

**Cedar Falls, IA - Blackhawk County
5k & 10k**

Downtown Cedar Falls and Trails

Start/Finish: Gateway Park parking lot, Lincoln and N Main Street, Cedar Falls, IA
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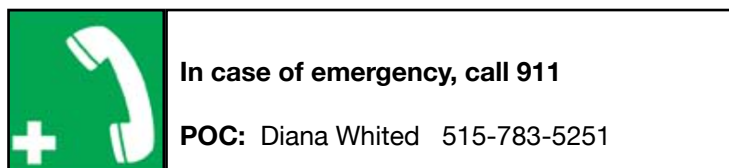
Directions to Start Point: From Hwy 20, take exit 225 IA-27 N/IA-58.N towards Cedar Falls. **Left** on IA-58 N for 6 miles. Take IA-57 W exit towards Cedar Falls. Merge onto IA-57 W. **Right** on Main, then **slight Right** onto Lincoln. **Immediate Right** into the Gateway Park parking lot.

Description: The start point, Gateway Park, is just steps from Melendy Park which contains the "Gateway to Trails" sculpture and confluence of several of the area trails. The walk passes several historic buildings and museums in downtown Cedar Falls and finishes on either the Cedar Valley Trail or the Big Woods Lake Trail.

Restrooms: Restrooms are located in Gateway Park.

Parking: Ample parking at the Start Point, Gateway Park

Special Programs: Rails to Trails, Town/City Halls, Rock'in Around the Clock



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

5k Directions

L = Left

R = Right

1. Exit the parking lot **L** on sidewalk, crossing the Cedar River. *Peter Melendy Park, with the "Gateway to Trails" sculpture is on your left.*
2. At the stop light, cross Main, then cross 1st St. Continue on Main Street. *On your right notice the Cotton Theatre (built in 1909) now home of the Cedar Falls Community Theatre, the Hotel Blackhawk (built in 1879), the White Building (built in 1896) and a street clock.*
3. **L** on 2nd St
4. **R** on State (*notice amphitheater park on your left*).
5. **R** on East 4th (*on your right notice the Maid-Right, locally owned since 1947*).
6. **L** on Main to The Depot on Main and 5th (*former CRI & P Railroad Depot*)
7. Cross Main, then continue **R** on Main.
9. **L** on 3rd St (*City Hall on your right and Cedar Victorian Home and Carriage House Museum on your left, Overman Park on your right*).
10. **R** on Franklin
11. Cross 1st St, then **R** on 1st. (*passing three museums (Ice House, Behrens-Rapp Filling*

Station and Little Red School House.

12. Cross Main, then **L** on Main , returning to parking lot.
13. Cross the concrete basketball court to the shelter. **L** on trail (down river).
14. Continue on trail to open view of river and a blue bench dedicated to Dan and Jan .
15. Turn around and return to parking lot.

Reward yourself with ice cream at the Cedar City Creamery across the street from the parking lot.

Be sure to log back into the OSB system to "finish/complete" the online registration. The OSB system does not deduct any event fee from a participant's event bank until they have submitted event completion information. Note: registration expires after 30 days.



In case of emergency, dial 911

POC: Diana Whited 515-783-5251

10k Directions

L = Left

R = Right

1. Exit the parking lot **L** on sidewalk, crossing the Cedar River. *Peter Melendy Park, with the "Gateway to Trails" sculpture is on your left.*
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4. **R** on State (*notice amphitheater park on your left*).
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6. **L** on Main to The Depot on Main and 5th (*former CRI & P Railroad Depot*)
7. Cross Main, then continue **R** on Main.
9. **L** on 3rd St (*City Hall on your right and CedarVictorian Home and Carriage House Museum on your left, Overman Park on your right*).
10. **R** on Franklin
11. Cross 1st St, then **R** on 1st. (*passing three museums (Ice House, Behrens-Rapp Filling Station and Little Red School House.*
12. **L** on Main

13. Cross bridge and railroad tracks. Veer slightly **L** to stay on the trail. The trail at the beginning is shared with car traffic.
14. After crossing bridge take the trail on the **R** (trail not marked).
15. **R** at T intersection. Follow the Big Woods Interpretive Trail around the lake, passing the campgrounds.
16. At the directional sign, veer **L** to stay on the Big Woods Trail, passing shelter and restrooms on your right.
17. Follow the trail across a bridge, then back to the same T intersection. Turn **R**. towards downtown Cedar Falls.
18. At the railroad tracks, cross Main to the parking lot of the Cedar City Creamery parking lot, then across Lincoln to the Gateway Park lot.

Reward yourself with ice cream at the Cedar City Creamery

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