

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 Janice Hiatt at
918/82-5887

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 918/406-6077

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:

Woody and Linda Woodard @
918-504-6274 or
lw35818@gmail.com

Tulsa Walking Club

AVA Club 0291

Event # 2023 SC-124327

River City Trail Case Community Center Sand Springs, Oklahoma



10K AND 5K VOLKSWALK EVENT

Saturday, September 16, 2023

Start Time: 8:30 AM to 10:30 AM
Finish by Noon



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: Case Community Center, 1050 W. Wekiwa Road, Sand Springs, OK 74063 Start table will be on grass near the driveway of Case Community Center. Watch for TWC signs.

Directions: Traveling **East on I-44**, Take Exit 215 (OK-97) towards Sand Springs ; Turn left onto OK-97/N 9th St. Continue to follow OK-97 N. Turn Left onto OK-97N; Go North 8.6 miles to W. Wekiwa Rd. (just past Walmart on left); Turn Left onto W. Wekiwa Rd. **See ***

Traveling **West on I-244**, keep right to take I-244 W/US-412 W toward Sand Springs/Enid. Merge onto US-64 W/US-412 W/OK-51 W via EXIT 5B on the left toward Sand Springs/Enid. Take the OK-51 W/OK-97 exit toward Sapulpa. Turn left onto OK-51/OK-97/N Wilson Ave. Go under US-64 W/US-412 W/OK-51 underpass immediately followed by a right turn at 1st stoplight (W. Wekiwa Rd.); **See ***

Traveling **East on US-64 W/US-412 W/OK-51**, Turn right on OK97 Exit. Then right turn at bottom of ramp onto W. Wekiwa Rd. **See ***

***Thence** Go West on W. Wekiwa Rd. past River City Park Rd. to Case Community Center and park on the South side of the Community Center.

Follow TWC Signs

Take the West driveway (near to John Deere) and drive South to the back where there is ample parking.

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/US 64. Turn right on OK97 Exit. Then right turn at bottom of ramp onto W. Wekiwa Rd. **See ***

COURSE DESCRIPTION: This is a 10K/5K event and is rated 1A. It is considered medium on the 5K and difficult on the 10K for wheelchairs or strollers. Restrooms are available at the Case Community Center and along the trail.

START/FINISH TIMES: The event will take place on Saturday, September 16, 2023, rain or shine. Start time **8:30 AM to 10:30 AM**. Finish by **Noon**. 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 Woody and Linda Woodard at 918-504-6274 **Woody and Linda 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.

Special Programs: Par for the Course, Rails-to-Trails; Rock around the Clock; Town/City Halls; "S" in A-Z;

River City Trail is hard to miss as this bicycle / pedestrian trail meanders through the park, connecting to the vast metro Tulsa trails system. Case Community Park has been recently updated. Come and spend the day with the family!

SAND SPRINGS

The city was founded in 1911, by Oklahoma philanthropist Charles Page, who envisioned Sand Springs as a haven for orphans and widows. He helped found and develop Sand Springs as a model city that included all components of a total community. Sand Springs was incorporated as a city in 1912, with a population of 400. Page built the Sand Springs Power Plant in 1911, on the southeast corner of Main Street and Morrow Road. It remained the sole source of electric power for Sand Springs until 1947. Sand Springs has many quaint shops and restaurants downtown to enjoy!

