

## Troy NY, Walks

There are two walks available. The 5K walk and 10K walk are both rated **1A**.

**Starting Point:** Best Western Plus - Franklin Square Inn & Suites  
One Fourth Street  
Troy, NY 12180

Phone: 518-274-8800

The hotel is open dawn to dusk. Park towards the back of the hotel parking lot, adjacent to River St. On weekends and holiday free parking is available in the lot on the corner of Federal St. and 4<sup>th</sup> St across from the front of the hotel. A restroom is available at the Start Point. Restaurants and shopping are available in the business district of Troy, near the Start Point.

**DIRECTIONS TO START:** Troy is located in eastern New York State, approximately 6 miles north of Albany and on the opposite (East) side of the Hudson River.

**From the North:** I-87(Adirondack Northway) South to Alternate 7 East. Stay right over the Collar City Bridge. Take the 1<sup>st</sup> ramp to Troy-Downtown. At end of the ramp turn right onto Hutton. Go 2 blocks and turn left onto River Street. Continue past the traffic light. The rear driveway entrance to the Franklin Square Inn & Suites is almost immediately on the left.

**From the South:** NYS Thruway North to Exit 23. Take I-787 North to Exit 8 - 23rd Street, Watervliet, Green Island. Turn right at the traffic light and take next right over Bridge. At the traffic light turn right onto River Street. The rear driveway entrance to the Franklin Square Inn & Suites is almost immediately on the left.

**From the East:** I-90 East to I-787 North (Troy). Follow directions from the South.

**From the West:** I-90 West to I-787 North (Troy). Follow directions from the South.

**Course Description:** Both walks are **rated 1A**. The land on which Troy was established was originally purchased by Kiliaen van Rensselaer and was deeded over several transactions to become the patroonship of Rensselaerwyck. The city of Troy was established in January 1789 from the farm of Jacob D Van der Heyden. Both trails follow city streets; the 5K includes many of the 10K highlights. Walkers pass Rensselaer Polytechnic Institute (RPI), the business district, antique district, many historical homes, Russell Sage College, monuments, the Congress St Bridge, through a section of Watervliet, the Green Island Bridge, which is a former railroad bridge, and follows some of the shoreline of the Hudson River.

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

For immediate emergency assistance call **911**.

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Website: [www.walkescv.org](http://www.walkescv.org)

