

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 918/280-622.

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: 918-879-800

Visit Tulsa Walking Club on Facebook!!



Fun, Fitness, Friendship

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 Janice Hiatt at 918/812-5887
Email: jkhhiatt2@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:

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-124531

OSAGE PRAIRIE TRAIL/ BORDER CROSSING WALK SKIATOOK, OKLAHOMA



10/11K AND 5/6K VOLKSWALK
EVENT

Saturday, November 18, 2023

Start Time: 9:30 AM to Noon
Finish by 2:00 PM

This is a sanctioned event, eligible for IVV achievement award credit, and special programs: **Border Crossings, Mayflower, Par-for-the-Course, Rails-to-Trails, "S" in A-Z and Osage/Tulsa County (Oklahoma).**



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:

Skiatook Central Park Shelter on West Rogers Street, in Skiatook, Oklahoma. Plenty of free parking.

Traveling from Tulsa: Take Highway 75 North to Highway 20. Turn Left (West) onto Highway 20 and proceed into Skiatook. Highway 20 becomes Rogers in Skiatook. Continue West through the downtown area to Central Park on your left (South). Watch for Tulsa Walking Club signs.

Traveling East/West on I-44: Turn onto Highway 75 going North and proceed as above.

Watch for Tulsa Walking Club signs.

GPS Coordinates: 3622'6.43"N; 96 0'18.29"W

START/FINISH TIMES: The event will take place on Saturday, November 18, 2023, rain or shine. Start time **9:30 AM until Noon. Finish by 2:00 PM.** No refund will be available for non-completion of event.

COURSE DESCRIPTION: This is an easy, level rails-to-trails bike/hike path with scenic, country views to enjoy on the trail! This is a 10/11K; 5/6K event with the trails rated 1A. The extra kilometer is available for those that wish the Border Crossings Special Program. Pets on leash are allowed.

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 will be available; restrooms are not available.

DISCLAIMER: The Sponsors are not liable for accidents, thefts, and/or material damage. Reasonable effort will be made by the sponsors to make this a safe, enjoyable and memorable event. All participants must sign a waiver.

CONTACT: For further information, please call Teresa Arnold @ 918/630-3206 or email at arnoldtea@hotmail.com
Teresa is the Event coordinator.

What is a Volkssporting Event?

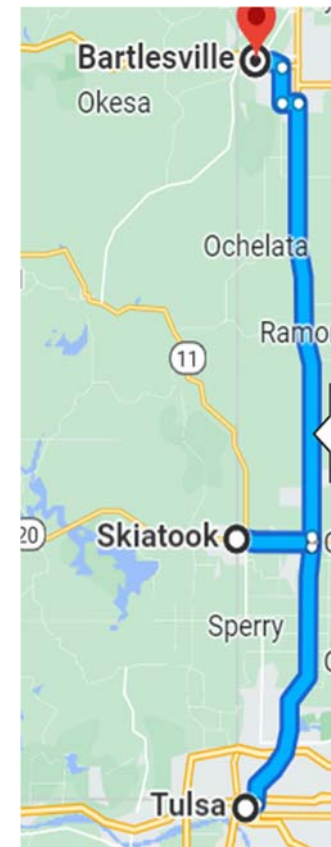
Besides the Tulsa Walking Club, there are more than 300 volkssporting clubs in the US, which sponsor thousands of walking events per year in all 50 states annually. Volkssporting events also include swimming, skiing and bicycling. Volkssport participants may enroll in an awards program by purchasing Events and Distance records books. Upon completion of milestones, participants receive pins, patches and certificates. Besides the health benefits, you will find opportunities to travel and meet many friendly people. You will see sights you would normally miss zooming by in a car. Our walks are typically through pretty residential areas, parks, natural areas and historical sites.

The event 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! Need more information about Volkssporting? Call 1-800-830-WALK or visit American Volkssport Association at: www.ava.org.

Osage Prairie Trail

The Osage Prairie Trail is a rails to trails project. In 2006 the trail was extended from downtown Tulsa, near the OSU campus, to the city limits at 56th Street North, continuing through Sperry and ending at Highway 20 in Skiatook. Currently the trail is about 15 miles. It is a 10' wide paved trail, including 8 pedestrian bridges, one of which was a renovated historical highway bridge.

Come join us for an easy and pleasant walk on the rails-to-trails!



While in the area, you may wish to visit our Bartlesville YRE, just 30 miles North on Highway 75. This YRE has several special program qualifiers. The Bird trail also counts for Rails-to-Trails.