

**QUINCY – AGRICULTURAL TOWN – SEASONAL WALK
5K AND 10K EVENT Y1543**

Grant County, Washington

**5K is rated 1A. 10K is rated 1B due to walking a
short distance on gravel shoulder of highway**

Central Washington Sun Striders

This On-line Start Box or emailed packet contains the following 7 files of information:

1. This information page file.
2. One file of walk directions for both the 5K and the 10K.
3. Two separate files of walk maps – one for the 5K and one for the 10K.
4. A list of qualifying AVA and Washington State (ESVA) Challenges/Special Programs for this event.
5. Our CWSS brochure of club sponsored walks in Central Washington. Two separate files make up the brochure.

Thanks for participating and we hope you enjoy your walk in this agricultural community.

POC: J. Blazek

509-899-6535

Copywrite: 2021 Central Washington Sun Striders

QUINCY, WA. - 5K & 10K SEASONAL WALKS Y1543
CENTRAL WA. SUN STRIDERS - 5K RATED 1A - 10K RATED 1B

Driving Directions to Start Point

Eastbound on I-90, take Exit 149. Westbound on I-90, take Exit 151. Go north on SR 281 to stop light in Quincy. Turn left on SR 28 and go 1 ½ blocks to Harvest Foods/Akins Fresh Market on left at 106 "F" Street SW, Quincy, WA. 98848. Restrooms are available in the market. Other restrooms in the parks may or may not be open.

Both 5 km and 10 km start together. Do 1 - 19:

1. Exit store facing "F" St (Hwy 28). Turn **RIGHT** on the sidewalk to Central Avenue and the traffic light.
2. Turn **LEFT** on Central and **CROSS** "F" St (Hwy 28).
3. Turn **LEFT** on C St. SW. (*Post Office*).
4. Turn **LEFT** on 3rd Ave SW at the "T" (no sign).
5. Turn **RIGHT** on "F" St (Hwy 28) at the stop sign.
6. Turn **RIGHT** at museum sign and follow sidewalk to the old church.
7. Turn **AROUND** and return to the museum sign.
8. Turn **LEFT** along Hwy 28.
9. **CROSS** 3rd Ave SW (no sign - Les Schwab on corner) and turn **LEFT** on 3rd.
10. **CROSS** and turn **RIGHT** on D St. SW.
11. Turn **LEFT** on 2nd Ave SW.
12. Turn **RIGHT** on B St. SW. **CROSS** Central Ave. *Errant Cellars on left just after Central.*
13. Turn **RIGHT** on 4th Ave SE to C St. SE.
14. Turn **RIGHT** on C St. SE to Central Ave.
15. Turn **LEFT** on Central Ave to D St. SE.
16. Turn **LEFT** on D St. SE to 2nd Ave SE.
17. Turn **RIGHT** on 2nd Ave SE to "F" St.
18. Turn **LEFT** on "F" St. to 3rd Ave SE.
19. Turn **RIGHT** and **CROSS** "F" St.

For 5K do 20 - 24. For 10K do 25 - 47.

20. Turn **RIGHT** on "F". You will **CROSS** Central Ave.
21. Turn **LEFT** on 1st Ave. SW.
22. Turn **RIGHT** on "I" St. SW.
23. Turn **RIGHT** on 2nd Ave. SW.
24. Turn **RIGHT** on "F" St (Hwy 28) and return to the start/finish point.

POC: J. Blazek 509-899-6535

Thank you for walking our Quincy walk.

The walk directions and map may only be used in conjunction with a signed AVA athletic waiver. All other uses are prohibited.

