

WHAT IS VOLKSSPORTING ?

Volkssporting is an exciting new concept in the United States that is an integral part of an international folkssporting movement devoted to physical fitness. These sports, walking, swimming, bicycling, snowshoeing, skating (roller and ice), and cross-country skiing are commonly referred to as volksmarches, volksswims, etc. Their aim is to get people of all ages out-of-doors to exercise non-competitively in events where everyone who completes the event is declared a WINNER !! "Volkssport" is a German word which literally translated means "people's" or "popular" sports. Swimming events are usually held in a pool, and consist of 300 meters of lap swimming. Usually non-swimmers can participate. Cross-country skiing and volksmarching are over a course of at least 10 km (6.2 miles) and snowshoeing over a course at least 8 km. The bike event route covers a distance of at least 25 km. Roller skating events may be called "volksrolls" or "volksskates" and ice skating events may also be called "volksskates". They cover a distance of at least 10 km. Trails are through scenic or historic areas and are well marked. The markings could be on the ground, attached to trees, lampposts, or street signs, but always in conspicuous places. Maps, signs and streamers may be used to mark the trail. You are encouraged to proceed at your own pace, but to reap the benefits of aerobic exercise, you should set a brisk and steady pace. Be sure to consult a physician if you have any medical problem which affects your heart, lungs, feet or legs.

AVA DISCLAIMER OF LIABILITY

The AVA and its officers and agents shall not be liable or responsible for, and shall be saved and held harmless by the Undersigned, from and against any and all claims and damages of every kind, for injury to or death of any person or persons and for damage to or loss of property, whether or not caused by the negligence of the AVA, arising out of or attributed, directly or indirectly, to the operations or event conducted by the AVA of which the Undersigned is a participant.

Year Round Events

We have YRE's in Atlanta, Andersonville, Decatur, Madison, Peachtree City, Perry, Silver Comet Trail, Stone Mountain, West Point and Chattanooga, TN for 2009. These events can be done any time during the year at your own pleasure. You may receive event credit twice during the year (Jan-June and July-Dec), but distance credit can be earned each time you participate in these events. Please support your club by using these events.



Georgia Walkers
113 Sweet Gum Trail
McDonough, GA 30252-4168

Georgia Walkers AVA #178

([Http://georgiawalkers.homestead.com](http://georgiawalkers.homestead.com))

November 7-8, 2009

INTERNATIONAL VOLKSMARCH

Two 10 K Volksmarches

5k available
SE09/83462 & 83463

Red Top Mountain State Park

Cartersville, GA

State Park Program



GEORGIA WALKERS INFORMATION

Date: November 7-8, 2009

Start/Finish Point:

Red Top Mountain State Park
Red Top Mtn Beach Road
Cartersville, GA

Start/Finish Times:

Start time: 8:00 AM - 12:30 PM
Finish Time: 4:00 PM

Course Description

The 10k walking course follows nature trails and roads around Red Top Mountain State Park. The course is suitable for strollers but not wheelchairs. Distance is 10km (6.2 miles). Trail rating: 2+. We will also have a 5 k route.

Conditions:

Everyone is welcome to participate. Children under 12 must be accompanied by an adult. Pets must be on a leash at all times. Litter should be discarded in the proper receptacles. No alcoholic beverages are allowed along the course. Water will be provided at the start/finish point. The event will be held rain or shine.

Registration Fee:

The event is FREE if you do not want an award or IVV credit. For IVV credit, the charge is \$3.00. Pre-registration not required. Register the day of event. All contributions are welcome.

Award:

"B" awards available on day of event. These will be \$4.00 each.

Procedures:

At the start point, each person will receive a start card which should be filled out with his/her name and address. The start card will be carried on the event and stamped at each checkpoint along the route. At the completion of the event, the start card with checkpoint stamps must be presented at the finish line for you to receive IVV credit or an award. Please return all start cards.

Please check our website for the latest information on the Georgia Walkers.

[Http://
georgiawalkers.homestead.com](http://georgiawalkers.homestead.com)

Please send an email to be put on our email mailing list. We are trying to cut down expenses. Thanks.

Georgiawalkers@aol.com

Directions to the Volksmarch Start/Finish Point:

Red Top Mountain State Park is located approximately 36 miles north of Atlanta just off Interstate 75. Take I-75 North to Exit #285. Turn right and follow signs into the park. Volksmarch signs will then lead you to the start/finish point. Turn left onto Red Top Mtn Beach Road. It is past the Putt-Putt area at the concession stand. There is a \$5.00 parking fee at all State Parks.

There are two walks at this event.

