

AVA: America's Walking Club

Twin Cities Volkssports

Hopkins MN (9Mile Creek Regional Trail) Seasonal Volksmarch 2021



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —



**Hopkins & Edina
9-Mile Creek Trail
28k in 5 segments**


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Walk Concept

This walk is a multi-segment walk. The concept is that you park your vehicle at one of many different points along the trail. You then walk out-and-back along one segment of the trail. When you have walked as many segments as you chose, you then go to my.ava.org and "finish" the walk, entering the total number of kilometers you have walked.

Emergency Note




In case of Emergency: Dial 911
 Event related assistance:
 Paul Stachour 952-884-5977
 Val Stachour, 612-895-7790
 Ken Johnson, 651-774-9607
 Butch Spaulding, 712-322-2797



Waiver Notice

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

Dates: 2021-Apr-01. 2021-Sep-30
 City/State: Hopkins, Minnesota
 Event-Name: 9-Mile Regional Trail Seasonal in Hopkins MN
 Event-Type: Walk
 Event-Id: 118599 - 2021/ Y2829
 Distance - Trail ratings: 1A through 2A
 Description: Walk on the Three Rivers 9-Mile Regional Trail in the cities of Hopkins and Edina Minnesota.
 Awards & Fees: IVV Credit only, \$3.00; Non-Credit \$2.00, B-award \$4
 Special Programs: MN Counties: Hennepin County, MN
 Cities A-Z= H (Hopkins), Lakes & Rivers, Parks
 Amenities:

Strollers (easy) & Wheelchairs (medium)
 Pets: Pets on leash OK
 Restrooms: Various locations along walk. See  icon.
 Start/Finish times: 7a.m. to 8p.m. daily during daylight
 Start/Finish Location: Various, see parking location maps.
 Host Club: Twin Cities Volkssports, AVA-114
 Club Contact: Paul Stachour (Bloomington) 952-884-5977
 Local (Nine Mile Creek Watershed District) 952-835-2078
 Three-Rivers Website: www.threeriversparks.org/location/nine-mile-creek-regional-trail
 Club Website: www.tcvwalking.com
 National walking website: my.ava.org
 World walking website: www.ivv-online.org

Segment 1A: Hopkins Depot → Valley Park (5K)

0. Park at Hopkins Depot, 9451 Excelsior Blvd, Hopkins. 
1. Start [SW] on the Minnesota Bluffs River Trail behind Hopkins Depot. Turn Right [SW] to 11th Ave.
2. Turn Left [S] on 11th to 7th Street S.
3. Left [E] on 7th to 9th Avenue S.
4. Right [S] on 9th to Westbrooke Way.
5. Left [E & SE] on trail walkway crossing and following 9-mile creek.
6. Enter [NE] Valley Park, end segment of 2.5K with 2m elevation gain 
7. Turn around and return to start, completing this trail segment of 5 K total distance.

{Segment 1B is an alternate to 1A; use if parking issues or light-rail construction detours are present.}


Walk Description

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Segment 1B: Central Park →Valley Park (5K)

0. Park on east side of 12th Avenue, across from Maetzold Field, such as at 247 12th Ave N., Hopkins.
1. Start [SE] at the corner of 12th Ave and 2nd Street N, following the Lake Minnetonka LRT Regional trail [SE] from Maetzold Field to 11thAve N.
2. Turn ½ right [S] on 11th Ave to Excelsior Blvd.
3. Cross Excelsior with the traffic light.
4. Continue [S] to 7th Street S.
5. Left [E] on 7th to 9th Avenue S.
6. Right [S] on 9th to Westbrooke Way.
7. Left [E & SE] on trail walkway crossing and following 9-mile creek.
8. Enter [NE] Valley Park, end segment of 2.5K with 1m elevation gain. 
9. Turn around and return to start, completing this trail segment of 5 K total distance.

