

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 51st 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. & 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 Fiesta Mart (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

sites.google.com/site/tulsawalkingclub



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: jkhiatt2@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 918/398-7665
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 918/398-7665
Email: vetretiredclh@yahoo.com

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

CATHY CHILDRESS
918-857-4682
catherine.childress4682@gmail.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.

2023-Event # SC/124037 (Tulsa County)

BOB PUGH/ JOHN HANLAN MEMORIAL WALK

Oxley Nature Center/Mohawk Park

Tulsa, OK

10K AND 5K VOLKSWALK EVENT



Saturday, March 18, 2023

Start Time: 10:30 AM to 12:30 PM

Finish by 3:00 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: Oxley Nature Center located in Mohawk Park in the Northeast part of Tulsa, Oklahoma.

COURSE DESCRIPTION: The trail, rated 1B, is along rough paths and trails in the park, and is not suitable for wheelchairs or strollers.

START/FINISH TIMES: The start/finish point is the Oxley-Yetter Interpretive Building at Oxley Nature Center. Masks will need to be worn inside the building if children are present. This event will take place on **Saturday, March 18, 2023**, rain or shine. Start any time from **10:30 AM until 12:30 PM**. Finish by **3:00 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 and restrooms will be available at the start point. There will be a **Cookie Potluck** in memory of John Hanlan, our Cookie Man. Bring your favorite cookies! There will also be a Food Drive.

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: (retired programs: Animal Safari; Boardwalks; Bridges; Doin' the Louisiana Purchase; Take a Walk in a City Park) and 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 a local food bank for distribution in the community

Oxley Nature Center was a favorite spot for the late club members, Bob Pugh and John Hanlan. Bob, who passed away in 2014, was a founding father of Tulsa Walking Club. John passed away in 2018, and was a very active member of TWC. He was known as the "Cookie Man" and we will have a Cookie Potluck in his memory. We miss both very much.

Mohawk Park Walking Event

10 KM and 5 KM Walks
March 18 2023



DRIVING DIRECTIONS

WATCH FOR THE TULSA ZOO ENTRANCE SIGNS

From I-44:

Go North on Sheridan to 36th St North (Port Road), turn right for ½ mile, turn left into the entrance of Mohawk Park and follow the park road to the Oxley Nature Center.

From Hwy 75:

Turn East on 36th St. North (Port Road) and go about 3 miles. Turn left into the entrance of Mohawk Park and follow the park road to the Oxley Nature Center.

From Hwy 169:

Take the 46th Street North exit (watch for Tulsa Zoo sign), turn West to the entrance of Mohawk Park/Tulsa Zoo, and once inside, follow the signs to Oxley Nature Center.

Tell the attendant as you enter the Park, you are going to Oxley Nature Center to walk, and there will be no parking charge.