
**More information on walk events
and Walk 'n Mass Volkssport Club at:**

www.walknmass.org

Online Start Box: If you have not used AVA's Online Start Box (my.ava.org) before, creating an account should take less than 10 minutes. You'll need a personal (not shared) email address and a credit or debit card to fund your account (minimum deposit \$3).

For OSB registrants of this event in Lincoln Woods, remember to download/print/bring your event packet as it includes the walk instructions needed. We ask that you please swing by the on-site start table upon arrival to identify yourself as an OSB registrant and participant so we know you're out on the trail.

Once you've completed the walk route, you'll need to return to the OSB to officially finish this event. This should be done within 10 days of completing the walk.

To receive an award patch, add a \$1.00 donation to your OSB registration and alert POC Mary Frink (mfwalks2010@verizon.net) so a patch can be reserved for you.



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —

ACKNOWLEDGEMENTS: We thank all the volunteers and participants for contributing to this event's success. Brochure photos courtesy of Mary Frink.

SANCTION & IVV CREDIT: This event has been sanctioned by the American Volkssport Association (AVA) and the International Federation of Popular Sports (IVV) and is conducted under the rules of those governing organizations. Fee paying participants will be eligible to earn IVV credit for event and distance.

Event and Distance Books will NOT be available to purchase at the Start/Finish in Lincoln Woods; please contact Beate Hait (774-292-9098 or beateh1@aol.com) to **order books for delivery** at this event. Participants who have previously purchased books are reminded to bring them.

DISCLAIMER: The sponsors of this event cannot be held responsible for any lost or stolen items, accidents, or injury at any time. Every reasonable effort will be made to make this event safe and enjoyable. By virtue of registering for this event, the participant agrees to the conditions set forth herein.

FACILITIES: Restrooms are located at the Start/Finish.

REFRESHMENTS: Water provided at route checkpoints. You may carry your own water and/or snacks, but please do not litter.

UPCOMING EVENTS:

*** **September 17 & 18, 2022**

Northeast Weekend in Niagara Falls/Buffalo, NY (see: www.niagaravolkssportclubs.org)

*** **October 15, 2022**

Framingham, MA - Cochituate Rail Trail (see: www.walknmass.org)

DIRECTIONS:

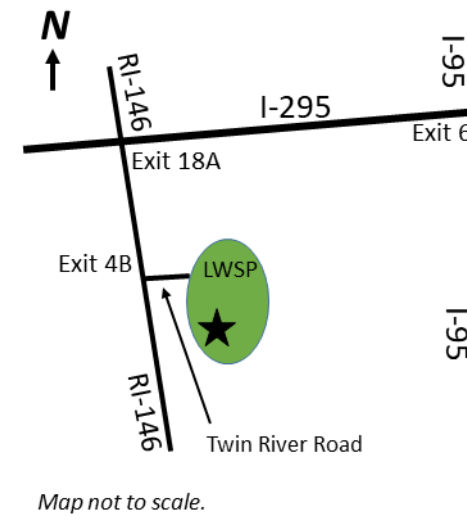
For GPS: use **1 Twin River Road, Lincoln, RI** to enter park through preferred gate entrance. Then follow our instructions for parking.

From North to Lincoln Woods State Park:

1. I-95 S to exit 6 for I-295.
2. I-295 to exit 18A for RI-146 S to Lincoln.
3. Exit 4B for Twin River Road.
4. **RIGHT** at end of exit to Park Entrance.

From Park Gate to Parking/Walk Start:

1. At Twin River Road entrance to park, turn **RIGHT** on Les Pawson Loop.
2. Continue to **LEFT** at "Beach Parking" sign.
3. Park at far end of parking lot, closest to pavilion (walk start point).



ADDITIONAL INFORMATION:

Mary Frink
H: 617-387-1577
mfwalks2010@verizon.net

Lincoln Woods Rhode Island Picnic Walk

5km and 10km routes



sponsored by
**Walk 'n Mass Volkssport
Club**

www.walknmass.org

AVA Special Programs: L - Walking the USA A to Z

"B" Award Event



Saturday, August 20, 2022

10km Start: 9:00-10:00 a.m.

