

CAPE GIRARDEAU, MISSOURI - 5K (RATED 2B)

SEASONAL EVENT 126749 (Y3513): 04/06/2024 to 04/10/2024

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This map and directions may only be used in conjunction with a signed American Volkssport Association (AVA) athletic waiver. All other uses are prohibited.

In case of emergency: Dial 911

Start/Finish point: Cape Girardeau SportsPlex, 2526 Jim Drury Way, Cape Girardeau, MO 63701.

GPS: 37.35297, -89.59808 (Parking available, and restrooms available when Sportsplex is open, or there is a filling station/market near the walk start) **NOTE: Dogs are NOT allowed on the Conservation Center Nature trails.**

Directions to start point: From I-55 Exit 99, take US Hwy 61 South (toward Cape Girardeau).

In a short distance, turn left on Veterans Memorial Drive (at traffic light), then a slight right at the “Y” onto Limbaugh Lane, then turn left to enter SportsPlex parking area.

NOTE: For this YRE Walk you must use the Online Start Box (OSB) to register and complete this event. The sponsoring club only receives credit for an OSB participation when an OSB registration has been completed online by going to the “Finish Table” and entering your participation date, distance, and any special programs using the OSB.

OSB COMPLETION AND CREDIT: You **MUST** 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 they submit 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 registration lapses, you may re-register without cost.

Special Programs: Walking with America’s Veterans; Par for the Course; Walking the USA A-Z (“C”); Walking Missouri Counties (*Cape Girardeau County*)

Legend: TR = Turn Right, TL = Turn Left, SA = Straight Ahead, CR = Cross, SP = Special Program Qualifier

1. From the SportsPlex parking lot, **TL** on Jim Drury Way, then **TR** on Limbaugh Lane.
2. Continue on Limbaugh Lane to the water tower on your left, then **TL** on the water tower maintenance road.
3. From the maintenance road, **TR** and walk across the grass to the park road that leads to the parking lot for Melaina’s Magical Playland (**SP**).
4. **TL** on the parking lot entry road a short distance to the county park road (Park Shelter #8 will be on your right).
5. **TL** on the county park road.
6. Just before you reach the lake on the right, **TR** on the walking path.
7. **TL** at the first “Y” in the path.
8. At the next “Y” **TR** to follow the “Ultimate Frisbee Path”.
9. At the next “Y”, just before the lake, stay to the right and continue with the lake on your left.
10. At the next path intersection, continue **SA** to the park road.
11. **TL** on the park road and continue with the lake on your left.
12. At the “Y” in the park road at the end of the lake go to the right, through a wooden gate, then continue through the parking area, with another smaller lake on your right, to the Cape Girardeau Conservation Nature Center (rest rooms).

13. Continue on the sidewalk around the right side of the Nature Center.
14. As you pass a driveway and small parking lot, the Cape Girardeau County Veterans Memorial (**SP**) is off to your right (look for the flags).
15. Continue on the sidewalk around the Nature Center, going between the Nature Center and the small parking lot (follow the painted animal tracks to the small trail sign). At the back entrance of the Nature Center **TR** on the Ridgetop Nature Trail.
16. At the next intersection **TL** a short distance to the intersection of the Ridgetop and the Paw Paw Valley Trails (wooden signs).
17. **TR** to enter the Paw Paw Valley Trail (gravel trail).
18. Continue on the Paw Paw Valley Trail, crossing several foot bridges (numbered 1 thru 6).
19. At the intersection of the Paw Paw Valley and the Sinkhole Bottom Trails, stay left to continue uphill on the Paw Paw Valley Trail.
20. At the Farkle Berry Knob Observation Deck, go right to enter the Ridgetop Trail.
21. At the intersection of the Ridgetop and the Sinkhole Bottom Trails, **TR** on the Sinkhole Bottom Trail.
22. At the intersection of the Sinkhole Bottom and Tulip Poplar Hill Trails, **TL** on the Tulip Poplar Hill Trail.
23. At the intersection with the Wood Duck Swamp Trail, **TL** to stay on the Tulip Poplar Hill Trail, and return to the Nature Center.
24. At the Nature Center, **TR** into the Nature Center parking area.
25. Continue **SA** through the parking area with office buildings on your right and a small lake on your left.
26. Continue **SA** on the county park road with a larger lake on your left and Park Shelter #3 on your right.
27. Where the park road makes a sharp left, at Park Shelter #8, **TR** on the entrance road to the parking lot of Melaina's Magical Playland (**SP**). Shelter #8 will be on your left.
28. At the entrance to the Playland parking lot, **TR** and walk across the grass to the water tower maintenance road.
29. **TL** on the maintenance road, then **TR** on Limbaugh Lane and return to the SportsPlex parking area.

