**Description of The Rochester Cascade Lake Walk for Opportunity Route**

General Comments About Cascade Lake

It is a new park. The facilities include a shelter/pavilion, a multi-purpose park building with a restroom area, a band shell, a beachfront playground plus a fishing dock. All the sidewalks are concrete and mostly curved. Restroom facilities are found at the park building.

To disembark from the bus.

We hope to have you disembark in the parking lot closest to the shelter. We plan to greet you there. Once on the sidewalk, go to your left for about 20 steps (a step being about 2 feet in length) or until you reach the first intersecting sidewalk, then turn right. That curvy sidewalk leads to the shelter.

## Notes about the Walking Route

1. Travel in small groups is encouraged. Finish with everyone you started with, if possible. If you need direction to the beach, ask a passerby or if needed
2. call Jan Bailey at 507-208-8530. to reach her in the shelter.
3. There are no restrooms along the path.
4. The route begins and ends in front of the fence that separates the path from the beach.
5. You will be walking in a clockwise direction around the lake, with the lake on your right. The traffic noise you’ll hear is coming from highway 52 to the east.
6. Always stay on the right side of the path. You’ll be sharing it with bicyclists,

joggers and other walkers.

1. If you encounter any 90 degree sidewalks leading to the right, you may ignore them and continue forward. Those sidewalks head towards the lake. Two of them are paths that curve close to the water, then arc back to rejoin the main path. There’s no point in taking these paths unless you want to add a few steps to your total distance. Shortly, you will end up back on the mainpath. Others are straight and just go down to the lake.
2. Almost halfway around, there is a bench. A little way beyond is a side-path that curves closer to the water, then It arcs back to connect to the main path. A bit beyond half way is the second bench.
3. There is a slight uphill towards the beginning, but the rest of the path is mostly flat. There is very little shade. Wear a broad-brimmed hat and consider suntan lotion if your arms or legs will be uncovered.
4. It is about 1.5 miles around when walking on the inside edge of the path. That is 2.4 kilometers. Expect to take one hour more or less to do one lap. When you hear the sounds of children in the playground on your left and in the beach on your right you are minutes away from the start/finish line.
5. The full 5K walk requires two circuits of the lake.

## Spotter Needs

One spotter will be needed at the start/finish spot as long as walkers are out. A second spotter is needed in the general area one turns when going from the shelter to the restrooms or to the start/finish line.

## About the Food and Drinks

Water in 8 OZ plastic bottles will be the beverage provided. A bag for recycling empty bottles with caps attached will be provided. A separate garbage bag for the rest will also be there.

## About the Shelter Area

The shelter includes picnic table seating for 50 and electrical outlets. The restroom area is a minute or so away. It is tucked into the right side of the park building.

## To Reach the Restroom Area

With the shelter on your right walk the curving sidewalk about 50 steps or until you reach the intersecting sidewalk. There you will turn left and move to the right edge. Walk forward for about 40 steps or until you reach the park building. Don’t open the doors found there. Turn right and walk along the wall. Be aware that just before you reach the building’s right corner, you might encounter child and adult-height water fountains sticking out into the walkway. They do not reach to the ground and so are not cane-detectable. Note: If the weather is sunny, the metal may be quite hot. Just past them is the building’s right corner. As you turn left around the corner, you’ll encounter a large plastic garbage barrel. Once you get around it, the large opening into the restroom area is on your left. Just listen for the reverberation from the doorway.

## A General Comment About the Restroom Area

This is not the usual men’s and women’s separate restrooms nor are they like family restrooms. The following describes what to expect.

## About the Hand Washing Area

Immediately as you walk in, the hand wash station is immediately on your left. Rather than individual sinks, it is one 8 foot long trough with 3 evenly spaced automatic faucets.

One soap dispenser is mounted on the left side wall pointing towards the faucets. A second soap dispenser is mounted on the right side wall, facing into the room. There is no towel dispenser. Instead there is one hand dryer blower located to the right of the soap dispenser.

## About the Toilets

There are seven, small toilet “rooms”. The doors provide full privacy with the lock above the handle. To flush the toilet, push the small wall-mounted button centered just above it. Four toilet “rooms” are about 10 feet in front of you. The left most one is handicap accessible. About 12 feet to On your right are 3 more toilet “rooms” . Each only contain a toilet, except the handicap one which has a sink and a soap dispenser up and to the left.

Okay, let’s GO!