

Oklahoma Autumn Weekend

Volkssporters, from near and far, are invited to travel to the land of red soil **October 13, 14, 15, & 16** for an "Oklahoma Autumn Weekend". Three clubs from the South Central Region, Sunflower Sod Stompers, Tulsa Walking Club, and Wandergruppe of Oklahoma City are working together to sponsor volkssporting events for their **11th Biennial South Central Regional Roundup**. Walks will be in 4 different towns, in 4 different counties, located in east-central Oklahoma. These walks will be in different counties so as to help walkers achieve their goal of walking the counties of Oklahoma – a Choctaw Indian word for "red people". Three swims have also been sanctioned for 2 days for those who enjoy the water. There will definitely be qualifiers for some of the AVA Special Programs. Fun, fitness, friendship and food will be on the agenda so come enjoy an autumn weekend in Oklahoma!

In Memory

The Tulsa Walking Club, also known as Green Country WanderFreunde, would like to dedicate this weekend to the memory of **Dorothy Brown**. Dorothy was an avid walker and promoter of volkssporting for over 30 years. She was the president of TWC for 3 terms, and did many tasks as a club member. She served as POC for numerous traditional and year-round events. Dorothy, along with assistance of her sister Carolyn, took on the challenge to sponsor walks in every county of Oklahoma, and that challenge was accomplished! Dorothy met that task with the help of TWC members along with other volkssporting clubs in the State. She was instrumental in establishing multi-event weekends in different counties. Dorothy was an inspiration to all walkers and will be missed. Her kindness and thoughtfulness leaves a big void for those of us who knew her.



Clubs from the South Central Region would also like to pay tribute to **Kenneth (Ken) Miles** of Tulsa. Ken was a long-time volkssporter. He served as president of the Tulsa Walking Club for 2 terms, in their formative years. He also sponsored the World Wide Walkers Volkssport Club. Ken served the South Central area as Regional Director. Using his professional skills of the law, he assisted the AVA with legal matters. His club sponsored walks and swim events in conjunction with many of the Oklahoma multi-event weekends. His support of volkssporting will be missed.

Come enjoy an Oklahoma Autumn Weekend

Aka

South Central Regional Roundup



Events in the Oklahoma Counties of
Hughes, Pittsburg, Ponotoc, and Seminole

4 – 10/6/5km Trails

6 – 300m Swims

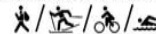


October 13 – 16, 2022



AMERICA'S
WALKING CLUB
— ESTABLISHED 1976 —

SANCTIONED EVENT
Eligible for credit towards IVV Achievement Awards



More Information: Publicity Chair:

Trudy Duffman trudyduffman@yahoo.com 618-670-6920
or Terri Tyler tyler50@gmail.com 785-233-4385 or
Rhonda Shockey rhm0123@aol.com 918-855-0195
E-mails are preferred due to the "robo" calls

Tulsa Walking Club
P.O. Box 701856
Tulsa, Oklahoma 74170-1856



TRAVEL INFORMATION

Events will be located in east central Oklahoma south of I-40 and east of I-35. First events will be located in Ada. Ada is located 120 miles southwest from Tulsa; 85 miles south & east of Oklahoma City; 170 miles north of Dallas.

Ada to Seminole: 33 miles Seminole to Holdenville: 19 miles
Holdenville to McAlester: 46 miles



EVENT INFORMATION



Ada, Oklahoma

Ponotoc County

October 13-14

SC-121498, 499, 501

3 Traditional Swims

Distance: 300 meters @

Location: Holiday Inn Express 1201 Lonnie Abbott Blvd.

Location: The swims will be conducted at the indoor pool of the Holiday Inn Express & Suites of Ada. **From Tulsa**, drive approximately 50 miles west on I-44 to Stroud Exit 179. Go south on US 377 69 miles toward Ada. Exit onto Oklahoma 1 East onto J. A. Richardson Loop for 1.7 miles. Do not go south on OK-1, at North Mississippi Avenue. Continue on the Richardson Loop going east, which becomes Lonnie Abbott Boulevard. Continue from lighted intersection of North Mississippi Avenue 0.5 mile. Holiday Inn Express & Suites will be on the right side. **From OKC**, follow I-35 south to Exit #95 near Purcell. Follow OK-39 east for 43 miles to US 377. Go south 11 miles on US 377 & follow the directions written above into Ada.

