

Rock Rapids – Lyon County

Four Season Motel

810 First Ave

Rock Rapids, IA 51246

Registration: Registration is by Online Start Box only. This event is available from April 15 to October 15.

Driving Directions: From I35 travel West on Hwy 9. Continue west past Okoboji. Hwy 9 is also First Ave. Motel is at the corner of 1st Ave and Bradley St.

Parking: Four Season Motel parking lot.

Walk Description: Paved sidewalks, paved and gravel streets through hilly residential, recreational, and commercial areas with mixed sun and shade. Many murals are found around the small town.

Restrooms: Restrooms and water are available at local businesses on 1st Ave., when open.

Special Programs: Par for the Course, Walking with America's Veterans, Town Halls/City Halls.

Trail Ratings: A1

Rock Rapids, Iowa – Lyon County

Island Park Loop 5K

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Start Point: Four Seasons Motel

810 – 1st Avenue, Rock Rapids, Iowa 51246
(1st Ave. is also called Hwy No. 9, Hwy No. 75 and Main St.)
Additional parking, water and snacks are available 4 blocks east at Sunshine Foods.

Rock Rapids is named for the Rock River which flows through the east side of the city.

The Rock Rapids Historical Society is located in a former Rock Island Railroad Depot and features outdoor displays. One mural on the building depicts 1890s banjos which were manufactured in Rock Rapids by the Lion Banjo Manufacturing Company. Indoor displays in the museum have banjos and mandolins produced locally.

Please remember to log back into my.ava.org to complete your OSB registration. The sponsoring club only receives credit for an OSB participation when the OSB registration has been completed online by entering your participation date, distance and any special programs using the OSB.

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.

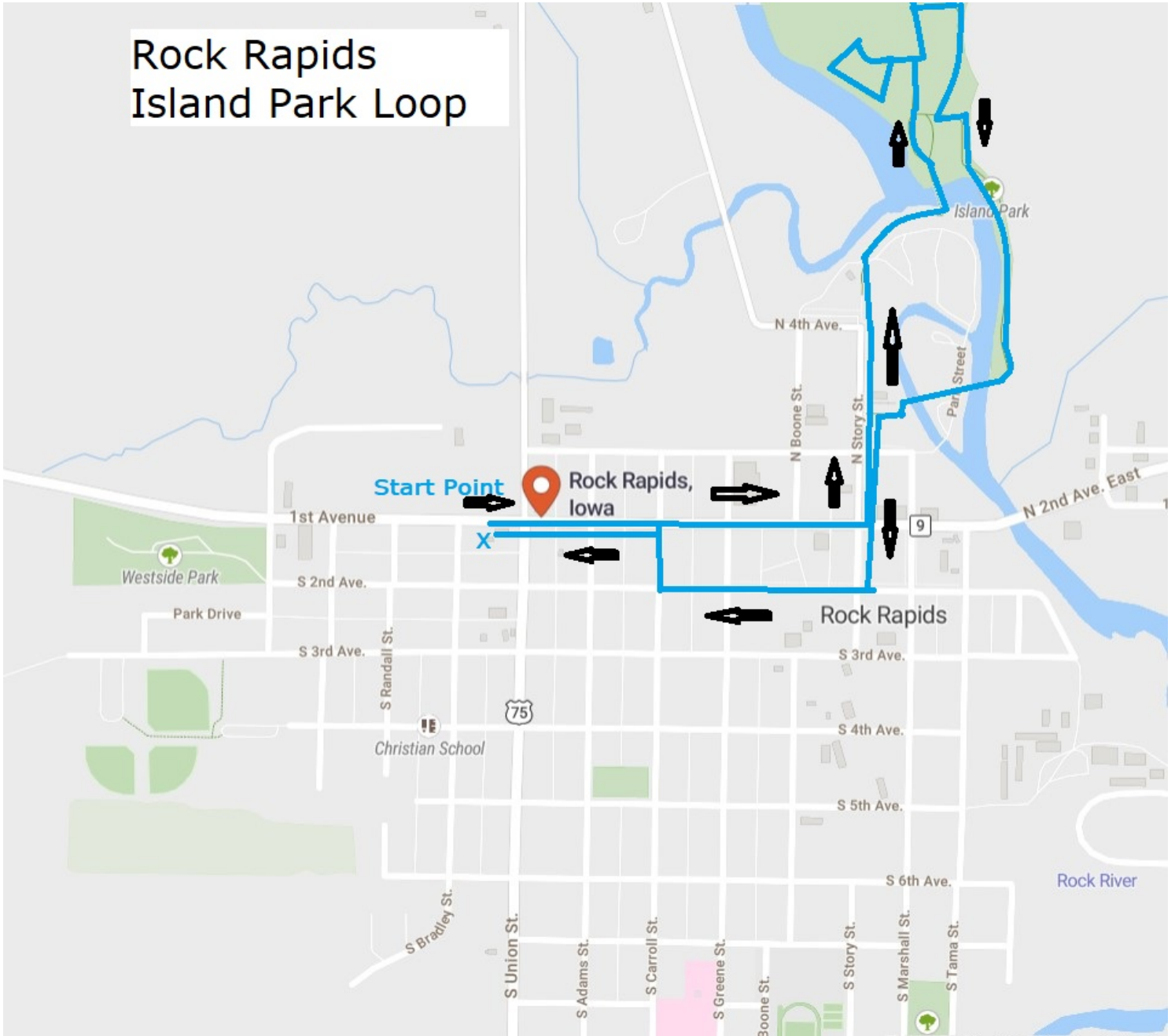
Walk Instructions:

