

**ACKNOWLEDGEMENTS:** We appreciate the hospitality of Stop & Shop as our Start/Finish host location. Malden photos in this brochure courtesy of Angela Allen. We are grateful for all our walk volunteers, who devoted their time and talent to make this event a reality.

**SANCTION & IVV CREDIT:** This event has been sanctioned by the American Volkssport Association (AVA) and the International Federation of Popular Sports (IVV) and is conducted under the rules of those governing organizations. Fee paying participants will be eligible to earn IVV credit for event and distance. Event and Distance Books will be available for \$6.00 each at the Start/Finish. Participants who have previously purchased books are reminded to bring them.

**DISCLAIMER:** The sponsors of this event cannot be held responsible for any lost or stolen items, accidents or injury at any time. Every reasonable effort will be made to make this event safe and enjoyable. By virtue of registering for this event, the participant agrees to the conditions set forth herein.

**FACILITIES:** Restrooms are located at the Start/Finish and along the trail.

**REFRESHMENTS:** Water and hard candy are provided at the Start/Finish and checkpoints. You may carry refreshments, but please do not litter.

**CONDITIONS:** This event will be held regardless of weather conditions. There are no refunds for any reason.



**Fun, Fitness, Friendship**

**ADDITIONAL INFORMATION:**

Jack Allen  
jeallen@gmail.com  
781-333-8129 (cell)

Angela Allen  
bricoleur@aol.com

**DIRECTIONS:**

For GPS, use 170 Centre Street, Malden to arrive at CBD Parking Garage (\$3 fee/day).

**From I-93 North:**

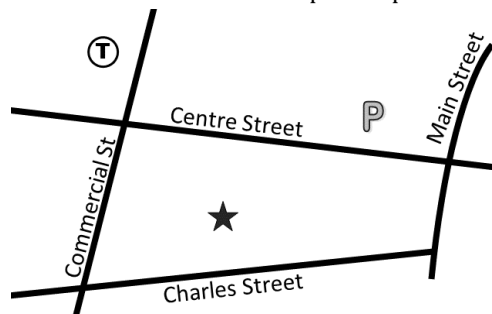
1. Exit 29 for MA-28/MA-38 toward Somerville/Medford.
2. Keep **RIGHT** at fork, follow signs for MA-28N/Everett/Malden and merge onto MA-28N/Fellsway.
3. **RIGHT** on Revere Beach Parkway.
4. Slight **RIGHT** on Rivers Edge Drive.
5. Continue onto Commercial Street.
6. **RIGHT** on Charles Street (Stop & Shop on left).
7. **\*\* LEFT** on Main Street.
8. **LEFT** on Centre Street. CBD parking garage on right with Stop & Shop diagonally across street.

**From I-93 South:**

1. Exit 33 to merge onto MA-28S/Fellsway W toward Winchester.
2. At rotary, take 2<sup>nd</sup> exit to I-93S/MA-28S/Fellsway W ramp.
3. Keep **RIGHT** at fork, follow signs for MA-28S/Fellsway W/Malden.
4. Continue on MA-28S/Fellsway W.
5. **LEFT** on MA-60E/Salem Street.
6. **RIGHT** on West Street.
7. **LEFT** on Charles Street.
8. Follow from **\*\*** above.

**PARKING:** While there is some on-street parking, the CBD parking garage across the street from Stop & Shop at **170 Centre Street** is recommended (all-day parking in garage is \$3). Leave garage and walk to Stop & Shop diagonally across the way.

**PUBLIC TRANSIT:** Take **Orange Line** to Malden Center. **RIGHT** onto Commercial Street. **LEFT** on Centre Street. **RIGHT** into Stop & Shop.



# Malden Massachusetts

5km and 10km Walk Routes



sponsored by  
**Walk 'n Mass Volkssport Club**  
[www.walknmass.org](http://www.walknmass.org)

**AVA Special Programs:** Ice Cream Parlors,  
Take a Walk in a City Park, Treasure Hunt

## “A” Award Event



**Saturday, October 26, 2019**

Start: 9:00 a.m. to Noon



**Event Number: NE 19/114313**



**WELCOME!** The Walk 'n Mass Volkssport Club invites you to walk either the 5km (3.1 miles) or 10km (6.2 miles) routes exploring Malden, MA.

Anyone may participate regardless of age or physical fitness. A non-competitive event, this walk is accomplished at your own pace along a marked 5km (3.1 miles) or 10km (6.2 miles) route. Children under the age of 12 must be accompanied by an adult. Leashed pets are welcomed on the trail and clean-up laws apply.

**START/FINISH:**

Stop & Shop  
99 Charles Street  
Malden, MA 02148

**Parking Garage: 170 Centre Street (\$3/day)**

**START TIME:**

Saturday, October 26, 2019  
9:00 a.m. – Noon

**FINISH TIME:** by 3:00 p.m.

**REGISTRATION AND FEES:** This event is **FREE** to those who wish to participate without receiving the award or IVV Credit. Registration for the award with IVV Credit is \$7.00, while IVV Credit alone is \$3.00. (Ask us about this achievement program!)

**PROCEDURE:** Each participant must register, fill out a Registration Card, and sign an insurance waiver at the start. Cards are validated at checkpoints along the route, and must be turned in at the finish table after completing the event. This procedure is necessary to keep track of participants.

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**More information on walk events  
and Walk 'n Mass Volkssport Club at:**

[www.walknmass.org](http://www.walknmass.org)

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**AWARD:** The "A" award is this year's National AVA Volkssport Month patch (design sketch above as final product not yet available) which will be available for \$7.00 inclusive of IVV Credit. A limited quantity of patches were ordered and there is no reorder.



**TRAIL DESCRIPTIONS:** Both the 10km and 5km walk routes travel past landmarks from the 17th century to today.

City walk through Malden includes historic Bell Rock Memorial Park & Cemetery; Malden City Library (pictured above) which was designed by H. H. Richardson and landscaped by Frederick Law Olmsted while being funded by the Converse family; the original Malden train station; and several Victorian homes.

Both the 5km and 10km walk routes are mostly on paved sidewalks through downtown Malden and nearby areas. Both routes are rated 1A and are generally suitable for strollers or wheelchairs.

**BRIEF HISTORY:** In 1640, Puritans settled Malden on land purchased in 1629 from the Native American Pennacook Tribe. Located north of the Mystic River, the area was originally known as "Mistick Side" and was part of Charlestown. Malden was incorporated as a separate town on May 2, 1649. Malden was incorporated as a city on March 31, 1882 and originally included what are now the cities of Melrose (until 1850) and Everett (until 1870).

During the American Revolution, the citizenry of Malden was heavily involved in the early resistance to the oppression of Britain and was the first town to petition the colonial government to withdraw from the British Empire. Militia men from Malden took part in the first battles of the war.

The Malden River, a small tributary of the Mystic River, was heavily used by industry for commercial purposes in the past and its sediment & riverbanks are now polluted. Efforts are being made to clean the river area, and the community hopes that one

day it will be more widely available for recreation. This public art, on an electrical box, is a reminder of the desire to clean the Malden River as well as its historical significance.

