

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 dawn 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 dawn to dusk. Phone: 918-879-800

sites.google.com/site/tulsawalkingclub



YRE COORDINATOR CONTACTS

1 Bartlesville YRE Walk

Call Cathy Childers
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 Lew York at 918/492-4296
Email: lewfaye@cox.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 918/398-7665
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 918/398-7665
Email: vretiredclh@yahoo.com

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

TERESA ARNOLD
918-630-3206 OR
arnoldtea@hotmail.com

Green Country Wander-Freunde, Inc.

dba
Tulsa Walking Club
P O Box 701856
Tulsa, OK 74170-1856

Tulsa Walking Club

AVA Club 0291
2023 Event # SC-124120

Owasso, Oklahoma



Elm Creek Park

10K AND 5K VOLKSWALK EVENT

Saturday, May 20, 2023

Start Time: 8:30 AM to 11:30 AM
Finish by 2:30 PM

"This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV) and eligible for IVV achievement award credit.



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:

The Start/Finish is the shelter at Elm Creek Park in Owasso, Oklahoma.
12501 E. 77th St. North, Owasso, Oklahoma.

Traveling from Tulsa, Oklahoma: Go North on Highway 169, exit on 76th Street North, and go Right (East) to N. 122nd E. Ave, and turn Left (North), you will travel a short distance to the park entrance on your right. Turn Right (East) at the stop sign and enter the park.

Traveling from the North: Go South on Highway 169 and exit on E. 86th Street North. Turn Left (East) and pass under Highway 169. Continue East to N. 123rd E. Avenue and turn Right (South). Continue South, the street will curve and will become N. 122nd E. Avenue. Proceed to Elm Creek Park, entrance on your left.

Traveling on I-44 (tolls apply):, Take I-44 to Highway 169, and follow directions as for [Tulsa](#).

Watch for TWC signs.

COURSE DESCRIPTION: This is a 10K/5K event rated 1A. It is rated medium for wheelchairs or strollers. Pets are allowed, and Restrooms are available. This walk features a trail around a lovely lake populated by several species of ducks and geese. There are also 3 islands for nesting. Fishing is allowed. Bring the family and make a day outing!

START/FINISH TIMES: The event will take place on Saturday, May 20, 2023, rain or shine. Start time **8:30 AM until 11:30 AM**. Finish by **2:30 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

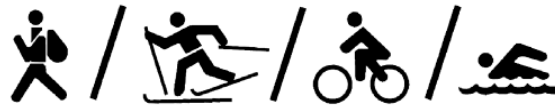
fee is required. Upon completing the walk, the card is surrendered, and the participant then receives any award or IVV credit earned. Remember to bring your IVV record books to record your credit. Record books are for sale at the event.

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 Teresa Arnold at 918/630-3206. **Teresa is the Event coordinator.**



What is a Volkssport?

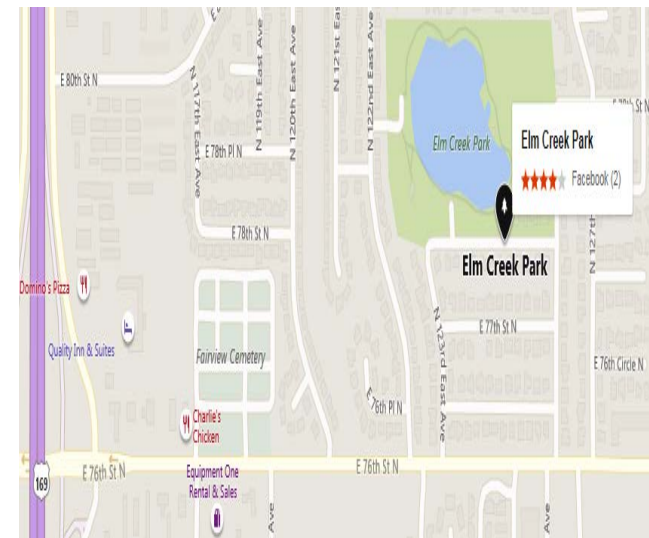
Volkssporting events include walking, biking, swimming and cross-country skiing. A volkswalk or a volks-bike is an organized, leisurely walk or bike through a scenic, historic or interesting area over a predetermined route. Swims are usually held in pools, though some are held in natural bodies of water. Cross-country skiing is held in the northern and/or mountainous areas of the country. 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.

Owasso, Oklahoma

A Rich History... A Promising Future

"Owasso" is an Indian word, meaning **"the end" or "turn around."** At the turn of the century, it identified the area where the Atchison, Topeka and Santa Fe Railroad line ended - in a field several miles northeast of Tulsa. In 1906 **Owasso** formally became a town under laws of the Indian Territory and was chartered as a city on September 28, 1972.

Owasso's population remained at a few hundred people until the end of World War II. Then the veterans came to the area for the developing aircraft industry, mainly the Tulsa Airport, located just south of **Owasso**. The aircraft and related industries brought families to Owasso from across the midwest from 1950-1970 raising the population into the thousands. In the past decade **Owasso** has been experiencing rapid growth again and is currently the fastest growing city in Oklahoma. **Owasso** is located approximately 5 miles north of Tulsa off Highway 169, and east of Highway 75 North.



Map to Elm Creek Park