1. From the motel building, facing 1st Avenue, go **Right** along 1st Ave. Note the murals on both sides of the street.
2. **Left** onto Story St., passing the Rock Rapids Historical Society Museum with caboose and murals.
3. **Straight**, on the sidewalk at the end of Story St., passing the municipal pool and a campground picnic shelter (seasonal restrooms) on your right and the Island Park playground on your left. **[1K]**
4. **Cross** the campground road, passing through 2 sets of yellow posts.
5. **Right** onto the cement pedestrian/bike trail, passing a dam on the Rock River to your left.
6. **Left** at a set of yellow posts just past the dam.
7. **Walk** over the bridge, crossing the river.
8. Walk through the park, going **left** at each "Y" in the trail.
9. **Cross** the pedestrian/bike bridge to the Rock Rapids Historical Society Museum and follow the sidewalk around the brown museum building to Story St. **[3K]**
10. **Left** on Story St., crossing 1st Ave. (stoplight). There are many murals to see along the way.
11. **Right** on 2nd St. S. **[4K]**
12. **Right** on Carroll St. for 1 block.
13. **Left** on 1st Ave. to Start Point.

In case of Emergency: Dial 911

Marge Oehlke 507-720-4105

Rock Rapids Island Park Loop



Rock Rapids, Iowa – Lyon County

Westside Park Loop 5K

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Rock Rapids is the county seat for Lyons County and was settled in the 1860s and 1870s. The city retains much of its small town and agricultural roots. Jerry Mathers who starred as Theodore "Beaver" Cleaver in the 1950s and 1960s "Leave it to Beaver" TV show lived in Rock Rapids before he became a child star.

The "City of Murals" Rock Rapids boasts more than 30 murals, most of which can be seen on the two 5K loops. The Rock Rapids Mural Society started in 2002 and has a website with a photograph and description of each mural.

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Walk Instructions:

1. From the motel building, facing 1st Avenue, go **Left** along 1st Ave., passing the Runnings building on your left.
2. **Left** onto Fairlamb St. Note the mural on your left.
3. **Right** into Westside Park, following the driveway into the campground. Walk the gravel loop at the far end of the park, then return to the park entrance. Note the disc golf course and Veterans memorial behind the picnic shelter. **[1 K]**
4. **Straight** onto 2nd Ave. S.
5. **Right** on Carroll St. S. **[2 K]**
6. **Left** on 7th Ave. S for 1 block.
7. **Left** on Greene St. S.
8. **Right** on 4th Ave. S for 1 block. **[3K]**
9. **Left** on Boone St. S for 1 block.
10. **Right** on 3rd Ave. S, passing City Hall on your right (corner of Boone St. S and 3rd Ave. S), and County Courthouse (corner of 3rd Ave. S and Marshall St. S) on your left.
11. **Left** on Marshall St. S, carefully crossing 1st Avenue.
12. **Left** on 2nd Ave. N. at the end of Marshall St. **[4K]**
13. After passing large white silos on your right, you will come to a small park. A cement pedestrian/bike trail starts to your right, next to picnic tables and across from the driveway to Sunshine Foods/Lewis Family Drug. Go **right** onto the pedestrian/bike trail.
14. **Left** at the first left in the trail. At the black and white bridge, the paved portion of the trail ends at Union St N.
15. **Left** on Union St. N.
16. **Right** on 1st Ave. to Start Point.

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