

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: 918/627-9282, ext. 0. Call Desk for open hours.

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



YRE COORDINATOR CONTACTS

1 Bartlesville YRE Walk

Call Cathy Childress
at 918/857-4682 email:
catherine.childress4682
@gmail.com

2 Mannford Lake Keystone YRE Walk

Call Dan Nerren at 918/798-3629
Email: djnindex@aol.com

3 Tulsa LaFortune Park YRE Walk

Call Janice Hiatt at 918/812-5887
Email: j khiatt2@icloud.com

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:

CYNTHIA HINES
918-406-6077 or
vetretiredclh@yahoo.com

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.

2022-Event # SC/121285 (Tulsa County)

Tulsa Walking Club

AVA Club 0291

HONOR OUR VETERANS!

10K AND 5K VOLKSWALK EVENT
Tulsa, Oklahoma



Ernest Childers VA Health Care Center

Saturday, November 19, 2022

Start Time: 9:45 AM-11:45 AM
Finish by 2:00 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:

Oak Meeting Room inside Hardesty Regional Library, located at 8316 E. 93rd Street, Tulsa, OK 74133

Closest cross-streets are 91st and Memorial Drive in Tulsa. From the intersection of 91st & Memorial Drive, proceed South on Memorial to 93rd Street and turn Left (East). Watch for Library Signs. The library will be on your Right (South). The library is just North of the Creek Turnpike entrance/exit. Watch for Tulsa Walking Club signs.

COURSE DESCRIPTION: The trail, rated 1A, will be through neighborhoods and on the Mingo Trail, and is of medium difficulty for wheelchairs or strollers.

START/FINISH TIMES: This event will take place on Saturday, November 19, 2022, rain or shine. Start any time from **9:45 AM until 11:45 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 fee is charged if IVV credit is not desired.

FACILITIES: Water and restrooms will be available at the start point. Dogs are NOT allowed inside the library.

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: Rails to Trails; Walk with America's Veterans; Walking the USA – A-Z

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.

We are having a **FOOD DRIVE** in conjunction with our walk to help our veteran neighbors in need. Please bring non-perishable food items. The greatest need, at this time, is canned protein (chicken, tuna, sausage, etc.) with pop top lids, if possible. Monetary donations will also be gratefully accepted. Your contributions will be greatly appreciated and will be donated to the **Coffee Bunker** for distribution in the veteran community.



Hardesty Regional Library – Startpoint

Ernest Childers VA Health Care Center is part of the Eastern Oklahoma Health Care System, which is dedicated to improving the lives of Veterans and their families. The system provides Veterans with quality health care, trains America's future health care providers, and conducts medical research that improves the health of Veterans.

- On July 19, 2021, the new Ernest Childers VA Health Care Clinic in Tulsa was opened, which offers primary and specialty care, mental health and dental care.
- The system serves more than 52,000 Veterans in 25 counties in eastern Oklahoma.
- The annual medical care budget is more than \$380 million.

Visit us on FaceBook – Tulsa Walking Club