

## SEVEN TWC Year-Round Walk Events

**Walk 1:** Bartlesville (50 miles North of Tulsa): Register at Holiday Inn Express & Suites, located at 4016 SE Price Road, Bartlesville, OK 74006. Phone: 918-766-0020 Call to confirm hours. Drive to Start Point listed on map.

**Walk 2:** Mannford/Lake Keystone: Start/Finish point is the Park Store just inside the entrance to the park. Store hours vary with season. Please call the Park Store, phone: 918/865-4477, to confirm the Store will be open for your visit.

**Walk 3:** Tulsa/LaFortune Park: Start/Finish point Tandy Family YMCA, 5005 S. Darlington Avenue (East of Yale on 51<sup>st</sup> Street; the "Y" is on your left). Open 5:00AM to 9:30PM Mon. thru Fri; Sat. 7:30 AM to 6:30 PM; Sundays, open 1:00PM to 6:00PM. Phone 918/280-9622.

**Walk 4:** Tulsa/Promenade Mall: Start/Finish point Mall Customer Service Desk inside mall, corner of Yale Ave. & 41<sup>st</sup> Street. Store phone is 918/627-9282, ext. 0. Call Desk for open hours before going.

**Walk 5:** Tulsa/Utica Square: Start/Finish point Walgreen's Drug Store, 1714 S. Utica Square at 21<sup>st</sup> St & Utica Ave. Walk down to dusk. Store Phone: 918/743-9968.

**Walk 6:** Tulsa-Jenks/River Parks Trails: Start point address is 2738 E 91<sup>st</sup> St., located at corner of 91<sup>st</sup> & Delaware (between Harvard & Riverside) Tulsa, OK. Register at Fiesta Mart (918/299-8131), and then drive a short distance to trailhead at 96<sup>th</sup> & Riverside Drive. (Please let business customers go first.)

**Walk 7:** Tulsa/Historic Downtown: Start/Finish point is Fairfield Inn and Suites, 111 N. Main Street, Tulsa Oklahoma. Ask for Walkbox in the lobby on 2<sup>nd</sup> floor. Walk down to dusk. Phone: 918-879-1800

Visit us on the Web!

<https://sites.google.com/site/tulsawalkingclub>



**Fun, Fitness, Friendship**

## YRE COORDINATOR CONTACTS

### 1 Bartlesville YRE Walk

Call Cathy Childress at 918/857-4682  
Email: [catherine.childress4682@gmail.com](mailto:catherine.childress4682@gmail.com)

### 2 Mannford Lake Keystone YRE Walk

Call Dan Nerren at 918/798-3629  
Email: [Nerren4@aol.com](mailto:Nerren4@aol.com)

### 3 Tulsa LaFortune Park YRE Walk

Call Lew York at 918/230-4422  
Email: [lewfaye2@att.net](mailto:lewfaye2@att.net)

### 4 Tulsa Promenade Mall YRE Walk

Call Cheryl Hiatt at 918/706-5493  
Email: [cherylhiatt@att.net](mailto:cherylhiatt@att.net)

### 5 Tulsa Utica Square YRE Walk

Call Cynthia Hines at 918/398-7665  
Email: [vretiredclh@yahoo.com](mailto:vretiredclh@yahoo.com)

### 6 Tulsa/Jenks RiverWalk YRE Walk

Call Teresa Arnold at 918/630-3206  
Email: [arnoldtea@hotmail.com](mailto:arnoldtea@hotmail.com)

### 7 Tulsa Historic Downtown YRE Walk

Call Cynthia Hines at 918/398-7665  
Email: [vretiredclh@yahoo.com](mailto:vretiredclh@yahoo.com)

**CONTACT FOR THIS EVENT:** For more information on this walk, contact coordinator:

**Cheryl Hiatt 918/706-5493 or  
[cherylhiatt@att.net](mailto:cherylhiatt@att.net)**

The Tulsa Walking Club welcomes you to this Volkssporting walk. Our goal is to make it a safe, enjoyable experience for you. Walking gives health, energy, and physical fitness to your body, making You a WINNER when you walk.

2021-Event # SC/116214 (Tulsa Co.)

# CENTENNIAL PARK Tulsa Oklahoma



10K AND 5K VOLKSWALK EVENT

**Saturday, March 20, 2021**

Start Time: 9:00 am to 11 am  
Finish by 2:00 pm

Sponsored by  
*Green Country Wander-Freunde, Inc.*  
AVA Club 0291  
dba

**The Tulsa Walking Club**



**ELIGIBILITY:** This event is open to the public and all are welcome to participate. This is an excellent activity for families. Children under age twelve must be accompanied by an adult.

**LOCATION OF EVENT:** Centennial Park parking lot south of the intersection of 6<sup>th</sup> Street and Peoria Avenue, Tulsa, Oklahoma. Follow TWC signs to start table. GPS Coordinates: 36° 9'6.35"N; 95°58'34.39"W  
The address shown in the map is the address for the Centennial Park building; the startpoint will be south and east of the building. From park building, travel East on 6<sup>th</sup> Street; turn Right (South) on Peoria Avenue– the parking lot will be on your right.