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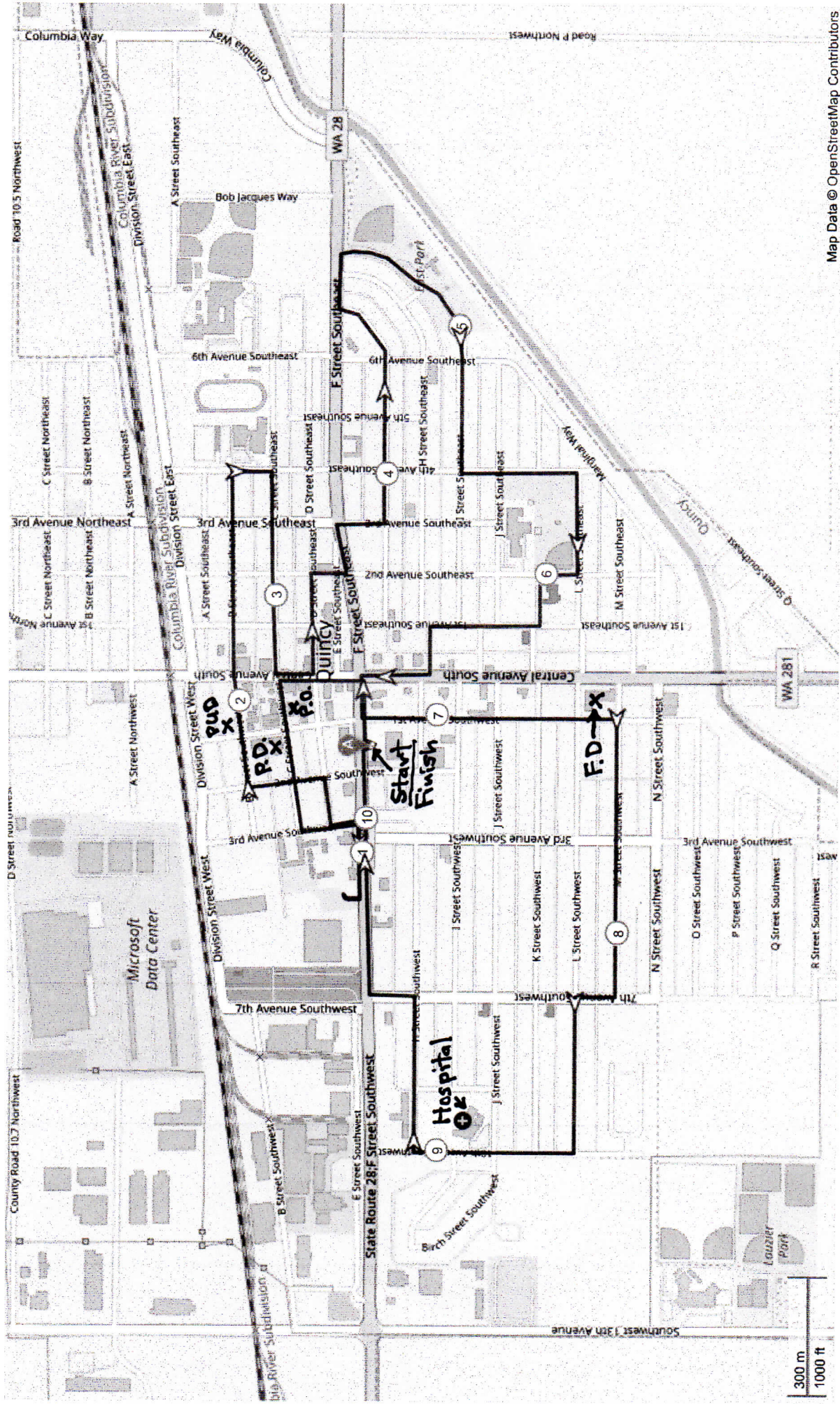
If there is an Emergency, call: 911

