

**QUINCY - TOWN SEASONAL WALK
5K AND 10K EVENT Y1543**

Grant County, Washington

5K and 10K are rated 1B due to small inclines

Central Washington Sun Striders

This on-line packet contains the following 6 pages of information:

1. This information page.
2. Walk directions for the 5K and 10K are on one page.
3. Walk map for the 5K and 10K are on one page. 5K and 10K are differentiated on the map.
4. A list of qualifying AVA and Washington State (ESVA) Challenges for this event.
5. A CWSS brochure of club sponsored walks in Central Washington.

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

POC: J. Blazek

509-899-6535

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QUINCY, WA. - 5K and 10K SEASONAL WALKS Y1543
CENTRAL WASHINGTON SUN STRIDERS - 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 - 17:

1. Exit store facing "F" St. Turn **RIGHT** on 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 Second 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.
14. Turn **RIGHT** on "C" to 1st Ave. SE.
15. Turn **LEFT** on 1st to D St. SE.
16. Turn **RIGHT** on "D" to Central Ave.
17. Turn **LEFT** on Central to "F". **CROSS** "F" St.

For 5 km, do 18 - 22. For 10 km, do 23 - 46.

18. Turn **RIGHT** and **CROSS** Central Ave.
19. Turn **LEFT** on 1st Ave. SW.
20. Turn **RIGHT** on "J" St. SW.
21. Turn **RIGHT** on 3rd Ave. SW.
22. 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.

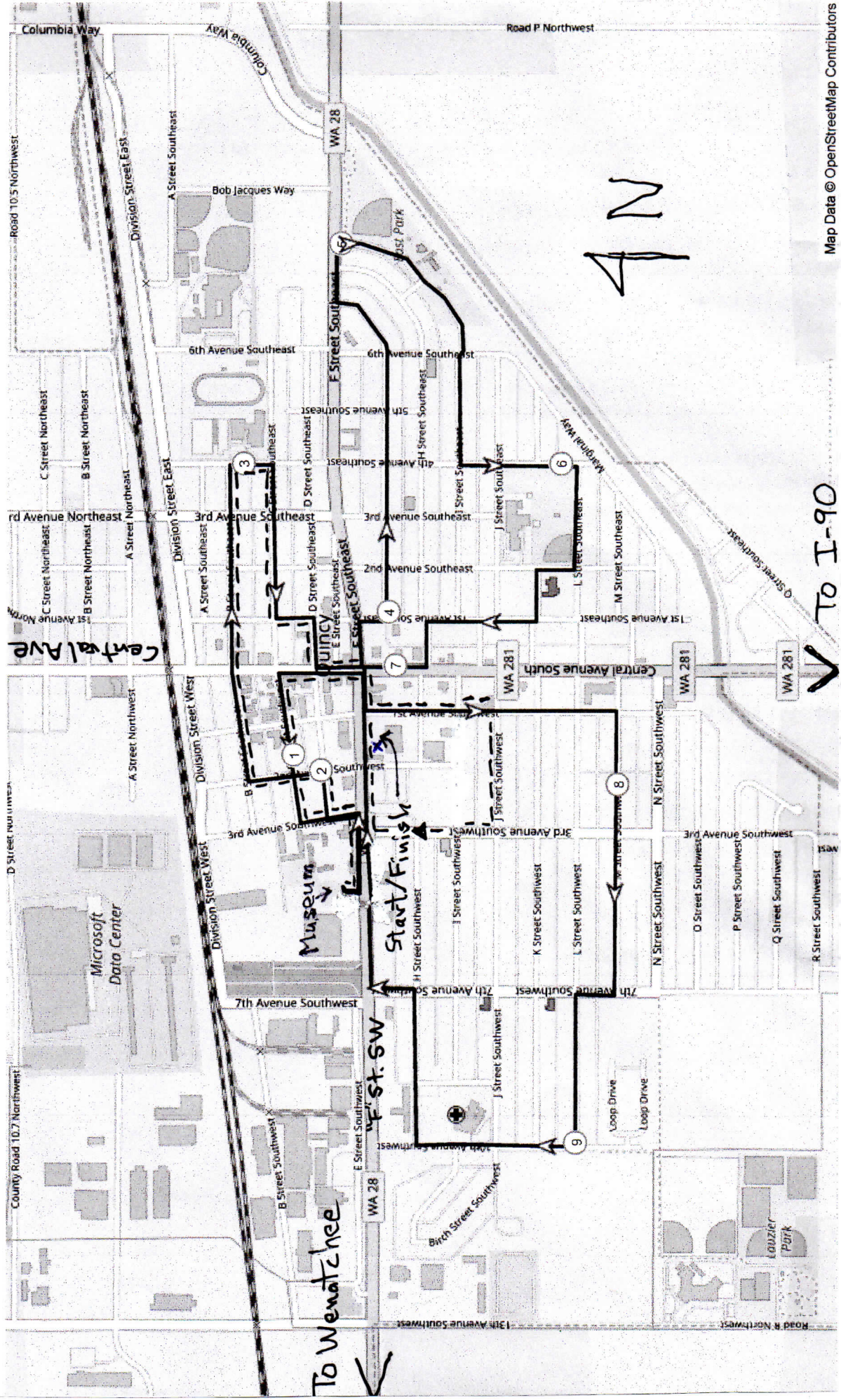
The walk directions and map may only be used in conjunction with a signed AVA athletic waiver. All other uses are prohibited.

