

ACKNOWLEDGEMENTS: We appreciate the assistance of church secretary Paula Colburn in coordinating the start location. 8-Arch Bridge & labyrinth photos 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 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.



AMERICA'S WALKING CLUB
— ESTABLISHED 1976 —

ADDITIONAL INFORMATION:

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DIRECTIONS:

From I-495:

1. Take Exit 48, 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.

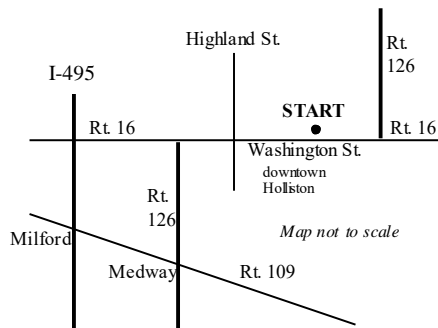
From Mass Pike (I-90) Westbound:

1. Take Exit 117 (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:

A-MAZE-ing Labyrinths, Par-For-The-Course, Rails to Trails, Step to the Beat, Town Halls/City Halls, Walking with America's Veterans

Part of National Walking Week



Saturday, April 5, 2025

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

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



Event Number: NE 25/129261



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, April 5, 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 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.

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: B awards from prior Holliston events available on first-come basis for \$5 which includes IVV credit.

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 before venturing into the Mudville neighborhood. A tribute to Casey at the Bat and Rita's Labyrinth will be seen in Mudville 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/Bogastow Brook Viaduct, originally built in 1846 by the Boston & Worcester Railroad over the brook. 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 the Upper Charles Rail Trail passes over it.



Rita's Labyrinth in Holliston's Mudville



Soup Social

With soup being served at noon, you are invited to join fellow walkers for this social gathering that kicks off the Walk 'n Mass walking season. If you would like to contribute an appetizer, soup, bread, or dessert (**no nuts** as our host location is a **nut-free facility**), please notify Bea Hait at beateh1@aol.com or 774-292-9098 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.