## Troy, NY 5K Walk

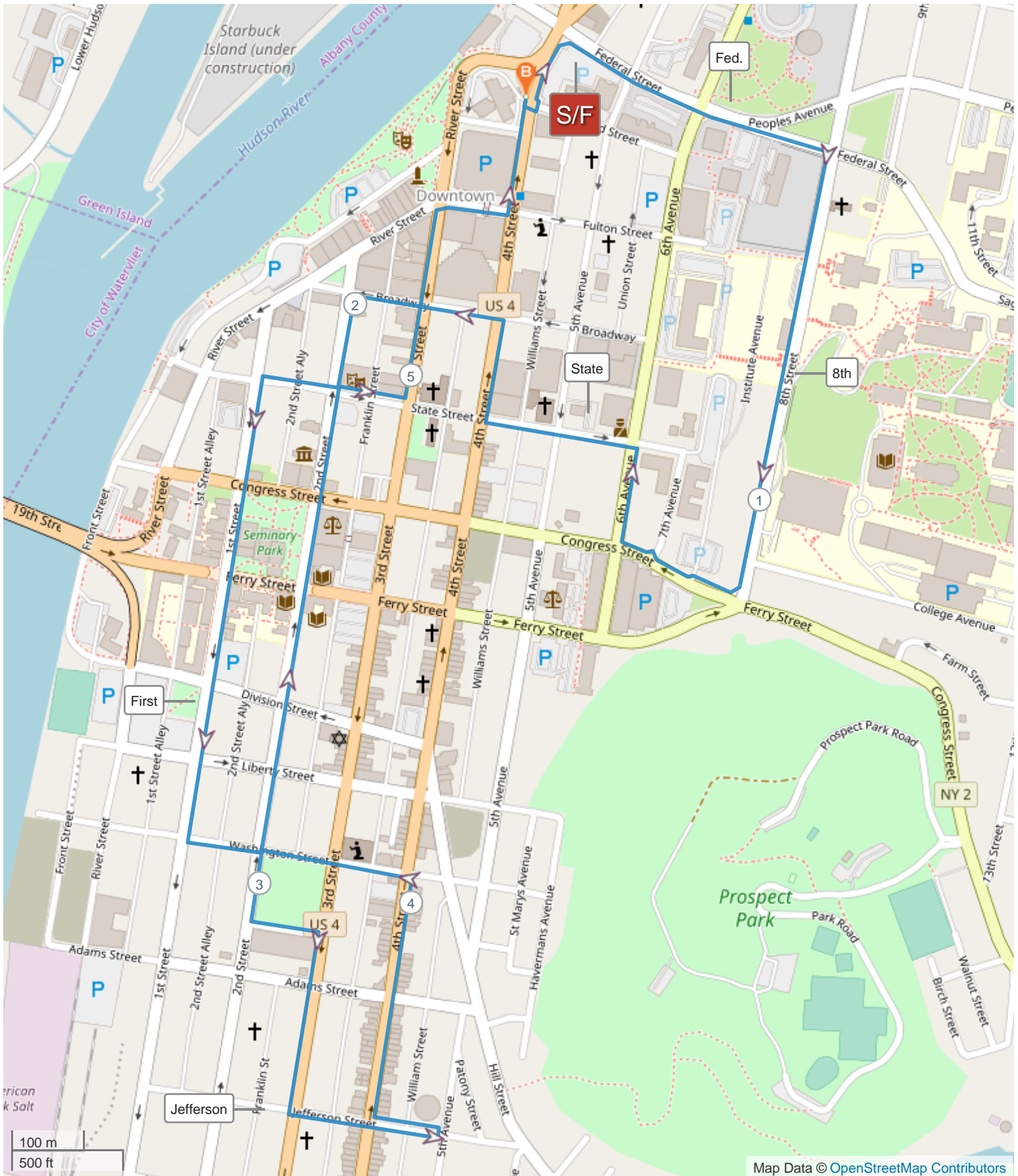
1. **EXIT** Franklin Inn at the front door and turn right. Walk to opening in the fence and cross 4<sup>th</sup> St using the cross walk. Immediately turn...
2. **LEFT** to cross Grand St. Walk one block to Federal St.
3. **RIGHT** on Federal. Cross 5<sup>th</sup> and 6<sup>th</sup> and continue up the hill to 8<sup>th</sup> St.
4. **RIGHT** on 8<sup>th</sup> St. (Buildings on left are Rensselaer Polytechnic Institute or RPI as it is called today. EMPAC—Experimental Music and Performing Art Center is the modern building). Walk to Congress St.
5. **RIGHT** on Congress St. Walk to the driveway to county offices. Note the Memorial Plaque to 9/11, then walk to 6<sup>th</sup> Ave.
6. **RIGHT** on 6<sup>th</sup> Ave. and walk to and **cross** State St.
7. **LEFT** on State St. Pass the Police Station and walk to 4<sup>th</sup> St.
8. **RIGHT** on 4<sup>th</sup> St. Note Proctor’s Theater which opened in 1914 as a vaudeville theater. Walk to Broadway.
9. **LEFT** on Broadway to 2<sup>nd</sup> St.
10. **LEFT** on 2<sup>nd</sup> St. and walk one block to State St. Note Troy Music Hall completed in 1875. (Step to the Beat)
11. **RIGHT** on State St. and walk one block to 1<sup>st</sup> St. Note on the corner a small bronze plaque marking the Underground Railroad site commemorating the rescue of Charles Nalle. (Anniversary Hurrah!)
12. **LEFT** on 1<sup>st</sup> St. Continue on 1<sup>st</sup> St. for several blocks through Russell Sage College to Washington St. As you pass St John’s Church, note its Tiffany Windows. **Cross** Washington St.