25. Continue **STRAIGHT** on 3rd Ave SE.
26. Turn **LEFT** on G St. SE. It will **ANGLE LEFT**.
27. Turn **RIGHT** on "F" St. SE (Hwy 28). Walk carefully on the shoulder of the highway.
28. At sign that reads "East Park Aquatic Center", turn **RIGHT** into parking lot. Walk through parking lot past playground and Aquatic Center.
29. Look for opening in left-hand corner of fence and **PROCEED** into small city park.
30. **Continue** on gravel path to the **right** of restrooms, then through parking lot to residential street (no sign).
31. **FOLLOW** sidewalk to corner of 6th Ave. and "I" St. Continue **STRAIGHT** ahead on "I" St. to 4th Ave SE.
32. Turn **LEFT** on 4th Ave to L St. SE.
33. Turn **RIGHT** on "L" to 2nd Ave SE. (stop sign)
34. Turn **RIGHT** on 2nd to K St. SE.
35. Turn **LEFT** on "K" one block to 1st Ave. SE.
36. Turn **RIGHT** on 1st to H St. SE.
37. Turn **LEFT** on "H" to Central Ave.
38. Turn **RIGHT** on Central Ave. to "F" Street.
39. Turn **LEFT** and **CROSS** Central Ave.
- 40: Turn **LEFT** on 1st Ave SW.
41. Turn **RIGHT** on M St. SW.
42. Turn **RIGHT** on 7th Ave SW.
43. Turn **LEFT** on L St. SW.
44. Turn **RIGHT** on 10th Ave. SW.
45. Turn **RIGHT** on H St. SW.
46. Turn **LEFT** on 7th Ave SW.
47. Turn **RIGHT** on "F" St. SW (Hwy 28) and return to the start/finish point.

Be sure to log back into the OSB system (my.ava.org) to finish/complete your online registration after doing the walk. The OSB system does not deduct any walking fee from a walker's event bank until they have submitted walk completion info including the date the event was walked, the distance walked, and the selection of applicable special programs that walker 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 walker's Event Bank when he/she submits the walk completion info as a paying for credit walker.) The \$2 "coupon" for the downloaded PDF expires in 60 days.

4N

Quincy 10K



WALLA WALLA - City and Parks - Walla Walla Co. Y1922 6K & 10K
WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions.
4/1 - 11/15. Rated 1A. Walk through downtown with its many winery tasting rooms, through Whitman College and city parks and historic homes.

WENATCHEE - City Art and River - Chelan Co. Y0503 5K & 10K
WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions.
4/1 - 10/31. Rated 1A. Walk through downtown and on a paved trail through parks along the Columbia River with lots of artwork along the trail.

YAKIMA - Chesterley Park/Canal Path - Yakima Co. Y0993 5K & 10K
Powerhouse Grill, 3807 River Rd, Yakima, 509-469-9900. 4/1 - 11/15. Rated 1A.
Walk paved Powerhouse Canal path and through residential areas.

YAKIMA - Yakima River Greenway Trail - Yakima Co. Y0574 5K & 10K
Baymont by Wyndham Hotel, 1603 E. Yakima Ave, Yakima, 509-654-9168. 4/1 - 11/15.
Rated 1A. Walk a paved trail along the Yakima River and through the city's Arboretum.

YAKIMA - Historic Downtown - Yakima Co. Y2734 5K & 10K
Baymont by Wyndham Hotel, 1603 E. Yakima Ave, Yakima, 509-654-9168. 4/1 - 11/15.
Rated 1A. Walk through historic downtown, residential areas and through several parks.
NEW EVENT for 2021.

ZILLAH - Town and Canal - Yakima Co. Y1951 5K & 10K
Best Western Plus, 911 Vintage Valley Parkway, Zillah, 833-448-0904. 4/1 - 11/15.
5K rated 1A, 10K rated 1C. Walk through the town past historic "Teapot Dome" gas station, a Veteran's Memorial, and through residential areas. 10K follows a gravel road along the Sunnyside Canal.

Web registration address: my.ava.org. You will need to establish an account on the site before being able to register for events.
POC contact for email registration: joelblazek1@gmail.com

Central Washington Sun Striders
is a non-profit organization dedicated to promoting public health, fun, recreation and fellowship through non-competitive walking/hiking events.

