

**ACKNOWLEDGEMENTS:** Greatly appreciated is the assistance of Nick Jenkins, franchise owner representative, and Angela Caswell, manager of our Dunkin' Donuts start point. Thank you 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. 10km walkers will also encounter facilities at a checkpoint 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:**

Keith Harlow  
508-353-3336  
krhguy13@yahoo.com

**DIRECTIONS:**

**From Route 495 South:**

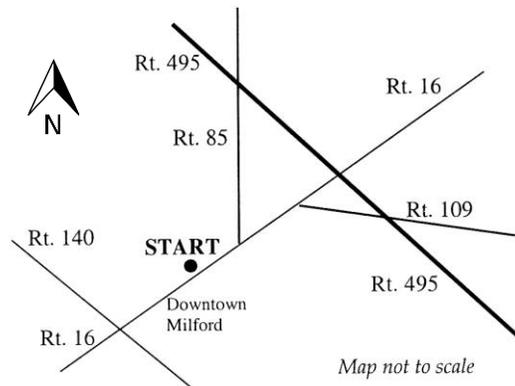
1. Take Exit 20 (Route 85, Milford/Hopkinton).
2. **RIGHT** on Route 85 South to end at Route 16.
3. **RIGHT** on Rt. 16 West through 2 traffic lights.
4. **RIGHT** immediately after second light into commuter parking lot. Distance from Exit 20 is 1.7 miles.

**From Route 495 North:**

1. Take Exit 19 (Route 109, Milford/Medway).
2. **LEFT** on Route 109 West to Route 16 at traffic light.
3. **LEFT** on Route 16 West through 3 traffic lights.
4. **RIGHT** immediately after the third light. (Sacred Heart Church on left) into commuter parking lot. Distance from Exit 19 is 1.8 miles.

**PARKING:** in the commuter parking lot next to 21 Main Street.

**To START from PARKING LOT:** Walk to Route 16 (Main Street) and turn **RIGHT**. Dunkin' Donuts is on the right, immediately after the entrance to the Milford Upper Charles Trail.



# Milford Massachusetts

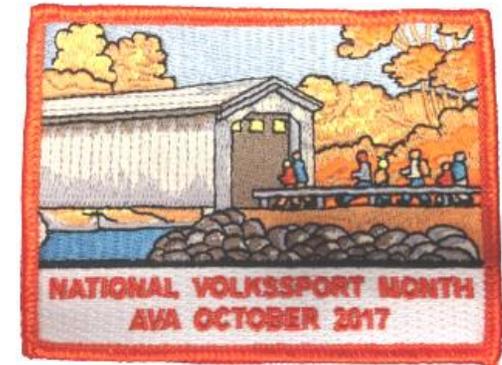
5km and 10km Walk Routes  
on the Upper Charles Trail



sponsored by  
**Walk 'n Mass Volkssport Club**  
[www.walknmass.org](http://www.walknmass.org)

**AVA Special Programs:** Animal Safari,  
Honoring Our Flag, Lakes & Reservoirs,  
Take a Walk in a City Park, United States Post Offices,  
You'll Never Walk Alone

## "A" Award Event



**Saturday, October 14, 2017**

Start: 9:00 a.m. - Noon



**Event Number: NE 17/108269**



**WELCOME!** The Walk 'n Mass Volkssport Club invites you to walk either the 5km (3.1 miles) or 10km (6.2 miles) routes exploring the Upper Charles Trail and town of Milford, 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 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:**

Dunkin' Donuts  
31 Main Street  
Milford, MA 01757

**START TIME:**

Saturday, October 14, 2017  
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 the award or IVV Credit. Registration for the award with IVV Credit is \$6.00, while IVV Credit alone is \$3.00. (Ask us about this achievement program!)

**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.

**AWARD:** The “A” award, shown on the cover, is the AVA’s 2017 National Volkssport Month patch depicting walkers approaching a covered bridge amongst fall foliage. A limited number of patches will be available on a first-come, first-served basis.



**TRAIL DESCRIPTIONS:** The 10km route explores the downtown area before merging with the 5km route, which is completely on the Upper Charles Trail. Along the trail, walk past Fino Field, Cedar Swamp, Lake Louisa and then wind through a wooded area. Walkers will have opportunities to observe wildlife such as wild turkeys, blue herons, turtles, and more before retracing your steps to return along the path to the finish.

The 10km & 5km routes have an AVA rating of 1A and are suitable for strollers or wheelchairs. The routes are on paved surfaces.

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**More information on walk events  
and Walk 'n Mass Volkssport Club at:**

[www.walknmass.org](http://www.walknmass.org)

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**Upper Charles Trail**



The Upper Charles Trail is a project to create a 25-mile trail loop through Ashland, Holliston, Hopkinton, Milford, and Sherborn along former railroad lines.

Our volksmarch incorporates parts of the 6.58 miles of Milford’s paved trail, open to bikers and pedestrians. Everyone using this Milford section of trail stays to the right while traveling, so be courteous and listen for passersby “on your left.”

We expect to see lovely fall colors on the many trees along the Upper Charles Trail and Lake Louisa.

