



Minneapolis Minnehaha Creek 10 km Walk

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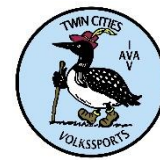


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Dates:	4/1/2021 - 9/30/2021
City / State:	Minneapolis, MN
Event Name:	Minnehaha Creek 10 km
Event Type:	Seasonal Walk
Event ID:	118312 2021/Y0375
Distance - Trail Ratings:	10k - 2A
Description:	Hours: Mon-Fri 6am-9pm, Sat-Sun 6:30am-9pm. Open holidays. Walk along beautiful Minnehaha Creek. 10K includes the historic Longfellow House and Minnehaha Depot.
Amenities:	Strollers: easy Wheelchairs: easy Pets: Yes Restrooms: Yes
Special Programs:	This event doesn't have any special Programs assigned.
Start Times:	Dawn to dusk
Location:	Caribou Coffee
Start Point / Driving Directions:	4745 Cedar Ave S, Minneapolis 55407 (612-724-1234 to verify hours). Located on the NE corner of Cedar Ave S and E Minnehaha Pkwy. From I-94 go south on Cedar Ave S approx 3 miles; from Crosstown Hwy 62 go north on Cedar Ave S approx 2 miles. Parking available at grocery store next door. The start point is also served by Metro Transit Routes #14 and #133.
Awards & Fees:	IVV Credit Only
Comments:	Restrooms available at start point and at parks along the trail.
Host Club:	Twin Cities Volkssport
Contact:	Lee Moisant (See the my.ava.org Event Listing for further contact information.)
Website:	www.facebook.com/groups/2039870106313616

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 the event was walked, the distance walked, 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 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 that the \$2 coupon for the downloaded PDF expires in 60 days.



