



Minneapolis Lake Nokomis Walk

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Dates:	1/1/2020 - 12/31/2020
City / State:	Minneapolis, MN
Event Name:	Lake Nokomis Walk
Event Type:	Year Round Walk
Event ID:	SN: 118313 - 2021 / Y1218
Distance - Trail Ratings:	6 & 11K - 1A
Description:	Walk a paved trail around Lake Nokomis and the lagoon.
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 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.
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:	https://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.

Lake Nokomis 6, 10, & 11 km Walk

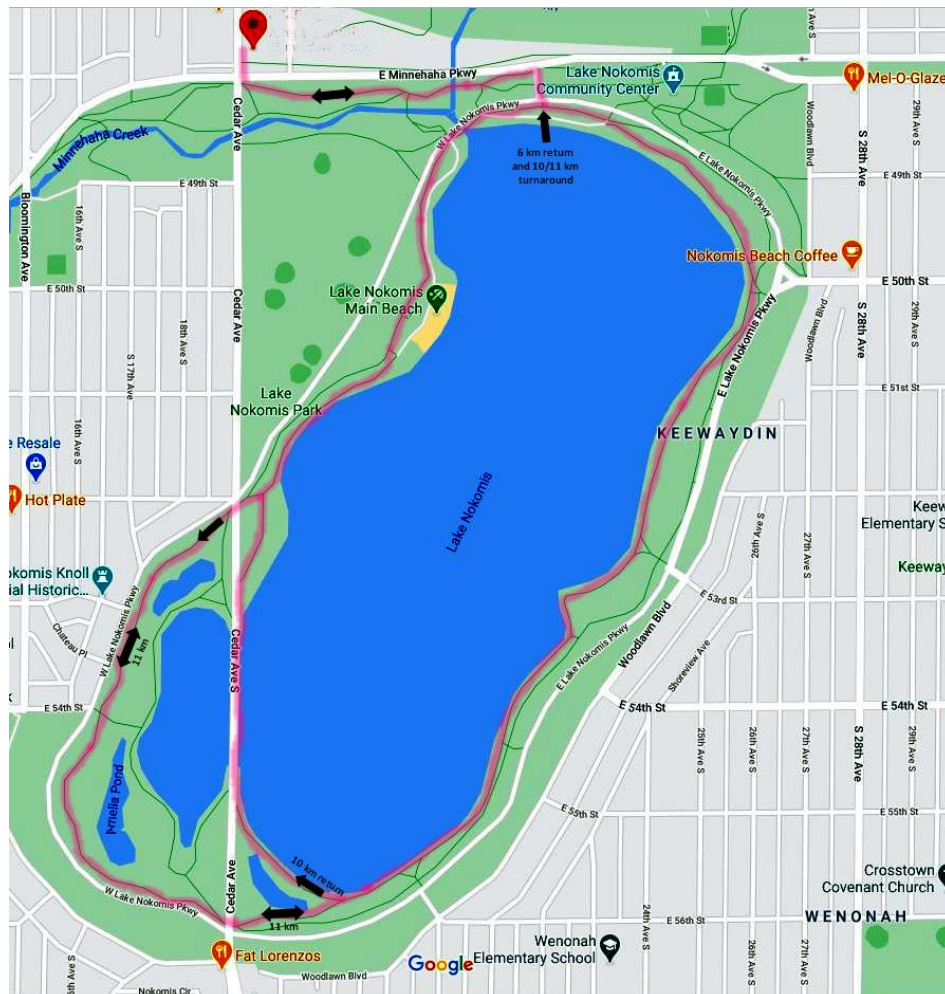
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1. Leaving Caribou Coffee turn **Left** and **Cross** Minnehaha Parkway at the light
2. **Immediate Left** onto the pedestrian path
3. **Continue** on the walking path along Minnehaha Parkway
4. **Cross** the next street (22nd Ave) and turn **Right**
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 22nd 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 22nd 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 DRD (515) 423-8437



