

President's Corner

by Mary Frink

Happy Spring! I'm so excited. I'm tired of what my mom calls "stick season." I want to see green trees and blooming flowers. When we did the workers' walk for Holliston we saw a few hardy flowers starting to stick their leaves up from the ground. I can't wait to open the windows and let in the fresh air. My cat has been sitting in front of the porch door watching all the birds swooping through the air. I have to keep a sharp eye out for Mourning Doves making nests on my porch, but I admit that I like watching them too.

This is also the start of the walking season! Most of our seasonal walks will be open on April 1 so there will be lots more options for walking soon. Don't forget about the traditional day event walks in Holliston on April 1 and Roslindale on April 29.

If you are bringing something to the Soup Walk in Holliston and haven't let me know, please email me at mfwalks2010@verizon.net or call me at 617-387-1577. Yup! I'm back in my house and the phone was finally fixed!

Less than a month after Roslindale is the Cape Cod Northeast Regional weekend, May 20-21. We will be showcasing some of our SE/YRE walks and having a new event walk along with two social events. So many options for walking and eating!

The best part of Walk 'n Mass is the people. It will be so nice to be able to get together when we're not bundled up to our eyeballs. I hope you have a chance to come to one (or more!) of our events.

I hope you enjoy wonderful spring holidays and warming weather!

Editor: I'm sorry to anyone eager to renew their WnM club membership who did not find the necessary renewal form with the March newsletter. In an effort to produce the last *Footnotes* in a timely fashion while juggling other obligations, the renewal form was missed. Please accept my apologies!



Come Friends, Let's Walk

- ❖ *Saturday, April 1
Day Event:
Holliston, MA
(Soup Walk)*
- ❖ *Saturday, April 8
Group Walk:
Kent Village, CT
9:00 am (CVVC)*
- ❖ *Saturday, April 15
Group Walk:
Newton, MA
10:00 am*
- ❖ *Monday, April 17
Group Walk:
Concord, MA
8:00 am (parade)*
- ❖ *Sunday, April 23
Group Walk/Bike:
Bedford, MA
10:00 am*
- ❖ *Saturday, April 29
Day Event:
Roslindale, MA*

See club or AVA website for starting location details on these events. For group walks, please aim to arrive 15 minutes earlier to sign-in.



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Membership Renewal Time

by Diane Peterson

Renewing your Walk 'n Mass membership is easy to do. Complete the renewal form and send it in with the \$15 payment to ensure that your membership continues for another year. The mailing address is listed on the bottom of the form. You will then continue to receive your copy of the *Footnotes* newsletter providing club & AVA news plus notices of upcoming walks and events like the annual club picnic, soup walk, and the Cape Cod Northeast Region weekend this May.



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Trail Master's Diary: Roslindale

by Ann Plichta

By the time you read this, spring will be in the air, calendar wise. Hopefully weather wise as well. The clocks are now set to daylight savings time and winter will be officially over. Time to start thinking about how to celebrate the spring season, like taking a walk in the park and enjoying flowers and trees in bloom. Walk 'n Mass invites you to take a walk in a beautiful park, the Arnold Arboretum, with 5km and 11km walks in Roslindale on April 29.

Roslindale is a primarily residential neighborhood of Boston, once called the "garden suburb." It was originally part of Roxbury but seceded in 1851. In 1873 Roslindale voted to be annexed to Boston. It's named after Roslin, Scotland, due to its resemblance to that historic town. The "dale" was added to the name due to the hills surrounding the area.

The 5km and 11km routes begin at the library located in Roslindale Square. Before suburban shopping malls became popular in the 1970s, the square was a major shopping district for the city of Boston. Empty store fronts followed as shoppers headed out of town, but now it has been revitalized as a local shopping district. Walkers pass by Adams Park, which now hosts the Roslindale Farmers' Market and the annual tree lighting at Christmastime.

After passing under the tunnel for the Needham rail line, the routes enter the Arnold Arboretum of Harvard University. Established in 1872, it is the oldest public arboretum in North America. It was designed by Charles Sprague Sargent and Frederick Law Olmsted and covers 281 acres. Its plant and tree collection

emphasizes the plants of the eastern United States and eastern Asia. As walkers approach the Poplar Gate, across the street they can see a railroad bridge which was the site of the Forest Hills disaster, in 1887. The bridge collapsed as a train passed over, killing over 23 and injuring over 100. It was one of the first major railroad disasters in the United States. Both routes continue through the Arnold Arboretum until the access path at Bussey Street. The 11km walkers cross the street to explore the north side of the park with rhododendrons, azaleas, and lilacs along the way. It passes by the Bradley Rosaceous Collection on the way to the Hunnewell Visitor Center and Arborway entrance. The route continues down Centre Street, passing the Dana Greenhouse on the left, and Brigham & Women's Faulkner Hospital across the street.

