

## 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: 918/865-4991, 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 51<sup>st</sup> 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/Woodland Hills Mall: 71<sup>st</sup> & Memorial. Mall Walk. The Walkbox is located inside Starbucks on the lower level, near JC Penny. Use the Acorn entrance between Macy's and JC Penney. Hours: M-Th 10-8; Fri/Sat 10-9; Sun 10-8

**Walk 5:** Tulsa/Utica Square: Start/Finish point Walgreen's Drug Store, 1714 S. Utica Square at 21<sup>st</sup> 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 91<sup>st</sup> St., located at corner of 91<sup>st</sup> & Delaware (between Harvard & Riverside) Tulsa, OK. Register at Fiesta Mart (918/299-8131), and then drive a short distance to trailhead at 96<sup>th</sup> & 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 2<sup>nd</sup> floor. Walk dawn to dusk. Phone: 918-879-1800

[sites.google.com/site/tulsawalkingclub](https://sites.google.com/site/tulsawalkingclub)



**Fun, Fitness, Friendship**

## YRE COORDINATOR CONTACTS

### 1 Bartlesville YRE Walk

Call Cathy Childress at 918/857-4682  
email:  
[catherine.childress4682@gmail.com](mailto:catherine.childress4682@gmail.com)

### 2 Mannford Lake Keystone YRE Walk

Call Dan Nerren at 918/798-3629  
Email: [djnindex@aol.com](mailto:djnindex@aol.com)

### 3 Tulsa LaFortune Park YRE Walk

Call Janice Hiatt at 918/812-5887  
Email: [jkhiatt2@icloud.com](mailto:jkhiatt2@icloud.com)

### 4 Tulsa Woodland Hills Mall YRE Walk

Call Cheryl Hiatt at 918/706-5493  
Email: [cherylhiatt@att.net](mailto:cherylhiatt@att.net)

### 5 Tulsa Utica Square YRE Walk

Call Cynthia Hines at 918/398-7665  
Email: [vretiredclh@yahoo.com](mailto:vretiredclh@yahoo.com)

### 6 Tulsa/Jenks RiverWalk YRE Walk

Call Teresa Arnold at 918/630-3206  
Email: [arnoldtea@hotmail.com](mailto:arnoldtea@hotmail.com)

### 7 Tulsa Historic Downtown YRE Walk

Call Cynthia Hines at 918/398-7665  
Email: [vretiredclh@yahoo.com](mailto:vretiredclh@yahoo.com)

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

**CATHY CHILDRESS**

**918-857-4682**

[catherine.childress4682@gmail.com](mailto: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.

2024-Event # SC/126751 (Tulsa County)

## **BOB PUGH/ JOHN HANLAN MEMORIAL WALK**

### **Oxley Nature Center/Mohawk Park**

Tulsa, OK

10K AND 5K VOLKSWALK EVENT



**Saturday, March 16, 2024**

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. This event will take place on **Saturday, March 16, 2024**, 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. 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 \$4.00. No "A" Award is offered with this event.

**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 16 2024**



## DRIVING DIRECTIONS

**WATCH FOR THE TULSA ZOO ENTRANCE SIGNS**

### From I-44:

Go North on Sheridan to 36<sup>th</sup> 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 36<sup>th</sup> 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 46<sup>th</sup> 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.