13. **LEFT** on Washington St and walk one block to 2<sup>nd</sup> St. **Cross** 2<sup>nd</sup> St.
14. **RIGHT** on 2<sup>nd</sup> St. Walk along Washington Park (park is privately owned by the residents of surrounding this area), to the end of the park at Washington Pl.
15. **LEFT** at end of park onto Washington Pl.
16. **RIGHT** onto 3<sup>rd</sup> St. and walk to Jefferson St. **Cross** Jefferson St.
17. **LEFT** on Jefferson St. and walk two blocks to 5<sup>th</sup> Ave.
18. **LEFT** to **cross** Jefferson St. and walk towards the round building. A historical marker is near the building.  
*This large, round brick building with a domed roof and cupola was built to house coal gas in 1873 by the Troy Gas Light Company. Called the Gasholder Building, it’s a landmark from Troy’s Industrial Age.*
19. **LEFT** as you face the building to return to 4<sup>th</sup> St.
20. **RIGHT** on 4<sup>th</sup> St and walk two blocks to Washington St.
21. **LEFT** on Washington St., passing the former St Mary’s Church, to 2<sup>nd</sup> St.
22. **RIGHT** on 2<sup>nd</sup> St. Walk several blocks to State St. Look for the Troy Public Library (if open, go inside to see the Tiffany windows and there are RESTROOMS). Pass the Rensselaer County Courthouse. Cross State St.
23. **RIGHT** onto State St. (note the Troy Music Hall over the bank), walk to 3<sup>rd</sup> St.
24. **LEFT** onto 3<sup>rd</sup> St., staying on the left side, and walk to Fulton St.
25. **RIGHT** onto Fulton, cross 3<sup>rd</sup> St., pass the remains of the parking garage, and continue to 4<sup>th</sup> St.
26. **LEFT** onto 4<sup>th</sup> St. the Best Western Inn is soon on the left.

