

**QUINCY – AGRICULTURAL TOWN – SEASONAL WALK
5K AND 10K EVENT Y1543**

Grant County, Washington

**5K is rated 1A. 10K is rated 1B due to walking a short distance
(400 feet or 0.1K) on the gravel shoulder of the highway**

Central Washington Sun Striders

This On-line Start Box packet contains the following 4 pages of information:

1. This information page.
2. Driving Directions to the walk start and Walk Directions for both the 5K and the 10K (one page).
3. A map for the 5K (one page).
4. A map for the 10K (one page).

Thanks for participating and we hope you enjoy your walk in this agricultural community.

POC: J. Blazek

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QUINCY, WA. - 5K & 10K SEASONAL WALKS Y1543
CENTRAL WA. SUN STRIDERS - 5K RATED 1A - 10K RATED 1B

Driving Directions to Start Point

N47° 14' W119° 51'

Eastbound on I-90, take Exit 149. Westbound on I-90, take Exit 151. Go north on SR 281 to stop light in Quincy. Turn left on SR 28 and go 1 ½ blocks to Harvest Foods/Akins Fresh Market on left at 106 "F" Street SW, Quincy, WA. 98848. Restrooms are available in the market. Other restrooms in the parks may or may not be open.

Both 5 km and 10 km start together. Do 1 - 19:

1. Exit store facing "F" St (Hwy 28). Turn **RIGHT** on the sidewalk to Central Avenue and the traffic light.
2. Turn **LEFT** on Central and **CROSS** "F" St (Hwy 28).
3. Turn **LEFT** on C St. SW. (*Post Office*).
4. Turn **LEFT** on 3rd Ave SW at the "T".
5. Turn **RIGHT** on "F" St (Hwy 28) at the stop sign.
6. Turn **RIGHT** at museum sign and follow sidewalk to the old church.
7. Turn **AROUND** and return to the museum sign.
8. Turn **LEFT** along Hwy 28.
9. **CROSS** 3rd Ave SW (no sign - Les Schwab on corner) and turn **LEFT** on 3rd.
10. **CROSS** and turn **RIGHT** on D St. SW.
11. Turn **LEFT** on 2nd Ave SW.
12. Turn **RIGHT** on B St. SW. **CROSS** Central Ave.
City Hall 104 "B" St.
13. Turn **RIGHT** on 4th Ave SE to C St. SE.
14. Turn **RIGHT** on C St. SE to Central Ave.
15. Turn **LEFT** on Central Ave to D St. SE.
16. Turn **LEFT** on D St. SE to 2nd Ave SE.
17. Turn **RIGHT** on 2nd Ave SE to "F" St. *Vets Mem.*
18. Turn **LEFT** on "F" St. to 3rd Ave SE.
19. Turn **RIGHT** and **CROSS** "F" St.

For 5K do 20 - 24. For 10K do 25 - 47.

20. Turn **RIGHT** on "F". You will **CROSS** Central Ave.
21. Turn **LEFT** on 1st Ave. SW.
22. Turn **RIGHT** on "I" St. SW.
23. Turn **RIGHT** on 2nd Ave. SW.
24. Turn **RIGHT** on "F" St (Hwy 28) and return to the start/finish point.

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Thank you for walking our Quincy walk.

The walk directions and map may only be used in conjunction with a signed AVA athletic waiver. All other uses are prohibited.