The 11km walkers then rejoin the 5km walkers at Bussey Street to walk up Peters Hill. It's a long hill, but when you reach the top, you'll be rewarded with a spectacular view of the Boston skyline! The routes continue through the arboretum before heading to a residential neighborhood. They then head to the Roslindale Wetlands Urban Wild where walkers will traverse a boardwalk crossing over the wetlands before passing through more residential neighborhoods. Take a look at the bust of Alexander the Great in the park named after him. It was a gift from Greece to the City of Boston and is appropriately located across from the Greek Orthodox Church. Walkers then head back to Roslindale Square, finishing at the library.

Both routes are AVA rated 2A. They are mainly on paved roads with some wood chip paths. There are three somewhat steep inclines, a few stairs on the boardwalk, and some uneven sidewalks. They are doable for strollers, but difficult for wheelchairs. Join Walk 'n Mass and celebrate spring by enjoying a 5km or 11km walk through the beautiful Arnold Arboretum on Saturday, April 29. Hope to see you on the trail!



Bulletin Board



The RI Counties award is a 40-inch-long, blue, cooling towel/scarf (when wet, it provides instant relief on a hot day!), imprinted with the Challenge logo (above).

The **Rhode Island Counties Club Challenge** is on! Co-sponsored by Connecticut Valley Volkssport Club and Walk 'n Mass, this challenge offers participants an accomplishable goal of doing one event in each of the Ocean State's 5 counties.

Purchase your Challenge Record Book (no later than Dec. 31, 2024) and complete events by Dec. 31, 2025. Send a **check for \$10 payable to CVVC** along with your name, address, and email to Carol West, CVVC-RI County Challenge, 366 Main St., Wethersfield, CT 06109. Contact Carol with any questions by email: carol.west@sbcglobal.net

Physical book sales also at WnM day events.

SMVA Spring Events

Sun., April 2 South Portland, ME

group walk 1:00, RSVP

to walkinginmaine@yahoo.com

Sat., April 29 Saco, ME, group

walk 11:00 - Daffodil Walk, RSVP

to walkinginmaine@yahoo.com

Mon., May 29 Snowy Egret walk

in Scarborough, ME (Maine

Audubon - Scarborough Marsh)

Next Club Meetings

Monday, April 3 &

Monday, May 1

6:30 pm

Stop & Shop

40 Franklin Village Drive

Franklin, MA 02038

Up the stairs past

Customer Service Desk

Newsletter Submissions to:

footnotes.editor@gmail.com

Deadline for next issue: April 21st

National Walking Week

In January 2020, the Board of Directors of the AVA: America's Walking Club, declared the first seven days of April to be "National Walking Week," which would include the traditional "National Walking Day" (first Wednesday in April) sponsored by the American Heart Association from 2007 to 2019. Walkers in **Holliston on April 1** join thousands of walkers throughout the week in different communities across America in experiencing the excitement of the walking movement through fun, fitness, and friendship.

—Beate Hait

WnM Spring Group Walk Schedule

Newton, MA

Saturday, April 15 at 10 am

Concord, MA

Monday, April 17 at 8 am

Bedford, MA

Sunday, April 23 at 10 am

Wellesley, MA

Saturday, May 6 at 10 am

Lexington, MA

Sunday, May 7 at 10 am

Newport, RI

Saturday, May 13 at 10 am

Fall River, MA

Saturday, June 10 at 10 am

March Meeting Highlights

by Marianne Marshall

Meeting held March 6, 2023 in Franklin

Cape Cod Weekend, May 19-21, 2023: Twenty-nine reservations confirmed at Comfort Inn. Cancellation policy changed from 28 to 72 hours notice.

Sunshine: Thank you received from Ernie & Agnes Laviolette. Get well to Karen Kolaczyk.

Walk Coordinator:

- Rhode Island 5-county challenge: April 1, 2023 to December 31, 2025. Award of blue cooling towel w/challenge logo in white.
- AVA Labyrinth Special Program starts in 2024. Many labyrinths in MA.
- Attendance at 2023 WnM events was very low. Need to get back out and walk.
- Atlantic Regional Conference in Delaware April 5-7, 2024.

