

ACKNOWLEDGEMENTS: We appreciate the assistance of church secretary Paula Colburn in coordinating the start location. 8-Arch Bridge photos courtesy of Beate Hait. Thanks also to Chris and Chuck Lipson for orchestrating the Soup Social, and to the participants who helped staff posts, brought food to share and/or walked the route!

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 \$6.00 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 a Checkpoint.

REFRESHMENTS: Water and hard candy are provided at the Start/Finish and Checkpoints. 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:

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DIRECTIONS:

From I-495:

1. Take Exit 19, Rt. 109 (Milford/Medway) and at end of ramp turn toward Medway (Rt. 109 East).
2. At traffic light, (Dunkin' Donuts on corner) LEFT onto Rt. 126 North for 2.5 miles to intersection with Rt. 16.
3. RIGHT on Rt. 126/16 to downtown Holliston. Rt. 16 is Washington Street in Holliston.
4. LEFT on Jasper Hill Road between the First Congregational Church & Holliston Town Hall.

From Route 128/I-95:

1. Take Rt. 16 West for approximately 14 miles, passing through Wellesley, Natick and Sherborn then into Holliston.
2. **As you enter downtown, RIGHT on Jasper Hill Road between Holliston Town Hall and First Congregational Church.

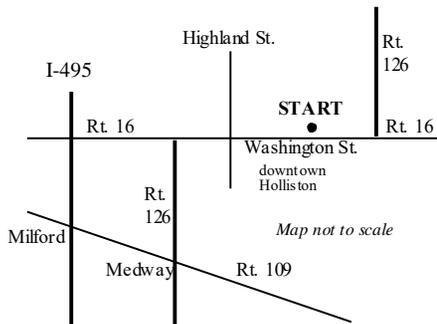
From Mass Pike (I-90) Westbound:

1. Take Exit 13 (Rt. 30/Speen Street, Framingham and Natick). Take right-hand ramp and follow Rt. 30 West for 1 mile, passing Shoppers' World.
2. LEFT onto Rt. 126 South and continue approximately 7 miles passing through downtown Framingham and part of Ashland.
3. RIGHT at traffic light intersection with Rt. 16 (Washington Street) in Holliston.
4. Follow from ** above.

From Mass Pike (I-90) Eastbound:

1. Take I-495 South exit and follow as above.

PARKING: In circular driveway in front of church, in the lot behind Town Hall or along Washington Street.



Holliston

Massachusetts

Walk followed by Soup Social

5km and 10km routes



sponsored by
Walk 'n Mass Volkssport Club
www.walknmass.org

AVA Special Programs: Bridges Spanning the USA, Ice Cream Parlors, Little Free Libraries, Make a Wish at a Water Fountain, Points of Reference, Walk the USA Street by Street

Credit Only Event



Saturday, March 30, 2019

10km Start: 9:00-10:00 a.m.

5km Start: 10:15-11:00 a.m.

AVA: America's Walking Club

SANCTIONED EVENT

Eligible for credit toward IVV Achievement Awards

Event Number: NE 19/113623



WELCOME! The Walk 'n Mass Volkssport Club invites you to walk either the 5km (3.1 miles) or 10km (6.2 miles) routes in Holliston, 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.

START/FINISH:

First Congregational Church
725 Washington Street
Holliston, MA 01746

REGISTRATION/START TIMES:

Saturday, March 30, 2019

10km walkers: 9:00-10:00 a.m.

5km walkers: 10:15-11:00 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 9:00 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: The 10km walk is comprised of two loops and the first loop, much of which is on flat, paved surfaces, is also the 5km route. This loop traverses through downtown Holliston, including new crosswalks and traffic lights, before venturing into the Mudville neighborhood. A tribute to Casey at the Bat and the Irish immigrants who originally settled Mudville will be seen before heading to Arch Street, walking under a 1-arch railroad bridge (listed in the Guinness Book of World Records as the smallest railroad bridge in the world). Weather & trail conditions permitting, walkers will head up to the Upper Charles Rail Trail to reach Blair Square and then continue on the Rail Trail to walk over the recently renovated 8-Arch Bridge, originally built in 1846 by the Boston & Worcester Railroad over the Bogastow Brook Viaduct. If conditions do not allow walking on the Rail Trail, a parallel street route will be used offering a view of the 8-Arch Bridge from below. Walkers then return to the finish for 5km walkers and checkpoint for 10km participants.

The second loop of the 10km route includes two gentle hills and is on paved surfaces. After passing the high school, the route circles through a neighborhood, then travels through the Thomas Hollis Historic District with stately antique colonial homes dating to the early 19th century and back through the downtown area.

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 due to some missing curb cuts.

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

www.walknmass.org

The **8-Arch Bridge** is a 260' long trestle with 8 keystone arches.



This engineering marvel is included in the collection of significant U. S. Historic American Engineering Records within the Library of Congress, and now users of the Upper Charles Rail Trail can safely pass over it.



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 (**no nuts please** since our host location is a **nut-free facility**), 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.

