

2017 Walk-Run-Ride Muskogee Trails Week - Scheduled Activities**

<u>Date</u>	<u>Time*</u>	<u>Activity</u>	<u>Location</u>	<u>Description</u>	<u>Leader</u>
Mon, 3/27	5:30 - 6:00pm	History Mystery Group Walk	Elliott Park, Playground	Casual walk on the paved trail around Elliott Park and Sadler Arts Academy, with local author and history buff	Jonita Mullins
	6:00 - 6:30pm	Group Walk/Hike	Nature Trail at trailhead behind Sadler Arts Academy	Casual walk/hike on the primitive trail behind Sadler Arts Academy	Doug Walton
	6:00 - 7:00pm	Group Ride	Centennial Trailhead at Hatbox, Arline & 34th ST	Very casual, family and kid-friendly bike ride, staying on the Hatbox loop	Vicki Herringshaw
	6:30 - 7:30pm	Group Run	River Trail at Three Forks Harbor, 5201 Three Forks Rd	Trail run for all abilities. Meet at trailhead under overpass, next to parking lot.	Shane Keeter
Tues, 3/28	12:00 - 12:30pm	Group Walk	Centennial Trailhead at Hatbox, Arline & 34th ST	Casual walk part way around Hatbox loop, for people of all ages and abilities	Martha Stoodley
	5:00 - 6:00pm	Group Walk	Civitan Park, Playground 3301 Gibson	Casual walk around the park for people of all ages and abilities	Denise Hickman
	6:00 - 7:15pm	Group Rides	OK Music Hall of Fame, Centennial Trailhead, 401 S 3rd	Intermediate, casual and advanced rides around the Centennial trail, with some street riding to complete the loop	Ronald Milligan Vicki Herringshaw Esthela Casale
Wed, 3/29	12:30 - 1:00pm	Walk with the Mayor	Muskogee City Hall 229 W Okmulgee	Take a stroll with the mayor to the trail head, down the trail a ways, and back to City Hall	Mayor Bob Coburn
	6:00 - 7:15pm	Group Ride	Centennial Trailhead at Hatbox, Arline & 34th ST	Intermediate ride around the Centennial trail, with some street riding to complete the loop	Ronelle Baker Sharon McKee
Thurs, 3/30	5:30 - 6:30pm	Group Run	Robison Park, Playground Augusta and Gulick Streets	Basic fun-run for people of all ages and abilities	Martin Updike
	6:30 - 7:30pm	Group Roll	OK Music Hall of Fame, Centennial Trailhead, 401 S 3rd	Casual, family and kid-friendly skate, down the trail a ways and back. Bring your rollerblades or skates.	Julie Ledbetter Brooke Hall
	6:00 - 7:15pm	Group Rides	Buffalo Wild Wings, 1130 W. Shawnee	Intermediate, casual and advanced rides to and around the Centennial trail, with some street riding to complete the loop	Stacey Alexander Gloria Farmer Vicki Herringshaw Esthela Casale

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Fri, 3/31	9:00 -10:00am	Group Walk/Hike	Honor Heights Park, meet at Conard Garden parking lot (former Rose Garden), across from maintenance barn at north end of park	Casual hike on the secluded and scenic Henry Bresser Nature Trail, which is primitive/unpaved. Some sections are uneven with small rocks and roots to step around.	Tom Roberts
	12:00 -12:45pm	Group Walk	Spaulding Park 837 E. Okmulgee St. (behind the park office on the trail)	Leisurely walk through the park on the paved trails/paths	Kent Kamp
	6:00 - 7:15pm	Group Ride	OK Music Hall of Fame, Centennial Trailhead, 401 S 3rd	Intermediate ride around the Centennial trail, with some street riding to complete the loop	Charles Lienhart
Sat, 4/1	9:00 - 10:00am	Group Ride	VA Medical Ctr, outside front entrance, 1011 Honor Heights Dr.	Intermediate ride on streets to the Centennial Trail, around the loop, and back to the VA	Ronald Milligan
	10:00 - 11:00am	Pet Walk	Coody Creek Dog Park South 2nd St. and Madison	Bring your pooch to walk and run in the park or along the trail	Brooke Hall
	10:00 - 11:00am	Group Ride	Centennial Trailhead at Hatbox, Arline & 34th ST	Very casual, family and kid-friendly bike ride, staying on the Hatbox loop	Vicki Herringshaw
Sun, 4/2	2:00 - 2:30	Group Walk	Honor Heights Park, meet outside giftshop between Papilion and playground	Casual walk on the Stem Beach Trail, around the lake	Martha Stoodley
	2:00 - 3:15pm	Group Ride	OK Music Hall of Fame, Centennial Trailhead, 401 S 3rd	Very casual, family-friendly bike ride, staying on the Centennial trail, with some street riding to complete the loop	Vicki Herringshaw

* Some groups will leave the location shortly past the posted time, so please be on time if possible. Ending times may vary slightly, depending on general pace of the group.

** Remember to carry your car keys, phone, etc somewhere secure so they don't get dropped or lost on the trail!

Updated: 3-27-17