

Wandergruppe Walking Club offers Year-Round-Events (YRE's) that you can do anytime of the year. Some of our walks have been revised so you are encouraged to walk them again.

Eligibility and Fees: All events are open to the public. An adult must accompany children under 12. Participation is free. The fee for IVV credit is \$3.00 per person. Patches (B awards) are available at some walks for \$1.00. There are no refunds.

Procedure: At the start location, ask for the walk box or notebook. It will contain a registration log, instructions, available awards and directions with a route map. All participants must sign the waiver of liability and fill out a start card before beginning the event. A parent or guardian must sign the waiver for a minor. Carry your start card and follow the route instructions for the walk or bike. After you are done, return your start card and follow instructions for payment if you desire IVV credit. Restrooms are available at the start points.

Pets: Pets are welcome on the outdoor walks and must be kept leashed at all times. Owners are requested to pick up after their pets. *Pets are not allowed on the mall walks, inside the start/finish area of any public building and in some outside areas of the Sulphur walk.*

Notice: Reasonable efforts have been made to make each event enjoyable and safe. Neither the sponsor, start locations, nor club members are liable for lost or stolen items, accidents or injuries. AVA rules request that all YRE's are to be completed in daylight hours.

Special Events: Every effort has been made to include the special events available on each walk however due to the number of special events offered each year some may have been missed. If you feel a special event qualifies that we have not listed, please feel free to stamp your special event book.

CLUB CONTACT: Joe Fountain, President
(405) 692-8720 friend6139@aol.com

OKLAHOMA CITY (Oklahoma County)

CANAL WALK YRE

Special Events: Bakeries Family Owned, Baseball Walks, Carnegie Libraries, Honoring Law Enforcement, Hooray for Hollywood, Main Street, Murals, Rainbow Colored-Name Places, WPA Works
5km/10km RATED 1A

START: Midtown YMCA, 1110 Classen Dr. Ph No: (405) 232-9622. From I-235, exit at NE 23rd St, go west ½ mi to N. Walker Ave., turn left and go 1 mi, turn right into parking lot of the Plaza Court building just past 11th St. I-40 exits are changing due to construction and should be avoided. YMCA is on 2nd floor of the Plaza Court building. Start box is located at service counter. Hours: Mon-Fri 5am-8pm, Sat 7am-5pm, Sun 1-5pm. Closed major holidays.

CONTACT: Myrna Fountain (405) 664-8552
foun11517@aol.com

STATE CAPITOL WALK YRE

Special Events: Bakeries Family Owned, Baseball Walks, Carnegie Libraries, Main Street, Honoring Law Enforcement, Hooray for Hollywood, Liberty Bell, Murals, Rainbow Color-Named Places, State Capital, WPA Works
5km/10km/13km RATED 1A

START: Midtown YMCA, 1110 Classen Dr. See Canal Walk for directions and hours.

CONTACT: Myrna Fountain (405) 664-8552
foun11517@aol.com

EARLYWINE PARK WALK YRE

5km/10km RATED 1A

START: Earlywine Park YMCA, 11801 S. May Ave. Ph No: (405) 378-0420, located at SW 119th & S May. From I-44, take exit 111 (SW 119th) and go east 1 mile to the park entrance, north into the park and YMCA is the first right. Event book is located at the customer service desk. Hours: M-Th 5:30am-10pm, Fri 5:30am-7pm, Sat 8am-6pm, Sun 1-5pm. Closed major holidays.

CONTACT: Joe Fountain (405) 692-8720
friend6139@aol.com

LAKE HEFNER WALK YRE

5km/10km/20km RATED 1A

LAKE HEFNER BIKE YRE

25km RATED 1A

START: Louie's on the Lake Restaurant, 9401 Lake Hefner Pkwy (on west service road a few yards north of

Britton Road) From I-44 on west side of Okla. City, take Lake Hefner Pkwy (State Hwy 74) to the Britton Road exit. Turn left past the light to the stop sign. Turn right to go into Louie's parking lot. The walk box is located behind the couch just inside the entrance. Louie's opens at 9am daily for deliveries (11am for business). In order to walk or bike any earlier in the day, register and get your start card the day before. Louie's is on the east side of Lake Hefner adjacent to the walk and bike trails.

CONTACT: Matthew and Laura Huskins
(405) 672-3450
matthewandlaura@cox.net

NICHOLS HILLS WALK YRE

5km/11km RATED 1A

START: 7 Eleven Store, 7216 N Western Ave. From I-44 in NW Okla. City, take exit 125 (Western Ave) turn north onto Western Ave, past NW 72nd to the 7 Eleven Store on the right. Route: Takes you through one of Oklahoma City's most exclusive residential areas with stately and majestic homes surrounded by lovely gardens and landscaped yards.

CONTACT: Susi E. Laflin (405) 722-5068
mailladysusi@cox.net

PENN SQUARE MALL GNC WALK YRE

5km/10km RATED 1A

START: Penn Square Mall, located at NE corner of N. Penn and NW Expressway, one block north of NW 50th. From I-44 in NW Okla. City, take the Pennsylvania exit and go north about 12 blocks. During regular shopping hours the best parking is on top floor of parking garage at the NE corner of the mall. Otherwise, the Mall's front door at the center of south side opens at 8am for walkers. Walk is inside mall covering two floors. GNC Store is located on second level near J.C. Penney's across from cinema. ***SEE NOTES ON MALL WALKS BELOW**

CONTACT: Jean Hubinger, (405) 843-5731
msearchokc@aol.com

***FOR BOTH OF OUR MALL WALKS**, register at the GNC (General Nutrition Center) store, 10am-9pm, Mon-Sat; Noon-6pm Sundays. Ask for walk book, which is kept at the counter. The malls open early for walkers, so you may want to go register the day before you walk so you can walk early before the stores open.