Please refer any questions or comments on this walk to the walk POCs – DeAnne & Gordon Brown.

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Please visit our web-site

<https://www.saintlouiswalkers.com/> for information on other walks in the St. Louis Metro area.



**AMERICA'S
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Cape Girardeau, MO

5K MAP

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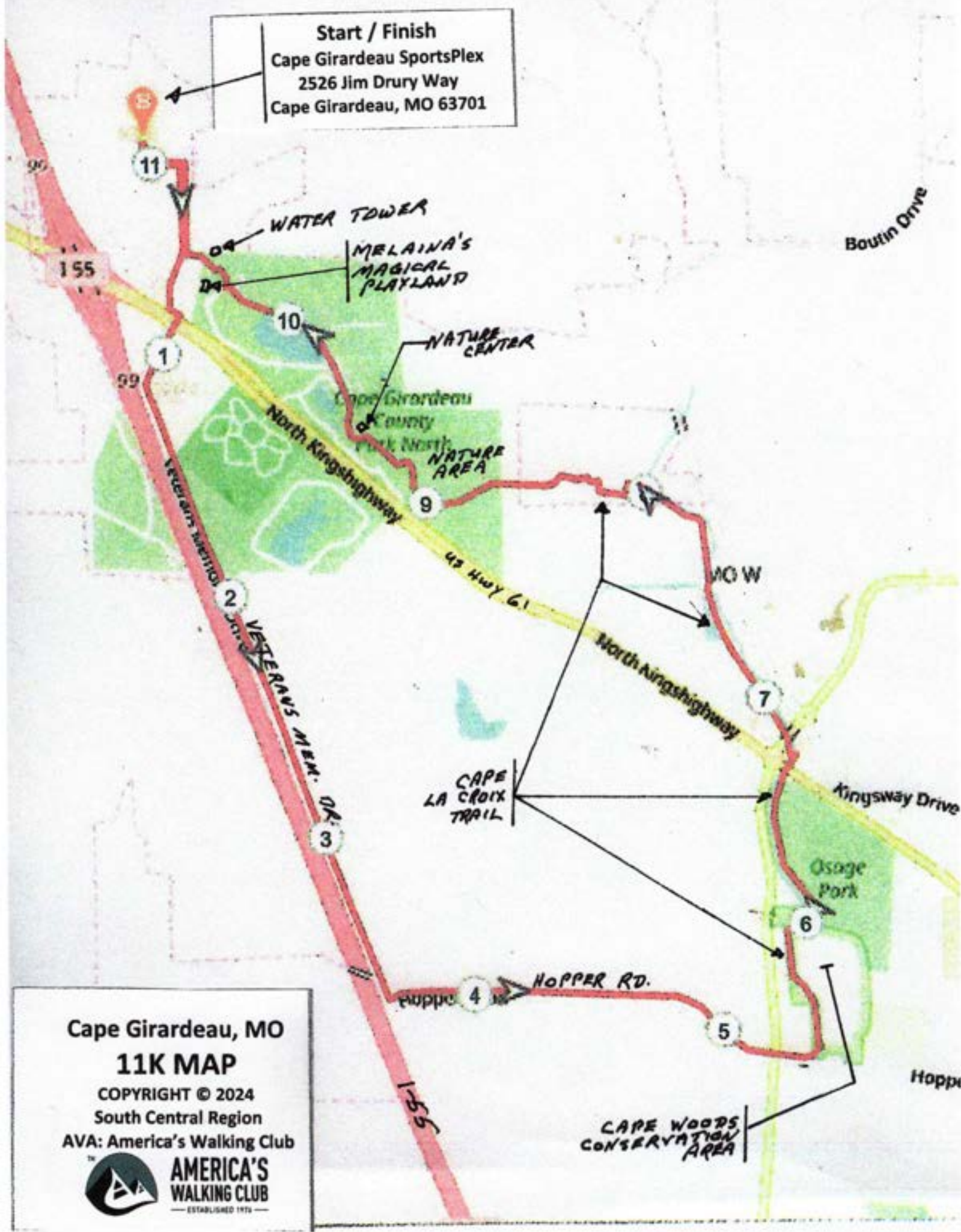


