

ACKNOWLEDGEMENTS: We thank Trinity United Methodist Church for use as our start point, and the Andrew Varnon and David Baker families for sponsoring us. Photos courtesy of Jan Varnon unless otherwise noted. Thanks also 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 \$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 and along the trail.

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:

Jan & Bob Varnon
413-244-4128
jcvarnon@yahoo.com

DIRECTIONS:

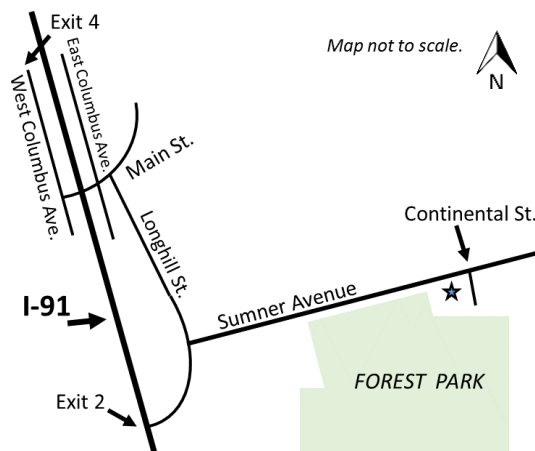
From the North, West, or East:

1. Take I-90 (Mass Pike) to I-91 South.
2. Exit 4 toward Rt. 83 South.
3. Merge onto West Columbus Avenue.
4. Of 2 left turn lanes toward Main Street, use left turn lane further right to turn **LEFT** under I-91.
5. **RIGHT** onto Longhill Street.
6. At light, **LEFT** onto Sumner Avenue.
7. **** One block past 3rd traffic light, turn RIGHT onto Continental Street and RIGHT into church parking lot.**

From the South:

1. Take I-91 North to Exit 2 (Rt. 83 South, Forest Park).
2. At 2nd light, turn **RIGHT** onto Sumner Avenue. Follow from ****** above.

PARKING: in church parking lot using spaces away from building.



**More information on walk events
and Walk 'n Mass Volkssport Club at:**
www.walknmass.org

Springfield Massachusetts

6km and 10km Walk Routes
in Historic Forest Park



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

AVA Special Programs:
Take a Walk in a City Park

Credit Only Event



Saturday, May 12, 2018

Start: 9:00 a.m. - Noon



Event Number: NE 18/110852



WELCOME! The Walk 'n Mass Volkssport Club invites you to walk either the 6km (3.7 miles) or 10km (6.2 miles) routes exploring historic Forest Park in Springfield, MA.

Anyone may participate regardless of age or physical fitness. A non-competitive event, this walk is accomplished at your own pace along a marked 6km (3.7 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.

START/FINISH:

Trinity United Methodist Church
361 Sumner Avenue
Springfield, MA 01108
www.trinityspringfield.org

START TIME:

Saturday, May 12, 2018
9:00 a.m. – 12:00 p.m.

FINISH TIME: by 3:00 p.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!)

AWARD: This is a credit only event.

PROCEDURE: Each participant must register, fill out a Registration Card, and sign an insurance waiver at the start. Cards are validated at checkpoints 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.



Laurel Hill & Aquatic Gardens of Forest Park, 1910-1920, Springfield, MA, Detroit Publishing Co. / Public Domain

TRAIL DESCRIPTIONS: The 10km & 6km walks start at Trinity United Methodist Church, built in 1929 and pictured on this brochure cover, which is adjacent to Springfield's historic Forest Park. Forest Park is one of the largest urban, municipal parks in the United States, covering 735 acres of land overlooking the Connecticut River, and was designed by renowned landscape architect Frederick Law Olmsted.

Both walk routes traverse Sumner Avenue to enter and wander through the expansive Forest Park which includes a zoo, several lakes, bridges, gardens, trails, and many other amenities. The 10km route also explores some residential streets surrounding the park.

The 10km & 6km routes have an AVA rating of 2B and are generally doable for strollers and wheelchairs. The routes are on paved surfaces and dirt paths.



Carriage House from the estate that became Forest Park



Forest Park, 1910-1920, Springfield, MA, Detroit Publishing Co. / Public Domain



Left: Stone Dog II statue in front of the Forest Park Zoo



Right: Statue at Route 5 entrance to Forest Park, created by Peter Wolf Toth to represent Omiskanoagwiak

Below: Lorax sculpture photo from Todd Van Hoosear via Flickr

Worth Exploring while in Springfield

- Naismith Memorial Basketball Hall of Fame
- Springfield Armory National Historic Site
- Springfield Museums, located in the heart of downtown, five world-class museums including the Amazing World of Dr. Seuss Museum
- Dr. Seuss Sculpture Garden (free)