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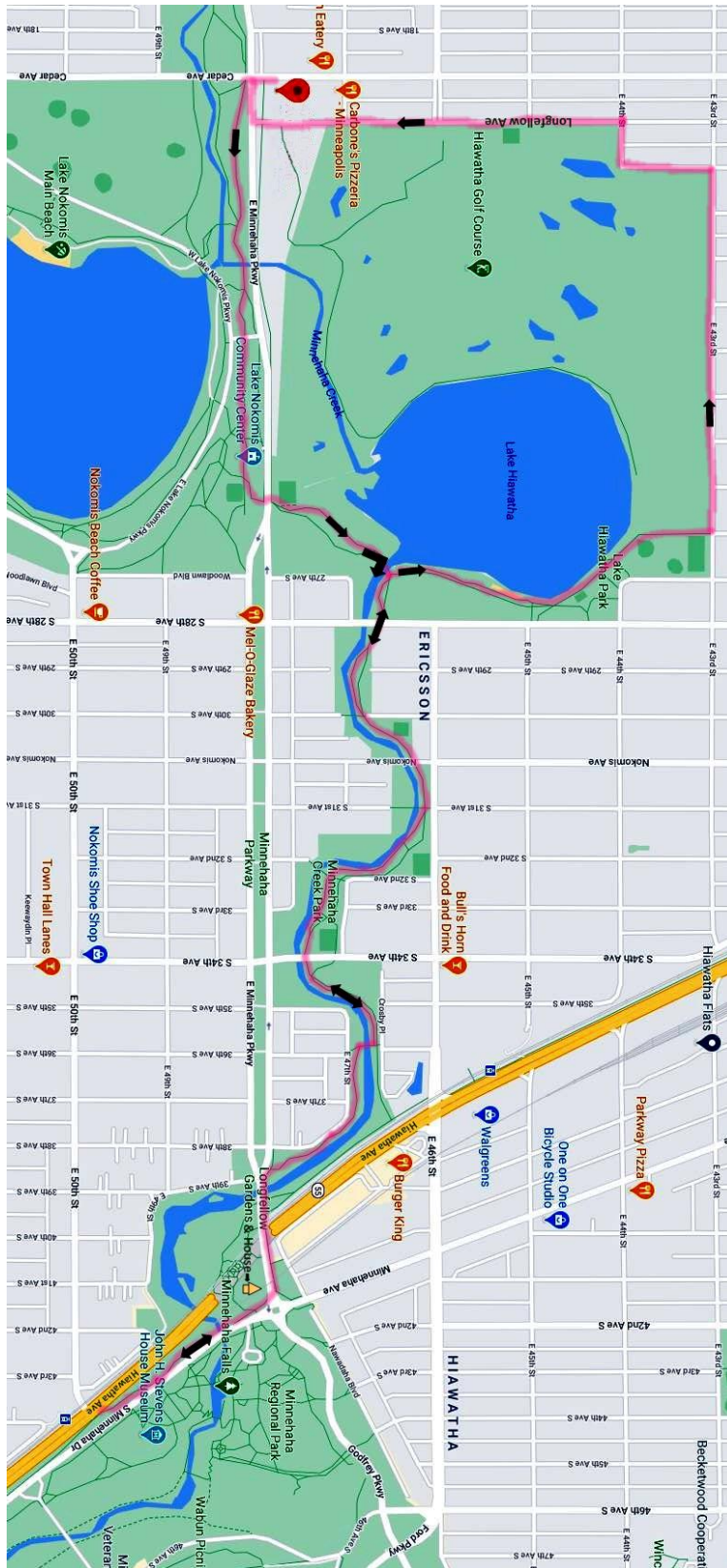
- 1) Leaving Caribou Coffee, turn **Left** and cross E Minnehaha Pkwy at the light.
- 2) At the first opportunity turn **Left** onto the pedestrian path. Continue **Straight** to the Nokomis Community Center. Minnehaha Creek will be on your right and Minnehaha Parkway on your left.
- 3) At the Nokomis Community Center (water and restrooms available) follow the sidewalk straight ahead past the parking lot on your left. Jog **Left** at the tennis courts and carefully cross E Minnehaha Pkwy.
- 4) Follow the pedestrian path past Hiawatha Lake on your left. After crossing over an iron frame pedestrian/bike bridge, bear to your **Right**.
- 5) Cross two more streets at the crosswalks and pass under a concrete bridge. Continue straight on the pedestrian path ignoring any intersecting paths.
- 6) Cross a wooden pedestrian bridge as directed by one of the blue and white signs, then turn **Left** on the asphalt path.
- 7) **Left** at E Minnehaha Pkwy onto the sidewalk and continue to a railroad crossing sign.
- 8) Just after the railroad crossing sign and before reaching the traffic circle, turn **Right** using the crosswalk across the parkway being careful of traffic coming from the traffic circle to your left.
- 9) Jog **Left**, then **Right** onto the E Minnehaha Park Dr bike trail past the yellow Longfellow House on your right.
- 10) Continue walking for 250 meters to the old train Minnehaha Depot station on your right.
- 11) Leaving Minnehaha Depot turn **Right** and continue another 150 meters to the bus stop at the traffic signal for Hiawatha Blvd and E 50th St. Across the highway notice the 21st century light rail station that serves the same function as the old Minnehaha Depot.
- 12) **Turn around** and retrace your steps back towards the yellow Longfellow House.
- 13) Just after the parking lot on your left, turn **Left** onto a pedestrian path then **Right** onto a brick path that goes in front of the white picket fence of the Longfellow House.
- 14) Beyond the Longfellow House turn **Left** on the sidewalk and continue to Longfellow Gardens.
- 15) Turn **Left** again and enter the gardens walking clockwise onto a red stone walkway.
- 16) Just past the water fountains, veer **Left** onto an asphalt path that leads you to an explanatory sign describing how this plot of land was once used as an amusement park and zoo and how it came to be named after Henry Wadsworth Longfellow.
- 17) Turn **Right** and follow the intersecting pedestrian path straight ahead under a bridge. When it joins a shared pedestrian/bike path take a sharp **Right** and walk up the slope to the sidewalk.
- 18) **Right** onto the sidewalk and **Right** again onto the pedestrian path you walked out on returning the way you came over the wooden pedestrian bridge, under the concrete bridge and back across the two streets beyond.
- 19) When you reach the iron frame pedestrian/bike bridge do not cross it. Turn **Right** and follow the pedestrian path to the Hiawatha Community Center (water and restrooms available) with Hiawatha Lake on your left.
- 20) After you pass the community center, Hiawatha Golf Course will replace the lakeshore on your left. Continue to E 43rd St and then turn **Left** keeping the perimeter fence of the golf course on your left.
- 21) Following the perimeter fence, cross S 19th Ave and turn **Left**. Walk one block to E 44th St and turn **Right**.
- 22) After another block, cross S Longfellow Ave and turn **Left**. Cross E 44th St.
- 23) **Right** at E Minnehaha Pkwy and return to the start point at Cedar Ave.



In case of Emergency: Dial 911
Event related assistance:
Ken Johnson POC/Club President 651-774-9607
Butch Spaulding RD 712-322-2797
Susan Pinneke RD (515) 423-8437

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These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver.
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AVA Clubs of Minnesota

Central Minnesota Volkssports - St. Cloud Club Contact:

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Club mailing address:

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Twin Cities Volkssport - Maplewood

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Club mailing address:

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Minnesota AVA Sanctioned Volkssport Events 2021