Start/Finish: Swims may be done during the pool hours established by the motel. IVV Registration and waiver must be completed before swimming. IVV Credit will be available each day for a total of 6 swim events.

Course: Participants will swim or water walk and may rest at the ends of the pool but cannot leave the pool area during the swim events.

POC: Terri Tyler 785-817-6333 (day of event only) ttyler50@gmail.com or Rhonda Shockey rjm0123@aol.com 918-855-0195



Ada, Oklahoma

Ponotoc County

Friday, October 14

SC-121502

Traditional Walk

Distance: 5km/10km

Location: Holiday Inn Express 1201 Lonnie Abbott Blvd.

Location: This walk will start/finish inside the Holiday Inn Express & Suites of Ada, in a designated conference room. Driving directions are the same as for the swims in the previous column. Once registered at the motel, you will drive 2.0 miles to the public parking area across from **the Ada Public Library, 124 South Rennie Avenue.**

Start/Finish: Start between 10:00 a.m. - 1:00 p.m. & finish by 4:00 p.m.

Course: The route will lead through residential areas along with the business areas including Judicial Square. Both routes will have some full sun. Walking surfaces will be sidewalks, along with paved and cement roadways. The 10km course will include portions of East Central University. There are a few steep hills on 10km. Restrooms are limited. Trail rating: 2-A

POC: Terri Tyler 785-817-6333 (day of walk only) ttyler50@gmail.com or Rhonda Shockey rjm0123@aol.com 918-855-0195



Seminole, Oklahoma

Seminole County

Saturday, October 15

SC-121641

Traditional Walk

Distance: 5km/10km

Location: Seminole Public Library 424 North Main Street

Location: Seminole Public Library is located on the southeast corner of North Main Street and East Seminole Avenue. **From Ada:** Return to US 377, go north 34 miles. In Seminole, turn right onto East Seminole Avenue then right onto North Main Street. Library will be on left side.

Start/Finish: Start between 8:30 a.m. - 10:30 a.m. & finish by 12:30 p.m.

Course: The route will lead through residential areas, parks along with the business area of Seminole. Walking surfaces will be sidewalks and park paths, along with roadways. Restrooms will be limited on courses. Trail rating: 2-A

POC: Leslie Jones leslie.jones@cox.net 405-641-0948 or Rhonda Shockey rjm0123@aol.com 918-855-0195

Monies cannot be collected inside Library. Pre-registration is highly recommended.



Holdenville, Oklahoma

Hughes County

Saturday, October 15

SC-121287

Dorothy Brown Memorial Walk Event

Traditional Walk

Distance: 5km/10km

Location: Grace M. Pickens Public Library 209 East 9th Street

Location: This walk event will start/finish inside the library conference room. From Seminole, travel 19 miles east on US 270. At the junction of Business 270/OK-48, turn right (South) on OK-48 & proceed into Holdenville; OK-48 becomes Main Street. Continue south on Main to North Oak. Turn left & proceed 3 blocks to East 9th. Library is on the corner & parking is across the street. Please use library side entrance, marked by signage.

Start/Finish: Start between 11:30 a.m. - 2:00 p.m. & finish by 3:30 p.m.

