



From US-377 in Benbrook: Turn SE on Winscott Road past the Benbrook Community Center and YMCA for about 1.4 mi. to Memorial Oak. At the green "Pecan Valley Park" sign, turn right onto Memorial Oak for 0.6 mi. to the Art Cowsen Trailhead ★.

From I-20 in Fort Worth or Arlington: Take exit 429B south from I-20 onto Winscott Road for about 1.9 mi. At the green "Pecan Valley Park" sign, turn left onto Memorial Oak for 0.6 mi. to the Art Cowsen Trailhead ★.



Start point at Art Cowsen Trailhead.

THE HOOD COUNTY HUMMERS

AVA# 0718 / TVA# 83

PRESENT

THE BENBROOK TRINITY TRAIL WALK

SATURDAY, OCTOBER 13, 2018

Art Cowsen Trailhead

7500 Memorial Oak

BENBROOK, TX

10KM / 5KM WALK

SW 111076



AVA SANCTIONED EVENT
Fun, Fitness, Friendship  
 Eligible for credit toward IVV Achievement Awards

SPONSORS

Hood County Hummers, Texas Volkssport Association,
American Volkssport Association

ELIGIBILITY

This event is open to the general public. Adults must accompany children under 12. *Walk/Jog at your own pace.* All participants must register, carry a Start Card, check in at the Check Point(s) and at the Finish Table.

WEATHER

*This event will take place rain or shine!
However, we will not walk in dangerous weather conditions!*

LOCATION STARTING POINT:

Art Cowsen Trailhead
7500 Memorial Oak
Benbrook, TX 76126
GPS: N32°39.826 & W097° .26.988

START / FINISH TIMES:

Start 8:00 am to 10:00 am
Walkers must be off the trail by 1:00 p.m.

DISTANCE:

Walk: 10 km (6.2 m) & 5 km (3.1 m). Participants may walk each route twice on the same card for IVV credit at no additional charge.

WALK FEES

IVV credit only.....\$3.00
Non-Credit \$3.00

TRAIL

The trail is rated 1A. Much of the route is shaded but expect to share it with bikers that have been known to speed. The trail goes through a wooded park on a bicycle/walking path with sidewalks and paved surfaces. Expect some of the walk to go into a housing division. Restrooms & water are available at the Start/Finish Point.

PETS

Pets are welcome, but must be kept on a leash at all times. Cleanup is required. Be aware that this is a well-known biking route. Water will be available on the walk for our furry friends.

SPECIAL PROGRAMS AVAILABLE

Take A Walk in A City Park, Bridges - Spanning the USA,
Walking the United States and Walking USA A-Z.

WALK INFORMATION

Walk Director: Sonny Byington 817-437-2882

sonnyraeb@gmail.com

Web Information:

Club - www.walktx.org/hummers.html

Texas - www.walktexas.org

National - www.ava.org

DISCLAIMER:

The Hood County Hummers, and any other sponsors are not liable for accidents, thefts, and/or material damage. Reasonable effort will be made by the sponsors to make this a safe, enjoyable and memorable event.