MIDWEST CITY (Oklahoma County)

MIDWEST CITY WALK YRE

Special Events: Honoring Law Enforcement

5km/10km RATED 1B

START: Crest Food Store, 249 N. Douglas Blvd. Midwest City, 73130. From I-40, take exit 159b, Douglas Blvd., go north for 2.8mi. Walk notebook is at customer service desk. Store is open 24/7 including holidays. Route: Includes the beautiful park trails in the Joe B. Barnes Regional Park. Park trails are open 5am to 11pm.

CONTACT: Matthew and Laura Huskins
(405) 672-3450
matthewandlaura@cox.net

NORMAN (Cleveland County)

SOONER MALL GNC WALK YRE

Special Events: Main Street

5km/10km RATED 1A

START: Sooner Mall on Main Street in Norman. From I-35, take exit 109, Main St. and go west. Mall is on the north side of Main St. You can park on the north side of the mall near JC Penney. Enter through the main mall entrance next to JC Penney. GNC store is located near JC Penney. 5k is outside the mall and includes Main Street. ***SEE NOTES ON MALL WALKS ON PREVIOUS PAGE**

CONTACT: Sheila Kiddie (405) 387-3231
phferd@aol.com

NORMAN-OU WALK YRE

Special Events: Carnegie Libraries, Classic Movie Theaters Cinemas, Honoring Law Enforcement, Main Street

7km/10km RATED 1B

START: Braums Ice Cream and Dairy, 1002 24th Ave SW Norman, 73069, (405)329-9155. From I-35, take exit 108B, Lindsey St. East to 24th Ave SW. Turn north (left). The store is on left side of the street. Walk box is at the grocery check out.

THE JOHN GREGA MEMORIAL LAKE THUNDERBIRD WALK YRE

5km/10km RATED 3C

START: Registration is at Braums Ice Cream and Dairy. See start directions above. ROUTE: Drive 14 miles to the start point at Lake Thunderbird State Park Clear Bay Nature Center. Driving directions are in start

box. Trail is mostly in a wooded area on a mountain bike trail with little improvements. Restrooms and water are not available on the trail so please plan ahead. Insect repellent is highly recommended.

CONTACT: Anne Grenier, (405) 381-9359
libgrenier@gmail.com

MOORE (Cleveland County)

CITY OF MOORE WALK YRE

Special Events: Honoring Law Enforcement, Main Street

5km/10km RATED 1B

START: Moore Public Library, 225 S. Howard Ave, Ph No: (405)793-5100, From OKC: Take I-35 south to S. 4th St, Exit 117. East on S. 4th St. over I-35 to Howard Ave – 1st rd. on the left (north) side of the road, Left on Howard. From Norman: Take I-35 north to S. 4th St, exit 117. Go under the 4th St overpass and right (east) to stop sign at Howard. Library is next to Moore Community Center on the left (west) side of the road. Start Book will be at the library front desk. Hours: M-F 9am-9pm, Sat: 9am-5pm, Sun: 1-5pm. Closed major holidays.

CONTACT: Anne Grenier, (405) 381-9359
libgrenier@gmail.com

SULPHUR (Murray County)

CHICKASAW NATL REC AREA WALK YRE

Special Events: Honoring Law Enforcement

5km RATED 1A 10/14km RATED 1B

START: Travertine Nature Center in the Chickasaw National Recreation Area in Sulphur. Ph No: 580-622-3165. From I-35, take exit 55. Go east on State Hwy 7 through Davis, then 8 miles to Sulphur. In Sulphur, turn right at the stop sign at Hwy 177, then turn left at the first road and follow the signs to the Nature Center. Walk book is at the information desk. Hours: Daily 9am-4:30pm; closed New Year's Day, Thanksgiving and Christmas. Pets are not allowed on the first part of the 10/14KM walk to the right of the Nature Center.

CONTACT: Joe and Myrna Fountain
(405) 692-8720
friend6139@aol.com

Club website: www.wandergruppe.com

(Revised January 7, 2012)

*Walk for Fun-Fitness-
Friendship!*

Wandergruppe Walking Club, Inc.
(AVA-026, OK-01)

P.O. Box 950181

Oklahoma City, OK 73195

2012 Year Round Events

Midwest City, OK

MIDWEST CITY WALK (Y0106)

Moore, OK

CITY OF MOORE WALK (Y1032)

Norman, OK

NORMAN-OU WALK (Y0262)

THE JOHN GREGA MEMORIAL

LAKE THUNDERBIRD WALK (Y1383)

SOONER MALL GNC WALK (Y1105)

Oklahoma City, OK

CANAL WALK (Y1324)

CAPITOL WALK (Y0064)

EARLYWINE WALK (Y1688)

LAKE HEFNER BIKE (Y1581)

LAKE HEFNER WALK (Y0518)

NICHOLS HILLS WALK (Y0350)

PENN SQ MALL GNC WALK (Y1781)

Sulphur, OK

CHICKASAW NATIONAL

RECREATION AREA (Y0117)

**VISIT www.ava.org for detailed route
description information**

**AVA / IVV SANCTIONED EVENTS
ELIGIBLE FOR IVV ACHIEVEMENT AWARD**