The route will lead through residential areas along with the business areas including court house, city hall, veterans' memorial & Palmer Inn. Walking surfaces will be sidewalks, along with paved and cement roadways. Restrooms will be limited on trails. Trail rating: 1-A

POC: Ralph Axsom 918-252-4752 ralphax66@gmail.com or Rhonda Shockey rjm0123@aol.com 918-855-0195



McAlester, Oklahoma

Pittsburg County

Sunday, October 16

SC-121503

Traditional Walk

Distance: 5km/10km

Location: Boys & Girls Club of McAlester 305 East Chadick

From Holiday Inn Express, exit parking lot with Braum's on left to Peaceable Road. Stay on Peaceable 0.2 mile to S. 17th/Country Club Road. Go right 0.4 mile to Comanche Avenue. Left on Comanche 1.1 mile to S. 4th Avenue. Right on 4th Ave. 1 block then left on East Chadick. Parking across the street.

Start/Finish: Start between 9:00 a.m. - 12:00 p.m. & finish by 3:00 p.m.

Course: The route will lead through residential areas along with the business district of McAlester. There are a few steep hills in the governmental area. Both routes will have some full sun. Walking surfaces will be sidewalks, along with paved and cement roadways. Trail rating: 2-A

POC: Terri Tyler 785-817-6333 (day of walk only) ttyler50@gmail.com or Rhonda Shockey rjm0123@aol.com 918-855-0195





THINGS YOU NEED TO KNOW

➤ **Walking Events:** These traditional walking events will be map guided. Participants will be given directions with written descriptions and a map.

➤ **Swims:** Participants may swim or water walk & can rest at the ends of the pool but cannot leave the pool area during the swim events. Water walk or swim at your pace. Bring your own towels and appropriate swim attire. The pool will be shared with motel guests. **Pool hours as posted by motel.**

➤ **Registration:** IVV Credit will be \$3.00 per event. Signing the AVA liability waiver is required of all participants. No free walkers or swimmers.

➤ **Trails:** Most of the walking trails will lead through residential areas as well as the business area of the towns. Trail surfaces will be a variety of city sidewalks, streets, paved /gravel roads and recreational walkways. Routes will be on fairly flat terrain but there are some inclines in these communities.

➤ **Event Comments:** Restroom availability will be limited in these towns. Although many streets are tree-lined, be prepared for walking in full sun. **Please take water with you**

➤ **Weather:** Weather conditions can quickly change in this part of the U.S. Be aware of the county that you are in as weather warnings are issued by counties. Walk & swim events are **CANCELLED** if there is severe weather and/or dangerous conditions in the area. Return to the start/finish area ASAP. Event credit may be stamped into your IVV Record Books. **Stay safe!**

➤ **Special Programs:** Events will qualify for some AVA Special Programs. A listing should be available at Registration but feel free to stamp your book if you find a qualifier.

➤ **Disclaimer:** The American Volkssport Association, Sunflower Sod Stompers, Wandergruppe of Oklahoma City, Tulsa Walking Club and their officers, members, and agents shall not be liable or responsible for, and shall be saved and held harmless for and against any and all claims and damages of every kind, for injury to or death of any person or persons and for damage to or loss of property arising out of or attributable to the operators or events conducted by the AVA.



Please remember to thank our hosts for their cooperation and for supporting our events!



Water stops will be available for the walkers on the trails. Feel free to bring your water containers. Pets are welcomed to take part with their masters but please have them under control and leashed at all times.

Limited restroom availability on these walking courses!



Winter Traditional Choctaw Home

Overnight accommodations in our Oklahoma start/finish locations are numerous. The Roundup Committee have rooms blocked for their volkssporting friends on appropriate nights at the following establishments:

October 13 & 14 - Ada



Holiday Inn Express & Suites of Ada

1201 Lonnie Abbott Boulevard

580-310-9200

\$85.00/day with taxes; rate available for both nights

Code: Rhonda Shockey



October 15 & 16 -- McAlester

Holiday Inn Express & Suites

1811 Peaceable Road

918-423-1118

\$105.00/day with taxes – both dates



Comfort Suites – McAlester

650 George Nigh Expressway

918-302-0001

\$79.00/day with taxes

Rates honored both dates

Across expressway from Holiday Inn Express

Rooms will be released September 15 for both motels in McAlester

Code: TWC for above rates



* Meet & Greet *

Friday Night – October 14

6:30p.m. – 8:30p.m.