Event City or Country / Name	Event Dates	YRE Number	Type	Host Club
Blaine – Northtown Mall	1/2/2021 1/2/2021	N/A	Walk	Lake Country Wanderers
Marine on St. Croix - William O'Brien State Park Snow Shoe Washington	2/20/2021 2/20/2021	N/A	Snow Shoe	NorthStar Trail Travelers
North St Paul - North St Paul Historic Walking Tour United States	4/24/2021 4/24/2021	N/A	Walk	Twin Cities Volkssport
Brooklyn Park - MS Gateway Regional Park	5/15/2021 5/15/2021	N/A	Walk	Lake Country Wanderers
Brooklyn Center MN - Brooklyn Center Girl Scout Walk	5/22/2021 5/22/2021	N/A	Walk	Twin Cities Volkssport
Woodbury MN 55125 - Woodbury Thrives Family Volksmarch United States	7/25/2021 7/25/2021	N/A	Walk	Twin Cities Volkssport
Minneapolis - University Stadium Walk	8/7/2021 8/7/2021	N/A	Walk	Twin Cities Volkssport
Barnesville - Verna (Iohse) Herker Memorial Walk	8/27/2021 8/27/2021	N/A	Walk	Lake Country Wanderers
St Cloud - CMV's 30th Anniversary Celebration United States	8/28/2021 8/28/2021	N/A	Walk	Central Minnesota Volkssports
Maplewood - Battle Creek Walk	9/18/2021 9/18/2021	N/A	Walk	Twin Cities Volkssport
Anoka - Anoka County	1/2/2020 12/30/2020	2020/Y2405	Year Round Walk	Lake Country Wanderers
Bloomington - Mall of America	1/1/2020 12/31/2020	2020/Y0381	Year Round Walk	Twin Cities Volkssport
Brooklyn Center - Crystal Airport/Arboretum Walk	1/1/2020 12/31/2020	2020/Y2582	Year Round Walk	Lake Country Wanderers
Brooklyn Center - Palmer Lake	7/1/2020 12/31/2020	2020/Y2701	Seasonal Walk	Lake Country Wanderers
Fridley - Rice Creek Trails	1/1/2020 12/31/2020	2020/Y2282	Year Round Walk	Lake Country Wanderers
Fridley - Springbrook Nature Center	1/1/2020 12/31/2020	2020/Y0685	Year Round Walk	Lake Country Wanderers

Minnesota AVA Sanctioned Volkssport Events 2021

Maple Grove - Hennepin County	1/1/2020 12/30/2020	2020/Y1576	Year Round Walk	Lake Country Wanderers
Maple Grove - MGCC Swim	9/10/2020 12/31/2020	2020/Y2770	Seasonal Swim	Twin Cities Volkssport
Minneapolis - Downtown	1/1/2020 12/30/2020	2020/Y2583	Year Round Walk	Lake Country Wanderers
Minneapolis - Lake Nokomis Walk	1/1/2020 12/31/2020	2020/Y1218	Year Round Walk	Twin Cities Volkssport
Minneapolis - 'Nordeast'	1/1/2020 12/30/2020	2020/Y2586	Year Round Walk	Lake Country Wanderers
Osseo MN - City of Osseo Walk	7/15/2020 12/31/2020	2020/Y2710	Seasonal Walk	Twin Cities Volkssport
St Cloud - Around Lake George	1/1/2020 12/31/2020	2020/Y2612	Year Round Walk	Central Minnesota Volkssports
St Paul - Minnehaha Falls/Ford Dam Walk	1/1/2020 12/31/2020	2020/Y2235	Year Round Walk	Twin Cities Volkssport
St. Paul - State Capital Walk	1/1/2020 12/31/2020	2020/Y1004	Year Round Walk	Twin Cities Volkssport
Albert Lea - Freeborn County-- Walking the I-35 corridor	4/1/2021 9/30/2021	2021/Y2242	Seasonal Walk	Lake Country Wanderers
Anoka - Anoka County	1/2/2021 12/30/2021	2021/Y2405	Year Round Walk	Lake Country Wanderers
Bloomington - Mall of America	1/1/2021 12/31/2021	2021/Y0381	Year Round Walk	Twin Cities Volkssport
Bloomington - Nine Mile Creek Walk	4/1/2021 10/31/2021	2021/Y1467	Seasonal Walk	Twin Cities Volkssport
Blue Earth - Faribault County	4/1/2021 9/30/2021	2021/Y2729	Seasonal Walk	Lake Country Wanderers
Brooklyn Center - Crystal Airport/Arboretum Walk	1/1/2021 12/31/2021	2021/Y2582	Year Round Walk	Lake Country Wanderers
Brooklyn Center - Palmer Lake	1/1/2021 12/31/2021	2021/Y2701	Seasonal Walk	Lake Country Wanderers
Duluth - Duluth Lake Superior Walk	4/1/2021 9/30/2021	2021/Y1032	Seasonal Walk	Twin Cities Volkssport