Trail Master: Roslindale (April 29 day event) and Hyannis (May 20/21 map-guided walk) measured. Oak Bluffs—first 5K loop needs a bit more distance to qualify as 5K.

Discussion re AVA Participation Fees:

In response to NERD Wayne Knapp's request ahead of an AVA Special Meeting, Mary Frink to inform him of consensus from WnM meeting attendees: felt a new maximum of \$4 rather than \$5 (currently at \$3) was more appropriate, that no change should occur prior to 2024, and that more info on breakdown between AVA and clubs for any new fee was necessary.

Additionally, WnM meeting attendees voted in favor of keeping free walker status by a vote of 8 to 2.

New Business:

Upcoming club meetings:

- Monday, April 3 at 6:30 pm, Stop & Shop, Franklin, 2nd floor meeting room (Zoom if inclement weather)
- Monday, May 1 at 6:30 pm, Stop & Shop, Franklin, 2nd floor meeting room



AVA Achievement Awards (compiled from TAW)

Based on the IVV Event and Distance Award information provided in the March 2023 issue of *The American Wanderer*, **congratulations** are due to the following people:

Name	Events	Distance
Jack Suchodolski	450	
Roy Damiani	525; 550	6,000 km
Mary Suchodolski	550	
Andrew Schmidt	800	8,000 km
Pat Damiani	900	10,000 km
Sheild McClellan	1050; 1100	
Tom Mongeon	1200	
Barbara Piffat	1900	
Joseph Piffat	1900	

Did I overlook either your event or distance award? Please let me know so I can submit it for the next issue of *Footnotes*.

-Marianne Marshall,
secretary@walknmass.org

Trail Master's Diary: Oak Bluffs

by Ann Plichta

Did you know that Walk 'n Mass now has a seasonal walk in Oak Bluffs? From April 1 through September 30, you can enjoy 5km and 10km routes on beautiful Martha's Vineyard. Whether you're headed to the Cape for our Northeast Regional Weekend, or planning a trip at a different time, why not take a ferry ride over and check it out?

Oak Bluffs is known for its multicolored gingerbread cottages surrounding a tabernacle



which was the center of the Martha's Vineyard Camp Meeting. Beginning in the 1800s, Methodists gathered each summer for multi-day religious camp meetings. They first used tents on the ground, then pitched tents on wooden platforms. Eventually, small wooden cottages were erected, becoming more and more elaborate. The ginger-



bread architectural style combined with bright, multi colored paint schemes make them look like fairy tale houses. The cottages and the tabernacle were added to the National Register of Historic Places in 1978, and were declared a National Historic Landmark in 2005.

The 5km Gingerbread Cottage Loop starts right at the Oak Bluffs ferry terminal and takes walkers on a sidewalk along the beach. Across the street is scenic Ocean Park, a seven-acre park featuring a gazebo. After passing through some residential areas, walkers enter Trinity Park, surrounded by the colorful cottages of the campground. Each cottage seems to be more colorful than the

one next to it. In the center of them all is the 100-foot-high Tabernacle, built of wrought iron in 1879. After leaving the campground area the loop heads through more residential areas before walking past Ocean Park to end at the ferry terminal.

The 5km East Chop Lighthouse Loop takes walkers out of town, passing the Flying Horses Carousel. Built in 1876, it is the oldest operating platform carousel in America. The route continues through residential neighborhoods and past bluffs to the historic East Chop Lighthouse. It stands on Telegraph Hill overlooking Vineyard Haven Harbor and Vineyard Sound, and is one of five lighthouses located on Martha's Vineyard. Walkers continue to a turnaround point to retrace their route back to Oak Bluffs center.

Both routes are relatively flat and are on mainly paved roads. They have an AVA rating of 1A, doable for strollers, but difficult for wheelchairs due to some unpaved sections and uneven sidewalks. The next time you take a trip to the Cape check out the new Walk 'n Mass seasonal walk in beautiful Oak Bluffs.



Photos by Ann Plichta

OSB

Oak Bluffs, MA

April 1 - September 30, 2023
10 and 5km Island Walks

START/FINISH:

Oak Bluffs Ferry Terminal
1 Seaview Avenue, Oak Bluffs
Martha's Vineyard, MA

OSB: Daily sunrise to sunset.
Complete event **within 30 days** of
initiating online registration.



