

ACKNOWLEDGEMENTS:

Greatly appreciated is the hospitality of the United Church of Assonet and their Trustees for making their Church available as our start location. A special thanks is extended to the Freetown Historical Society for welcoming the walkers one day before their annual Open House. Thank you to all our walk volunteers, who devoted their time and talent to make this event a reality.



“The Walking Company,” an AVA national sponsor, provided our Event Cards.

SANCTION & IVV CREDIT: This event has been sanctioned by the American Volkssport Association (AVA) and the International Federation of Popular Sports (IVV). This event 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 be available for \$5.00 each at the Start/Finish. Participants who have previously purchased books are reminded to bring them.

ADDITIONAL INFORMATION:

Louise Brady
1 Water Street
Assonet, MA 02702
Spider1_2@comcast.net
508-644-3039



Fun, Fitness, Friendship

DIRECTIONS:

From the North:

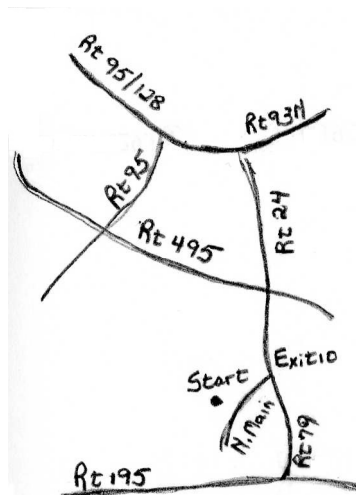
1. Take either Route 495 South or Route 95/128 South to Route 24 South.
2. Route 24 South to Exit 10 (North Main St./Assonet).
3. At STOP sign, **LEFT** going over Rt. 24 onto North Main Street for 0.9 miles.
4. Start is located on the right.

From Providence:

1. Take Route 195 East to Exit 5 (Route 79 North).
2. Route 79 North, which becomes Route 24 North to Exit 10 (North Main St./Assonet).
3. At the end of the ramp, turn **LEFT** onto North Main Street for 0.9 miles.
4. Start is located on the right.

PARKING:

Is available at the Church, in front of the Church, and at the Town Hall parking lot located two buildings away.



Assonet Massachusetts

5km and 10km Walk Routes in an Historic Village

sponsored by the
Walk 'n Mass Volkssport Club
www.ava.org/clubs/walknmass

Authors and Literary Landmarks, Artistic
Heritage, Cemetery Stroll, Firehouses, Historic
Churches, Museum, Riverwalk America,
Veteran Memorial and USA State Park Event

Credit Only Event



Saturday, September 12, 2009

Start: 9 a.m. to Noon



Event Number: NE 09/83780



WELCOME! The Walk 'n Mass Volkssport Club invites you to participate in either the 5km (3.1 miles) or 10km (6.2 miles) walk in the historic town of Assonet to celebrate the 200th

anniversary of the United Church of Assonet.

These walks are non-competitive and are accomplished at your own pace along the marked 5km and 10km routes. All are welcome to participate regardless of age or physical fitness. Both walks are suitable for baby joggers, but would be difficult for wheelchairs due to some hills. Children under the age of twelve must be accompanied by an adult. Leashed pets are welcome and clean-up laws apply.

START/FINISH:

United Church of Assonet
9 North Main Street
Assonet, MA 02702

START TIME: 9 a.m. to noon

Saturday, September 12, 2009

FINISH TIME: by 3 p.m.

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

PROCEDURE: Each participant must register, fill out a Registration Card, and sign an insurance waiver at the start. Cards are validated at a checkpoint along the route, and must be turned in at the finish table after completing the event. This procedure is necessary to keep track of participants.

FACILITIES: Restrooms are located at the Start/Finish and at the Checkpoint.

REFRESHMENTS: Water and hard candy are provided at the Start/Finish and Checkpoint. You may carry refreshments, but please do not litter.

AWARD: This is a credit only event.

TRAIL DESCRIPTION: Assonet is one of two villages in the town of Freetown, Massachusetts and was initially settled in 1659. Rich in Native American history, Assonet, which is situated on a river, was the home of the Nipmuc Indians. The town's name comes from the Nipmuc language and means "place of rocks." For many years, the English settlement remained a small fishing and farming village and experienced much unrest during King Philip's War. As the 1700s closed, churches and other buildings sprouted around the village. During the 1800s, there was rapid growth of the village with the advent of the railroad and industries that supported the Civil War. During the 20th century, Assonet began to remove itself from the commercial/industrial scene. The majority of villagers sought work outside of town and the region became primarily a bedroom community. The Assonet Village Historic District was placed on the National Register of Historic Places in 1999.

Both walk routes feature the natural beauty of this village resting on the banks of the Assonet River. The historic area comprises a concentration of buildings constructed during the 1800s. While following the winding Assonet River, walkers will see the historic Elm Street stone bridge, which has three colonial-era arches; the Historical Society Museum; and the natural wonder, "Profile Rock" located in the Freetown-Fall River State Park. The 10km route continues to the Assonet Burial Ground, site of Major John Deane's grave, a Civil War Medal of Honor recipient.

Both walk routes are on paved surfaces. The 10km route has an AVA rating of 2.0 due to three long gradual hills, while the 5km walk has a 1.5 AVA rating due to one long hill. Both routes are suitable for baby joggers, but not wheelchairs.

After walking, a recommended lunch stop is the Assonet Inn built in 1896. It was originally the home of Major John Deane. In 1940, it became an inn and is noted for its delicious food.

United Church of Assonet

Pictured on the front of this brochure is the United Church of Assonet which is celebrating its 200th anniversary this year. Built in 1809, this classic white New England church sits on a hill and is a distinguished landmark. The Church steeple contains a bell cast by Paul Revere. The Walk 'n Mass Volkssport Club is honored to be included in this anniversary celebration.

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.

CONDITIONS: This event will be held regardless of weather conditions. There are **NO REFUNDS** for any reason.

Profile Rock



Profile Rock, also known as the Old Man of Joshua's Mountain, is a 50-foot high granite outcropping. Native Americans believe it to be the image of the Wampanoag Chief, Massasoit. Chief Massasoit was friendly to the early Pilgrim settlers, but King Philip's War between the Wampanoags and the English occurred while his son Philip was chief. Joshua's Mountain was privately owned for several years. It was sold to the Commonwealth of Massachusetts during the 20th century to be used as a state park.