

### WHAT IS VOLKSSPORTING ?

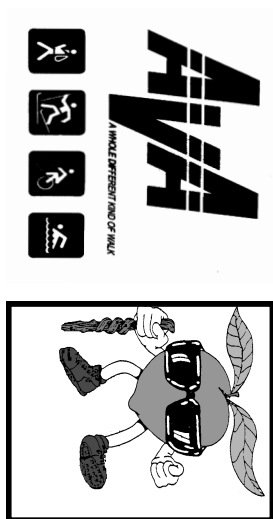
Volkssporting is an exciting new concept in the United States that is an integral part of an international volkssporting movement devoted to physical fitness. These sports, walking, swimming, bicycling, snowshoeing, skating (roller and ice), and cross-country skiing are commonly referred to as volksmarches, 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 Athens, Atlanta (2), Carrollton, Columbus (2), Fayetteville, Helen, Kennesaw, Madison, Peachtree City, Roswell, Silver Comet Trail, Stone Mountain, and Chattanooga, TN for 2016. These events can be done any time during the year at your own pleasure. You may receive event credit and distance credit 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))

April 2, 2016

## INTERNATIONAL VOLKSMARCH

### 10 K Volksmarch Guided Walk

5k available  
SE15-104369

## Dahlonega Georgia



## GEORGIA WALKERS INFORMATION

**Date: April 2, 2016**

### **Start Point:**

Park Place Hotel  
Out on the Patio  
27 South Park Street  
Dahlonega, GA 30533

### **Start/Finish Times:**

Registration : 10:00AM-10:30 AM  
Start time: 10:30 PM  
Finish Time: 1:30 PM

### **Course Description**

The 10k walking course follows streets around Dahlonega, University of North Georgia, Mount Hope Cemetery, Yahoola Creek Park and other areas.

### **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:**

Credit Only Event.

### **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](mailto:Georgiawalkers@aol.com)**

### **Directions to the Volksmarch Start/ Finish Point:**

From Atlanta area:

Go up GA 400/US-19 N to exit for Dahlonega. Take left on S Chestartee (Hwy 19) and follow this to S Park St. Park Place Hotel is next door to Dahlonega Visitor Center. We will be registering on the patio of the hotel. Free 3 hour parking on square but longer time periods on side streets.

### **Special Programs:**

Trekking With the Trees  
Honoring our Flag  
Taking a Walk in City Park  
National Register of Historic Places

