

FRAMINGHAM, MA NE09/83615
DATE: Tuesday, July 14, 2009
START: 3 to 6 p.m.
PLACE: Gerard Farms' Gazebo
 447 Water Street
 Framingham, MA 01701

TRAIL DESCRIPTION:

Commencing at Gerard Farms, a family-owned home cooking establishment in business since 1931, the walk route consists of two 5km loops traversing local neighborhoods and the CSX rail line known as the Bruce Freeman Rail Trail, which is under consideration for development.

Mostly flat with some unpaved paths on both loops, the AVA rating for both the 5km and 10km walks is 1.5, suitable for baby joggers but not wheelchairs.

DIRECTIONS:

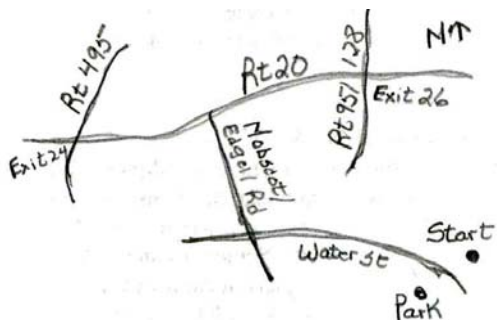
From Route 495 North or South:

1. Take Exit 24 (Route 20 East) for about 8 miles through Marlborough into Sudbury to Nobscot Road at traffic light (get in right hand lane).
2. **RIGHT** on Nobscot Road (becomes Edgell Road in Framingham) for one mile to traffic light at Water St.
3. **LEFT** on Water St. for one mile to Gerard Farms on left.

From Route 95/128 North or South:

1. Take Exit 26 (Route 20 West) through Weston, Wayland and into Sudbury to Nobscot Road at traffic light with left hand turn lane.
2. **LEFT** on Nobscot Road (becomes Edgell Road in Framingham) for one mile to traffic light at Water St.
3. **LEFT** on Water St. for one mile to Gerard Farms on left.

PARKING: Across the street from the start in the George B. King School parking lot.



ADDITIONAL INFORMATION:

Betty Foley 978-443-4857
 807 Boston Post Road betfoley@ix.netcom.com
 Sudbury, MA 01776

Authors and Literary Landmarks, Firehouse and Railroad Heritage Event

NATICK, MA NE 09/83616
DATE: Tuesday, August 11, 2009
START: 3 to 6 p.m.
PLACE: Natick Collection at Macy's
 1245 Worcester Road (Route 9)
 Natick, MA 01760

TRAIL DESCRIPTION:

Both walk routes are entirely within the climate-controlled Natick Collection, which offers breathtaking architecture and world class shopping and dining.

The AVA rating of this walk is 1.0, suitable for baby joggers and wheelchairs.

DIRECTIONS:

From Route 495 North or South:

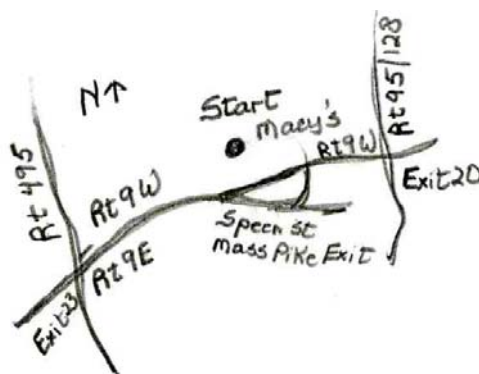
1. Take Exit 23 (Route 9 East) for about 11 miles to Speen St./Mass Pike/Natick sign at Sherwood Plaza located on right.
2. Bear **RIGHT** at this sign for a short distance to second left (Route 9 West).
3. **LEFT** onto bridge going over Route 9, and bearing left onto Route 9 West to first traffic light after Macy's on right.
4. **RIGHT** at traffic light into Natick Collection.

From Route 95/128 North or South:

1. Take Exit 20 (Route 9 East) for about 8 miles to Natick Collection located on right.
2. **RIGHT** at traffic light after Macy's.

FREE PARKING: In front of Macy's or in the parking garage behind Macy's.


START located outside Macy's entrance to mall.



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 807 Boston Post Road betfoley@ix.netcom.com
 Sudbury, MA 01776

Authors and Literary Landmarks Event



2009 SECOND TUESDAY SUMMER WALKS

in
Massachusetts

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

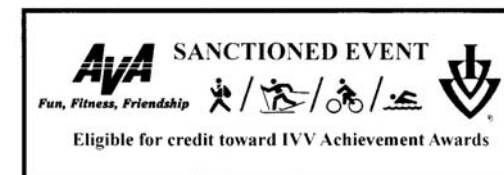
Second Tuesdays

May 12	Haverhill
June 9	Sudbury
July 14	Framingham
August 11	Natick

Start: 3 to 6 p.m.
Finish by: 8:30 p.m.

"B" Events

Fun, Fitness, Friendship



**Event Numbers: NE 09/83613,
 NE 09/83614, NE 09/83615, NE 09/83616**

WELCOME to the Walk 'n Mass Volkssport Club's series of four Tuesday summer walks which explore scenic and interesting places. Each walk has a 10km (6.2 miles) and a 5km (3.1 miles) route. These walks are noncompetitive, along a marked or map-guided route, and are completed at your own pace. Anyone may participate regardless of age or physical fitness. Children under the age of twelve must be accompanied by an adult. Leashed pets are welcomed, except for the August event which occurs in a mall. Clean-up laws apply. A flashlight for the May walk is recommended.

