

## GDMVA/ Iowa's Walking Club

**Seasonal:** May 1 – September 30

**Time:** M,W,F 9am-5:30pm; T,Th 9am-8pm, Sat 9am-3pm Closed Sun or OSB

**Start/Finish:** Robert Barlow Public Library, 921 Washington Ave, Iowa Falls, IA 50126, located next to the Iowa Falls City Hall.

**Directions to the start:** Iowa Falls is 15 miles east of I-35 at exit 147.

**Parking:** Free public lot available at library/city hall

**Restrooms:** Public restrooms at the library

**Special Programs:** City Halls/Town Halls, Walking with America's Veterans, Mayflower

**POC:** Jan Knock, 641.340.0114

## Things to Do in Iowa Falls

<https://www.iowafallsdevelopment.com/living-here/iowa-falls-things-to-do>

## Online Start Box

- Use EITHER the Online Start Box (OSB) or Physical Start Box (PSB) to register and complete the event.
- Do NOT mix and match. For example, do not register via the OSB, then complete by using the PSB and the PSB log sheet.
- The sponsoring club only receives credit for an OSB participation when an OSB registration has been completed online by entering your participation date, distances, and any special programs

**OSB Directions:** Log back into the OSB system to “finish/complete” your online registration after doing the event within 60 days AND before the end date of the walk.

- A \$2 fee for the PDF directions is deducted from your Event Bank when you download the instructions.
- The event fee is deducted from your Event Bank when you submit the date the event was walked, the distance walked, and the special programs you participating in.
- The \$2 fee for the instructions is credited back to your account if you finish/complete the walk within 60 days.

## All Walkers

1. Exit library and proceed through parking area to Washington Ave sidewalk.
2. Turn left. Cross Cedar Street then Washington Avenue Bridge over the Iowa River.
3. Watching traffic, turn right, crossing Washington Ave onto Foster Dr. Follow Foster Dr with river on your right as it passes the *Veterans Memorial* and the *Peter Toth Big Indian Head*.
4. Turn slightly left as Foster Dr becomes Walnut St.
5. Turn right onto Glen Dr, cross bridge and enter Assembly Park. There is no sign for the park.
6. Turn left at first sidewalk in the park and follow through the park with river on your left.
7. Turn left onto Swinging Bridge and cross the Iowa River.
8. Follow Rocksylva Ave as you exit the swinging bridge.
9. Turn left onto Cedar St.
10. Follow Cedar St with river on your left as it goes down the hill. *See Riverbend Park on your right.*
11. Turn left onto Union St, walking on the left side of street, watching for traffic. *Note Riverbend School on your right.*
12. Pass Riverview Dr, and keeping the river on your left, proceed to Pine St
13. Turn R at Pine St. Sign for Ira Nichols Wild Flower & Bird Refuge Outdoor Classroom nature area will be on the left. Continue on Pine St uphill past Union Cemetery on your left.
14. Turn left on River St. Ellsworth Community College Campus (ECC) is on your right.
15. Turn right on North St.

**10K walkers continue on River St to hiking/bicycling trail. Skip to 10k instructions.**

16. Turn right on Main St. Ellsworth Community College is on your right
17. Continue on Main St to Washington Ave. Cross street at the light.
18. Turn right onto Washington St and return to the start/finish.

## 10k instructions

17. Turn left at Woodland Ave.
18. Turn right at Custer St.
19. At Vernon St, find trail access on your right.
20. Cross bridge and follow trail as it loops through school practice fields. Continue on trail through North Park and to Rock Run Elementary School.
21. Turn left on North St. Cross highway at crosswalk. (Restrooms at gas station)
22. Follow trail as it curves to the right.
23. Continue on trail, keeping Scenic Manor on your left, then past Scenic Manor, continuing over wooden walkway and bridge to Rocksylva Ave.
24. Cross Rocksylva Ave and continue on trail with Meyer Aquatic Park on left.
25. Turn right on Washington St.
26. Cross Washington St at light and turn left onto Oak St. sidewalk/trail.
27. Cross bridge
28. Turn right on Park Avenue. Follow with river on your right to Washington St.
29. Turn right on Washington St (past the start) to Stevens St.
30. Turn left on Stevens to Rocksylva, then left on Main to Washington. Cross at stoplight.
31. Turn right on Washington to start/finish.

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



Emergency: Call 911  
 Questions about route: Jan Knock,  
 641.340.0114