If there is an Emergency, call: 911

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

Quincy 10K — 5K —



AVA/ESVA SPECIAL CHALLENGE PROGRAMS 2020

WALK NAME /NUMBER

Quincy, Wa. Y1543

ESVA SPECIAL PROGRAMS

Counties [ongoing]

Grant

Historic Depots
[2019-2021]

Whisky-Vino-
Brew
[2018-2020]

WINERY

Errant Cellars

BREWERY

DISTILLERY

Rail to Trails
[2020-2023]

OREGON SPECIAL PROGRAMS

50 STATES/51 CAPITALS

[ONGOING]

Washington

WALK THE USA A-Z

[ONGOING]

"Q" - Quincy

AIRPORTS-CELEBRATE FLIGHT

[2020-2022]

BORDER CROSSING

[2014-2023]

CAROUSELS ACROSS AMERICA

[2019-2021]

ICE CREAM PARLORS

[2017-2019]

LITTLE FREE LIBRARIES

[2019-2021]

MAYFLOWER - 400TH ANNIVERSARY

[2020-2022]

ROCKIN' AROUND THE CLOCK

[2020-2022]

UNDERGROUND RAILROAD

[2017-2019]

WALK LIKE AN OLYMPIAN

[2018-2020]

WENATCHEE - City Art and River - Chelan Co. Y0503 5K & 10K
Start Pt and Dates: Safeway Store, 105 N. Miller St, Wenatchee, 4/1 - 9/30.
Event Info: Rating 1A. Walk through downtown and on a paved trail through parks along the Columbia River with artwork along the river trail.

YAKIMA - Chesterley Park - Yakima Co. Y0993 5K & 10K
Start Pt and Dates: Powerhouse Grill, 3807 River Rd, Yakima, 4/1 - 11/15.
Event Info: Rating 1A. Walk paved Powerhouse Canal Trail and through residential areas.

YAKIMA - Greenway Trail Walk - Yakima Co. Y0574 5K & 10K
Start Pt and Dates: Baymont by Wyndham Hotel, 1603 E. Yakima Ave, Yakima, 4/1 - 11/15.
Event Info: Rating 1A. Walk paved trail along the Yakima River and through the Arboretum.

ZILLAH - Town and Canal - Yakima Co. Y 1951 5K & 10K
Start Pt and Dates: Best Western Plus, 911 Vintage Valley Parkway, Zillah, 4/1 - 9/30.
Event Info: 5K is rated 1A, 10K is 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.

Central Washington Sun Striders

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

Contact Info:

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:

