

**ACKNOWLEDGEMENTS:** A special thanks is extended to the members of the Bedford Conservation Commission for their assistance with the trail routing. Greatly appreciated are all the walk participants who provided culinary delights for our Potluck & Pie Social, and the walk volunteers who contributed their valuable time and talent to make this walk a reality and memorable event.

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



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

**CONDITIONS:** This event will be held regardless of weather conditions. Prepaid registrations not claimed are invalid and the fee is forfeited. No refunds for any reason.

**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.

**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 be available for \$5.00 each at the Start/Finish. Participants who have previously purchased books are reminded to bring them.

**Fun, Fitness, Friendship™**

**DIRECTIONS:**

**From Route 95/128 North or South:**

1. Take Exit 31B (Rt. 4/225) towards Bedford/Carlisle for 3 miles to Route 62.
2. After the 6<sup>th</sup> traffic light, bear **LEFT** on Rt. 62 (Concord Road) to the next left.
3. **\*\*LEFT** on Liljegren Way.
4. Continue straight into the Church parking lot.

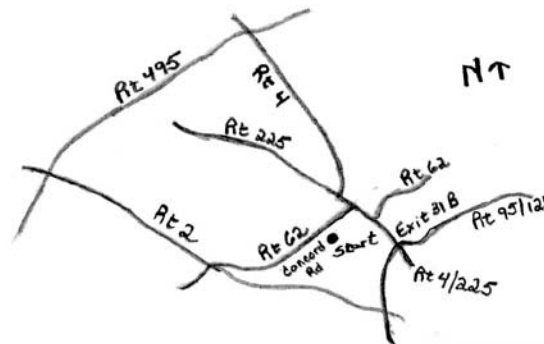
**From Route 495 South:**

1. Take Exit 35A (Rt. 4 South) towards Bedford to Route 225.
2. **LEFT** on Rt. 4/225 for a short distance to Rt. 62.
3. Sharp **RIGHT** on Route 62 to the next left.
4. Follow from \*\* above.

**From Route 495 North and the West:**

1. Take Route 2 East to Route 62 East.
2. Route 62 East (Main St., which becomes Bedford Rd. after Concord Center, and then Concord Rd. after entering Bedford) for 4 miles.
3. **RIGHT** at St. Michael’s Church into parking lot behind Church.

**Start located in meeting room in St. Michael’s Parish Hall.**



Map not to scale.

**ADDITIONAL INFORMATION:**

Chris Lipson  
1 William Street  
Bedford, MA 01730  
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c2lipson@msn.com

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978-774-6449  
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# Bedford Massachusetts

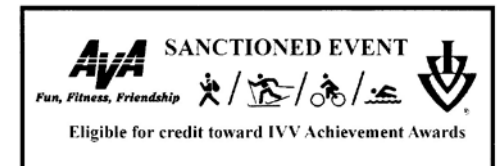
**5km and 10km  
Fall Foliage Walks  
and Potluck & Pie Social**  
sponsored by  
**Walk 'n Mass Volkssport Club**  
[www.ava.org/clubs/walknmass](http://www.ava.org/clubs/walknmass)

**Authors and Literary Landmarks, Cemetery Stroll,  
Historic Churches, Railroad Heritage, Veteran  
Memorial and Walking Europe in the USA Event**



**Saturday, November 7, 2009**

10km Registration: 9:30 a.m.  
Start: 9:45 a.m.  
5km Registration: 10:30 a.m.  
Start: 10:45 a.m.



**Event Number: NE 09/83904**



**WELCOME!** The Walk 'n Mass Volkssport Club invites you to participate in either the 5km (3.1 miles) or 10km (6.2 miles) fall foliage walks in Bedford, MA. After walking, please join the Potluck & Pie Social provided by, and for, the walk participants.

Anyone may participate regardless of age or physical fitness. A non-competitive event, this walk is accomplished at your own pace along a marked 5km (3.1 miles) or 10km (6.2 miles) route. These walk routes are suitable for baby strollers but not wheelchairs. Children under the age of 12 must be accompanied by an adult. Leashed pets are welcomed, and clean-up laws apply.

**START/FINISH:**

St. Michael's Parish Hall  
90 Concord Road  
Bedford, MA 01730



**REGISTRATION/START TIMES:**

Saturday, November 7, 2009  
10km walkers: 9:30-10:00 a.m.  
5km walkers: 10:30-11:00 a.m.



**FINISH TIME:** by noon.

**REGISTRATION AND FEES:** This event is **FREE** to those who wish to participate without receiving an award or IVV Credit. Advance registration for the award and IVV Credit is \$10.00, and must be received by **October 30, 2009**.

In-person registration on the walk day for an award and IVV Credit will be \$12.00. Registration for IVV Credit only is \$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.


**AWARD:** The award for this event is a five-inch sun catcher depicting a maple leaf and is available in a variety of fall colors.

*Only a limited number of sun catchers are available, and there is no reorder. Pre-registration is recommended.*


**TRAIL DESCRIPTIONS:** Bedford, incorporated in 1729, has the distinction of possessing the oldest complete flag, which was carried to Concord's North Bridge by Minuteman Nathaniel Page on April 19, 1775. Bedford strives to preserve open space, and currently has 600 acres of protected land for public enjoyment and the protection of natural resources. Bedford is the terminus of the Minuteman Rail Trail, which was built over 15 years ago, and is now the country's most used rail trail. Both the 5km and 10km walk routes traverse Bedford town center, pass the newly constructed Railroad Depot Park, and continue to Hartwell Town Forest, consisting of 118 acres originally owned by William Hartwell in 1666, and now conservation land with an extensive trail system.

The 10km walk route continues on a natural dirt rail trail to visit Fawn Lake and beyond. The 12-acre lake, once a destination for vacationing Bostonians, has a number of surrounding trails.

Both walk routes are on paved sidewalks and natural, relatively flat walk paths in the conservation areas, and have an AVA rating of 1.5, suitable for strollers but not wheelchairs.


 **Potluck & Pie Social**

You are invited to join other walkers starting at noon to enjoy delicious home cooking featuring casseroles and pies prepared by our walk participants.



**ALL ARE WELCOME!**

If you wish to contribute to the libations, please contact Sue Robertson at 978-774-6449 or susdave@comcast.net by November 1, 2009 to inform her of your contribution. Paper goods and drinks will be provided.



**PRE-REGISTRATION FORM – Bedford, MA – Must be received by October 30, 2009**

LAST NAME, FIRST, MIDDLE INITIAL	IVV Credit only - \$3.00	IVV Credit and Award -\$10.00	Free
Total: \$ _____			
Pick up Walk Cards at Start table day of walk.			

Make checks payable to: Walk 'n Mass Volkssport Club  
 Mail pre-registration to:  
 Betty Foley, 807 Boston Post Road, Sudbury, MA 01776