

**ACKNOWLEDGEMENTS:** Greatly appreciated is the assistance and cooperation of Reverend Jacob Juncker at the Franklin United Methodist Church in coordinating the Start/Finish rental. Thanks also to all our walk volunteers, who devoted their time and talent to make this event a reality, as well as those who brought cookies to share.

**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, which is also the Checkpoint.

**REFRESHMENTS:** Water and hard candy are provided at the Start/Finish, which is also the Checkpoint. 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.

**ADDITIONAL INFORMATION:**

Dawn Harlow  
978-804-3404  
dawnvt@yahoo.com

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

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

**DIRECTIONS:**

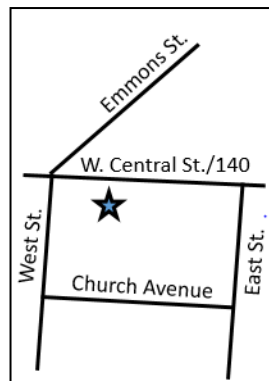
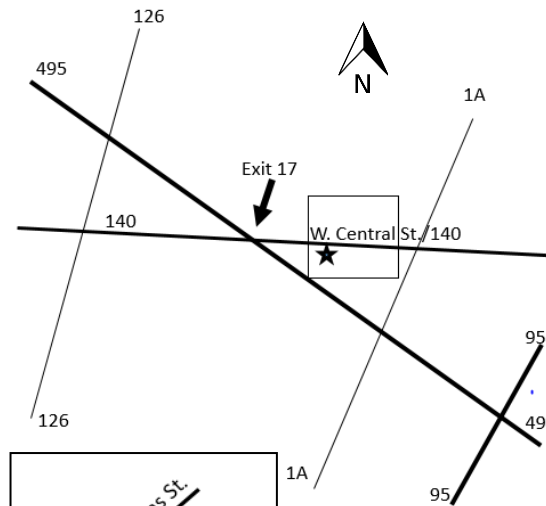
**From the North and West:**

1. Take the Mass Pike to I-495 South.
2. Take Exit 17 for MA-140 toward Franklin/Bellingham.
3. Turn **LEFT** on MA-140/W. Central St. and travel 1.59 miles to 82 W. Central St. (Franklin United Methodist Church is on the right).

**From the South:**

1. Take I-495 North to Exit 17 for MA-140 toward Franklin/Bellingham.
2. Turn **RIGHT** on MA-140/W. Central St. and travel 1.59 miles to 82 W. Central St. (Franklin United Methodist Church is on the right).

**PARKING:** Limited parking at church (32 spots). We also have permission to park at the lawyer's office behind the church off West Street (11 spots). Additional parking available in the Rockland Trust parking lot – go past the church and see the sign for it on the left.



Maps not to scale

# Franklin

Massachusetts

Cookie Walk with  
5km and 10km Routes



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

**AVA Special Programs:** Bridges Spanning the USA,  
Little Free Libraries, United States Post Offices

Credit Only Event



**Saturday, December 14, 2019**

Start: 9 a.m. to Noon

AVA: America's Walking Club

**SANCTIONED EVENT**

Eligible for credit toward IVV Achievement Awards

**Event Number: NE 19/115009**



**WELCOME!** The Walk 'n Mass Volkssport Club invites you to walk either the 5km (3.1 miles) or 10km (6.2 miles) routes in Franklin, MA while enjoying an assortment of scrumptious cookies provided by participants at intervals throughout the walk event.

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:**

Franklin United Methodist Church  
82 West Central Street  
Franklin, MA 02038  
[www.franklinumc.org](http://www.franklinumc.org)

**START TIME:** Saturday, December 14, 2019  
9:00 a.m. – 12:00 noon.

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

**REGISTRATION AND FEES:** This event is **FREE** to those who wish to participate without receiving IVV Credit. Registration for IVV Credit only 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 a checkpoint 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.

**AWARD:** This is a credit only event. "B" Awards from prior events will be available for \$4.00, including IVV Credit.



**Above Left:** Benjamin Franklin Statue outside the Franklin Public Library

**Above Right:** Franklin United Methodist Church

*Photos above courtesy of Dawn Harlow.*

**TRAIL DESCRIPTIONS:** We are offering 5km and 10km routes comprised of multiple short walk loops through the town of Franklin, allowing participants to return to the Church between each loop to sample the array of delicious cookies. Sights will include the Franklin Town Common, Library (America's first public library), Union Street Cemetery, Dean College, and Catholic, Methodist, & Federated Churches.

Trails consist of multiple short loops which are mostly on sidewalks through the town of Franklin and have an AVA trail rating of 1A. These routes are suitable for wheelchairs and baby strollers.



**Fun, Fitness, Friendship**

**COOKIE WALK TRADITION**



For many years, the Seacoast Striders (former New Hampshire club) hosted a Cookie Walk in early December, and Walk 'n Mass has excitedly revived this tradition as it merges some of our favorite things: walking and eating!

A cookie walk is typically composed of several short walk loops, exploring the area around the Start/Finish, that return to that locale, now acting as Checkpoint, where participants can select a cookie or two or three to taste before heading out on the next walk loop. Hot beverages to complement the cookies and combat any cold weather are also offered. The number of loops you complete determines your distance, and how many opportunities you have to try the variety of cookies as you return from each walk loop.



If you'd like to bring a plate of cookies to share, drop them off when you arrive at the Start. We look forward to tasting them!