Minnesota Club Contact Information

- **Club Name:** Lake Country Wanderers
- **Address:** 25 - 66th Way NE
- **City:** Fridley
- **State:** MN
- **Zip:** 55432
- **Contact:** Bonnie Johnson
- **Phone:** (763) 571-8041
- **Website:** _
- **Email:** bonjohn@comcast.net

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- **Club Name:** Twin Cities Volkssports
 - **Address:** 1994 Payne Ave
 - **City:** Maplewood
 - **State:** MN
 - **Zip:** 55117
 - **Contact:** Ken Johnson
 - **Phone:** (651) 774-9607
 - **Website:** www.tcvwalking.com
 - **Email:** johnsonck@centurylink.net



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- **Club Name:** NorthStar Trail Travelers
 - **Address:** 3951 Russell Ave. N
 - **City:** Minneapolis
 - **State:** MN
 - **Zip:** 55412
 - **Contact:** Wally Swanson
 - **Phone:** (507) 362-8760
 - **Website:** www.nstt.org/
 - **Email:** peterscartwright@gmail.com



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- **Club Name:** Central Minnesota Volkssports
 - **Address:** PO Box 2162
 - **City:** St. Cloud
 - **State:** MN
 - **Zip:** 56302
 - **Contact:** Lois Head
 - **Phone:** (320) 293-9441
 - **Website:** centralmnvolkssports.wix.com/cmvs
 - **Email:** lmhead@stcloudstate.edu

Traditional Event City or Country / Name	Event Dates	YRE Number	Type	Host Club
Plymouth - French Regional Park	8/8/2020	N/A	Walk	Twin Cities Volkssport
Melrose - Melrose Celebration Walk	8/22/2020	N/A	Walk	Lake Country Wanderers
Frontenac - Frontenac State Park	9/13/2020	N/A	Walk	NSTT
Maplewood - Battle Creek Regional Park	9/19/2020	N/A	Walk	Twin Cities Volkssport
Maplewood - Annual Meeting and Cemetery Walk	10/10/2020	N/A	Guided Walk	Twin Cities Volkssport
Lake Maria State Park	10/24/2020	N/A	Guided Walk	NSTT
Roseville - Rosedale Mall Walk	11/14/2020	N/A	Walk	Twin Cities Volkssport
Minneapolis - YMCA Skyway Holiday Walk	12/5/2020	N/A	Walk	Twin Cities Volkssport
Seasonal or YRE Event City or Country / Name	Event Dates	YRE Number	Type	Host Club
Albert Lea - Freeborn County-- Walking the I-35 corridor	5/1/2020-9/30/2020	2020/Y2242	Seasonal Walk	Lake Country Wanderers
Anoka - Anoka County	1/2/2020-12/30/2020	2020/Y2405	Year Round Walk	Lake Country Wanderers
Bagley - Clearwater County	5/1/2020-9/30/2020	2020/Y2515	Seasonal Walk	Lake Country Wanderers
Bloomington - Mall of America	1/1/2020-12/31/2020	2020/Y0381	Year Round Walk	Twin Cities Volkssport
Bloomington - Nine Mile Creek Walk	4/1/2019-10/31/2020	2019/Y1467	Seasonal Walk	Twin Cities Volkssport
Brooklyn Center - Crystal Airport/Arboretum Walk	1/1/2020-12/31/2020	2020/Y2582	Year Round Walk	Lake Country Wanderers
Duluth - Duluth Lake Superior Walk	4/1/2020-9/30/2020	2020/Y1032	Seasonal Walk	Twin Cities Volkssport
Eagan - Lebanon Hills	4/1/2020-9/30/2020	116141	Seasonal Walk	Twin Cities Volkssport
Edina - Bredesen Park Edina	4/1/2020-10/31/2020	2020/Y2609	Seasonal Walk	Twin Cities Volkssport
Faribault - Rice County Walking the I-35 Corridor	5/1/2020-9/30/2020	2020/Y1153	Seasonal Walk	Lake Country Wanderers
Fergus Falls - Ottertail County	5/1/2020-9/30/2020	2020/Y1954	Seasonal Walk	Lake Country Wanderers

