

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: T Tulsa/Woodland Hills Mall: 71st & Memorial. Mall Walk. The Walkbox is located at Sweet Boutique which is located on the lower level of the mall next to the carousel in front of the kids play area in front of Dillard's. 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 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: 918-879-1800

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Facebook!



Fun, Fitness, Friendship

YRE COORDINATOR

CONTACTS

1 Bartlesville YRE Walk

Call C. Childers 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 918/812-5887
Email: jkiatt2@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:

**Ralph Axsom 918/252-4752
or ralphax66@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/126972 (Tulsa Co.)

BROKEN ARROW **Oklahoma (Rose District)**

10K AND 5K VOLKSWALK EVENT



Saturday, September 21, 2024

Start Time: 8:00 am to 11:00 am

Finish by 1:00 pm

Sponsored by

Green Country Wander-Freunde, Inc.

AVA Club 0291

dba

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: McGraw Realtors, 524 S. Main Street, Broken Arrow. S/F will be a canopy located in the front yard of McGraw Realtors.

Traveling East/West on Broken Arrow Expressway (Highway 51), exit on 161st Street (ELM in Broken Arrow), and travel South to 81st Street. Turn Left (East) on 81st and go to the traffic light (Main Street) and turn Left (North) onto Main Street. Travel to 524 South Main Street. Parking on the South side of the building.

From Creek Turnpike (tolls apply), take the 161st Street Exit, and go North to 91st Street. Turn Right (East) onto 91st Street and travel to the traffic light. (Main Street). Turn Left (North) onto Main Street and travel to 524 S. Main Street. Parking on the South side of the building.

Watch for TWC signs.

COURSE DESCRIPTION: The trail, rated 1A, is along streets, sidewalks, and paved walking trails in the park, and would be considered medium difficulty for wheelchairs or strollers.

START/FINISH TIMES: This event will take place on Saturday, September 21, 2024, rain or shine. Start any time from **8:00 am until 11:00 am**. Finish by **1:00 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 \$4.00. No "A" Award is offered with this event. No fee is charged if IVV credit is not desired.

FACILITIES: Water will be available at the start point. Restrooms are available at the Farmers Market adjacent to the startpoint.

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: Par-for-the-Course; Rockin' around the Clock; Town/City Halls; Walking with America's Veterans; and Walking USA – A-Z;

What is a Volkssport?

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, cross-country 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 German word "volks" means 'people' in English. 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.

WELCOME TO BROKEN ARROW!!

The city's name comes from an old Creek community in Alabama. When members of that community moved to Oklahoma along the Trail of Tears and founded a new community, they named it after their old settlement in Alabama. The town's Creek name was Rekackv (pronounced thlee-Kawtch-kuh), meaning broken arrow. The new settlement was located several miles south of present-day downtown Broken Arrow.

Decades later, the Missouri–Kansas–Texas Railroad built a railroad which ran through the area. MKT was granted town site privileges along the route. They sold three of the as-yet-unnamed sites in 1902 to the Arkansas Valley Town Site company. William. S. Fears, secretary of the company, was allowed to choose and name one of the locations. He selected a site about 18 miles southeast of Tulsa and about five miles north of the thlee-Kawtch-kuh settlement and named the new town site Broken Arrow, after the former Indian settlement.

The downtown has been revitalized into The Rose District. Lots of great eating spots to tempt you!