Segment 2: Valley Park→Walnut Ridge Park (6K)

0. Park at Valley Park, 700 8th St. S., Hopkins. 
1. Start [SW] crossing creek and onto trail.
2. Take trail [S] paralling Westbrooke way to Smetana Road.
2. Left [E] paralleling Smetana
3. Trail temporarily ends as Smetana is turning [S] becoming Opportunity Court / Smetana, continue [S] to Bren Road E. Follow sidewalk [S] on east side of road.
4. Left [E] on Bren crossing US169 to Lincoln Drive. [sign]
5. Continue [E] on 9-mile trail, paralleling Duncan Drive.
6. Trail goes [SE] and [NE] paralleling and crossing 9-mile creek, entering Walnut Ridge Park. 
7. End this trail segment of 3K, with 20m elevation gain.
8. Turn around and return to start, completing this trail segment of 6 K total distance.

Segment 3: Walnut Ridge → Nordic Parking (4K)

0. Park at Walnut Ridge Park, 5801 Londonderry Rd, Edina. 
1. Start [SE] on trail at south side of restroom building.
2. Follow [SE] trail paralleling creek to Vernon Avenue.
3. Cross Vernon [SE] and continue [SE].
4. Continue [SE] into Bredesen Park and turn left [E].
5. Just before mapboard and bench, where many trails meet, right [S] on bridge, crossing MN Hwy 62.
6. Left (E) on path and walkway paralleling 9-mile creek. Soccer fields on right.
7. Right [S] to reach Nordic Circle Parking .
8. End this trail segment of 2K, with 8m elevation gain.
9. Turn around and return to start, completing this trail segment of 4 K total distance.

Segment 4: Nordic Parking →– Heights Park (4K)

0. Park at Nordic Parking Lot, across from 6420 Nordic Circle Edina, MN 55439. Turn right in parking lot to trail.
1. Start [E] on trail at east side of parking lot.
2. Continue right [E] as trail winds and crosses wetlands and creek to Tracy Avenue.
3. Right [SSE] along Tracy to Valley View Road.
4. Left [E] crossing Valley View.
5. Left [NNE] along Valley View to Valley Lane.
6. Right [E] along Valley Lane turning [SE].
7. Right [S] into park, then [W] to Hillside Court to parking lot.
8. End this trail segment of 2K, with 10m elevation gain.
9. Turn around and return to start, completing this trail segment of 4 K total distance.

Segment 5: Heights Park → Fred Richards Park (9K)

0. Park on Hillside Court, across from Heights Park at 5520 West 66th Street, Edina
1. Start [E] into park, then [N] and onto trail.
2. Right [SE] and [S] paralleling creek and railroad, and under W 70th street.
3. Loop [W] and[N] back to 70th.
4. Right [E] on 70th, crossing RR and back to creek.
5. Right [S] [SW] [SE] to and along Ohems Lane to W 72 Blvd Street.
6. Left [NE] along W 72nd to Metro Boulevard.
7. Right [SE] along Metro, ascending on bridge over MN hwy 100.
8. ½ right [S] along Hwy 100 to pedestrian bridge over 9-Mile Creek at Fred Richards Park at 4400 Parklawn Ave.
9. End this trail segment of 4.5K, with 20m elevation gain.
10. Turn around and return to start, completing this trail segment of 9 K total distance.

Congratulations. You have finished this walk, with an overall distance of 5 + 6 + 4 + 4 + 9 = 28K and an elevation gain of .2 + 1 + 20 + 8 + 10 + 20 = 51m. Login to my.ava.org, go to the finish table, and indicate the total kilometers you have completed on this multi-segment walk.

