

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. Park Pass may be required. Check with Ranger office.

Walk 3: Tulsa/LaFortune Park: Start/Finish point Tandy Family YMCA, 5005 S. Darlington Avenue (East of Yale on 51st Street; the "Y" is on your left). Call for hours. Phone: 918/280-9622.

Walk 4: Tulsa/Promenade Mall, corner of Yale Ave. & 41st Street. Start/Finish point is Customer Service Desk inside mall. Should the customer service desk be unoccupied, please call Security at 918-665-6652, and they will retrieve the walk box for you.

Walk 5: Tulsa/Utica Square: Start/Finish point Walgreen's Drug Store, 1714 S. Utica Square at 21st 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 91st St., located at corner of 91st & Delaware (between Harvard & Riverside) Tulsa, OK. Register at convenience store (918/299-8131), and then drive a short distance to trailhead at 96th & 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 2nd floor. Walk down to dusk. Phone: 918-879-1800

Visit us on
FaceBook! [Tulsa Walking Club](#)



Fun, Fitness, Friendship

YRE COORDINATOR CONTACTS

1 Bartlesville YRE Walk

Call C. Childress at 918/857-4682

Email:

catherine.childress4682@gmail.com

2 Mannford Lake Keystone YRE Walk

Call Dan Nerren at 918/798-3629

Email: Nerren4@aol.com

3 Tulsa LaFortune Park YRE Walk

Call Lew York at 918/230-4422

Email: lewfaye2@att.net

4 Tulsa Promenade Mall YRE Walk

Call Cheryl Hiatt at 918/706-5493

Email: cherylhiatt@att.net

5 Tulsa Utica Square YRE Walk

Call Cynthia Hines at 918/406-6077

Email: vetretiredclh@yahoo.com

6 Tulsa/Jenks RiverWalk YRE Walk

Call Teresa Arnold at 918/630-3206

Email: arnoldtea@hotmail.com

7 Tulsa Historic Downtown YRE Walk

Call Cynthia Hines at 918/406-6077

Email: vetretiredclh@yahoo.com

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

Cathy Childress
918/857-4682 or
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2022 Event # SC-121163

Tulsa Walking Club

AVA Club 0291

HUNTER PARK, TULSA, OKLAHOMA



10K AND 5K VOLKSWALK EVENT
Saturday, March 19, 2022

Start Time: 9:00 AM to Noon
Finish by 3:00 PM

FOOD DRIVE



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:

Hunter Park located at 5804 E. 91st Street in Tulsa, Oklahoma.

Traveling from Tulsa:

Hunter Park is located on 91st Street, half-way between Sheridan and Yale.

Traveling East/West on I-44: take either Yale Avenue or Sheridan Road exit, and travel South to 91st Street. From Sheridan Road, turn Right onto 91st Street. From Yale Avenue, turn Left onto 91st Street. Continue to Hunter Park on the South.

Drive into the park and continue on the park road to the shelter area at the top of the hill.

Look for TWC signs.

START/FINISH TIMES: The event will take place on Saturday, March 19, 2022, rain or shine. Start time **9:00 AM until Noon.** Finish by **3:00 PM.** No refund will be available for non-completion of event.

COURSE DESCRIPTION: This is a 10K/5K event with the 5K rated 1A and the 10K rated 1B. The trail begins in Hunter Park and continues on the Creek Turnpike Trail. Pets on leash are allowed, and restrooms are scheduled to be open. The trail will be a paved hike/bike trail and wheelchairs and stroller should be able to complete with no more than medium difficulty, because of a few hills.

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 fee is charged if IVV credit is not desired.

FACILITIES: Water will be provided and restrooms should be available.

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.

CONTACT: For further information please call Cathy Childress at 918/857-4682 or catherine.childress4682@gmail.com **Cathy is the Event coordinator.**



What is a Volkssporting Event?

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, 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 event 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! Need more information about Volkssporting? Call 1-800-830-WALK or visit American Volkssport Association at: www.ava.org.

FOOD DRIVE

We are having a **FOOD DRIVE** in conjunction with our walk to help our neighbors in need. Please bring non-perishable food/paper items. The greatest need, at this time, is canned chicken, and cans of fruit (with pop off tops, if possible) Monetary donations will also be gratefully accepted, as well as gently used clean clothing. Your contributions will be greatly appreciated and will be donated to the Sand Springs Community Services for distribution in the community.



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 making You a WINNER when you walk!