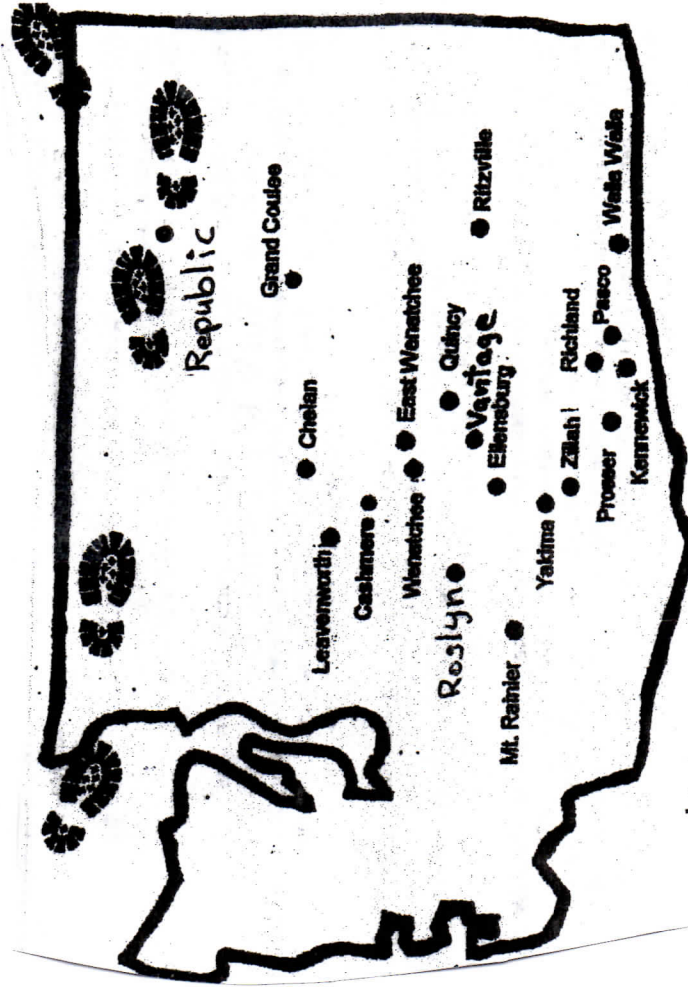
Comments can be sent to Central Washington Sun Striders,
PO Box 10523, Yakima WA 98909; or our email address:
centralwasunstriders@gmail.com

For further information on walk events:
For events in Washington State: www.esva.org (Events tab)
For events across the USA: www.ava.org (Events tab)
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CENTRAL WASHINGTON SUN STRIDERS

2021

1 YEAR ROUND WALK 24 SEASONAL WALKS IN CENTRAL WASHINGTON



CASHMERE - Town and River - Chelan Co. Y0319 5K & 10K

Martin's Market Place, 130 Tichenal Way, Cashmere, 509-782-3801. 4/1 - 11/15. 5K Rated 1A, 10K Rated 2A. Walk through downtown which includes the Aplets and Collets factory, through residential areas, along the Wenatchee River, and by a 9/11 and Veteran's Memorial.

CHELAN - Town and Lake - Chelan Co. Y1974 5K & 10K

WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions. 4/1 - 10/31. Rated 2A. Walk through residential and business areas, through three parks, and along Lake Chelan and the Chelan River.

EAST WENATCHEE - Columbia River Bridge and Trail - Chelan/Douglas Cos. Y0258 6K/10K

WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions. 4/1 - 10/31. Rated 1A. Walk across the Columbia River on a pedestrian bridge. Then walk on a paved recreation trail along the river with views of Wenatchee and surrounding hills.

ELLENSBURG - City and CWU - Kittitas Co. Y0320 5K/6K/10K & 15K

Best Western Plus Hotel, 211 W. Umplanum Rd, Ellensburg, 509-925-4244. 1/2 - 12/31. Rated 1A. Walk through historic neighborhoods, downtown and CWU campus.

ELLENSBURG - Yakima River and Parks - Kittitas Co. Y1151 6K & 10K

Best Western Plus Hotel, 211 W. Umplanum Rd, Ellensburg, 509-925-4244. 4/1 - 12/31. Rated 1B. Walk in three city parks and along the Yakima River.

GRAND COULEE - Town and Dam - Douglas/Grant/Okanogan Cos. Y1921 5K and 10K.

WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions. 4/1 - 10/31. Upper 5K rated 2B, lower 5K rated 1B. Walk on paved trails and city streets with great views of the river and reservoir from above and below Grand Coulee Dam.

KENNEWICK - River and Carousel - Benton Co. Y1015 1K/5K & 10K

WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions. 4/1 - 11/15. Rated 1A. Walk 5K or 10K on paved Sacajawea Trail along the Columbia River and through Columbia Park. You then drive 5 1/2 miles to the 1K carousel walk.