REGISTER ONLINE: my.ava.org

REGISTRATION: Use the AVA's Online Start Box (my.ava.org). Follow the instructions to sign waiver & register for this event. Payment for event credit and directions uses secure online system. Walk directions and insert cards are PDFs that you download and print as needed. **POC does not provide event directions or accept alternate payment methods.** The entire online process should take less than 10 minutes for a first time user.

TRAIL DESCRIPTIONS: Take a ferry from Cape Cod to Oak Bluffs on Martha's Vineyard. Oak Bluffs is home to a bustling seasonal waterfront and downtown, and the historic gingerbread campgrounds. An extensive Vineyard bus system allows easy access to other towns on the island.

The 10km walk route is comprised of two 5km loops, both starting and ending at the ferry terminal in Oak Bluffs. The Gingerbread Cottages loop features Ocean Park with views of the Atlantic Ocean, residential areas, and downtown with restaurants and ice cream/candy shops, the historic camp meeting grounds around Trinity Park, and the historic Flying Horses carousel, the oldest operating platform carousel in the country. The East Chop loop is an out-and-back route along the harbor to East Chop Light, a historic lighthouse overlooking Vineyard Haven Harbor and Vineyard Sound.

RATING: With some dirt paths, the AVA rating of the Cottages loop is 2B, difficult for strollers and not suitable for wheelchairs. The East Chop loop has an AVA rating of 1A.

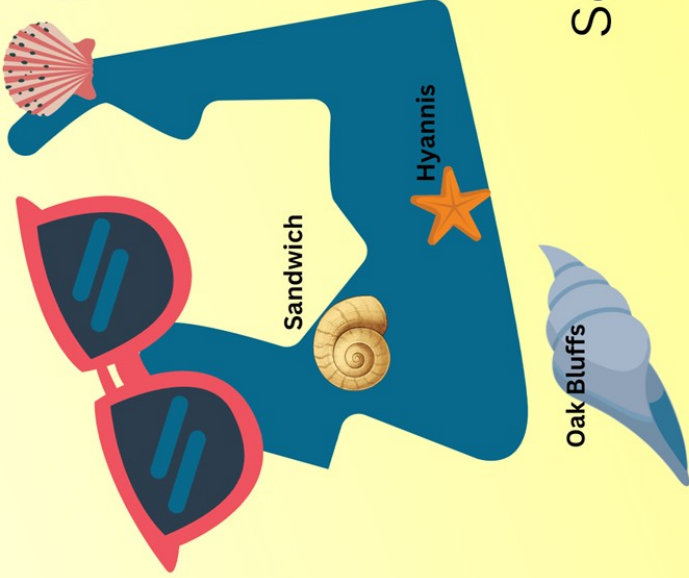
AVA SPECIAL PROGRAMS: Lighthouses and Mayflower

AWARD: This is an IVV Credit Only event; **the online system does not allow Free participants, a minimal charge is incurred for directions.**

DIRECTIONS TO START: Ferry/travel suggestions from the Cape to Martha's Vineyard and Oak Bluffs received **AFTER** completing Online Start Box event registration and payment. Specific walk instructions included in that packet.

POC: Rick Almeida, rcalmeida@icloud.com or 508-994-1626

Provincetown



Cape Cod

May 19-21, 2023

Northeast Region Weekend

Walk Routes: Sandwich (& bike) Hyannis Provincetown Oak Bluffs

Social Opportunities:

Friday evening Meet & Greet

at Comfort Inn, Hyannis

Saturday Buffet Dinner

at Yarmouth House

May 1 deadline for Pre-registration
(required for social events)

Hotel: \$149/night Fri & Sat
Comfort Inn, 259 Main Street,
Hyannis, MA 02601

choicehotels.com/reservations/groups/GF21G6

Hotel Rates valid until April 19



Sponsored by
Walk 'n Mass Volkssport Club
walknmass.org



Attending the Olympiad

by Carol Giesecke

In mid-February, I had the opportunity to attend the 2023 IVV (International Volkssport Association) Olympiad and IML (International Marching League) Texas Trail Roundup in San Antonio. The Olympiad was held in North America for the first time. These international events are held every two years to encourage fitness and friendship across the member countries. The American Volkssport Association Board, staff, and many volunteers worked tirelessly to obtain sponsors and plan the events which were held Sunday, February 19 through Sunday, February 26. Before the official start of the Olympiad, a walk was held in the beautiful section of San Antonio called King William. This area boasts a beautiful big park and many gorgeous old homes. It is also very close to the AVA Headquarters.