<b>SPECIAL PROGRAMS</b>		
Walking with America’s Veterans	Step to the Beat	Anniversary Hurrah!

## Troy, NY 5K Walk

**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.

# Troy 5k Map



## Troy, NY 10K Walk

- 1. EXIT** Franklin Inn at the front door and turn right. Walk to opening in the fence and cross 4<sup>th</sup> St. using the cross walk. Immediately turn...
- 2. LEFT** to cross Grand St. Walk one block to Federal St.
- 3. RIGHT** on Federal. Cross 5<sup>th</sup> and 6<sup>th</sup> and continue up the hill to 8<sup>th</sup> St.
- 4. RIGHT** on 8<sup>th</sup> St. (buildings on left are Rensselaer Polytechnic Institute or RPI as it is called today. EMPAC—Experimental Music and Performing Art Center is the modern building). Walk to Congress St.
- 5. RIGHT** at Congress St. Walk to the driveway to county offices. Note the Memorial Plaque to 9/11, then walk to 6<sup>th</sup> Ave.
- 6. RIGHT** on 6<sup>th</sup> St. and walk to and cross State St.
- 7. LEFT** on State St. Pass the Police Station and walk to 4<sup>th</sup> St.
- 8. RIGHT** on 4<sup>th</sup> St. Note Proctor's Theater which opened in 1914 as a vaudeville theater. Walk to Broadway.
- 9. LEFT** on Broadway to 2<sup>nd</sup> St.
- 10. LEFT** on 2<sup>nd</sup> St. and walk one block to State St. Note Troy Music Hall completed in 1875.
- 11. RIGHT** on State St. and walk one block to 1<sup>st</sup> St. Note on the corner a small bronze plaque marking the Underground Railroad site commemorating the rescue of Charles Nalle. (*Anniversary Hurrah!*)
- 12. LEFT** on 1<sup>st</sup> St. Continue on 1<sup>st</sup> St. for several blocks through Russell Sage College to Washington St. As you pass St John's Church, note its Tiffany Windows. Cross Washington St.
- 13. LEFT** on Washington St. and walk one block to 2<sup>nd</sup> St. **Cross** 2<sup>nd</sup> St.
- 14. RIGHT** on 2<sup>nd</sup> St. Walk along Washington Park (park is privately owned by the residents of surrounding this area), to the end of the park at Washington Pl.
- 15. LEFT** at end of park onto Washington Pl.
- 16. RIGHT** onto 3<sup>rd</sup> St. and walk to Ida St.
- 17. LEFT** to **cross** 3<sup>rd</sup> St. and walk on Ida St to 7<sup>th</sup> Ave.
- 18. LEFT** on 7<sup>th</sup> Ave. to Hill St.
- 19. LEFT** on Hill St. to Jefferson St.
- 20. LEFT** on Jefferson St. to the round building on the corner of Jefferson and 5<sup>th</sup> Ave. Note the distinctive building with the historical marker nearby.  
*This large, round brick building with a domed roof and cupola was built to house coal gas in 1873 by the Troy Gas Light Company. Called the Gasholder Building, it's a landmark from Troy's Industrial Age.*
- 21. LEFT** as you face the building to return to 4<sup>th</sup> St.
- 22. RIGHT** on 4<sup>th</sup> St. and walk two blocks to Washington St.
- 23. LEFT** on Washington St., passing the former St Mary's Church, to 2<sup>nd</sup> St.
- 24. RIGHT** on 2<sup>nd</sup> St. Walk several blocks to State St. Look for the Troy Public Library (if open, go inside to see the Tiffany windows and there are RESTROOMS). Pass the Rensselaer County Courthouse. **Cross** State St.
- 25. RIGHT** onto State St. (*Note the Troy Music Hall over the bank, Step to the Beat*), walk to 3<sup>rd</sup> St.
- 26. LEFT** onto 3<sup>rd</sup> St. staying on the left side, and walk to Fulton St.
- 27. LEFT** onto Fulton and **cross** River St.
- 28. LEFT** to walk on River St. Pass Monument Square and Veterans Memorial (*Walking With America's Veterans*), the Old City Hall site and through the Antique District. Note the architecture of the buildings. Continue to the Congress St Bridge.
- 29. RIGHT** onto the bridge over the Hudson River to Watervliet at 2<sup>nd</sup> Ave.

