



Indoor Walking Paths

Central Square Mall

Located 201 NW 4th St, Grand Rapids, MN 55744

The Central Square Mall is a nice, safe place to walk during the winter months. The route around the inside of the mall (follow the hallway system from Tommy's Restaurant to Reed Drug to the exit by Christopher & Banks) is almost 1/5 of a mile, so 5.5 loops around the mall equals one mile.

Itasca County Family YMCA

218-327-1161

www.ymcaitasca.org

Located at 400 River Road, Grand Rapids, MN 55744

The Itasca County Family YMCA offers an indoor track for walkers and runners. A YMCA membership or day pass is required for each visit. The track is located above the gymnasium. Twenty-two laps around equals one mile.

Itasca Community College

218-327-4460

www.itasca.mnscu.edu

Located at 1851 E Us Hwy 169, Grand Rapids, MN 55744

See Appendix L for map of walking path.)

Robert J. Elkington Middle School

Located at 1000 NE 8th Ave. Grand Rapids, MN 55744

Start or continue a walking program indoors at the middle school. Schedule is as follows: Monday-Thursdays (October 1, 2007 – May 1, 2008) from 4:00-7:00pm. Walking badges are required. Maps of the school are available. Must register with ISD 318 Community Education at 327-5730. A \$2 fee applies.

Target

Located 2140 S Pokegama Ave, Grand Rapids, MN 55744

If you haven't shopped in Target since its new addition was built, you are in for a real treat...Especially if you are looking for a place to walk during the cold, winter months! The inside perimeter of Target is 1/4 of a mile, so only four loops around equal one mile!

Walk Away Winter

Located at Deer River High School, 101 1st Street NE, Deer River, MN 56636

Monday – Friday on School Days. 6:15-7:45am and 3:15-8:00pm Open Hallways for community walking. Must register with ISD 317 Community Education. Phone: 218-246-8241, ext. 227. \$1 annual fee applies.

Walking for Better Health

Located at Nashwauk-Keewatin High School, 400 2nd St, Nashwauk, MN 55769

Monday – Friday on School Days. 4:00pm-8:00pm. Open Hallways for community walking. Three times around top of gym = 1 mile. Must register with District 319 Community Education, phone 218-885-1280, ext. 369. Complete registration form and receive a pass, no fee applies.

Walking the Winter Away

Located at Greenway High School, 308 Roosevelt Street, Coleraine, MN 55722

Monday – Friday on School Days. 3:30-7:00pm. Open Hallways for community walking. Must register with IDS 316 Activity Community Education Office, 4 doors down from Principal's office. Phone: 218-245-6263. \$5 annual fee applies. Two laps around the path = 1 mile.