

ACKNOWLEDGEMENTS: We appreciate the assistance and support of Julie Harrington, Director of Medway Parks & Recreation Department, the Medway Board of Parks Commissioners, and Tri-Valley Sports & Apparel. Photos in brochure courtesy of Beate Hait. Thanks also to the walk 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 and checkpoints.

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.



ADDITIONAL INFORMATION:

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DIRECTIONS:

From I-495 South:

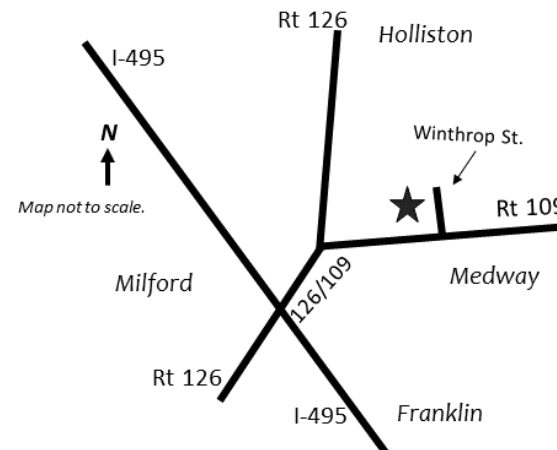
1. Take Exit 48 to Rt 109/Milford/Medway.
2. **LEFT** at end of ramp onto Rt. 109 East.
3. Follow Rt. 109 for about 3 miles.
4. ****After passing the main entrance to Choate Park on left, turn LEFT at next traffic light onto Winthrop Street.**
5. Straight on Winthrop St. for 0.2 miles to **LEFT** on Cassidy Field Road.
6. At end of road, park in area on the left.

From I-495 North:

1. Take Exit 46 to Rt. 126 North/Bellingham.
2. **RIGHT** at top of ramp for about 2 miles.
3. When Rt. 126 bears left, go **STRAIGHT** onto Main St., and continue for ½ mile to intersection with Rt. 109 at traffic light.
4. Continue on Rt. 109 for another ½ mile and follow from **** above.**

PARKING: We have been asked to use the baseball field parking area at Cassidy Field, which adjoins the walking path that circles the pond at Choate Park.

From the parking area, walk toward the 2-story gray building. With this building on your right, follow the path to the left and then **RIGHT** on the paved path by playground to the covered pavilion in Choate Park.



Medway

Massachusetts

Walk followed by Club Picnic

5km and 10km routes



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

AVA Special Programs:

A-MAZE-ing Labyrinths, Par-For-The-Course, Town Halls/City Halls, Walking with America's Veterans, Walking with the Wild Things



Saturday, August 16, 2025

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

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



Event Number: NE 25/ 129506



WELCOME! The Walk 'n Mass Volkssport Club invites you to walk either the 5km (3.1 miles) or 10km (6.2 miles) routes in Medway, MA. After walking, please stay for the bring-your-own picnic lunch and general club meeting. The picnic 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.

START/FINISH:

Choate Park *[please see driving directions for proper arrival and parking details]*
7 Oak Street (off Main Street/Rt. 109)
Medway, MA 02053

REGISTRATION/START TIMES:

Saturday, August 16, 2025

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 picnic begins. If you do not wish to stay for the picnic and anniversary cake, you are nonetheless invited to join the walk event and start anytime between 9:00 and 11:00 a.m.

PARTICIPATION FEES: Participation fee is \$4.00 per person. Ask us about the IVV achievement program!

REGISTRATION 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: No award though IVV Credit is offered.

TRAIL DESCRIPTIONS: Medway is a town in Norfolk County, 35 miles southwest of Boston, with a population of 13,000. Originally settled in 1657 and incorporated as a town in 1713, the town thrived as a farming community due to the water provided by the Charles River. The Town's founders chose the name Medway due to its central location between Boston, Worcester and Providence.

Both the 5km and 10km routes include natural trails around a pond and through a wooded area in Choate Park. Before entering the wooded trails at Choate, attendees will pass an old racquetball wall that local artist Mike "Canman" Cannistraro turned into a mural depicting wildlife and pondlife found in this area. The routes continue on town sidewalks through residential and commercial areas of Medway.

The 10km distance includes the Medway Village Historic District in the southwest corner of town. The village grew as a result of the textile industry that developed along the Charles River at the end of the 18th century and industrial development in the 19th century. Stately homes in the Georgian and Federal architectural styles still exist here today.

Only the 10km route qualifies for the Town Halls/City Halls and Walking with American Veterans special programs.

The first part of the 5km and 10km walk routes are on natural surfaces with a few inclines, while the remainder of the routes are on sidewalks. These routes have an AVA rating of 1B and would be doable for baby strollers but unsuitable for wheelchairs.

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



Walk 'n Mass Club Picnic

You are invited to join fellow walkers for the Walk 'n Mass club picnic after the walk. The **bring-your-own picnic lunch** will begin at **Noon**. The club will also be celebrating our **40th anniversary with cake** to share. If you would like to bring an appetizer or dessert to share, please do! Contact Mary Frink at 617-387-1577 or mfwalks2010@verizon.net with any food queries. **This is a carry-in/carry-out venue.**



Choate Park Pavilion