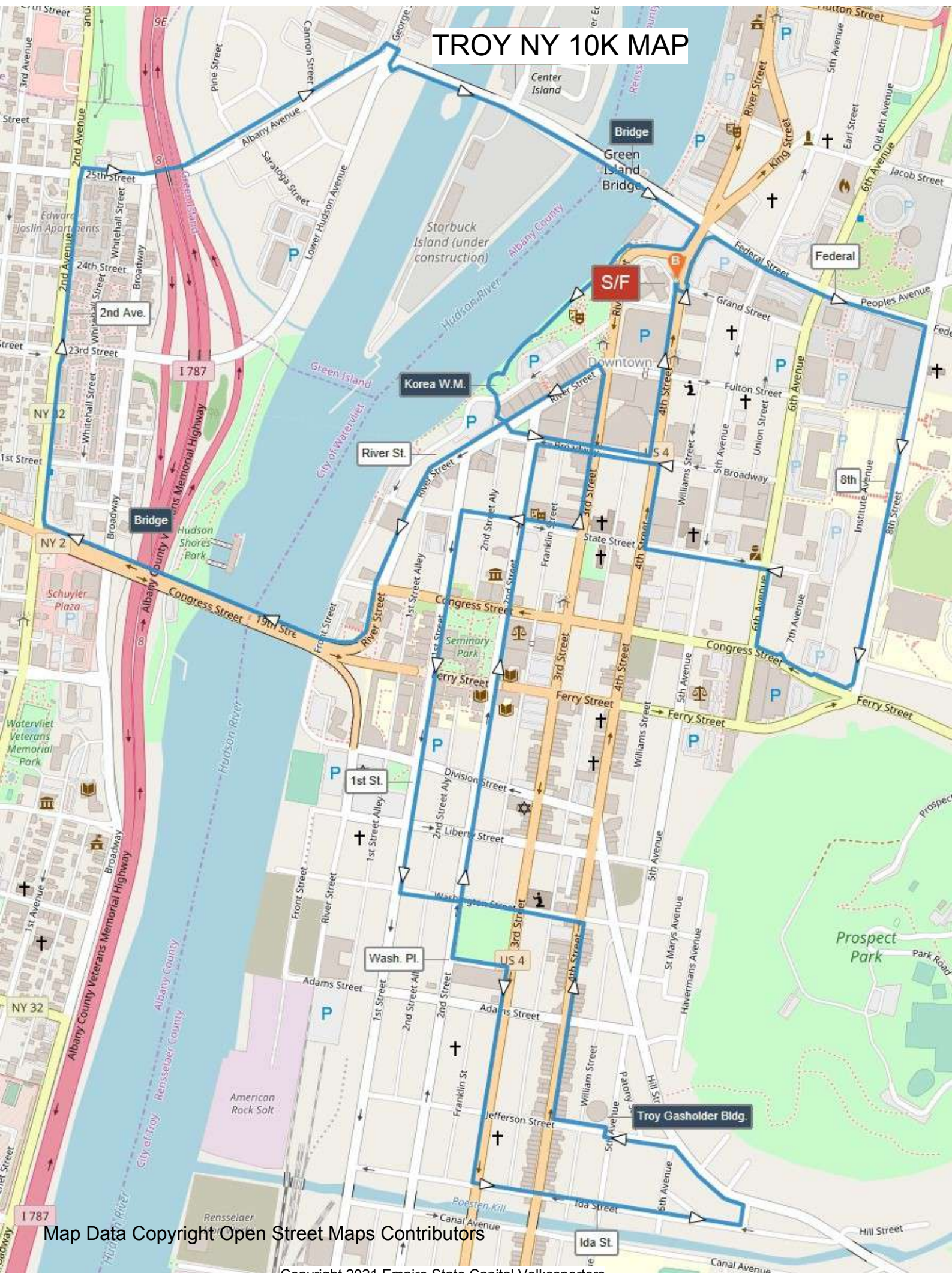
## Troy, NY 10K Walk

- 30. RIGHT** on 2<sup>nd</sup> Ave. and continue to 23<sup>rd</sup> St.  
Note the historical marker. Continue on 2<sup>nd</sup> Ave. to 25<sup>th</sup> St.
- 31. RIGHT** onto 25<sup>th</sup> St. Walk a short way on the grass and walk under I-787 onto Green Island. Note: 25<sup>th</sup> St. is now Albany Ave.
- 32. CONTINUE** on Albany Ave. to a traffic light and a building with the GRIMM sign. Using the various crosswalks on this corner, **cross** to the right side of the Green Island Bridge.
- 33. LEFT** on sidewalk to cross 2 spans of the Green Island Bridge to return to Troy. While on the bridge, look to the left to see the Collar City Bridge and the Federal Dam. Look to the right to see the Congress St Bridge.
- 34. RIGHT** at the end of bridge to follow the walkway around Dinosaur BBQ to the right. Use the walkway keeping the Hudson River on the right.
- 35. PASS** the Amphitheatre on the left. Circle counterclockwise around the Rensselaer County Korean War Memorial (1953), to keep it on the left. (*Walking with America's Veterans*) Remain on the sidewalk near the road. Look for and climb the first set of stairs to the right.
- 36. LEFT** at the top of the stairs (this is River St.) and walk to the traffic light.
- 37. LEFT** to **cross** River St. onto Broadway.  
Walk two blocks to 4<sup>th</sup> St.
- 38. LEFT** on 4<sup>th</sup> St. and return to the Franklin Inn.

SPECIAL PROGRAMS		
Walking with America's Veterans	Step to the Beat	Anniversary Hurrah!

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# TROY NY 10K MAP



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