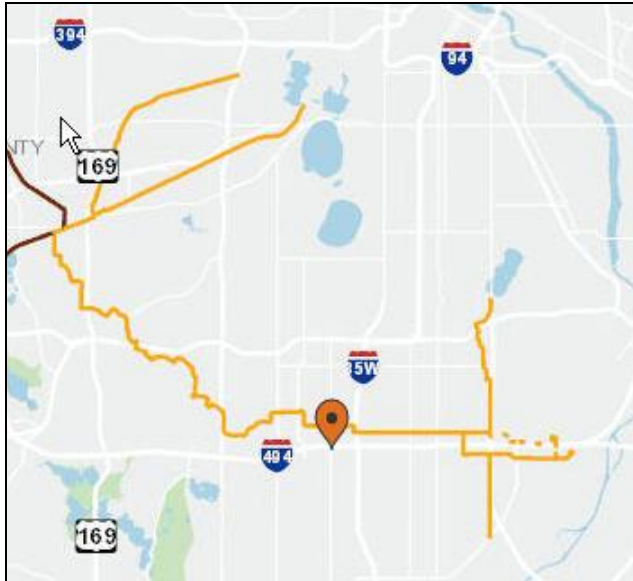
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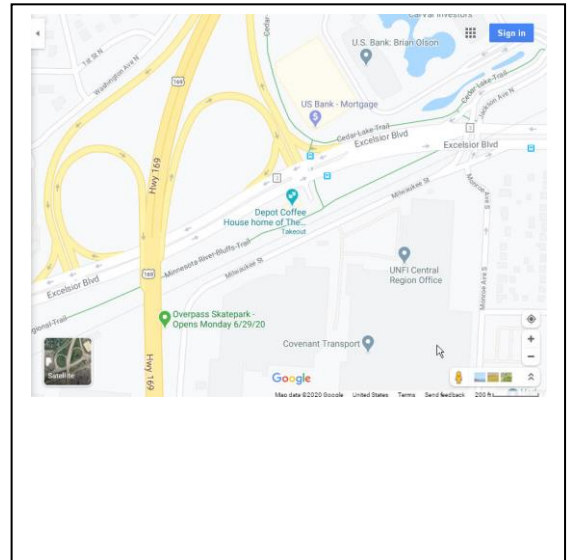
Hopkins MN (9Mile Creek Regional Trail) Seasonal Volksmarch 2021

