

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), Columbus (2), Fayetteville, Helen, Dahlonega, Madison, Peachtree City, Roswell, Silver Comet Trail, and Stone Mountain for 2018. These events can be done any time during the year at your own pleasure. You may receive event credit and



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
October 13-14, 2018
for the
Georgia Walkers



35th
SE18/112235
SE18/112236



INFORMATION

Date: October 13-14, 2018

Start/Finish Point:

Red Top Mountain State Park
Red Top Mountain Beach Road
Beach Pavilion
Acworth, GA 30102

\$5 per vehicle parking fee (annual pass available)

Start/Finish Times:

Start Time: 8:00 AM—Noon
Finish Time: 4:00 PM

Course Descriptions

11KM and 10KM, (with 5KM option) courses mostly on park hiking trails. The 10KM and 11KM trails are considered moderate. An additional 6KM option will be available on the Altoona Pass Battlefield.

Restrooms are available at the Start/Finish.

Special Programs

There are no Special Programs.

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 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)

Have questions?
Please send an email to:

Georgiawalkers178@gmail.com

Directions to Events Start Point:

Red Top Mountain State Park is approximately 36 miles north of Atlanta. Travel Interstate 75 and take EXIT #285. If traveling north, turn right. If traveling south, turn left.

Follow signs into the park. Volksmarch signs will then lead you to the Start/Finish point. Turn left onto Red Top Mountain Beach Rd. Continue past the Putt-Putt area to the parking area.

CELEBRATE OUR ANNIVERSARY WITH BRATS AND CAKE!!

Please stay and visit to celebrate 35 years of walking Georgia!.

Brats and hotdogs will be available, along with potato salad, chips, baked beans and soft drinks for a donation.

