

## 7(seven) TWC Year-Round Events

**Walk 1:** Bartlesville (50 miles North of Tulsa): Register at the GNC Store inside Washington Park Mall, 2350 SE Washington Blvd. in Bartlesville. Store phone is 918/335-2732. Call to confirm hours. Several trails offered but only one stamp; drive to Start Point listed on map.

**Walk 2:** Galena, KS (West of Joplin, MO): Start/Finish point is Pickle Jean's Café on West 7<sup>th</sup> Street. Call Contact for hours.

**Walk 3:** 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 4:** Tulsa/LaFortune Park: Start/Finish point Thornton Family YMCA, 5002 S. Fulton (on North side of park). Open 7:00AM to 7:00PM Mon. thru Sat. Sundays, open 1:00 to 5:00PM. Phone 918/280-9622. Several trails offered but only one stamp.

**Walk 5:** Tulsa/Promenade Mall: Start/Finish point GNC Store inside mall, corner of Yale Ave. & 41<sup>st</sup> Street. Store phone is 918/663-6164. Call store for open hours before going. Two trails offered but only one stamp.

**Walk 6:** Tulsa/Utica Square: Start/finish point Med-X Drug Store, 1714 S. Utica Square at 21<sup>st</sup> St & Utica Ave. Walk dawn to dusk. Store Phone # 918/743-9968. Several trails offered but only one stamp.

**Walk 7:** Tulsa/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), then drive to trailhead at 96<sup>th</sup> & Riverside Drive. (Please let business customers go first.) Several walks, but only one stamp. One crosses Arkansas river and goes by the Oklahoma Aquarium and RiverWalk shops in Jenks, OK. A second, walks alongside the Creek Tunpike to Hunter Park in South Tulsa; and another goes North along the Arkansas River on the Riverside Trails.

A Tulsa Walking Club YRE Award Patch is available at all TWC OK YRE walk sites. Cost is \$4 in addition to the walk's credit stamp fee.

**YRE credit may be earned twice per year per event, but distance credits are unrestricted.**

## YRE COORDINATOR CONTACTS

### 1 Bartlesville YRE Walk

Call Dorothy Brown at 918/437-8404

### 2 Galena, KS YRE Walk

Call Barbara Hixenbaugh at 620/783-2649

### 3 Mannford Lake Keystone YRE Walk

Call Dan Nerren at 918/245-2024

Email: [djnindex@aol.com](mailto:djnindex@aol.com)

### 4 Tulsa LaFortune Park YRE Walk

Call Jim Dillinger at 918/299-1758

Email: [dillinger@hotmail.com](mailto:dillinger@hotmail.com)

### 5 Tulsa Promenade Mall YRE Walk

Call Janice Hiatt at 918/622-1972

Email: [jkihiatt2@juno.com](mailto:jkihiatt2@juno.com)

### 6 Tulsa Utica Square YRE Walk

Call Cynthia Hines at 918/621-4163

Email: [Cynthia\\_Hines@nm.blm.gov](mailto:Cynthia_Hines@nm.blm.gov)

### 7 Riverparks YRE Walk

Call Teresa Arnold at 918/355-3820

Email: [arnoldtea@hotmail.com](mailto:arnoldtea@hotmail.com)

## EVENT COORDINATOR:

**Susi Kildow**

**918/346-1655**

**[susan.kildow@gmail.com](mailto:susan.kildow@gmail.com)**

View Club Logo Pin (\$4.00 at start table) at:  
<http://www.ava.org/clubs/TulsaWalkingClub>

Tulsa Walking Club  
P O Box 701856  
Tulsa, OK 74170-1856

Event # 83202 in 2009

Tulsa County

# Sand Springs, OK Downtown Christmas Lights

10K AND 5K VOLKSWALK  
Saturday, December 5, 2009

## Guided Walks:

**Start Times 4:30 PM (10K)  
and 5:15 PM (5K)**

(No later starts.) We will convoy to the party together leaving start point @ 6:30 PM.

## And Club Party

**6:45 PM @ The Woodard's**

**Walk the USA "S", Museum Walk, Historic Churches, Firehouses, American Authors & Literary Landmarks, America's Gardens, RailRoad Heritage, Native America Culture, and Artistic Heritage**

Sponsored by

**The Tulsa Walking Club**

AVA Club 0291



**ELIGIBILITY:** 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.

**COURSE DESCRIPTION:**

Trail rating is 1. Suitable for Strollers and wheelchairs. Will be walking in the dark, however.

**START/FINISH TIMES:** The event will take place on Saturday, December 5, 2009, rain or snow. Two Guided Walks: start times 4:30PM and 5:15PM. Walkers will leave for party at 6:30PM.

(TWC Holiday party begins 6:45 PM. If this is late for you, eat a snack earlier.)

**PROCEDURE:** All participants (even if in a stroller or wheelchair) 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. There is no "A" award for this event.

**REFRESHMENTS:** Water and restrooms will be available at the start/finish point.

**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.

**HOLIDAY PARTY:** (All walkers invited.)

This is a Covered Dish gathering. Categories of food on the proposed menu are

1. Stews, Chili's & Soups with crackers/bread,
2. Salads & Side Dishes, and
3. Desserts.
4. Please contact Susi, a week ahead, with your offering - to ensure variety.

**DRIVING DIRECTIONS:**

**From Tulsa:** Travel West on Highway 412/64 to Adams Road exit in Sand Springs. Stay to Left then turn Left (South) on Adams Road going under Hwy 412/64. Immediately past the underpass, turn Left (East) into the Drug Warehouse parking lot. Park on East side of the building.

**From I-35:** take the Cimarron Turnpike/Hwy 412 exit (has tolls), and go East toward Tulsa. After the turnpike ends, continue East on Hwy 412 to the Sand Springs exit for SH 97 South (or Sapulpa).

At SH 97, turn Left (North) and go under the Hwy 412/64 overpass to 2<sup>nd</sup> street in Sand Springs. Go Right (East) on 2<sup>nd</sup> until you come to Adams Road. Turn Right (South) on Adams Road, go under Hwy 412/64 overpass, and immediately turn Left (East) into Drug Warehouse parking lot. Park on East side of the building.

**Start Point:**  
**May's Drug Warehouse**  
**651 E Charles Page Blvd.**  
**Sand Springs, OK**  
**GPS: N 36° 08' 15.50"; W 96° 06' 01.97"**

**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. Swims are usually held in pools, though some are held in natural bodies of water. Cross-country skiing is held in the northern and/or mountainous areas of the country. 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 whole family.