5km Start: 10:00-10:45 a.m.



Event Number: SN 22/121632



WELCOME! The Walk 'n Mass Volkssport Club invites you to walk either the 5km (3.1 miles) or 10km (6.2 miles) routes in Lincoln Woods, RI.

Anyone may participate regardless of age or physical fitness. A non-competitive event, this walk is accomplished at your own pace along a map-guided 5km (3.1 miles) or 10km (6.2 miles) route. Children under the age of 12 must be accompanied by an adult. Leashed pets welcome on the walk routes; note there is a 6-foot maximum leash length, and you must pick up after your dog at all times.

START/FINISH:

Lincoln Woods State Park (Twin River Gate)
1 Twin River Road
Lincoln, Rhode Island 02865
riparks.com/Locations/LocationLincolnWoods.html

ADVANCE REGISTRATION REQUIRED: As state park regulations **prohibit sales** on their grounds, walk **participants must pre-register** via mail using the form at right or through AVA's Online Start Box (**my.ava.org**).

START TIMES: Saturday, August 20, 2022
10km walkers: 9:00-10:00 a.m.
5km walkers: 10:00-10:45 a.m.

FINISH TIME: by Noon.

Times are staggered so walkers will finish shortly before noon to enjoy a bring-your-own picnic. If you do not wish to stay for the picnic, you are nonetheless invited to join the walk event and start anytime between 9:00 and 10:45 a.m.

SAFETY PRECAUTIONS: Please follow any active city and/or state COVID-19 mandates when at this event and all points along trail.

REGISTRATION AND FEES: This event is **FREE** to those who wish to participate without receiving IVV Credit. Registration for IVV Credit is \$3.00.



TRAIL DESCRIPTIONS: Lincoln Woods State Park is one of Blackstone Valley's great treasures and is located north of Providence.

Walk route is comprised of two 5km loops that take you around Olney Pond, named for one of the families whose land was acquired as part of the 627 acres that make up the park.

The first loop follows the park road directly around the pond. The park road is divided, with one side for walkers and one side for cars. It is all paved, so the surface is even. However, there are parts where it is hilly with many ups and downs. The park is heavily wooded, and there are many lookout points where you can see the pond and observe kayakers and waterfowl. You may also see people on horseback from the stables just outside the park entrance. Loop is rated 2A.

The second loop is partly the reverse of the first loop. It starts by going in the reverse direction around the pond and then branches off to the covered bridge at the other entrance to the park. At this point, the road is open to cars in both directions. You will pass some picnic areas and some trail heads. It is a long hill down from the pond to the bridge which you will walk back up to finish the loop by going the rest of the way around the pond. This loop is rated 3A.

Both loops are doable for strollers and wheelchairs.

CONDITIONS: This event will be held regardless of weather conditions. There are no refunds for any reason.

PROCEDURE: Each participant must register and sign an insurance waiver. This procedure is necessary to keep track of participants.



AWARD: B award patch from prior event available in limited quantities. To receive an award, pay via mail using the pre-registration form or add a \$1.00 donation to your OSB registration and alert POC Mary Frink so a patch can be reserved for you.

CLUB PICNIC at Noon!

Following the walk, please join in the festive picnic and camaraderie with fellow walk participants around the pavilion. All are welcome!

Bring your own picnic lunch & drink to enjoy at noon. Dessert will be provided. Club meeting follows with annual volunteer appreciation awards and other announcements.

Several picnic tables available in pavilion and you may also bring your own chair/blanket to use if wanted.



PRE-REGISTRATION FORM – Lincoln Woods Walk – Must be received by August 17, 2022

LAST NAME, FIRST, MIDDLE INITIAL	IVV Credit only - \$3.00	IVV Credit and B Award -\$4.00	Free
Checks payable to: Walk 'n Mass Volkssport Club Mail pre-registration to: Mary Frink, 38 Carter St. #205, Everett, MA 02149			Total: \$ _____ Pick up Walk Cards at Start table on day of walk.