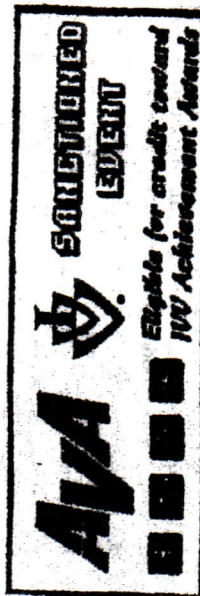
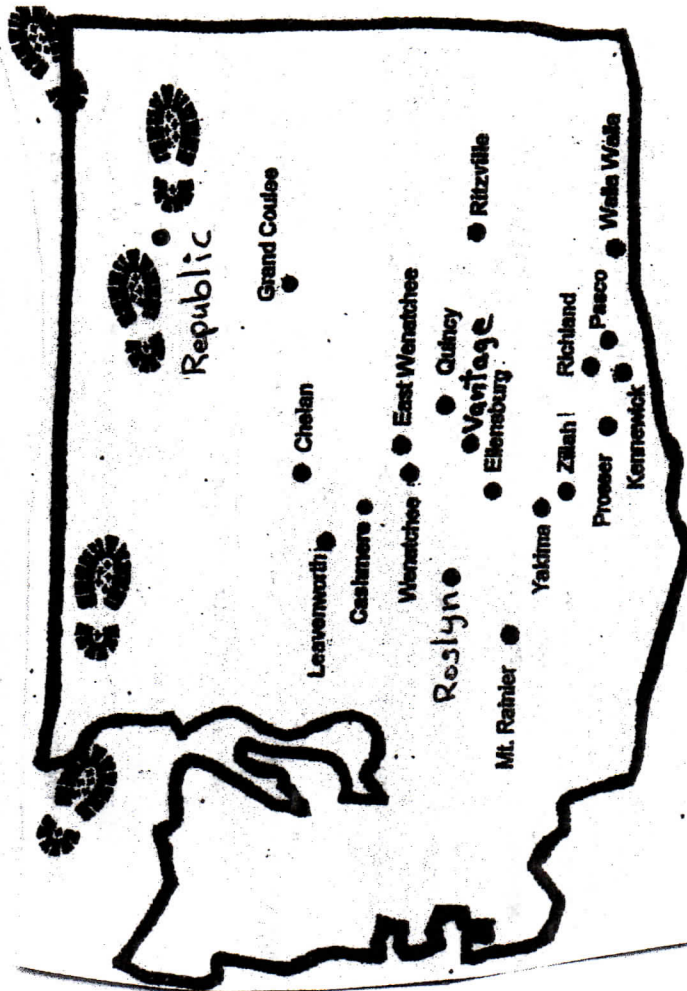
For events in Washington State: www.esva.org (Home or Events tabs)
For events across the USA: www.ava.org (Events tab)

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CENTRAL WASHINGTON SUN STRIDERS

2020

2 YEAR ROUND WALKS 22 SEASONAL WALKS IN CENTRAL WASHINGTON



CASHMERE - Town and River - Chelan Co. Y0319 5K & 10K
Start Pt and Dates: Martin's Market Place, 130 Tichenal Way, Cashmere, 4/1 - 9/30.
Event Info: Rating 1A. Walk through downtown and the Aplets and Cotlets factory, through residential areas, along the Wenatchee River, and by a 911 Memorial.

CHELAN - Town and Lake - Chelan Co. Y1974 5K & 10K
Start Pt and Dates: Chelan Shell Foodmart, 301 East Woodin Ave, Chelan, 4/1 - 9/30.
Event Info: Rating 2A. Walk through residential and business areas, through three parks, and along Lake Chelan and Chelan River.

EAST WENATCHEE - Columbia River Tr. - Chelan/Douglas Cos. Y0258 6K/10K
Start Pt and Dates: Cedars Inn, 80 9th St. NE, East Wenatchee, 4/1 - 9/30.
Event Info: Rating 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
Start Pt and Dates: Best Western Plus, 211 W. Umpitanum Rd, Ellensburg, 1/2 - 12/31.
Event Info: Rating 1A. Walk through historic neighborhoods, downtown and CWU campus.

ELLENSBURG - Yakima River and Parks - Kittitas Co. Y1151 6K & 10K
Start Pt and Dates: Best Western Plus, 211 W. Umpitanum Rd, Ellensburg, 1/2 - 12/31.
Event Info: Rating 1B. Walk in three city parks and along the Yakima River.

GRAND COULEE - Town and Dam - Douglas/Grant/Okanogan Cos. Y1921 5K and 10K.
Start Pt and Dates: Grand Coulee Dam Visit Cen. Lincoln Ave and SR 155 N, Grand Coulee, 4/1 - 9/30
Event Info: Upper 5K rated 2B, lower 5K 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 5K/6K/10K & 11K
Start Pt and Dates: Clover Island Inn, 415 Clover Island Dr. Kennewick, 4/1 - 11/15.
Event Info: Rating 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 - Icicle Gorge/Chatter Crk Trails - Chelan Co. Y1675 7K & 3K
Start Pt and Dates: Icicle Village Resort - Icicle Inn, 505 US2, Leavenworth, 5/1 - 9/30.
Event Info: 7K Icicle Gorge Trail rated 1B, 3K Chatter Creek Trail rated 2B. Drive 13 miles to hike the Icicle Gorge loop trail with views of the mountains. Then drive a short distance and hike the Chatter Creek Trail to a bridge crossing of the creek with a small waterfall. Federal land's parking pass required.