Fridley - Snowshoe	1/1/2020-3/31/2020	2020/Y2392	Seasonal Snow Shoe	Lake Country Wanderers
Fridley - Springbrook Nature Center	1/1/2020-12/31/2020	2020/Y0685	Year Round Walk	Lake Country Wanderers
Halstad MN - Norman County	4/1/2020-9/30/2020	116145	Seasonal Walk	Twin Cities Volkssport
Halstad MN - Norman County Border Walk	4/1/2020-9/30/2020	116147	Seasonal Walk	Twin Cities Volkssport
Mahnomen - Mahnomen County	5/1/2020 - 9/30/2020	2020/Y2512	Seasonal Walk	Lake Country Wanderers
Maple Grove - Hennepin County	1/1/2020 - 12/31/2020	2020/Y1576	Year Round Walk	Lake Country Wanderers
Maple Grove - Nature Walk	4/15/2020-11/15/2020	116148	Seasonal Walk	Twin Cities Volkssport
Minneapolis - Lake Nokomis Walk	1/1/2020-12/31/2020	2020/Y1218	Year Round Walk	Twin Cities Volkssport
Minneapolis - Minnehaha Creek	4/1/2020 - 9/30/2020	2020/Y0375	Seasonal Walk	Twin Cities Volkssport
Minneapolis - 'Nordeast'	1/1/2020 - 12/31/2020	2020/Y2586	Year Round Walk	Lake Country Wanderers
Monticello - Lake Maria Annual Meeting Guided Walk and Potluck	10/24/2020	N/A	Guided Walk	NSTT
Moorhead	4/1/2020 - 9/30/2020	2020/Y0762	Seasonal Walk	Red River Volkssport Assn.
New Ulm - German Heritage Walk	4/1/2020 - 9/30/2020	2020/Y2630	Seasonal Walk	Lake Country Wanderers
Park Rapids - Hubbard County	5/1/2020 - 9/30/2020	2020/Y2516	Seasonal Walk	Lake Country Wanderers
Rochester - Olmsted County	5/1/2020 - 9/30/2020	2020/Y1475	Seasonal Walk	Lake Country Wanderers
Sleepy Eye - Brown County	4/1/2020 - 10/31/2020	2020/Y2585	Seasonal Walk	Lake Country Wanderers
Springfield - Brown County	4/1/2020 - 10/31/2020	2020/Y2584	Seasonal Walk	Lake Country Wanderers
St Cloud - Around Lake George	1/1/2020 - 12/31/2020	2020/Y2612	Year Round Walk	Central Minnesota Volkssports
St Paul - Crocus Hill Walk	4/1/2020 - 10/31/2020	2020/Y2257	Seasonal Walk	Twin Cities Volkssport
St Paul - Minnehaha Falls/Ford Dam Walk	1/1/2020 - 12/30/2020	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

St Paul - Trout Brook/Oakland Cemetery	4/1/2020 - 10/31/2020	2020/Y2610	Seasonal Walk	Twin Cities Volkssport
Stillwater - Stillwater Walk	5/1/2020 - 10/31/2020	2020/Y1554	Seasonal Walk	Twin Cities Volkssport
Two Harbors - Two Harbors	4/1/2020 - 9/30/2020	2020/Y1169	Seasonal Walk	Twin Cities Volkssport
Victoria - Carver Park Reserve	4/1/2020 - 9/30/2020	2020/Y2431	Seasonal Walk	Twin Cities Volkssport
Woodbury Pollinator Gardens	4/1/2020-9/30/2020	116149	Seasonal Walk	Twin Cities Volkssport
