

# Adams County 2025 Walks

## Corning Town 5K loop & Lake Icaria 5K loop

Sanction #128242 – 2025/Y3578

The Corning Town 5K loop is on city sidewalks and includes an historic downtown area, including the Corning Opera House, which is on the National Register of Historic Places. You will also walk by Johnny Carsons birthplace. Corning is a little hilly, but strollers and wheelchairs should be OK. There are no restrooms at Central Park, but several located in nearby businesses.

The second loop is at Lake Icaria, which is 3 miles north of town on IA 148. This walk starts at the beach area and follows a dirt trail through the woods along the lake shore. There are some stairs along the route. This rugged trail would not work for strollers or wheelchairs.

### Walk Registration:

Registration takes place online using the AVA Online Start Box, on my.ava.org. Follow the instructions provided to create a user account and sign the AVA waiver (one time). Instructions for payment are also included. Download the directions and print as needed. The POC does not provide event directions or accept alternate payment methods.

### Walk Completion and Walk Credit:

Once you have physically completed the walk, please login to your Online Start Box account click on the “My Start Box” tab, then the “Finish Table” tab, then click on “Go to Finish Table” button for the event you have completed. Use the displayed entry form to submit the date and distance of your walk as well as select applicable AVA Special Programs to generate stamped “virtual” insert cards that you may choose to print out. **You need to finish the walk whether or not you want to print “stamps”.**

### Driving Directions:

To reach Corning from I80, take exit 70, IA 148 South. Follow IA 148 to Corning. You'll pass Lake Icaria State Park on the way into town. IA 148 becomes Johnny Carson Blvd as you approach Corning. The town loop starts at Central Park. Central Park is located on Davis Ave between 9<sup>th</sup> Street & 8<sup>th</sup> Street. There are no restrooms at the park, you may want to stop at Casey's before heading to the park. There is ample street parking around the park.

The lake loop is at Lake Icaria State Park, 3 Mi. north of town on IA 148. Follow the sign for the park office and beach, south entrance. Continue on the park road past the park office to the beach parking lot. There are restrooms at the beach.

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

## Corning Town Loop – 5K

1. Starting facing the gazebo in Central Park, head through the gazebo and take the diagonal sidewalk to the left, past the fountain, to the corner of Benton Ave & 8<sup>th</sup> St. (SW corner)
2. Turn **LEFT** onto Benton Ave. Follow it to 6<sup>th</sup> St.
3. Turn **RIGHT** onto 6<sup>th</sup> St to Grove Ave.
4. Turn **LEFT** onto Grove Ave to 5<sup>th</sup> St.
5. Turn **RIGHT** onto 5<sup>th</sup> St to Loomis Ave.
6. Cross & turn **RIGHT** onto Loomis Ave to 6<sup>th</sup> St.
7. Turn **LEFT** onto 6<sup>th</sup> St. Follow the curve onto Hull St. Continue to 10<sup>th</sup> St.
8. Turn **RIGHT** on 10<sup>th</sup> St to Loomis Ave. **The John J Harris Sports Complex is on left, Par for the Course.**
9. Turn **LEFT** on Loomis Ave to Westgate Dr. (Westgate Apartments)
10. Turn **RIGHT**, crossing Loomis Ave onto Westgate Dr. Follow it through the apartment complex to West St.
11. Turn **LEFT** onto West St to 15<sup>th</sup> St.
12. Turn **RIGHT** onto 15<sup>th</sup> St to Grove Ave.
13. Turn **RIGHT** onto Grove Ave to 12 St.
14. Turn **LEFT** on 12<sup>th</sup> St to Nodaway St.
15. Turn **LEFT** on Nodaway St to 13<sup>th</sup> St.
16. Turn **RIGHT** on 13<sup>th</sup> Street to John St. You will pass Johnny Carson's birthplace at 13<sup>th</sup> St & Davis Ave. **Carefully cross Johnny Carson Blvd (IA 148) Happy Hollow CC on map. After you cross Johnny Carson Blvd, look to your left there are trolls, Where the Wild Things Are.**
17. Turn **RIGHT** on John St. to 10<sup>th</sup> St.
18. Turn **RIGHT** on 10<sup>th</sup> St to Adams St. **Carefully cross Johnny Carson Blvd (IA 148) Happy Hollow CC on map.**
19. Turn **LEFT** on Adams St to 6<sup>th</sup> St.
20. Turn **RIGHT** on 6<sup>th</sup> St. to Davis Ave. **The Adams County Freedom Rock is on your right in Memorial Park, Veterans.**
21. Turn **RIGHT** on Davis Ave and return to Central Park. **Across the street from the park is the Corning Opera House. It's on the National Register of Historic Places, Step to the Beat. If it's open, go in and take a look. It's interesting!**

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**Emergency - Call 911**  
**Walk Related Problem**  
**Call Susan Pinneke 515-423-8437**