Parking Maps

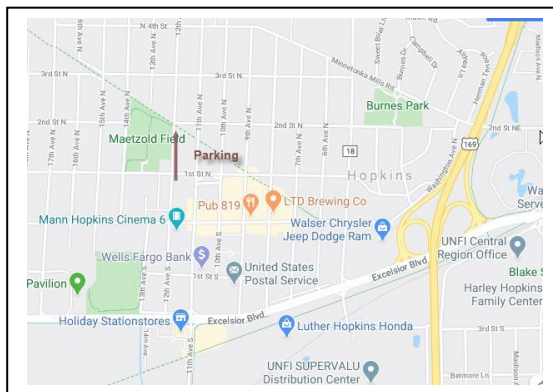
9-Mile Creek Trail Overview



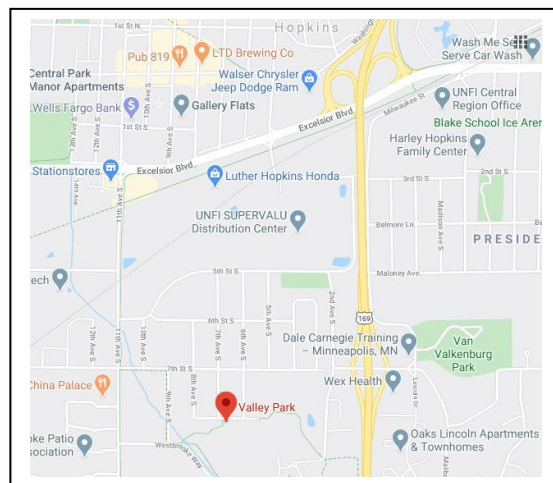
Hopkins Depot Parking



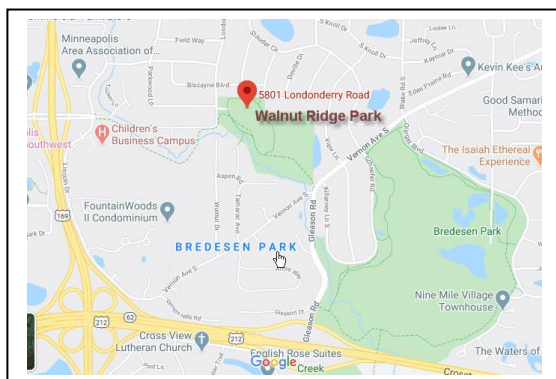
Hopkins Metzoid Parking



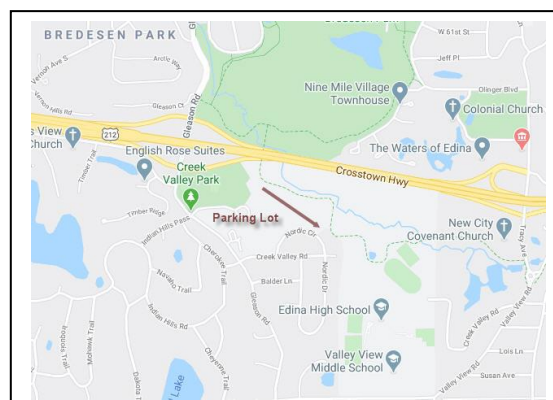
Hopkins Valley Park Parking



Edina Walnut Ridge Parking



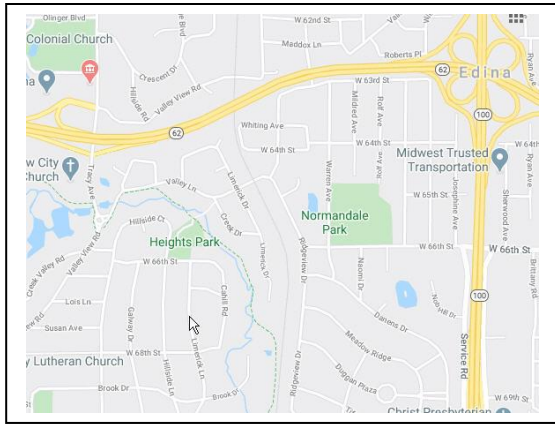
Edina Nordic Circle Lot Parking



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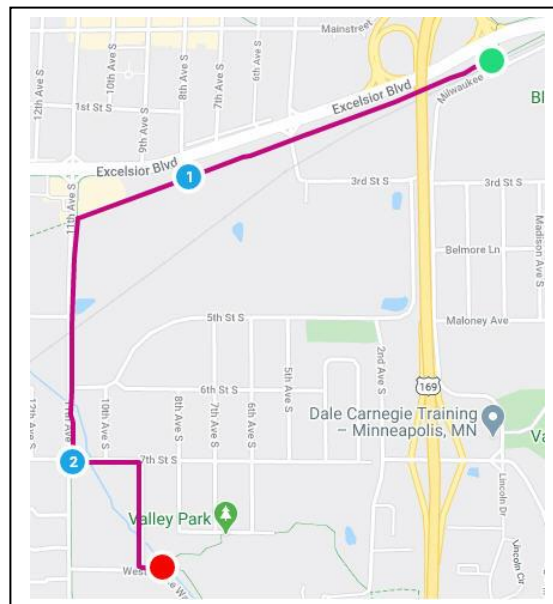


