on 4th to the State Capitol grounds. Continue walking **straight** until you come to the plaza where the Arkansas Liberty Bell is located. Also note statue of the Little Rock Nine, a Civil Rights Memorial.
13. **Turn around** and walk to front of the Arkansas State Capitol building.
Checkpoint: What is the color of the Capitol's main doors?
14. **Enter** the Capitol through the tunnel entrance. Go to the third floor to view the murals.
15. **Retrace** your steps to the front of the Capitol and proceed **down** Capitol Ave to Broadway.
16. **Right** on Broadway. Continue on Broadway and **cross** the Interstate overpass to 19th St.
17. **Left** on 19th to Spring St. This is the Governor's Mansion Historic District.
18. **Left** on Spring to 18th St.
19. **Right** on 18th.
20. **Continue** on 18th to the front gate of the Governor's Mansion at 1800 Center St.
21. From the Mansion, **continue** on Center St to 16th St.
22. **Right** on 16th to Main St.
23. **Left** on Main to Daisy Bates Dr.
24. **Right** on Daisy Bates Dr to Scott St.
25. **Left** on Scott. At this corner you will see the house pictured on the "Designing Women" TV series. **Continue** to 13th St E.
26. **Left** on 13th St E to Main St.

27. **Right** on Main St to 12th St.
28. **Right** on 12th to Cumberland St.
29. **Left** on Cumberland and **cross** the Interstate overpass here.
30. **Right** on 10th St E to Commerce St.
31. **Left** on Commerce to 9th St E.
32. **Right** on 9th St. E. **Immediate right** on circle drive passing MacArthur Museum of Arkansas Military History and the birthplace of Gen. Douglas MacArthur. The Arkansas Korean War Veterans Memorial is at the far end of the museum.
33. With your **back** to the museum, choose any path leading **across** lawn back to 9th St. **toward** Fire Station 2 and Edward's Catholic Church (built in 1901).
34. **Cross** 9th carefully to Sherman St.
35. **Follow** Sherman St. to Capitol Ave.
36. **Right** on Capitol to Visitor's Center.

CONGRATULATIONS! On finishing your 11 KM volkssporting event! Don't forget to return to the Online Startbox to check-in as complete and get your AVA/IVV stamped Insert Card for this event!

This walk is currently sponsored by the South Central Region of the AMERICAN VOLKSSPORT ASSOCIATION.

Little Rock, AR Year-Round Event – 11K
SC REGION – Online Startbox 1 January 2019



Little Rock, AR Year-Round (Capital) Walk – 5 K
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1. Exit **front** door of Visitor's Center and turn **left** (west) on Capitol (no sign) to Main St. (Leaving the Quapaw Indian Nation Visitor's Center constitutes a Border Crossing.)
2. **Right** on Main to Markham St.
3. **Left** on Markham (President Clinton Ave) to Arch St.
4. **Left** on Arch St to 3rd St.
5. **Right** on 3rd to Victory St.
6. **Left** on Victory to 4th St.
7. **Right** on 4th to the State Capitol Grounds.
Continue walking **straight** until you come to the plaza where the Liberty Bell is located. Also note the statue of the Little Rock Nine, a Civil Rights Memorial.
8. **Turn around** and walk to the front of the Arkansas State Capitol Building. **Checkpoint:** What is the color of the Capitol's main doors?
9. **Enter** the Capitol through the tunnel entrance.
Go to the third floor to view the murals.
10. **Retrace** your steps to the front of the Capitol.
11. Make a slight **right**. Continue on Capitol Ave to the Visitor's Center.

CONGRATULATIONS! On finishing your 5 KM volkssporting event! Don't forget to return to the Online Startbox to check-in as complete and get your AVA/IVV stamped Insert Card for this event!

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