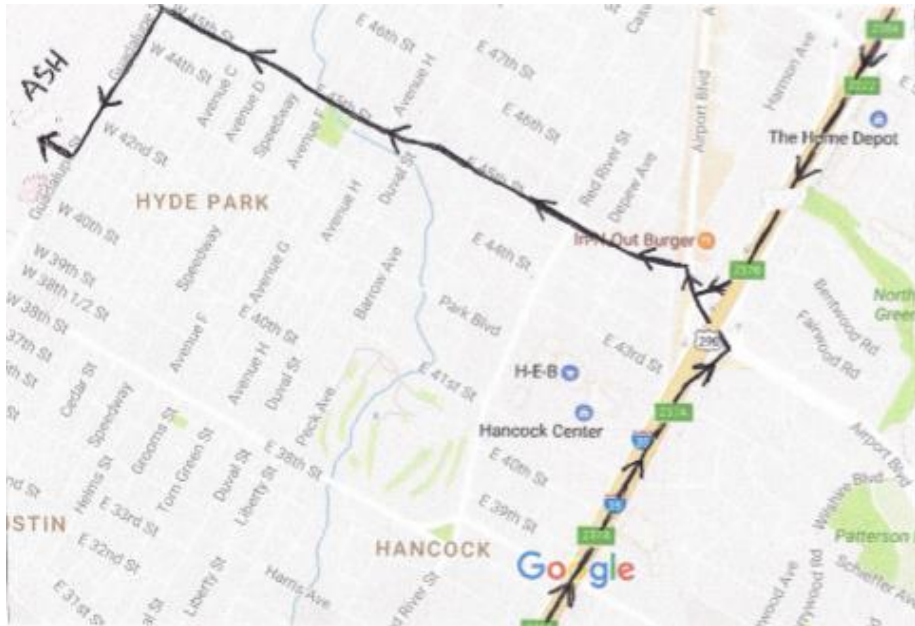


**DIRECTIONS:** Driving N on I 35, pass over the Colorado River/Lady Bird Lake, keep right and take the upper level to exit #237A. Stay left as you exit, and turn left onto Airport Blvd. Pass under I 35, get in left lane and turn left at the stoplight onto 45<sup>th</sup> St. At the 4<sup>th</sup> stoplight turn left onto Guadalupe St. At 41<sup>st</sup> St. turn right into the State Hospital. Driving S on I 35, take exit #237B, Airport Blvd.

Immediately get in right lane and turn right onto Airport Blvd. Immediately get in left lane to turn left at stoplight onto 45<sup>th</sup> St. At the 4<sup>th</sup> stoplight turn left onto Guadalupe St. At 41<sup>st</sup> St. turn right into the State Hospital.



**Special Programs:** You'll Never Walk Alone, Honoring Our Flag, Bridges, City Parks, Lakes, Trekking With Trees, National Register of Historic Places, Fountains, Louisiana Purchase.

*The Colorado River Walkers  
Present a Volksmarch*

## ***Austin State Hospital and Shoal Creek***

*Austin, TX.*

Saturday, April 29, 2017



Austin State Hospital (ASH) built 1857

10k/5k Walk

Event ID: SW17/ 107755

AVA – 77, TVA -24



**HISTORY:** *The Texas state constitution of 1845 committed the new state to provide hospital treatment to mentally ill Texans. In 1857 the state purchased 380 beautifully wooded acres of land two miles north of downtown Austin and began construction on the main building. This building still stands today and is the third oldest public building in the state. The thought at the time was that certain forms of mental illness could be cured by a stress free daily routine and well-balanced diet, in beautiful surroundings.*

*Seiders Springs, now a trickle, was once a gushing bathing and picnic spot. Edward Seiders and Gideon White arrived in Austin around 1838. White purchased 1000 acres along Shoal Creek but was killed in 1842 by Indians. His daughter, Louisa Marie, inherited a large portion of the land and married Mr. Seiders in 1846. Seiders developed the spot and by the 1870's it had become a popular recreation spot.*

**LOCATION Start\Finish:** Austin State Hospital (ASH), 4110 Guadalupe St. Austin Tx. 78751. GPS. 30.306548, -97.735844

**START / FINISH TIMES:** Start between 8:00 a.m. and 11:00 a.m., finish by 2:00 p.m.

**ROUTE:** Both the 5k and 10k routes will walk the hospital grounds, the Central Park gravel trail around the site of the lakes, the Heart Hospital, and Central Market retail. The 10k route continues into the neighborhood west of the hospital, then along a portion of Shoal Creek to view Seider's Springs, Bailey Park, and homes in the area.

**WALK FEES:** All walkers (Credit or non-credit) are \$3.00. Non-credit children under 12 are free.

**AWARDS:** "B" awards from previous walks will be available. Children under 12 are eligible for a free "B" award.

**DISCLAIMER:** The Colorado River Walkers are not responsible for accidents, injuries, or any lost or stolen items during the event. Reasonable effort will be made to make this a safe, enjoyable event.

**EVENT CONDITIONS:** The event will be held regardless of weather conditions. All participants must carry a Start Card. Walk route twice on same Start Card for additional distance credit. Events are noncompetitive. Walk, jog, or run at your own pace. Pets are allowed on the trail, but must remain on a leash with owner doing cleanup.

**ELIGIBILITY:** Everyone is welcome. These events are open to all, regardless of age, sex, creed, race or nationality. An adult must accompany children under age 12.

**IVV CREDIT:** This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV) and counts toward acquisition of IVV Achievement Awards. IVV books may be purchased at the event for \$6.00. New Walker packets are available for \$5.00.

**AMENITIES:** Water and restrooms are available at the Start/Finish and at other places along the route.

**CONDUCT:** Participants are reminded that this event is open to all, including families. Please conduct yourself accordingly. The Colorado River Walkers retain the right to ask anyone engaging in offensive or inappropriate behavior to cease to participate and to leave the event area and facilities.

**INFORMATION:** For more information, contact Carol Obianwu at (512) 928-9301, (512) 771-9566 (cell) or [cobianwu@utexas.edu](mailto:cobianwu@utexas.edu).

Visit our website @ [www.coloradoriverwalkers.org](http://www.coloradoriverwalkers.org)