

WELCOME!! The Walk 'n Mass Volkssport Club invites you to participate in our 2024 year-round and seasonal events planned for your enjoyment. These events are non-competitive, along prescribed, map-guided routes, and accomplished at your own pace. Our walks are ideal for families and folks of any age! Your benefits include new sights, new friends, exercise, travel, and a sense of accomplishment.

Most walks offer a shorter option (5-7km) than the traditional 10 or 11km route.

Our events qualify for a variety of American Volkssport Association (AVA) Special Programs and these programs are listed on each event page. For details on all AVA Special Programs, their qualification requirements, contact details to register and receive a particular special program book, please visit www.ava.org.

YEAR-ROUND EVENT (YRE) - routes offered for one full calendar year.

SEASONAL EVENT (SE) - routes offered for less than a full year.

REGISTRATION: The majority of our events use physical start boxes (PSB); ask for the **Walk Box** at the Start location. Please register by following the specific instructions found in the Registration Log Book located inside the Walk Box. **Note:** for Boston, Cheshire, Oak Bluffs, & Provincetown, all participants must use Online Start Box (OSB) registration procedure through my.ava.org as there are no physical Walk Boxes. See page 5 for details on using the OSB system. The Providence, Lowell, Quincy, and Roslindale events offer registration through physical **OR** online method. PSB available for all club scheduled group walks.

PSB PROCEDURE: Complete information in the **Registration Log Book** and on your **Event Card**. Carry the Event Card to note checkpoints along the route. Please return the Event Card to the box upon completion of the route.

YRE/SE FEES: Participant/WnM Member fee includes IVV Credit.

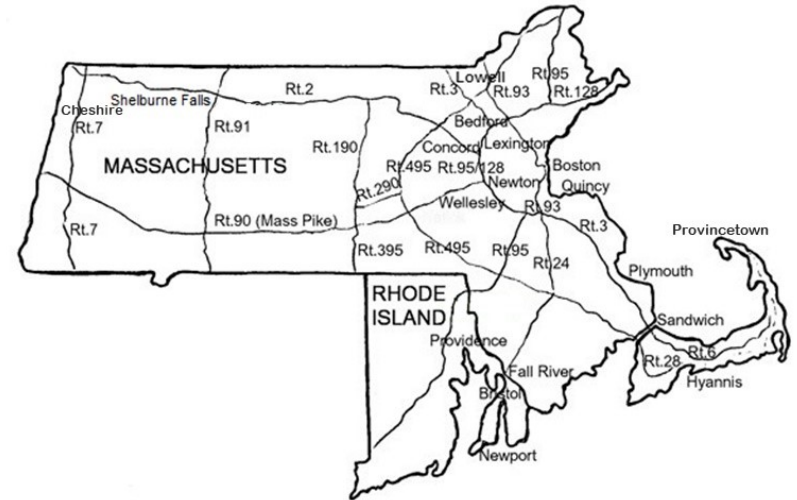
Participant	\$4.00
WnM Member	\$3.00
"A" Award additional	\$4.00
"B" Award additional	\$1.00

A unique aspect of volkssporting is the Achievement Award Program whereby volkssporters place "credit stamps" in special books to record the number of events completed (walk, bike, swim, ski, or skate) and/or the distance accomplished. This program is governed by the international organization, Internationaler Volkssport Verband (IVV); see website www.ivv-web.org for more.

CONDITIONS: To assure your safety, we require the following: participate in events during daylight hours only; use caution crossing streets; use sidewalks where available or walk single file, facing traffic (on the left side of the road). Children under 12 years of age must be accompanied by an adult. Leashed pets are welcome where noted. Events suitable for wheelchairs or strollers are indicated on each walk event page.

GROUP WALKS: Group walks of Year-Round and Seasonal events are planned throughout the year. The group walk schedule is listed on the club website - www.walknmass.org, published in the award-winning Walk 'n Mass newsletter - *Footnotes*, and sent in weekly email notices to interested club members.

DAY EVENTS: Information on **traditional day events** can be found on our website. Look for a variety of walk & social events scheduled throughout the year.



Year-Round Events (full calendar year)

Massachusetts

Boston.....	2 Capital Walks	6
	<i>Freedom Trail and Back Bay</i>	
Hyannis.....	JFK Cape Museum Walk	14
Lowell.....	Historic Waterways Walk	16
Newton Centre	Garden City Walk	18
Sandwich.....	Olde Cape Cod Walk (and Bike seasonal).....	28
Wellesley.....	College Town Walk	30

Rhode Island

Providence	Capital Walk	36
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Seasonal Events (starting in April)

Massachusetts

Cheshire.....	Appalachian Trail Hike.....	9
Concord.....	Historic North Bridge Walk	10
Fall River	Battleship Cove Walk	12
Oak Bluffs	Island Walk	22
Plymouth.....	Footsteps of Pilgrims Walk	20
Provincetown.....	Birthplace of American Liberty Walk.....	23
Quincy.....	City of Presidents Walk.....	24
Roslindale	Arnold Arboretum Walk.....	26

Rhode Island

Bristol.....	July Fourth Heritage Walk.....	32
Newport.....	Scenic Cliff Walk.....	34

For information about our traditional day events, scheduled throughout the year, please visit our website: www.walknmass.org or call Beate at 774-292-9098.