REGISTRATION AND FEES: These walks are FREE to those who desire to participate without receiving an award or IVV Credit. Registration for a "B" award (from a previous event) is \$4.00 to \$5.00, and for IVV Credit only is \$3.00. Each participant must register by completing a Walk Card and signing an insurance waiver. Cards are validated at checkpoints along the route, and returned to the Finish table upon completion of the walk. There is no pre-registration. There will be NO REFUND for any reason. These events will be held regardless of weather conditions.

FACILITIES: Restrooms are located at the start of each event.

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

SANCTION AND IVV CREDIT: These events have been sanctioned by the American Volkssport Association (AVA) and the International Federation of Popular Sports (IVV), and are conducted under the rules of these governing organizations. Event and Distance IVV Books will be available for \$5.00 each.

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

ACKNOWLEDGEMENTS: The time, effort and cooperation of the walk organizers, volunteers, and the staff of our start locations at the Yankee Clipper Council Boy Scouts of America; Kristin Kiesel, the Director of the Sudbury Senior Center; Gerard Farms; The Walking Company at Natick Collection; and Kate Braun, the Natick Collection Marketing Assistant are greatly appreciated for making these Tuesday summer walks a reality.

AMERICAN VOLKSSPORT ASSOCIATION: The goal of the American Volkssport Association is to encourage people of all ages and ability to exercise in a stress free environment for fun, fellowship and fitness. To locate your next event locally or nationwide contact:



Fun, Fitness, Friendship

Phone: 210-659-2112
 FAX: 210-659-1212
 Internet: www.ava.org

HAVERHILL, MA NE 09/83613

DATE: Tuesday, May 12, 2009
START: 3 to 6 p.m.
PLACE: Yankee Clipper Council
 36 Amesbury Road
 Haverhill, MA 01830

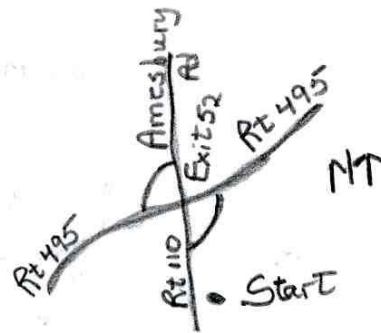
TRAIL DESCRIPTION:
 Settled in 1649 and originally named Pentucket after the local Native American tribe, Haverhill became a world leader in the shoe industry and was called the "Shoe City of the World" during the late 1800s and early 1900s. Both walk routes explore Winnekenni Park, a city-owned conservation area consisting of over 700 acres, and Kenoza Lake. The 10km route continues into the heart of the city to visit famous and historical sites.

With unpaved trails and minor short hills, both walk routes have an AVA rating of 2.0, suitable for baby joggers but not wheelchairs.

- DIRECTIONS:**
From Route 495 North:
1. Take Exit 52 (Route 110/Amesbury Road).
 2. **LEFT** on Route 110/Amesbury Road for 7/10 of a mile. Start located on left.

- From Route 495 South:**
1. Take Exit 52 (Route 110/Amesbury Road).
 2. **RIGHT** on Route 110/Amesbury Road for 7/10 of a mile. Start located on left.

PARKING: in the Yankee Clipper Council Boy Scout parking lot.



ADDITIONAL INFORMATION:
 Charles Boddy 978-420-5182
 37 Linehan Street Reatta3@aol.com
 Lawrence, MA 01841

Authors and Literary Landmarks, Cemetery Stroll, Courthouses, Firehouse, Historic Churches, Native American Culture, Veteran Memorial and Walking Europe in the USA Event

SUDBURY, MA NE 09/83614

DATE: Tuesday, June 9, 2009
START: 3 to 6 p.m.
PLACE: Sudbury Senior Center
 40 Fairbank Road
 Sudbury, MA 01776

TRAIL DESCRIPTION:
 Consisting of two 5km loops, the walk route traverses two conservation areas; a former summer resort area at Crystal Lake, now a quiet neighborhood; several residential areas; and passes Babe Ruth's former home.

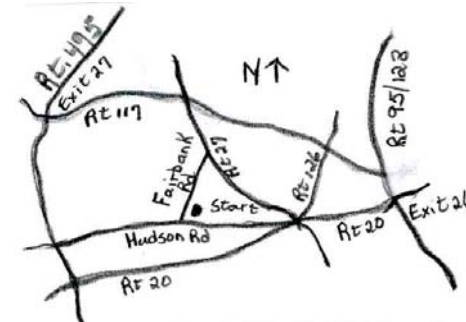
Relatively flat with some unpaved trails, both walk routes have an AVA rating of 1.5, suitable for baby joggers but not wheelchairs.

ICE CREAM SOCIAL after walking. All are welcome!!

- DIRECTIONS:**
From Route 495 North or South:
1. Take Exit 27 (Route 117 East) for about 8 miles to Route 27 South in Maynard.
 2. **RIGHT** on Route 27 South for about 1½ miles to Fairbank Road.
 3. **RIGHT** on Fairbank Road for 1½ miles to Senior Center located on the left.

- From Route 95/128 North or South:**
1. Take Exit 26 (Route 20 West) to Route 27/126 in Wayland.
 2. **RIGHT** on Route 27 for about 4 miles into Sudbury Center. Continue **STRAIGHT** on Hudson Road (DO NOT TURN RIGHT on Route 27) to Fairbank Road on right.
 3. **RIGHT** on Fairbank Road. Senior Center located on right.

PARKING: in Senior Center parking lot.



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Authors and Literary Landmarks and Walking Europe in the USA Event