

Directions to MSRC Training Locations-Winter 2009

White Rock Coffee Roasters

www.whiterockcoffee.com

769 Cleveland Ave.
St. Paul, MN 55116
(651) 699-5448

PARK along W. Pinehurst Ave., parallel parking

From this location we are 0.5 miles from East River Parkway and the Ford Bridge. We can access the River Roads as well as Minnehaha Parkway and Fort Snelling from this location.

Coffee after at this location! The Highland Grill is next door and they have a great breakfast!

Dunn Brothers

4648 E Lake Street
Minneapolis, MN 55406
West River Commons Complex next to Longfellow Grill
Phone: 612-724-8647
email: dunnbros48@dunnbros.com

PARKING in the complex OR park across Lake St. in the neighborhood, parallel parking

From this location we are right on West River Parkway.

Coffee after at this location. The Longfellow Grill is right next door and they have a great breakfast!

Lake Calhoun Executive Center (outside)

3033 Excelsior Blvd
Minneapolis, MN 55416

PARK in the lot as close as you can get to the lake.

From this location we can access Lake Calhoun and Lake of the Isles as well as the Greenway Trail.

Coffee across the way at Caribou or The Calhoun Grill is also across the way and breakfast is yummy!

Minnehaha Parkway/Fort Snelling (outside at the Dairy Queen)

4801 South Minnehaha Park Dr.
Minneapolis, MN 55417

This address does not work when you search any map search engines. Drive over the Ford Bridge and you are now on 46th St. Take a left on Minnehaha Ave. The Dairy Queen will be on our right. Park along Minnehaha and meet at the DQ.

From this location we can access the River Roads, Fort Snelling, Lake Nokomis, and Minnehaha Parkway.

Coffee after at Minnehaha Coffee which is on the corner of 46th and Minnehaha.

Stone Arch Bridge – Panera Bread, St. Anthony

233 E Hennepin Avenue
Minneapolis, Minnesota 55414
(612) 617-4913 | phone

PARKING is a bit harder here. You simply need to find street parking or look for a parking garage which there is one nearby, the entrance is off of University Ave. (I believe). If I am wrong, it is one block over, off of 2nd St.

From this location we can access the River Roads as well as a big loop between the Stone Arch Bridge and Plymouth Ave.

Coffee after at this location.

Marathon Sports

2312 West 50th Street
Minneapolis, MN 55410
At the corner of 50th St. and Penn Ave. S.

www.marathonrunwalk.com

PARK on the street either on Queen Ave. or Penn Ave.

From this location we can access Lake Harriet and Minnehaha Parkway.

Coffee after at Bruegger's Bagels which is on the corner of Penn and 50th.

Summit Avenue

867 Grand Ave., Saint Paul, MN (corner of Grand and Victoria)

Meet inside Victoria Crossing, this is the building that houses Chipotle and Bread and Chocolate, there is an open common area inside the building along with restrooms

PARK in the big lot behind the Victoria Crossing building. You can access the lot off of Victoria Ave. There is a door into the building from the parking lot.

From this location we will run along Summit and for longer runs you can access the East River Parkway down by St. Thomas Univ.

Coffee after at either Café Latte or Bread and Chocolate

Minnehaha Parkway/Lake Nokomis (outside)

5001 Lake Nokomis Pkwy. W
Minneapolis, MN 55417

This address is the address for the main beach on Lake Nokomis. We will meet in the big parking lot for the beach.

PARK along the parkway as the parking lot is a pay lot.

From this location we can access Lake Nokomis and Minnehaha Parkway, we are approximately 4 miles from Lake Harriet.

Coffee after at Minnehaha Coffee near Minnehaha Park on the corner of 46th and Minnehaha Ave.

Lake Phalen (outside)

Main Beach Parking area, Saint Paul, MN (Located in Phalen Park, North of Wheelock Parkway)

PARK in the parking lot for the main beach on Lake Phalen on the south end of the lake.

From this location we can access Lake Phalen and the Gateway Trail.

Coffee after in Maplewood at Panera Bread off of White Bear Ave.