Trail Maps

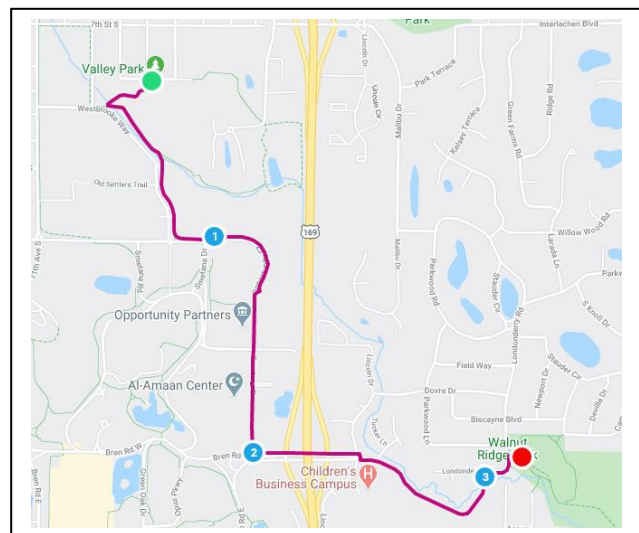
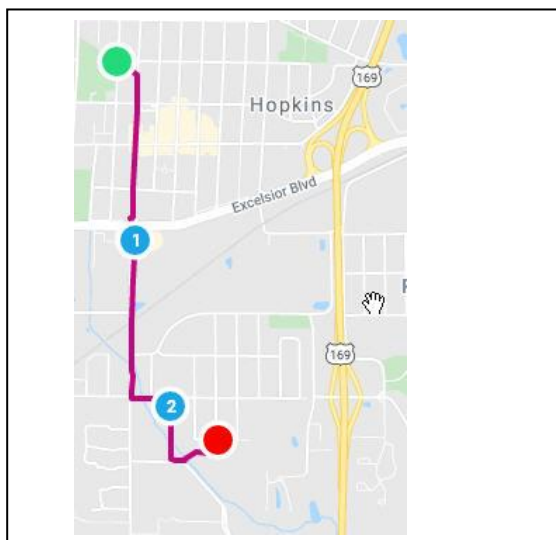
9-Mile Creek Trail Overview



Hopkins Depot → Valley Park



Hopkins Metzoid Field → Valley Park .. Valley Park → Walnut Ridge Park

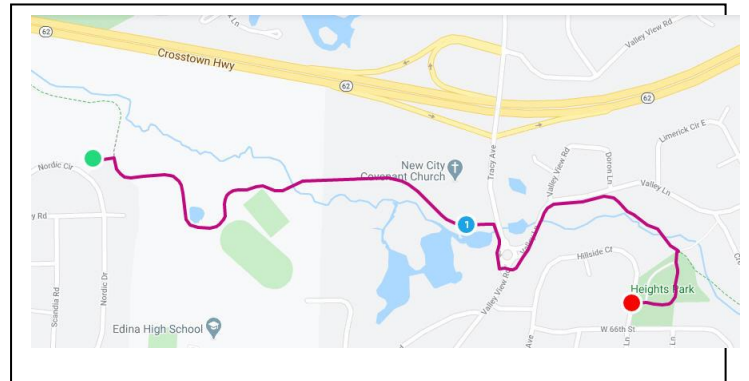
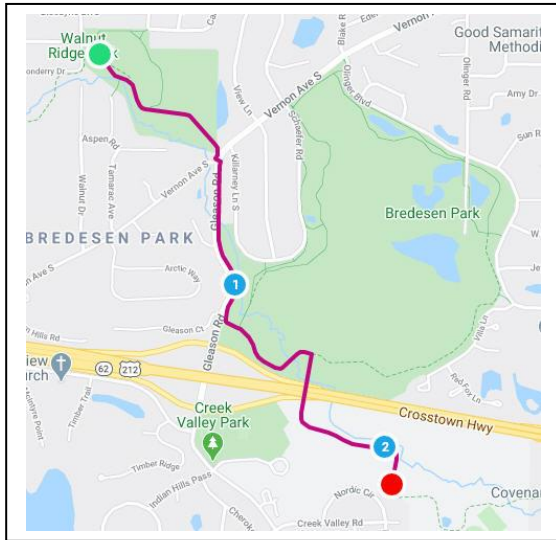