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# Lake Icaria Loop – 5K

1. From the parking lot facing the lake the Nature Trail Head is on your left. This is the red dot on your map.
2. Follow the trail. It is rugged and there are many steps. At the first fork in the trail, take the trail to the left.
3. Follow this trail to the lake. Enjoy the view. Turn around and return to the main trail.
4. Follow the main trail to the dam. There are signs.
5. When you reach the dam, cross the dam.
6. Continue to follow the mowed grass trail to a small gravel parking lot.
7. Turn around and return the way you came, crossing the dam and reentering the trail. Stay on the main trail, do not take the spur to the lake on your return trip. Follow the signs to the beach.
8. When you get back to the trail head, turn left and walk toward the lake.
9. Walk along the beach, past the volley ball and swimming area, to the bench at the end of the jetty. Take a rest, you've earned it and enjoy the view. When you are ready return to your car.

The disc golf, beach volleyball and play area are all Par for the Course qualifiers.

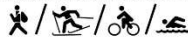
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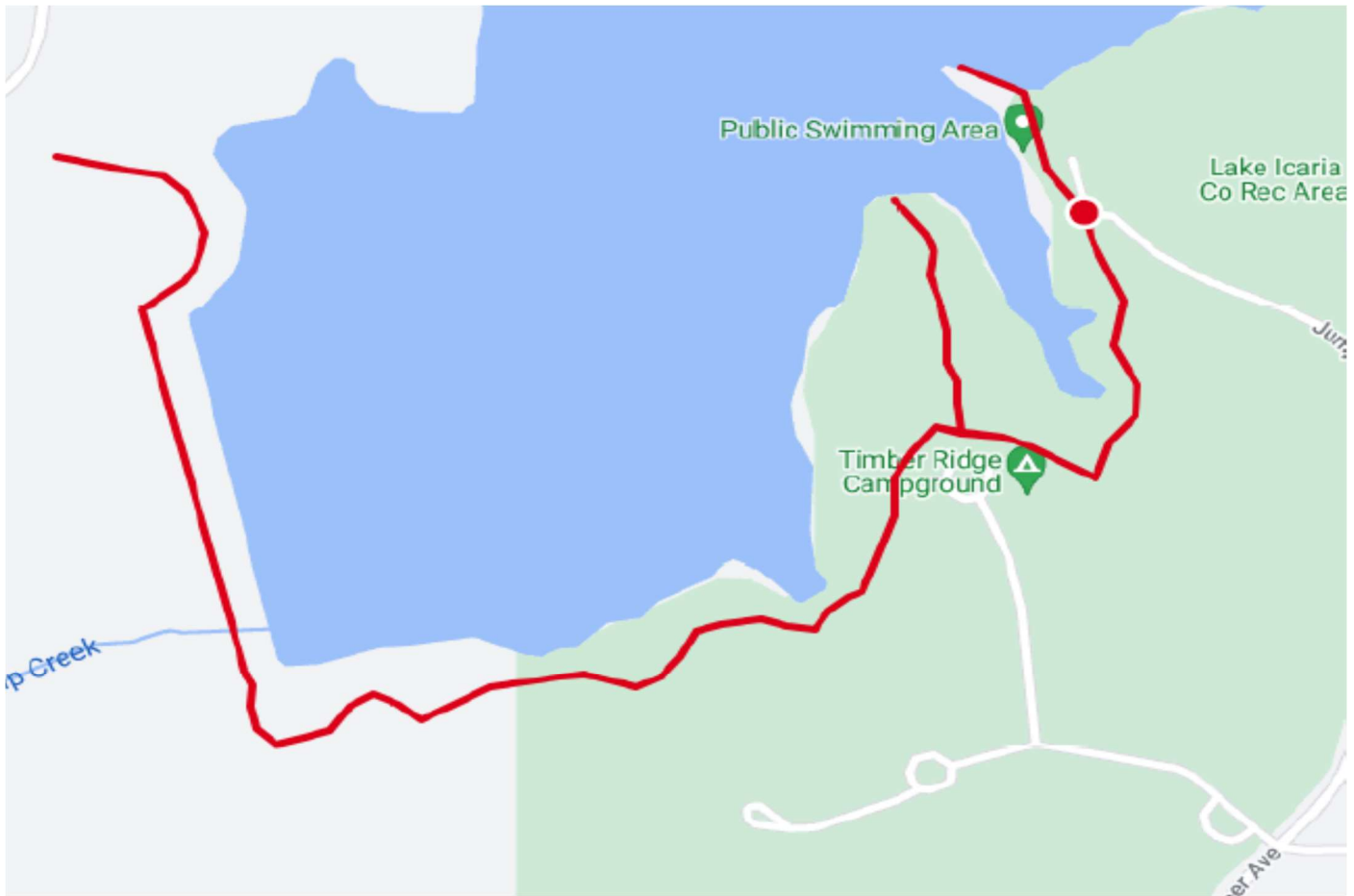


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