



# Minneapolis Lake Nokomis Walk

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<b>Dates:</b>	<b>1/1/2021 - 12/31/2021</b>
<b>City / State:</b>	Minneapolis, MN
<b>Event Name:</b>	Lake Nokomis Walk
<b>Event Type:</b>	Year Round Walk
<b>Event ID:</b>	<b>SN: 118313 - 2021 / Y1218</b>
<b>Distance - Trail Ratings:</b>	6 & 11K - 1A
<b>Description:</b>	Walk a paved trail around Lake Nokomis and the lagoon.
<b>Amenities:</b>	<b>Strollers:</b> Easy   <b>Wheelchairs:</b> Easy   <b>Pets:</b> Yes   <b>Restrooms:</b> Yes
<b>Special Programs:</b>	This event doesn't have any special Programs assigned.
<b>Start Times:</b>	Dawn to dusk
<b>Location:</b>	Caribou Coffee
<b>Start Point / Driving Directions:</b>	4745 Cedar Ave S, Minneapolis MN 55407. Located on the NE corner of Cedar Ave and Minnehaha Pkwy. From I-94 go south on Cedar 3 miles. From Crosstown Hwy 62 go north on Cedar 2 miles. Parking available at grocery store next door. The start point is also served by Metro Transit Routes #14 and #133.
<b>Awards &amp; Fees:</b>	IVV Credit Only
<b>Comments:</b>	Restrooms available at start point and at parks along the trail.
<b>Host Club:</b>	Twin Cities Volkssport
<b>Contact:</b>	Lee Moisant (See the <a href="https://www.ava.org">my.ava.org Event Listing</a> for further contact information.)
<b>Website:</b>	<a href="https://www.facebook.com/groups/2039870106313616">https://www.facebook.com/groups/2039870106313616</a>

**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.

## Lake Nokomis 6, 10, & 11 km Walk

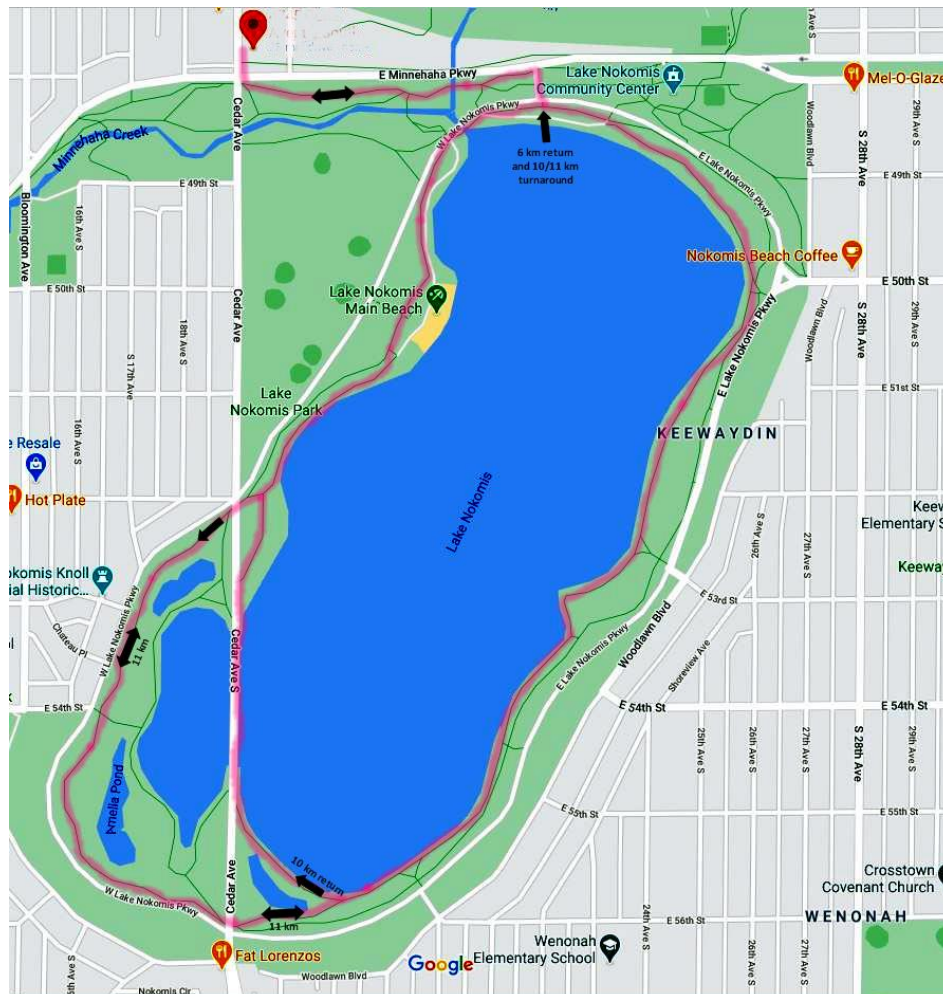
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1. Leaving Caribou Coffee turn **Left** and **Cross** Minnehaha Parkway at the light
2. **Immediate Left** onto the pedestrian path
3. **Continue** on the walking path along Minnehaha Parkway
4. **Cross** the next street (22<sup>nd</sup> Ave) and turn **Right**
5. **Cross** E Lake Nokomis Parkway, the bike path, and a short stretch of grass to reach the lakeshore trail
6. **Right** proceeding counterclockwise with Lake Nokomis on your left
7. **Veer Right** at the Cedar Ave bridge
8. **Carefully Cross** Cedar Ave at the light
9. **Circle** the lagoon. W Lake Nokomis Parkway will be on the right, the lagoon and bridge on the left
10. **Cross** Cedar Ave and complete the circuit around the lake back to 22<sup>nd</sup> Ave  
*6 km walkers skip to #16*
11. **10/11 km walkers** reverse direction and circle the lake again in the clockwise direction
12. After passing an area of tall reeds (~7 km) the path splits onto either side of the pond
13. **11 km walkers Veer Left** and return via the lagoon path
14. **10 km walkers Veer Right** and return via the Cedar Ave bridge
15. **10/11 km walkers** return via the walking path along Lake Nokomis Parkway
16. At 22<sup>nd</sup> Ave **Cross** the short stretch of grass, the bike path, and the Parkway
17. **Left** onto pedestrian path with E Minnehaha Parkway on the left and return to 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



## AVA Clubs of Minnesota

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### Central Minnesota Volkssports - St. Cloud Club Contact:

Lois Mary Head  
lmhead@stcloudstate.edu  
(320) 252-7348

**Club mailing address:**

PO Box 2162  
St. Cloud, MN 56302

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### Lake Country Wanderers – Fridley Club Contact:

Bonnie Johnson  
bonjohn@comcast.net  
(763) 571-8041

**Club mailing address:**

25 - 66th Way NE  
Fridley, MN 55432

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### NorthStar Trail Travelers - Minneapolis

Wally Swanson  
peterscartwright@gmail.com  
(507) 362-8760

**Club mailing address:**

3951 Russell Ave. N  
Minneapolis, MN 55412

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### Twin Cities Volkssport - Maplewood

Ken Johnson  
johnsonck@centurylink.net  
(651) 774-9607

**Club mailing address:**

1994 Payne Ave  
Maplewood, MN 55117

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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