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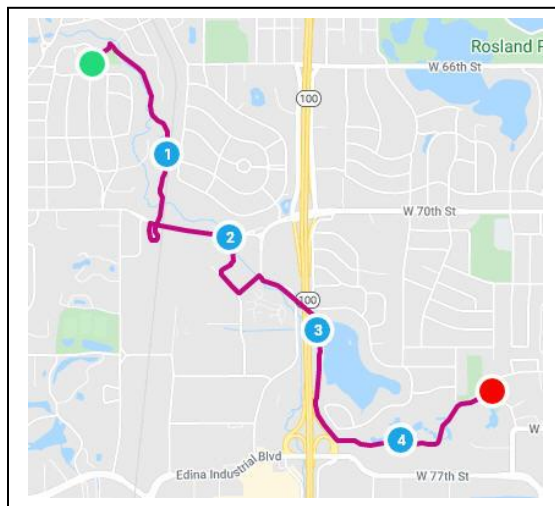
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Edina Walnut Ridge Park → Nordic Parking . . Nordic Parking → Heights Park



Edina Heights Park → Fred Richards Park



Minnesota Club Contact Information

- **Club Name:** Lake Country Wanderers
- **Address:** 25 - 66th Way NE
- **City:** Fridley
- **State:** MN
- **Zip:** 55432
- **Contact:** Bonnie Johnson
- **Phone:** (763) 571-8041
- **Website:** _
- **Email:** bonjohn@comcast.net

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- **Club Name:** Twin Cities Volkssports
 - **Address:** 1994 Payne Ave
 - **City:** Maplewood
 - **State:** MN
 - **Zip:** 55117
 - **Contact:** Ken Johnson
 - **Phone:** (651) 774-9607
 - **Website:** www.tcvwalking.com
 - **Email:** johnsonck@centurylink.net



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- **Club Name:** NorthStar Trail Travelers
 - **Address:** 3951 Russell Ave. N
 - **City:** Minneapolis
 - **State:** MN
 - **Zip:** 55412
 - **Contact:** Wally Swanson
 - **Phone:** (507) 362-8760
 - **Website:** www.nstt.org/
 - **Email:** peterscartwright@gmail.com



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- **Club Name:** Central Minnesota Volkssports
 - **Address:** PO Box 2162
 - **City:** St. Cloud
 - **State:** MN
 - **Zip:** 56302
 - **Contact:** Lois Head
 - **Phone:** (320) 293-9441
 - **Website:** centralmnvolkssports.wix.com/cmvs
 - **Email:** lmhead@stcloudstate.edu

Event City or Country / Name	Event Dates	YRE Number	Type	Host Club
Marine on St. Croix - William O'Brien State Park Snow Shoe Washington	2/20/2021 2/20/2021	N/A	Snow Shoe	NorthStar Trail Travelers
North St Paul - North St Paul Historic Walking Tour United States	4/24/2021 4/24/2021	N/A	Walk	Twin Cities Volkssport
Hinckley - St. Croix State Park Spring Walk	5/8/2021 5/8/2021	N/A	Walk	NorthStar Trail Travelers
Brooklyn Park - MS Gateway Regional Park	5/15/2021 5/15/2021	N/A	Walk	Lake Country Wanderers
Brooklyn Center MN - Brooklyn Center Girl Scout Walk	5/22/2021 5/22/2021	N/A	Walk	Twin Cities Volkssport
Willmar - Sibley State Park Summer Walk	7/17/2021 7/17/2021	N/A	Walk	NorthStar Trail Travelers
Willmar - Prairie Woods ELC Summer Walk	7/18/2021 7/18/2021	N/A	Walk	NorthStar Trail Travelers
Hopkins MN - Downtown Hopkins and Cedar Lake Trail Walk	7/24/2021 7/24/2021	N/A	Walk	Twin Cities Volkssport
Woodbury MN 55125 - Woodbury Thrives Family Volksmarch United States	7/25/2021 7/25/2021	N/A	Walk	Twin Cities Volkssport
Minneapolis - University Stadium Walk	8/7/2021 8/7/2021	N/A	Walk	Twin Cities Volkssport
Barnesville - Verna (Lohse) Herker Memorial Walk	8/27/2021 8/27/2021	N/A	Walk	Lake Country Wanderers
St Cloud - CMV's 30th Anniversary Celebration United States	8/28/2021 8/28/2021	N/A	Walk	Central Minnesota Volkssports
Orr - Voyageurs National Park Guided Walk	9/9/2021 9/9/2021	N/A	Traveling Guided Walk	NorthStar Trail Travelers
Ely - Bear Head Lake State Park Guided Walk	9/10/2021 9/10/2021	N/A	Traveling Guided Walk	NorthStar Trail Travelers
Soudan - Lake Vermilion Guided Walk	9/11/2021 9/11/2021	N/A	Traveling Guided Walk	NorthStar Trail Travelers
Soudan - Soudan Underground Mine Walk	9/12/2021 9/12/2021	N/A	Traveling Guided Walk	NorthStar Trail Travelers

