

ACKNOWLEDGEMENTS: Greatly appreciated is the hospitality and assistance of Charlotte LaMoine, the St. John's Parish Center Manager. A special thanks also to Chris Lipson, our Activities Chairperson, for organizing the Soup Social. Thank you to all our walk volunteers, who devoted their time and talent to make this event a reality.

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.

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 which is also the Checkpoint.

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. There are no refunds for any reason.



Fun, Fitness, Friendship

ADDITIONAL INFORMATION:

Beate Hait
80 Wingate Road
Holliston, MA 01746
508-429-3564
beateh1@aol.com

DIRECTIONS:

From Route 495 North or South:

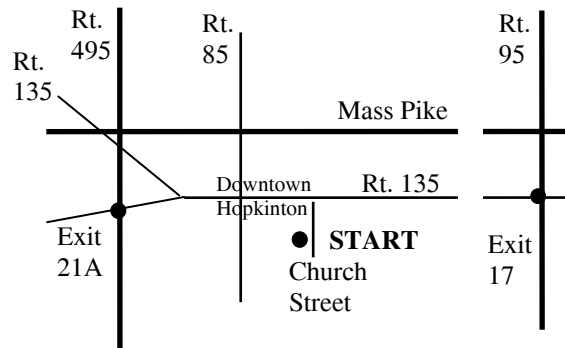
1. Take Exit 21A (W. Main Street/Hopkinton).
2. **RIGHT** at end of ramp onto West Main Street. After one mile, West Main St. becomes East Main Street/Route 135. Continue on Route 135 to Church Street.
3. **RIGHT** on Church Street (first right after crossing Route 85).
4. ** The start (St. John's Church) is located on the right. The Parish Center is to the left of the Church.

From Route 95/128 North or South:

1. Take Exit 17 (Route 135 West--Needham/Natick) through Needham, Wellesley, Natick, Framingham and Ashland into Hopkinton center.
2. After passing the Hopkinton Town Common, take the second **LEFT** onto Church Street.
3. Follow from ** above.

PARKING:

In the large St. John's parking lot.



Map not to scale

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

www.ava.org/clubs/walknmass

Hopkinton

Massachusetts

Walk followed by Soup Social

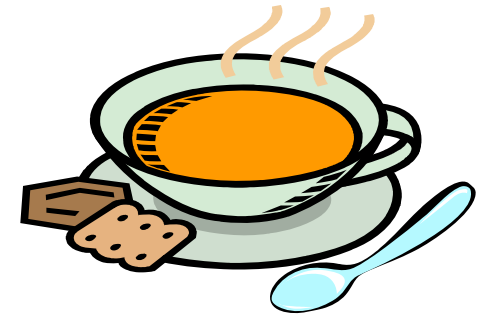
5km and 10km routes

sponsored by

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

Law Enforcement and Main Street Event & qualifies for the WnM Marathon Challenge

Credit Only Event



Saturday, April 14, 2012

10km Start: 9:30-10:00 a.m.
5km Start: 10:30-11:00 a.m.



Event Number: NE 12/92447



WELCOME! The Walk 'n Mass Volkssport Club invites you to walk either the 5km (3.1 miles) or 10km (6.2 miles) routes in Hopkinton, MA. After walking, please stay for the Soup Social provided by, and for, the walk participants. The soup social will begin at noon.

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. Children under the age of 12 must be accompanied by an adult. Leashed pets are welcomed on the trail and clean-up laws apply, however pets are not permitted inside the dining hall. An alternate route is available bypassing the cemetery where dogs are not allowed.

START/FINISH:

St. John the Evangelist Parish Center
20 Church Street
Hopkinton, MA 01748

REGISTRATION/START TIMES:

Saturday, April 14 2012

10km walkers: 9:30-10:00 a.m.
5km walkers: 10:30-11:00 a.m.

FINISH TIME: by noon.

The walk times are staggered so that walkers will finish shortly prior to noon when the soups are served. If you do not wish to stay for soup, you are nonetheless invited to join the walk event and start anytime between 9:30 and 11:00 a.m.

REGISTRATION AND FEES: This event is **FREE** to those who wish to participate without receiving IVV Credit. Registration for IVV Credit is \$3.00. (Ask us about this achievement program.)

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.

AWARD: This is a credit-only event.

TRAIL DESCRIPTIONS: Located 26 miles west of Boston, Hopkinton was incorporated as a town in 1715 and currently has a population of 15,000. Situated at an elevation of 412 feet above sea level, the highest point in Middlesex County, the town takes pride in its role as the starting point for the Boston Marathon.

The walk route consists of two 5km loops and is mostly on sidewalks exploring the quaint downtown area and residential neighborhoods. The first loop, traversed by both 5km and 10km participants, includes the official Boston Marathon starting line and also passes the Town Hall, police station, cemeteries and Town Common. The 10km walkers continue on the second loop visiting residential neighborhoods and pass the town's schools, athletic fields and the football field which transforms into an Athletes' Village used for staging and organizing the runners on Patriot's Day.

The walk routes are mostly on paved surfaces with a few slight inclines and have an AVA rating of 1A, suitable for baby strollers, but difficult for wheelchairs.

Soup Social

With soup being served at noon, you are invited to join fellow walkers for this social gathering. If you would like to contribute an appetizer, soup, bread or dessert, please notify Chris Lipson (c2lipson@msn.com or 781-275-0464) to indicate what you are planning to bring.

Note that it is not necessary to come with anything other than your smiling face, an appetite and perhaps your favorite soup bowl and spoon. Beverages and paper goods will be provided.



A limited number of special edition Walk 'n Mass 25th Anniversary soup mugs will be available for sale—\$3 members/\$5 non-members.



Walk 'n Mass Marathon Challenge

Walk 'n Mass is proud to present the Marathon Challenge Program beginning on January 1, 2012 and continuing until December 31, 2016. The purpose of this club challenge is for walkers to experience the thrill of the Boston Marathon by walking on part of the race course in all eight towns and cities the route goes through.

Our Hopkinton walk route will include the Boston Marathon Start Line which is repainted every year and walkers can expect to see the 2012 edition, days before the marathon is run on April 16, 2012.

Purchase the Marathon Challenge book for \$10 by visiting the Specialities table at Hopkinton or any other Walk 'n Mass scheduled day event.

Over the 4-year program, the club will present a minimum of 2 walks in each of the towns and cities: Hopkinton, Ashland, Framingham, Natick, Wellesley, Newton, Brookline and Boston. Once your book is completed, you will receive a lovely patch to celebrate this special achievement.