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Start / Finish
Cape Girardeau SportsPlex
2526 Jim Drury Way
Cape Girardeau, MO 63701



Start / Finish
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Cape Girardeau, MO

11K MAP

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1. From the SportsPlex parking lot, **TL** on Jim Drury Way, then **TR** on Limbaugh Lane to Veterans Memorial Dr.
2. **CR** Veterans Memorial Dr. and **TL** to the traffic light at Hwy 61.
3. Carefully **CR** Hwy 61, **USING THE WALK SIGNAL**, then **TL** and **CR** Veterans Memorial Dr.
4. **TR** and continue **SA** on Veterans Memorial Dr., passing the Missouri Veterans Home (**SP**) on your left.
5. Continue on Veterans Memorial Dr., as it parallels I-55, to its end at Hopper Rd. (approx.. 1-1/2 miles)
6. **TL** on Hopper Rd. for several blocks to Mt. Auburn Rd.
7. **CR** Mt. Auburn Rd. and continue **SA**, crossing Cape La Croix Creek, then after crossing the creek **TL** on the first path you see onto the Cape La Croix Trail. You are entering the Cape Woods Conservation Area.
8. At the first "Y" intersection, stay to the right and cross the creek.
9. At the next intersection, **TL** for Rest Rooms, then return to the trail and **TL**.
10. After crossing the creek again, **TL** at the next intersection and continue

- for about 1/3 mile, where the trail goes **under** Kingshighway (Hwy 61).
11. At the next intersection, **TL** and cross the creek on a narrow concrete bridge.
 12. Go under Lexington Ave, and continue on the Cape La Croix Trail, passing Trailer Park Lake on your left.
 13. Continue under Lynwood Hills Dr., then **TR** at the next intersection and walk along the right side of Walden Blvd.
 14. When you see the "Use Crosswalk" sign, **TL** and cross Walden Blvd. and continue on the trail until you see a traffic circle.
 15. At the traffic circle stay to the left and continue on the Cape La Croix trail.
 16. After passing a 1.5 "mile marker", **TL** to remain on the Cape La Croix Trail. (There will be a residence with House No. 2917 on your right after you make this left turn.) The paved trail will end soon and you will enter a nature area with gravel trails.
 17. As you enter the nature area stay left, then **TL** and continue on the Paw Paw Valley Trail (gravel).
 18. **CR** five bridges, numbered 5 thru 1, then **TL** to enter the Ridgetop Trail (paved).
 19. At next intersection, stay to the right on the Ridgetop Trail.
 20. As you emerge from the wooded area, the Cape Girardeau Conservation Nature Center will be straight ahead, and the Cape Girardeau County Veterans Memorial will be on your left, near Kingshighway (look for the flags).

21. Continue around the left side of the Nature Center (Rest Rooms) to the Nature Center parking area.
22. Continue **SA** through the parking area with office buildings on your right and a small lake on your left.
23. Continue **SA** on the county park road with a larger lake on your left and Park Shelter #3 on your right.
24. Where the park road makes a sharp left, at Park Shelter #8, **TR** on the entrance road to the parking area of Melaina's Magical Playland (**SP**).
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