Ely - Trezona Trail Guided Walk	9/13/2021 9/13/2021	N/A	Traveling Guided Walk	NorthStar Trail Travelers
Ely - BWCAW Guided Walk	9/14/2021 9/14/2021	N/A	Traveling Guided Walk	NorthStar Trail Travelers
Maplewood - Battle Creek Walk	9/18/2021 9/18/2021	N/A	Walk	Twin Cities Volkssport
Coon Rapids MN - TCV Annual Meeting Walk	10/16/2021 10/16/2021	N/A	Walk	Twin Cities Volkssport
Jordan - MN Valley Fall Walk	10/30/2021 10/30/2021	N/A	Guided Walk	NorthStar Trail Travelers
Albert Lea - Freeborn County--Walking the I-35 corridor	4/1/2021- 9/30/2021	2021/Y2242	Seasonal Walk	Lake Country Wanderers
Anoka - Anoka County	1/2/2021- 12/31/2021	2021/Y2405	Year Round Walk	Lake Country Wanderers
Bloomington - Mall of America	1/1/2021- 12/31/2021	2021/Y0381	Year Round Walk	Twin Cities Volkssport
Bloomington - Nine Mile Creek Walk	4/1/2021- 10/31/2021	2021/Y1467	Seasonal Walk	Twin Cities Volkssport
Blue Earth - Faribault County	4/1/2021- 9/30/2021	2021/Y2729	Seasonal Walk	Lake Country Wanderers
Brooklyn Center - Crystal Airport/Arboretum Walk	1/1/2021- 12/31/2021	2021/Y2582	Year Round Walk	Lake Country Wanderers
Brooklyn Center - Palmer Lake	1/1/2021- 12/31/2021	2021/Y2701	Seasonal Walk	Lake Country Wanderers
Duluth - Duluth Lake Superior Walk	4/1/2021- 9/30/2021	2021/Y1032	Seasonal Walk	Twin Cities Volkssport
Eagan - Lebanon Hills Regional Park	4/1/2021- 9/30/2021	2021/Y2661	Seasonal Walk	Twin Cities Volkssport
Fairmont - Martin County	4/1/2021- 9/30/2021	2021/Y2731	Seasonal Walk	Lake Country Wanderers
Fergus Falls - Ottertail County	5/1/2021- 9/30/2021	2021/Y1954	Seasonal Walk	Lake Country Wanderers
Fridley - Rice Creek Trails	1/1/2021- 12/31/2021	2021/Y2282	Year Round Walk	Lake Country Wanderers