SANCTION and IVV CREDIT: Participants in the IVV Achievement Awards Program can earn IVV Credit for distance and event each day. Walk events may be completed twice on the same day with the same Event Card without paying an additional fee for the second distance credit.

Event and Distance IVV Books are **NOT** available for purchase at any of these events. Participants who have previously purchased IVV Books are reminded to bring them. IVV Books may be purchased at traditional day events or by contacting Beate Hait at 774-292-9098 or beateh1@aol.com.

These events are sanctioned by the American Volkssport Association (AVA: America's Walking Club) and the International Federation of Popular Sports (IVV), and are conducted under the rules of these governing organizations.

FACILITIES: Restrooms are located at or near each Start Point. Various dining establishments are found along most routes.

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 events safe and enjoyable. All participants must sign a waiver before participating in the events.

Need more info? Contact the **Point of Contact (POC)** of the specific event. Thanks for your participation!

TRAIL RATINGS: AVA: America's Walking Club uses a 2-prong system to rate trails for **incline** between 1 (easy) and 5 (challenging) and **terrain** between A and E with E being the most difficult. *Examples:* a beach walk would be rated 1C, a route on mostly flat pavement would be rated 1A, while a route with moderate hills on well-groomed trails would be rated 2B.

PART 1 – Incline

1. Very small hills or very little stair climbing. Probably suitable for strollers and wheelchairs.
2. Some moderate hills and stair climbing. Probably suitable for strollers. May not be suitable for wheelchairs.
3. Some significant hill or stair climbing. Not suitable for strollers or wheelchairs.
4. Lots of significant hills or stair climbing. Not suitable for strollers or wheelchairs.
5. Many steep hills. Not suitable for strollers or wheelchairs.

PART 2 – Terrain

- A. Almost entirely on pavement. Probably suitable for strollers and wheelchairs.
- B. A significant part of the route is on well-groomed trails with very few obstacles. Probably suitable for strollers but may not be suitable for wheelchairs.
- C. A significant part of the route is on somewhat difficult terrain (rocky/rooted paths or soft sand). Not suitable for strollers or wheelchairs.
- D. A significant part of the route is on very difficult terrain.
- E. The majority of the route is on very difficult terrain.

APPRECIATION: Walk 'n Mass Volkssport Club thanks all the Event POCs, the businesses, organizations, and national parks for their support and cooperation in making these events a reality. Please remember that paying customers should be given priority over volkssporters at Start/Finish locations and at checkpoints.

Online Start Box Basics

Why an Online Start Box (OSB)?

Sometimes a trail is located too remotely for a club to properly maintain a Physical Start Box (PSB); other times, there is no host location available for a box. Allowing for online registration, with associated athletic waiver, lets clubs offer more events than would be possible otherwise.

Walk 'n Mass is pleased to offer multiple events through the Online Start Box!

OSB only events: Boston (Freedom Trail & Back Bay), Cheshire, Oak Bluffs, and Provincetown.

OSB/PSB hybrid events: Lowell, Quincy, Roslindale, and Providence, RI; use only ONE method to register & complete.

For group walks of Walk 'n Mass OSB events scheduled during the year, physical registration and stamping will be offered.

Getting Started: The Online Start Box is hosted by AVA: America's Walking Club at my.ava.org. If you have not used the Online Start Box before, creating an account should take less than 10 minutes.

What You Need:

To create an account, you need a personal, not shared, email address as each user account requires a unique email. You will also need a credit or debit card to fund your Event Bank. The minimum deposit amount is \$4 but you may choose to deposit up to \$100.

Registering for an Event:

Once you have an OSB account and have placed funds in your Event Bank, you can select any of the events hosted in OSB. After selecting an event, download the event PDF which includes directions to the Start Point, parking information, the trail directions, and other important details provided by the POC and sponsoring club. Save the file to your smartphone or print out the pages you need. You have 4 weeks after registering for an event to complete it (with exceptions). *Exceptions:* (a) if you register for an event prior to its opening date, your registration will expire 4 weeks after the opening date; (b) if you register near the end of a quarter (less than 2 weeks), the registration will expire 2 weeks into the new quarter unless the event is not yet open; (c) you have 2 weeks after an event closes or crosses a year boundary to complete the event and obtain the previous year's stamp.

Completing an Event:

Return to the OSB and log in to your account. Find the "Finish Table" tab and enter your participation details (date, distance, etc.). If you participate in AVA Special Programs, you will be able to get printable stamp inserts for each qualifying program along with inserts for your IVV Achievement Event and Distance Books. You can print them out immediately or defer until you complete additional OSB events (up to 8 can be printed on one insert card).