

WHAT IS VOLKSSPORTING ?

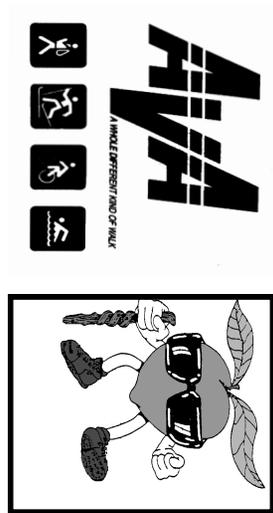
Volkssporting is an exciting new concept in the United States that is an integral part of an international folkssporting movement devoted to physical fitness. These sports, walking, swimming, bicycling, snowshoeing, skating (roller and ice), and cross-country skiing are commonly referred to as volksmarches, 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 Athens, Atlanta (2), Columbus (2), Fayetteville, Helen, Dahlonega, Madison, Peachtree City, Roswell, Silver Comet Trail, and Stone Mountain for 2017. 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
1496 Elizabeth Lane
East Point, GA 30344-1743

Georgia Walkers AVA #178

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

Invite you to Join us on
September 9, 2017

9:00AM

For a
**10 K Volksmarch
Guided Walk**
5k available

**SE17/108037
Panola Mountain
State Park
Stockbridge
Georgia**



GEORGIA WALKERS INFORMATION

Date: September 9, 2017

Start/Finish Point:

Panola Mountain State Park
Picnic Shelter #3
2620 HWY 155, SW
Stockbridge, GA 30281

\$5 per vehicle parking fee

If you are unable to meet these times but still want to participate, please contact the POC at :469-713-4712 or georgiawalkers178@gmail.com to make other arrangements.

Course Descriptions

10KM and 5KM courses are on paved trails with rolling hills. Trail is part of the PATH Fountain trail system. Trail rating is 2B.

Restrooms are available at the Start/Finish and approximately midway on the 10KM route.

Special Programs

Boardwalks, Bridges—Spanning the USA, Lakes and Reservoirs

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

Registration Fee:

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

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. Thank you

Georgiawalkers178@gmail.com

Directions to the Volksmarch Start/Finish Point:

Off **Interstate 20**, Take Exit 68 (Wesley Chapel) and proceed to Snappinger Rd (Hwy 155) turning left Park will be located on the left in approximately 6.9 miles. \$5 fee per vehicle. Proceed to Picnic Shelter #3.

STAY AFTER WALK AND HAVE LUNCH

Please stay and visit with new Georgia Walkers president, Connie Clark.

Brats and hotdogs will be available, along with potato salad, chips, black beans and soft drinks for a small fee.

Bring your suggestions for club ideas and future walk locations!!