Minnesota AVA Sanctioned Volkssport Events 2021

Eagan - Lebanon Hills Regional Park	4/1/2021 9/30/2021	2021/Y2661	Seasonal Walk	Twin Cities Volkssport
Fairmont - Martin County	4/1/2021 9/30/2021	2021/Y2731	Seasonal Walk	Lake Country Wanderers
Fergus Falls - Ottertail County	5/1/2021 9/30/2021	2021/Y1954	Seasonal Walk	Lake Country Wanderers
Fridley - Rice Creek Trails	1/1/2021 12/31/2021	2021/Y2282	Year Round Walk	Lake Country Wanderers
Fridley - Snowshoe	1/1/2021 3/31/2021	2021/Y2392	Seasonal Snow Shoe	Lake Country Wanderers
Fridley - Springbrook Nature Center	1/1/2021 12/31/2021	2021/Y0685	Year Round Walk	Lake Country Wanderers
Hopkins MN - Hopkins and Edina 9-Mile Creek	4/1/2021 9/30/2021	2021/Y2829	Seasonal Walk	Twin Cities Volkssport
Madison Lake MN - Blue Earth County Madison Lake Walk	4/1/2021 9/30/2021	2021/Y2819	Seasonal Walk	Twin Cities Volkssport
Maple Grove - Hennepin County	1/1/2021 12/30/2021	2021/Y1576	Year Round Walk	Lake Country Wanderers
Maple Grove - Maple Grove MGCC Swim	1/1/2021 12/31/2021	2021/Y2824	Year Round Swim	Twin Cities Volkssport
Maple Grove - Maple Grove Nature Walk	4/15/2021 11/15/2021	2021/Y2658	Seasonal Walk	Twin Cities Volkssport
Maplewood - Maplewood MN Cemetery Walk	1/1/2021 12/31/2021	2021/Y2823	Seasonal Walk	Twin Cities Volkssport
Minneapolis - Downtown	1/1/2021 12/30/2021	2021/Y2583	Year Round Walk	Lake Country Wanderers
Minneapolis - Lake Nokomis Walk	1/1/2021 12/31/2021	2021/Y1218	Year Round Walk	Twin Cities Volkssport
Minneapolis - Minnehaha Creek	4/1/2021 9/30/2021	2021/Y0375	Seasonal Walk	Twin Cities Volkssport
Minneapolis - 'Nordeast'	1/1/2021 12/30/2021	2021/Y2586	Year Round Walk	Lake Country Wanderers
New Brighton - Long Lake Park	1/2/2021 12/31/2021	2021/Y2771	Year Round Walk	Lake Country Wanderers

Minnesota AVA Sanctioned Volkssport Events 2021

New Ulm - German Heritage Walk- Brown County	4/1/2021 10/31/2021	2021/Y2630	Seasonal Walk	Lake Country Wanderers
Northfield - Jesse James Walk	4/1/2021 10/31/2021	2021/Y2772	Seasonal Walk	Lake Country Wanderers
Osseo MN - City of Osseo Walk	1/1/2021 12/31/2021	2021/Y2710	Year Round Walk	Twin Cities Volkssport
Owatonna - Steele County Walk	4/1/2021 9/30/2021	2021/Y2766	Seasonal Walk	Central Minnesota Volkssports
Rogers - Roger Crow-Hassan Park Walk	4/1/2021 9/30/2021	2021/Y2822	Seasonal Walk	Twin Cities Volkssport
Sleepy Eye - Brown County	4/1/2021 10/31/2021	2021/Y2585	Seasonal Walk	Lake Country Wanderers
Springfield - Brown County	1/1/2021 12/31/2021	2021/Y2584	Seasonal Walk	Lake Country Wanderers
St James - Watonwon County	4/1/2021 9/30/2021	2021/Y2728	Seasonal Walk	Lake Country Wanderers
St Paul - Crocus Hill Walk	4/1/2021 10/31/2021	2021/Y2257	Seasonal Walk	Twin Cities Volkssport
St Paul - Minnehaha Falls/Ford Dam Walk	1/1/2021 12/31/2021	2021/Y2235	Year Round Walk	Twin Cities Volkssport
St Paul - Trout Brook/Oakland Cemetery	4/1/2021 10/31/2021	2021/Y2610	Seasonal Walk	Twin Cities Volkssport
St. Paul - State Capital Walk	1/1/2021 12/31/2021	2021/Y1004	Year Round Walk	Twin Cities Volkssport
Stillwater - Stillwater Walk	5/1/2021 10/31/2021	2021/Y1554	Seasonal Walk	Twin Cities Volkssport
Two Harbors - Two Harbors	4/1/2021 9/30/2021	2021/Y1169	Seasonal Walk	Twin Cities Volkssport
Waseca - Waseca County	4/1/2021 9/30/2021	2021/Y2730	Seasonal Walk	Lake Country Wanderers
Woodbury - Woodbury Pollinator Gardens Walk	4/1/2021 9/30/2021	2021/Y2657	Seasonal Walk	Twin Cities Volkssport