



**Post Falls – Prairie Falls YR3317
5K Rated 1A 6K/11K Rated 2A**



Interlaken Trailblazers Volkssport Club welcomes you to Prairie Falls Walk in Post Falls, YR3317

Starting Point: White Pine Park, 2100 N Spokane Street, Post Falls, Idaho

GPS Location: 47.73005, -116.947

Driving Directions From Spokane: I-90E Exit 5. From the left exit lane turn left onto N Spokane Street. Cross W Seltice Way and continue about 1 mile to White Pine Park on the right.

Parking and restroom are available at White Pine Park

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Restrooms: At Start, and seasonally at other parks on the route

Special Programs: AVA: A-Z (P), Walking with America’s Veterans, Par for the Course,

Emergency: Dial 911

POC: Shirley Lindberg (425)306-6581

History of the area:

Post Falls is located on the Rathdrum Prairie. Once the site of the Coeur d'Alene Indian village Qemiln ("throat of the river"), the town of Post Falls grew from the early commercial lumbering efforts of German immigrant, Frederick Post. Post came to the area from Illinois in 1871 and set up businesses in Rathdrum, Spokane, and Post Falls, building the area's first gristmill at Spokane Falls in 1876. He returned to the "Little Falls" (Post Falls) of the Spokane River and used the falls to power the area's first commercial lumber mill. Channels scoured in bedrock by the Lake Missoula Floods created "falls" in the earth (prairie falls). This walk is through neighborhoods and parks on the prairie

Walk Completion and Credit: Be sure to log back into the OSB system to 'finish/complete' your online registration after doing the event. The OSB system does not deduct any event fee from a participant's Event Bank until they have submitted event completion info including the date of the event, the distance, and the selection of applicable special programs that person 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 user's Event Bank when he/she submits the event completion info as a paying for credit participant. Note, however, the \$2 coupon for the downloaded PDF will expire in 60 days.) Also note that an event registration expires after 30 days, but if your registrations lapses, you may re-register without cost.

Page 1	Introduction and Description
Page 2	5/6/11K Walk Directions
Page 3	5/6/11K Map



2023 POST FALLS, IDAHO - PRAIRIE FALLS YR3317
5, 6, 11K - RATED 2A FOR 5 OR 11K; 1A FOR 6K



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EMERGENCY CALL 911

POC: Shirley Lindberg (425)306-6581

The walk begins at White Pine Park, 2100 N Spokane Street, Post Falls, ID

Restrooms: at White Pine Park and seasonal restrooms at other locations as noted on map.

1. **11K** walkers turn **LEFT** on N Spokane Street, passing Sportsman's Park, until you see W 20th Avenue on the right. **6K walkers turn RIGHT to the roundabout and CROSS E Poleline Avenue and then go to # 23.**
2. Turn **RIGHT** and carefully **CROSS** N Spokane Street (no crosswalk) entering W 20th Avenue.
3. **CONTINUE** on W 20th Avenue to Chase Sports Field Complex.
4. Follow the sidewalk **RIGHT** to the front of the restrooms and around to the exit. The Sports Field gives you a good view as you are on the prairie with mountains to the North, East, and South.
5. **EXIT** unto W 21st Avenue.
6. Turn **LEFT** on N Walnut Street.
7. Turn **LEFT** on W 22nd Avenue.
8. Turn **LEFT** on N Stagecoach Drive.
9. Turn **RIGHT** on N Foxglove Lane.
10. Turn **RIGHT** on W Chicory Lane. Before you are where the prairie falls and a great view.
11. **CROSS** N Chase Road and **TURN RIGHT** to carefully walk facing traffic on the shoulder of the road.
12. Turn **LEFT** and **LEFT** on the trail to the Montrose neighborhood.
13. Turn **RIGHT** on the first sidewalk (unmarked W Kalama Drive).
14. Turn **RIGHT** on N Willamette Drive, passing Willamette Park.
15. Turn **RIGHT** on W Poleline Avenue.
16. **LEFT** at N Chase Road to **CROSS** W Poleline Avenue and **RIGHT** to continue on Poleline.
17. Turn **LEFT** at N Stagecoach Road into the Pioneer Ridge neighborhood, between the lower and upper prairie.
18. Turn **RIGHT** on W Grange Avenue. As you approach you will see the lower prairie ahead.
19. Turn **RIGHT** on N Spokane Street where you will see the Prairie Falls Golf Club.
20. Turn **LEFT** to **CROSS** N Spokane Street at the Evergreen Cemetery entrance. Continue to the Veteran's Memorial, turning **RIGHT** just before the memorial to the second memorial.
21. Turn **RIGHT** and immediately **LEFT** continuing to the T and turn **RIGHT** to exit.
22. Turn **LEFT** on N Spokane Street. **5K walkers continue to the crosswalk at the roundabout and to the finish at White Pine Park.**
23. **11K** walkers turn **LEFT** and **6K** walkers turn **RIGHT** on E Poleline Avenue. Porta Potty at tennis courts April to November.
24. Turn **LEFT** on N Idaho Road. You will pass part of the Prairie Falls Golf Course and later Penrose Park.
25. Turn **RIGHT** on E Bogie Drive and **LEFT** to walk on the other side of N Idaho Road.
26. Turn **RIGHT** on East Penrose Avenue.
27. Turn **RIGHT** at N Heton Street, **CROSS** Percival and **CONTINUE** on the path to Haystack Park.
28. At the Park, turn **RIGHT** on East Blair Avenue.
29. Turn **LEFT** on E Allenby Avenue and continue on the dirt road when the paved one ends.
30. Turn **RIGHT** when you see the break in the fence to enter the neighborhood on N Syringa Street (unmarked).
31. Turn **RIGHT** on E Warm Springs Avenue.
32. Turn **LEFT** on N Wildfire Street
33. Turn **LEFT** on N Bunchgrass Drive with Syringa Park on your right. Restrooms open April to November.
34. **CROSS** E Bogie Drive and turn **LEFT** to be on the right side.
35. Turn **RIGHT** at the roundabout onto N Syringa Drive.
36. **CONTINUE STRAIGHT** at the next roundabout, using the crosswalk to cross E Poleline Avenue and continue on N Syringa Drive.
37. Turn **RIGHT** on E Yellowstone Avenue and at end of sidewalk, jog **RIGHT** and then **LEFT** .
38. **CONTINUE** on the path through Singing Hills Park.
39. Turn **LEFT** at N Idaho Street to the crosswalk.
40. Turn **RIGHT** to cross N Idaho Street and then **RIGHT** again to walk on left side of Idaho Street.
41. At Hilde Kellogg Field turn **LEFT** on sidewalk and follow it to E 21st Avenue.
42. Turn **LEFT**.
43. Turn **RIGHT** onto N Spokane Street to White Pine Park and the finish.

Thank you for walking with us.

5K/6K/11K Prairie Falls Walk Route

