

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: Start/Finish point Mall Customer Service Desk inside mall, corner of Yale Ave. & 41st 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 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](#)

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: vretiredclh@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: vretiredclh@yahoo.com

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

Cheryl Hiatt @ 918-706-5493
or cherylhiatt@att.net
and Janice Hiatt @ 918-812-5887 or jkhiatt2@icloud.com

The Tulsa Walking Club

AVA Club 0291

Event # 2022 SC-121225

Keystone Ancient Forest Sand Springs, Oklahoma



10K AND 5K VOLKSWALK EVENT

Saturday, May 21, 2022

Start Time: 8:00 AM to 11:00 AM
Finish by 1:00 PM



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:

From Tulsa: Travel West on Highway 412/64 past Sand Springs. Take Exit #209 (sign will be for Walnut Creek State Park and New Prue), and go right (North) approximately 2 miles. Look for the Keystone Ancient Forest Preserve on your left and TWC signs.

Traveling North/South on I-35: Take the exit for Cimarron Turnpike (Hwy 412) tolls, and go east. After the turnpike ends, continue east on Hwy 412. When you have crossed over Lake Keystone, look for Exit #209, (sign will be for Walnut Creek State Park and New Prue), and go left (North) approx. 2 miles. Look for the Keystone Ancient Forest Preserve on your left and TWC signs.

COURSE DESCRIPTION: This is a 10K/5K event: 10K is rated 2C and 5K is rated 2B. It is unsuitable for wheelchairs or strollers on the 10K; 5K would be difficult for wheelchairs or strollers. No pets are allowed. Restrooms are available.

START/FINISH TIMES: The event will take place on Saturday, May 21, 2022, rain or shine. Start time **8:00 AM to 11:00 AM.** Finish by **1:00 PM.** No refund will be available for non-completion of event.

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 and restrooms will be available.

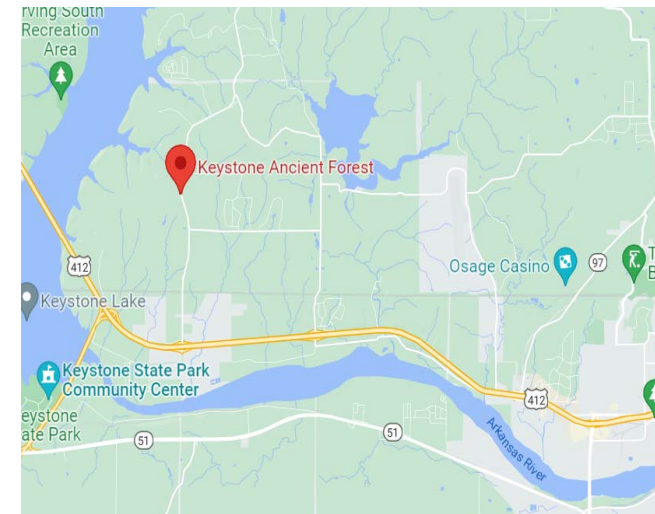
DISCLAIMER: Sponsors of this event are not liable for accidents, thefts, and/or material damage. Every effort will be made to keep this event safe, enjoyable and memorable.

CONTACT: For further information please call Janice Hiatt at 918-812-5887 and Cheryl Hiatt at 918-706-5493 **Janice and Cheryl are the Event coordinators.**

What is a Volkssport?

Volkssporting events include walking, biking, swimming and cross-country skiing. 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.

Event Description: The preserve conserves a beautiful example of Oklahoma’s diverse landscape, including 300 year-old cedars and 500 year-old post-oak trees. This 1,300-acre old-growth forest remnant represents what the “cross timbers” eco-region of our state looked like for centuries. The preserve also provides native habitat for a diverse collection of naturally occurring plants and wildlife. The short, stout oaks of the Cross Timbers were not ideal for lumber production, so the original Cross Timbers have often survived on steep terrain that was unsuitable for farming.



This ancient forest is located along the eastern shoreline of Lake Keystone. The area was a major “stepping-off” point for ancient Spanish explorers, Native Americans, and recent travelers heading West. In the fall of 1832, American author Washington Irving joined a military expedition leaving Fort Gibson to follow the Arkansas River and to circle across present day Oklahoma. Irving joined the expedition to write about what he saw on the journey. His book, titled: “*A Tour on the Prairies*”, is perhaps the first white-man written account of Oklahoma, the Sand Springs area and, of course, the mighty Arkansas River.