Fridley - Snowshoe	1/1/2021-3/31/2021	2021/Y2392	Seasonal Snow Shoe	Lake Country Wanderers
Fridley - Springbrook Nature Center	1/1/2021-12/31/2021	2021/Y0685	Year Round Walk	Lake Country Wanderers
Hopkins MN - Hopkins and Edina 9-Mile Creek	4/1/2021-9/30/2021	2021/Y2829	Seasonal Walk	Twin Cities Volkssport
Madison Lake MN - Blue Earth County Madison Lake Walk	4/1/2021-9/30/2021	2021/Y2819	Seasonal Walk	Twin Cities Volkssport
Maple Grove - Hennepin County	1/1/2021-12/31/2021	2021/Y1576	Year Round Walk	Lake Country Wanderers
Maple Grove - Maple Grove MGCC Swim	1/1/2021-12/31/2021	2021/Y2824	Year Round Swim	Twin Cities Volkssport
Maple Grove - Maple Grove Nature Walk	4/15/2021-11/15/2021	2021/Y2658	Seasonal Walk	Twin Cities Volkssport
Maple Grove MN - Maple Grove Omni Brewing Walk	4/15/2021-11/15/2021	2021/Y2850	Seasonal Walk	Twin Cities Volkssport
Maplewood - Maplewood MN Cemetery Walk	1/1/2021-12/31/2021	2021/Y2823	Seasonal Walk	Twin Cities Volkssport
Minneapolis - Downtown	1/1/2021-12/31/2021	2021/Y2583	Year Round Walk	Lake Country Wanderers
Minneapolis - Lake Nokomis Walk	1/1/2021-12/31/2021	2021/Y1218	Year Round Walk	Twin Cities Volkssport
Minneapolis - Minnehaha Creek 10 km Walk	4/1/2021-9/30/2021	2021/Y0375	Seasonal Walk	Twin Cities Volkssport
Minneapolis - 'Nordeast'	1/1/2021-12/31/2021	2021/Y2586	Year Round Walk	Lake Country Wanderers
New Brighton - Long Lake Park	1/2/2021-12/31/2021	2021/Y2771	Year Round Walk	Lake Country Wanderers
New Ulm - German Heritage Walk-Brown County	4/1/2021-10/31/2021	2021/Y2630	Seasonal Walk	Lake Country Wanderers
Northfield - Jesse James Walk	4/1/2021-10/31/2021	2021/Y2772	Seasonal Walk	Lake Country Wanderers
Osseo MN - City of Osseo Walk	1/1/2021-12/31/2021	2021/Y2710	Year Round Walk	Twin Cities Volkssport

Owatonna - Steele County Walk	4/1/2021-9/30/2021	2021/Y2766	Seasonal Walk	Central Minnesota Volkssports
Plymouth MN - Plymouth MN French Regional Park Walk	4/1/2021-12/31/2021	2021/Y2851	Seasonal Walk	Twin Cities Volkssport
Rogers - Rogers Crow-Hassan Park Walk	4/1/2021-9/30/2021	2021/Y2822	Seasonal Walk	Twin Cities Volkssport
Sleepy Eye - Brown County	4/1/2021-10/31/2021	2021/Y2585	Seasonal Walk	Lake Country Wanderers
Springfield - Brown County	1/1/2021-12/31/2021	2021/Y2584	Seasonal Walk	Lake Country Wanderers
St James - Watonwon County	4/1/2021-9/30/2021	2021/Y2728	Seasonal Walk	Lake Country Wanderers
St Paul - Crocus Hill Walk	4/1/2021-10/31/2021	2021/Y2257	Seasonal Walk	Twin Cities Volkssport
St Paul - Minnehaha Falls/Ford Dam Walk	1/1/2021-12/31/2021	2021/Y2235	Year Round Walk	Twin Cities Volkssport
St Paul - Trout Brook/Oakland Cemetery	4/1/2021-10/31/2021	2021/Y2610	Seasonal Walk	Twin Cities Volkssport
St. Paul - State Capital Walk	1/1/2021-12/31/2021	2021/Y1004	Year Round Walk	Twin Cities Volkssport
Stillwater - Stillwater Walk	5/1/2021-10/31/2021	2021/Y1554	Seasonal Walk	Twin Cities Volkssport
Two Harbors - Two Harbors	4/1/2021-9/30/2021	2021/Y1169	Seasonal Walk	Twin Cities Volkssport
Waseca - Waseca County	4/1/2021-9/30/2021	2021/Y2730	Seasonal Walk	Lake Country Wanderers
Woodbury - Woodbury Pollinator Gardens Walk	4/1/2021-9/30/2021	2021/Y2657	Seasonal Walk	Twin Cities Volkssport