**COURSE DESCRIPTION:** The trail, rated 1A, is along streets, sidewalks, and paved walking trails in the park, and would be considered medium difficulty for wheelchairs or strollers.

**START/FINISH TIMES:** This event will take place on Saturday, March 20, 2021, rain or shine. Start any time from **9:00 am until 11:00 am**. Finish by **2:00 pm**. No refund will be available for non-completion.

**PROCEDURE:** All participants must obtain a start card at the registration (start/finish) point and present this card at all check points along the route, even if no fee is required. Upon completing the walk, the card is surrendered, and the participant then receives any award or IVV credit earned. Remember to bring your IVV record books to record your credit. Record books are for sale at the event.

**AWARDS AND FEES:** “Credit only” is \$3.00. No “A” Award is offered with this event. No fee is charged if IVV credit is not desired.

**FACILITIES:** Water will be available at the start point. Restrooms are NOT available at the startpoint.

**DISCLAIMER:** Sponsors of this event are not liable for accidents, thefts, and/or material damage. Every effort will be made to keep this event safe, enjoyable

and memorable.

**Special Programs:** Doin’ the Louisiana Purchase; Lady Liberty; Mayflower; Rocking around the Clock; Take a Walk in a City Park; Walking USA – A-Z; and Walk the USA – Street by Street.

### What is a Volkssport?

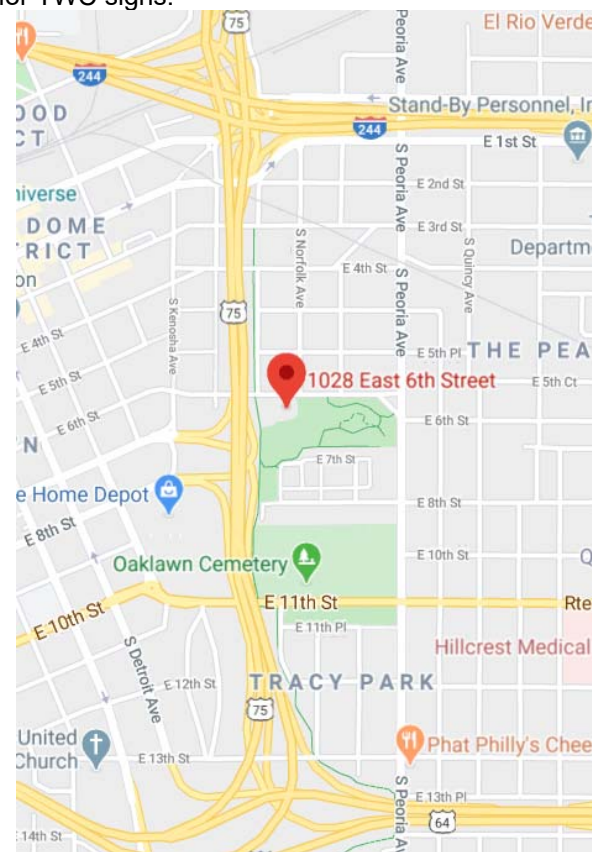
Besides the Tulsa Walking Club, there are more than 300 volkssporting clubs in the US, which sponsor thousands of walking events per year in all 50 states annually. Volkssporting events also include swimming, cross-country skiing and bicycling. Volkssport participants may enroll in an awards program by purchasing Events and Distance records books. Upon completion of milestones, participants receive pins, patches and certificates. Besides the health benefits, you will find opportunities to travel and meet many friendly people. You will see sights you would normally miss zooming by in a car. Our walks are typically through pretty residential areas, parks, natural areas and historical sites.

The German word “volks” means ‘people’ in English. A volkswalk or a volks-bike is an organized, leisurely walk or bike through a scenic, historic or interesting area over a predetermined route. Volkssporting is designed to appeal to people of all ages. The walk, bike, swim or ski is non-competitive. Participants can travel at their own pace, thus making it an excellent recreational activity for the entire family. A volkssporting event is a great way to meet new friends and a fun way for individuals to exercise.

### DRIVING DIRECTIONS

**FROM TULSA:** Traveling East or West on I-244, I-44, OR the Broken Arrow Expressway (State Highway 51), take the PEORIA Exit and travel to 6<sup>th</sup> Street. Just before the intersection of 6<sup>th</sup> and Peoria Avenue, there will be a parking lot on the west side of Peoria. Turn into the parking lot and

look for the start-table. This is a new startpoint. Watch for TWC signs.



We are having a **FOOD DRIVE** in conjunction with our walk to help our neighbors in need. The Sand Springs community was hard hit during the floods in 2019, and many families still continue to struggle. Please bring non-perishable food/paper items. The greatest need, at this time, is for toilet paper and cans of meat, vegetables, and individual serving sizes needed with pop off tops of same. Monetary donations will also be gratefully accepted. Your contributions will be greatly appreciated and will be donated to the Sand Springs Community Services for distribution in the community.