LEAVENWORTH - Bavarian Town - Chelan Co. Y0452 5K & 10K

Icicle Village Resort - Icicle Inn, 505 US2, Leavenworth, 800-961-0162. 4/1 - 11/15. Rated 2B. Walk through the Bavarian themed downtown, residential areas and along the Wenatchee River crossing bridges to Blackbird Island and a city park.

LEAVENWORTH - Icicle Gorge/Chatter Crk Trails - Chelan Co. Y1675 7K & 3K

Icicle Village Resort - Icicle Inn, 505 US2, Leavenworth, 800-961-0162. 5/1 - 10/31. 7K Icicle Gorge Trail rated 1B, 3K Chatter Creek Trail rated 2B. Register and drive 13 miles to hike the Icicle Gorge loop trail along both sides of the creek. Then drive a short distance and hike the Chatter Creek Trail to a small waterfall. Federal land's parking pass required.

MT. RAINIER NAT'L PK - Ohanapecosh River Trail - Lewis Co. Y0789 5K & 10K

Info Center, Ohanapecosh Campground, Mt. Rainier Nat'l Park, 360-569-2211, open 7/3 - 9/6. From 9/7 - 9/30 use the AVA On-Line Start Box for registration or email joelblazek1@gmail.com for directions. Rated 3C. Hike a loop trail through the forest along the river to Silver Falls and the big trees in the Grove of the Patriarchs. Federal land's parking pass required.

PASCO - Sacajawea River Trail - Franklin Co. Y0148 5K & 10K

WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions. 4/1 - 11/15. Rated 1A. Walk on a paved trail along the Columbia River.

PROSSER - City and Wineries - Benton Co. Y2092 5K & 10K

WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions. 4/1 - 11/15. Rated 1A. Walk through Vintner's Village - an area of many wineries. Cross the Yakima River and walk through the downtown and residential areas.

QUINCY - Agricultural Town - Grant Co. Y1543 5K & 10K

WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions. 4/1 - 10/31. Rated 1B. Walk through downtown and residential areas of this agricultural town.

REPUBLIC - Old Mining Town and Rail Trail - Ferry Co. Y2591 4K & 6K

WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions. 4/1 - 10/31. 4K is rated 2B, 6K is rated 1A. Walk 4K to a fossil dig site and around town on sidewalks and road shoulders. Then drive a short distance to the 6K Golden Tiger Rail Trail.

RICHLAND - Columbia River Trail - Benton Co. Y1012 10K

WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions. 4/1 - 11/15. Rated 1A. Walk on a paved path through parks along the Columbia River.

RITZVILLE - Historic Agricultural Town - Adams Co. Y1011 6K & 10K

WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions. 4/1 - 10/31. 6K is rated 1B, 10K is rated 2B. Walk through the historic downtown district, residential areas and through the county fair grounds.

ROSLYN - Historic Town & Coal Mine Rail Trail - Kittitas Co. Y1565 5K & 11K

The Lodge at Suncadia, Suncadia Resort, 3600 Suncadia Trail, Cle Elum, 509-649-6400. 4/1 - 9/30. Rated 2B. You will drive 4 miles after you register at the Lodge to Roslyn. Walk through the Nat'l Historic area and the historic cemetery with its 23 separate ethnic and fraternal sections and on the gravel Coal Mine Rail Trail.

ROSLYN - Suncadia Resort Trails - Kittitas Co. Y1599 5K & 11K

The Lodge at Suncadia, Suncadia Resort, 3600 Suncadia Trail, Cle Elum, 509-649-6400. 4/1 - 9/30. 5K is rated 1A, 11K is rated 2B. Walk on paved trails through forests, golf courses and residential areas of this planned resort community.

VANTAGE - Town and Ginkgo State Park - Kittitas Co. Y2184 7K & 3K

WEB REGISTRATION utilizing the Online Start Box or contact POC by email for directions. 4/1 - 10/31. 7K is rated 2A, 3K is 2C. Walk 7K along the Columbia River, through the community and to the state park visitor center with its petrified logs and petroglyphs. Then drive a short distance to hike the 3K "Trees of Stone" trail with petrified logs and views of the river and area.