I had volunteered to help staff the checkpoint for the 10k through King William, so I walked briskly through the park and past the beautiful homes to get to my station. I had made a mental goal of taking a selfie with people from as many countries as possible while at the checkpoint. It was quite fun to

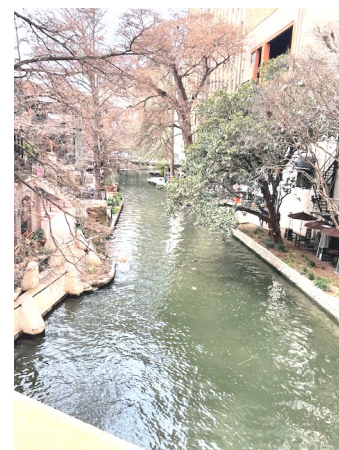
meet so many people from Europe, especially. I took selfies with people from Canada, England, Norway, Luxembourg [picture at left], France, Germany, and Belgium.

As we closed the checkpoint, it was time to line up for the parade of flags. AVA had collected flags from all the countries that are members of the IVV, but not all the countries had representatives present at the parade. Therefore American volunteers were asked to carry flags of several of the countries. We marched from King William Park to a lovely open air theater on the River Walk. Many river boats went by as the dignitaries from IVV

officially opened the Olympiad to a backdrop of all the flags displayed on the stage. A wonderful Mariachi band from a local high school performed followed by several other live music performances.



The rest of the week featured 21k, 10k, and 5k walks every day and live music at the Olympiad Village – a large outdoor facility on the River Walk that had several shops and cafes and a couple of food trucks. A large covered seating area provided a place for visiting, eating, and listening to music. There was also a building where books could be stamped. All walks began at the downtown host hotel, La Quinta, and ended at La Villita, where Olympiad Village was held every day. In addition to the walks, a lovely big natatorium located a 30-minute bus ride away from the hotel enabled those who wanted to get in one or two 300-meter swims. In addition, one could rent a bike to explore various parts of the River Walk or visit the historic Spanish missions which are located along one highway south of San Antonio. I rented a bike with the idea of visiting the missions without having to walk in the hot sun.



continued on page 9

Photos (clockwise from top): Olympiad opening ceremony; River Walk view; Carol with walkers from Luxembourg



I also decided not to pass up an opportunity to visit Austin, the state capital, about 70 miles to the north of San Antonio. I chose the day of the Missions walks – Saturday – to take a bus to Austin to walk in the capital. Austin is a lovely city and visits to the state capital and grounds and the University of Texas campus were very rewarding. By leaving town on Saturday, however, I missed a chance to cheer for those who completed the one 42k walk of the Olympiad – a marathon!

Another highlight of the Olympiad event was the Margarita and Taco walk held on Wednesday evening. We visited 11 sites, most of which were quite close to the AVA Headquarters, although there were two that were



quite a walk away from the others. We sampled either a drink or a food that each business provided and got a special booklet stamped at each location. The event also provided an

opportunity to visit with many participants informally and take pictures.

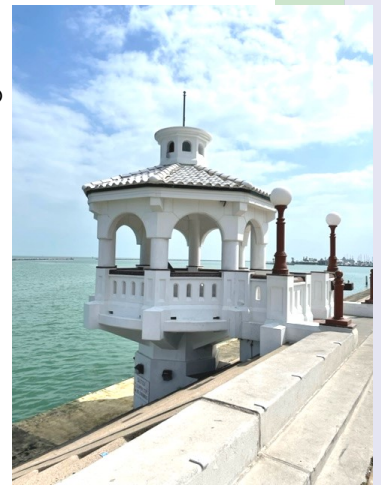
On Friday, the AVA had a brief membership meeting and Board Chair Nancy Wittenberg awarded the Northwest Region the fancy walking stick for donating the most money to the Big Give. She also delivered President's awards to several AVA past presidents.

All in all, the 2023 IVV Olympiad and IML Texas Trail Roundup was a huge success! The event hosted 1,021 participants from 23 countries and 42 states! Other Walk 'n Mass members who were in attendance: Joe, Barbara, and Kathryn Piffat, Joan Hartnett-Barry; Andrew

Schmidt (Volkssport Club at West Point); Wayne Knapp, Kathy Mack, Teresa Kennedy (all members of the Empire State Capital Volkssporters – ESCV). Other ESCV club members may also be Walk 'n Mass members, but I do not know for sure.