Holiday Inn Express & Suites of Ada

Conference Room

Wear your club shirt!

Variety of Pizza Pies -- Veggie Bites

Soda Pop -- Bottled Beer

Dessert



Wine Tasting

Saturday Evening

Downtown McAlester

34 @ 115 East Choctaw

5:00pm to 6:15p.m.

Come enjoy Saturday night dinner at:



Compass Restaurant

119 East Choctaw Avenue – Downtown McAlester

6:30p.m.

Choice of entrée:

Compass Cordon Blue - Baked Ratatouille

Shrimp Scampi - Steak Tips with Burgundy Sauce

Side Salad Garlic Knots

Dessert Pizza

Choice of Non-Alcoholic Beverages

IVV Award



The above award, designed by Dorm Batson for the AVA's National Volkssporting Month, is a 100% embroidered patch. The sketch version of the patch is shown above. TWENTY patches are available for pre-registered walkers. No re-orders by the Sod Stompers. You only need to complete one of the Round Up events to earn the award.

Round Up Shirts

Our Roundup shirts will feature a Native American dreamcatcher in various fall colors as featured on the brochure cover. Long-sleeved T's, and T-shirts will be available and they should be ordered with your mail-in registration prior to September 25. Some extras shirts might be available on site. Any re-orders will result in an additional \$10.00 for posting and handling!

The Sunflower Sod Stompers, Tulsa Walking Club, and Wandergruppe of OKC appreciate the assistance of the following:

Martie Cannaday - Holiday Inn Express & Suites of Ada

Jolene Poore - Ada Public Library

Kim McNaughton - Grace M. Pickens Library - Holdenville

Billy Sumner - McAlester Director of Tourism

Tammy Heims - HIE & Comfort Suites Sales Coordinator

Matthew Hutson - The Compass Restaurant

Boys & Girls Club of McAlester - Terry Green

Seminole Public Library



Registration Form

11th Biennial South Central Regional Round Up
East Central Oklahoma
October 13, 14, 15 & 16, 2022

Please copy this form for mail-in registration.
Use a separate sheet for each person.

Registration Information – Please print

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Cell phone: _____

E-mail address: _____

Emergency contact person: _____

Phone &/or e-mail: _____

Mail this filled-in form along with your check made payable to **Tulsa Walking Club** to the address below. Please remember to retain the brochure for event directions and information.

Cheryl Hiatt
C/o Tulsa Walking Club
P.O. Box 701856
Tulsa, Oklahoma 74170-1856

Name tags, merchandise will be available at the Roundup areas of daily walk registrations and the "Meet & Greet".

Walk-up event registration is available. Since 3 clubs are sponsoring the traditional walks, payment will be accepted by each club at registration of their event.



Registration Category

Roundup Package includes:

Compass Restaurant Dinner & Speaker

IVV Credit for 4 walks

Meet & Greet

Total Roundup Package cost @ person is: \$60.00 _____

If you do not want the total Round Up Package and/or want additional items, register for the activities you wish to take part in below. Please indicate with a check mark on the line by that activity.

Payments must be received by September 25

Extras:

Ada Thursday Swims: IVV Credit: \$3.00@ #1 _____ #2 _____ #3 _____

Ada Friday Swims: IVV Credit: \$3.00@ #1 _____ #2 _____ #3 _____

IVV Credit for 4 Walks \$12.00 _____

Ada: Award \$8.00 _____ Credit \$3.00 _____

Seminole: Award \$8.00 _____ Credit \$3.00 _____

Holdenville: Award \$8.00 _____ Credit \$3.00 _____

McAlester: Award \$8.00 _____ Credit \$3.00 _____

Dinner & Speaker \$32.50 _____

Meet & Greet \$17.50 _____

Roundup Shirt: T-shirt: \$15.00 Long sleeve: \$18.00

Preferred Style: _____ Size: _____ \$ _____

XX or larger for any style, add \$3.00

Total enclosed: \$ _____

NO REFUNDS AFTER October 5, 2022