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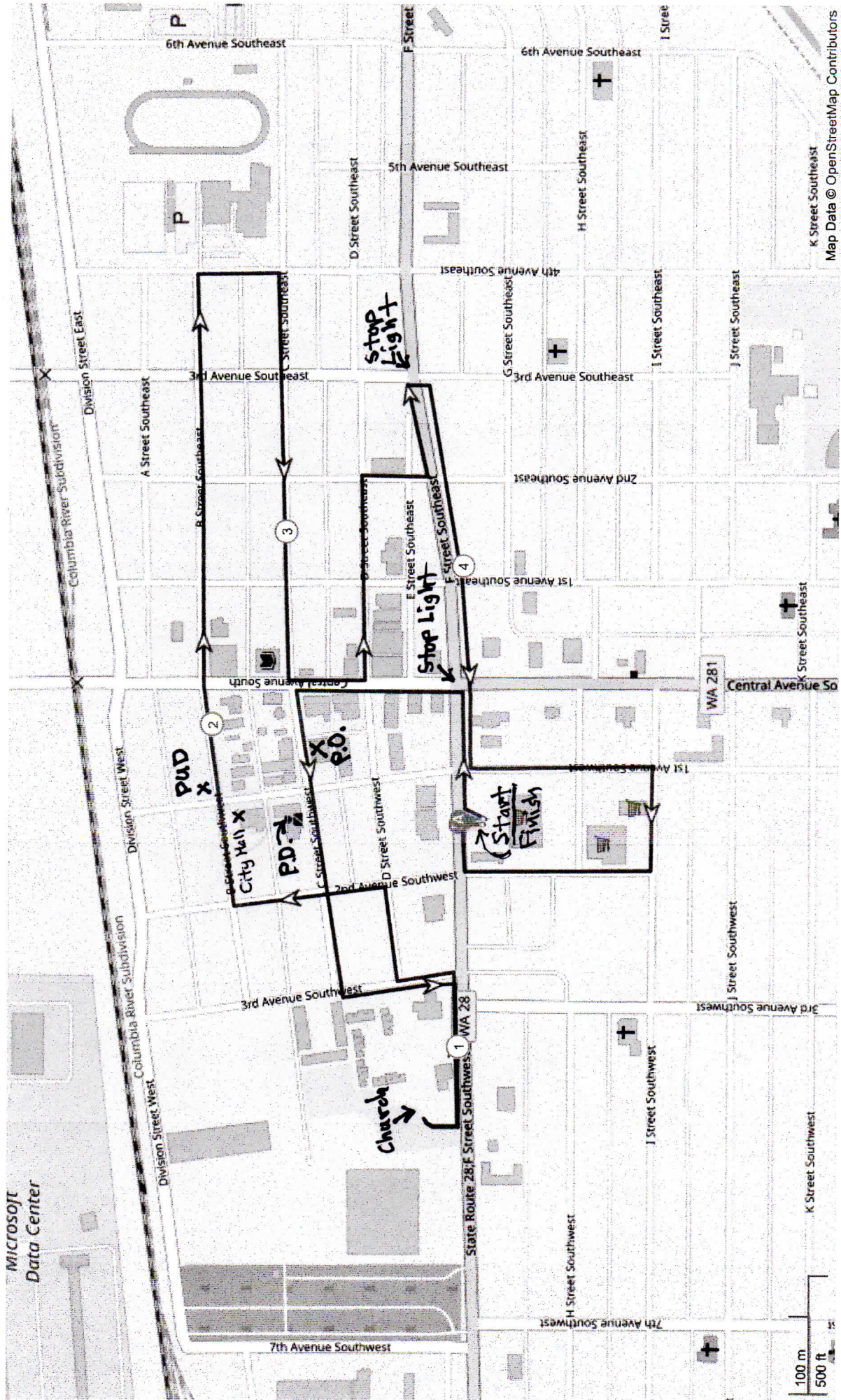
If there is an Emergency, call: 911

25. Continue **STRAIGHT** on 3rd Ave SE.
26. Turn **LEFT** on G St. SE. It will **ANGLE LEFT**.
27. Turn **RIGHT** on "F" St. SE (Hwy 28). Walk carefully on the shoulder of the highway.
28. At sign that reads "East Park Aquatic Center", turn **RIGHT** into parking lot. Walk through parking lot past playground and Aquatic Center.
29. Look for opening in left-hand corner of fence and **PROCEED** into small city park.
30. **Continue** on gravel path to the **right** of restrooms, then through parking lot to residential street (no sign).
31. **FOLLOW** sidewalk to corner of 6th Ave. and "I" St. Continue **STRAIGHT** ahead on "I" St. to 4th Ave SE.
32. Turn **LEFT** on 4th Ave to L St. SE.
33. Turn **RIGHT** on "L" to 2nd Ave SE. (stop sign)
34. Turn **RIGHT** on 2nd to K St. SE.
35. Turn **LEFT** on "K" one block to 1st Ave. SE.
36. Turn **RIGHT** on 1st to H St. SE.
37. Turn **LEFT** on "H" to Central Ave.
38. Turn **RIGHT** on Central Ave. to "F" Street.
39. Turn **LEFT** and **CROSS** Central Ave.
40. Turn **LEFT** on 1st Ave SW.
41. Turn **RIGHT** on M St. SW.
42. Turn **RIGHT** on 7th Ave SW.
43. Turn **LEFT** on L St. SW.
44. Turn **RIGHT** on 10th Ave. SW.
45. Turn **RIGHT** on H St. SW.
46. Turn **LEFT** on 7th Ave SW.
47. Turn **RIGHT** on "F" St. SW (Hwy 28) and return to the start/finish point.

Be sure to log back into the OSB system (my.ava.org) to finish/complete your online registration after doing the walk. The OSB system does not deduct any walking fee from a walker's event bank until they have submitted walk completion info including the date the event was walked, the distance walked, and the selection of applicable special programs that walker 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 walker's Event Bank when he/she submits the walk completion info as a paying for credit walker.) The \$2 "coupon" for the downloaded PDF expires in 60 days.

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Quincy 5K



2022