I greatly enjoyed my first IVV Olympiad, and saw so much more of the River Walk than I had seen on previous visits to San Antonio. It is truly a marvel and provided opportunities for many lovely walks. In 2025, the 19th Olympiad will be held in Finland. I am already looking forward to attending that one! Maybe some of you will also attend. I highly recommend it!

Since I was also participating in the Tater Tour, Mary Ptacek had us walking in two large city parks outside San Antonio on the day before the Olympiad opened and then on Monday morning after the Olympiad, we boarded the bus for Corpus Christi. This is a beautiful city on the Gulf coast. On Tuesday we went to Port Aransas for another Gulf walk and a visit to a large bird sanctuary. On the way back up to San Antonio airport on Wednesday, March 1, we stopped in Castroville, a small city west of San Antonio, to see a town settled by French Catholic immigrants in the mid to late 1800s. By the way, it turns out that Castroville is in the path of the next total solar eclipse, and they plan to have a watch party



April 5-8, 2024, if you're interested.

Photos (clockwise from top left): Texas State Capitol in Austin; shorewalk gazebo in Corpus Christi; Spanish Mission; Carol with Nancy Wittenberg (AVA Board Chair) during Margarita & Taco walk

Walk Coordinator Speaks

by Beate Hait

Walk & Soup Social in Holliston on Sat., April 1

– As I write this, the final preparations for our first day event of the year are happening. If you are planning on bringing a food item to share (no nuts in the ingredients – this is a nut-free facility), please contact Mary Frink to let her know. Looking forward to seeing you!

RI Counties Challenge books will be available for purchase at this event. [See page 4]

Sat., April 29, Roslindale/Arnold Arboretum –

Paul Kelly has planned interesting 5K and 11K routes and invites you to experience the spring flowers that should be evident throughout. We will mark the route through town with our usual streamers & arrows. However, Arnold Arboretum has asked that we attach nothing to any tree or shrub. So, plastic flowers inserted along the path will designate our route through the Arboretum. Staffing for the various roles will begin in early April. If you have a specific task in mind where you would like to help, don't wait for me to call you. The early bird gets their choice of time and assignment!

Weekend on the Cape – Fri-Sun., May 19–21,

2023 – A reminder that if you plan on attending the Meet & Greet on Friday night at the Comfort Inn–Hyannis and/or the Saturday dinner at the Yarmouth House, you **MUST** pre-register for these two events. If you misplaced the multipage brochure sent with the January *Footnotes* that includes the pre-registration form and hotel reservation information, please see walknmass.org or my.ava.org.

Please know that if you will be coming for the day to participate in the walks, the in-person registration area will be staffed at the Comfort Inn–Hyannis on **Saturday** from 8:00 a.m. to 11:00 a.m. and 3:00 p.m. to 5:00 p.m. plus **Sunday** from 8:00 a.m. to 3:00 p.m.

You may walk any of the routes according to your own schedule or join one or more of the scheduled group walks. Details are in the brochure. Start cards for the Hyannis traditional event for this weekend, Hyannis YRE and Provincetown YRE must be turned in and books stamped during the times noted above.

Staffing for this weekend will begin in late April. If you know you will be there and could staff a 2-hour shift, please contact me.

Seasonal Events – Open on April 1. Cheshire and Provincetown use the Online Start Box (OSB) registration method. Quincy is available through OSB and Physical Start Box (PSB).

Nine events (Bedford Bike, Concord, Fall River, Lexington, Plymouth, Sandwich Bike, Shelburne Falls, Bristol and Newport) use the in-person registration method with the Bike/Walk Box at the start location of the event.

Please note that **Lexington will not open until May 6**, and this is the **last year for the Shelburne Falls seasonal**.

Year-round Events – Our Freedom Trail and Back Bay events in **Boston** are available **only via OSB** this year. Stay tuned for dates of **group walks with in-person registration**.

In **Lowell** (OSB and PSB registration), the main visitor center is still closed for renovations, but parking is free in the HCID parking garage at 304 Dutton Street. Get your ticket validated at the Boott Cotton Mill Museum, 115 John St., where the Walk Box is currently located.

Meetup – In an effort to share the joys of volkssporting and grow our club, Blake has been posting our group walk dates – and day events – on Meetup. The response from Meetup folks has been great with several repeat walkers. Would be wonderful to see more club members attend the group walks!

Seen It Answer from March

The colorful mural is on the WnM Lowell YRE route. Go find it!