LEAVENWORTH - Bavarian Town - Chelan Co. Y0452 5K & 10K
Start Pt and Dates: Icicle Village Resort - Icicle Inn, 505 US2, Leavenworth, 4/1 - 11/15.
Event Info: Rating 2B. Walk through the Bavarian themed downtown, residential areas and along the Wenatchee River crossing bridges to Blackbird Island and a city park.

MT. RAINIER - OHANAPECOSH RIVER - Lewis Co. Y0789 5K & 10K
Start Pt and Dates: Info Center, Ohanapecosh Campground, Mt. Rainier Nat'l Park 7/1 - 9/7.
Event Info: Rating 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
Start Pt and Dates: Sleep Inn Hotel, 930 Bedford Street, Pasco, 4/1 - 11/15.
Event Info: Rating 1A. Walk on paved trail along the river and through a newer residential area.

PROSSER - City and Wineries - Benton Co. Y2092 5K & 10K
Start Pt and Dates: Best Western Inn at Horse Heaven, 259 Merlot Dr, Prosser, 4/1 - 11/15.
Event Info: Rating 1A. Walk through Vintner's Village - an area of many wineries. Cross the Yakima River and walk through the downtown and residential areas.

QUINCY - Town - Grant Co. Y1543 5K & 10K Web registration Only.
Start Pt and Dates: Subway Sandwiches, 450 E St SW, Quincy, 4/1 - 9/30.
Event Info: Rating 1B. Walk through downtown and residential areas of this agricultural town.

REPUBLIC - Town and Rail Trail - Ferry Co. Y2591 4K/6K & 10K
Start Pt and Dates: WEB REGISTRATION ONLY utilizing the Online Start Box. 4/1 - 9/30.
Event Info: 4K is rated 2B, 6K is 1A. Walk 4K through town on sidewalks and road shoulders to a fossil dig site and an overlook of the town. Then drive short distance to 6K Golden Tiger Rail Trail.

RICHLAND - Columbia River Trail - Benton Co. Y1012 10K
Start Pt and Dates: Sleep Inn Hotel, 930 Bedford Street, Pasco, 4/1 - 11/15.
Event Info: Rating 1A. Walk on a paved path through parks along the Columbia River.

RITZVILLE - Historic Town - Adams Co. Y1011 6K & 10K
Start Pt and Dates: WEB REGISTRATION ONLY utilizing the Online Start Box. 4/1 - 9/30.
Event Info: 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 & 10K
Start Pt and Dates: The Lodge at Suncadia, Suncadia Resort, 3600 Suncadia Trail, Cle Elum, 4/1 - 9/30.
Event Info: Rating 2B. Drive 4 miles from registration site to walk in Roslyn. Walk through the Nat'l Hist area and the historic cemetery with its 23 separate ethnic and fraternal sections. Walk along the gravel Coal Mine Rail Trail.

ROSLYN - Suncadia Resort Trails - Kittitas Co. Y1599 5K & 11K
Start Pt and Dates: The Lodge at Suncadia, Suncadia Resort, 3600 Suncadia Trail, Cle Elum, 4/1 - 9/30.
Event Info: 5K is rated 1A, 11K is 2B. Walk on paved and gravel trails and road shoulders through forests, golf courses and residential areas in Suncadia Resort.

VANTAGE - Town and Ginkgo St Pk - Kittitas Co. Y2184 7K & 3K
Start Pt and Dates: Best Western Plus, 211 W. Umpitanum Rd, Ellensburg, 4/1 - 9/30.
Event Info: 7K is rated 2A, 3K is 2C. Drive 30 miles from registration site to Vantage. Walk along the river, through town and to the state park visitor center with its petrified logs and Indian petroglyphs. Then drive a short distance to hike the 3K "Trees of Stone" trail with petrified logs and views of the river and area.

WALLA WALLA - City and Parks - Walla Walla Co. Y1922 5K & 10K
Start Pt and Dates: Quality Inn & Suites, 520 N 2nd Ave, Walla Walla, 4/1 - 11/15.
Event Info: Rating 1A. Walk through downtown with its many winery tasting rooms, Whitman College, city parks and historic homes.