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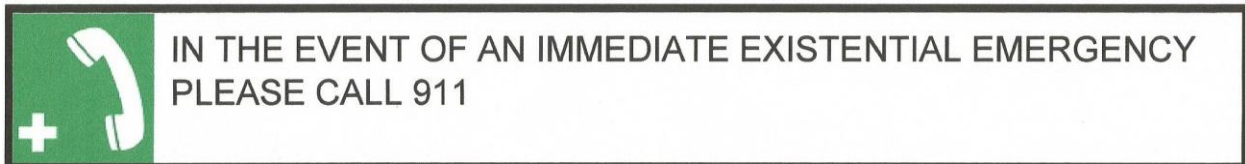
WELCOME TO THE 2026 MACKINAC BRIDGE WALK TO CELEBRATE THE AVA 50TH ANNIVERSARY



WELCOME to the 2026 Mackinac Bridge Walk in celebration of the 50th anniversary of the American Volkssport Association (AVA)., also known as America’s Walking Club. As in years past WE are piggy backing our event on an annual walking event organized and operated by the Mackinac Bridge Authority and the State of Michigan. The **ONLY** time that this event is available is for a six hour period of time on Labor Day, which is Monday, September 7, this year. Unlike prior years, this year’s Volkssporting event will be hosted by the Mid-America Regional Director (MARD) through the AVA Online Start Box (OSB). The only exception to using the OSB will be for bus groups, who coordinate with the MARD No Later Than (NLT) 30 days in advance of the event.

The Mackinac Bridge Walk can attract anywhere from 30,000 to 40,000 walkers with an annual average of 34,000 to 36,000 walkers, which means that the event has a high volume of walkers in a confined space. During years past, the number Volkssporters varied from one to two dozen, which represented less than 1/100th of a percent of the total walkers on the Bridge. This does not speak well in a state that once had about 20 Clubs and a State Association. Even with 120 Volkssporters on the Bridge, our walkers will represent only about 3/100ths of a percent. So, **OUR** mission is to maximize our exposure to all of the non-Volkssporter walkers on the bridge with the goal of attracting them to our passion, participating in non-competitive athletic events at your own pace for Fun, Fitness and Friendship. Bottom line is that we want all of the other walkers on the Bridge to

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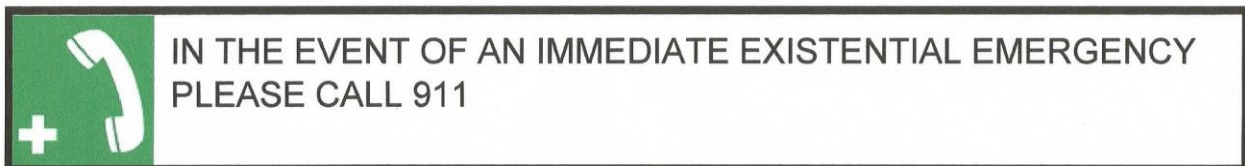
take notice of America's Walking Club, as we celebrate its 50th Anniversary, and develop an interest through participation and membership in OUR Clubs and Events. So, this is an event that you do not want to miss.

CHOICES made beforehand will guide your trip planning for this event. Your possible choices and the factors affecting those choices are detailed in the brochure for this event. Therefore, this set of instructions for the walk itself will not address trip planning factors. Two decisions are deciding from which end of the Mackinac Bridge to begin your walk and the distance you desire to walk. Let us first take a look at an overview of the walk itself.

OVERVIEW: The Mackinac Bridge closes to vehicular traffic at 6:30 am and reopens to vehicular traffic at 12 noon. The Bridge Walk begins at approximately 7:00 am, after the official party of the Governor of Michigan begins their walk from the Northend of The Bridge, and the last walker must be off the bridge no later than 12 noon. The last time that anyone is allowed to begin walking the bridge is 11:30 am. At 10 am the number of turnaround points will be reduced to close walker access to segments of The Bridge. Other than the Governor's official party, walkers may begin their walk from either end of The Bridge. Walkers are limited to the outside traffic lane in each direction. Northbound walkers use the Southbound vehicular traffic lane. Southbound walkers use the Northbound vehicular traffic lane. Both inside passing lanes are kept open for use by first responders and emergency vehicles. For Volksmarchers, the distances offered are 5-K, 10-K, 15-K and 16-K, which may be adjusted to the round trip distance that a person may need to walk to arrive at the ingress point and to return after departing the egress point. The 5-K distance is rated 1-A. Any distance beyond 5-K is rated 2-A because of the elevation gain of 100 feet, which is gradual, from the ingress point to the roadway at the first tower. This event is sanctioned by the IVV through the AVA and qualifies for IVV credit.

GUIDANCE FOR WALKING THE BRIDGE:

- 1) When on The Bridge, Emergency Assistance is always nearby. First responders are located between the Northbound and Southbound lanes of normal vehicular traffic at frequent intervals. When on The Bridge, walkers should notify the nearest first responder. Use the 911 number before entering The Bridge and after you have exited The Bridge for an existential emergency.



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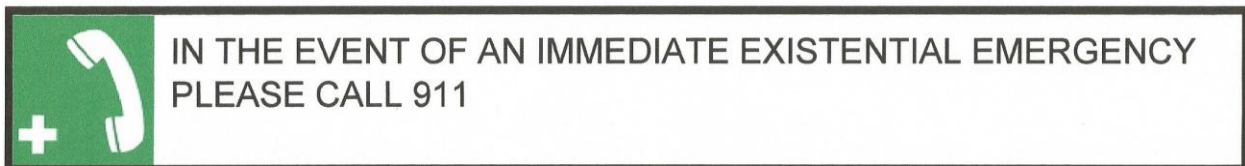
- 2) When walking The Bridge, carry water with you and have headgear and/or a light parka available. No shade or water are available on the bridge, and you will be exposed to any changes in weather conditions.
- 3) There are no restrooms (porta potties) on The Bridge. There are many porta potties at both the South end of the Bridge in Indian Pathways Park and at the North end of The Bridge in Bridge View Park that you may use prior to starting your walk or after completing your walk

DISTANCES & TURNAROUND POINTS: To determine your distance and to identify your turnaround point, please reference the Mackinac Bridge Walk Rules on page 6, if you are starting from the South end, or the Mackinac Bridge Walk Rules on page 10 if you are starting from the North end. There are a total of eight turnaround points on The Bridge, which are identified on pages 6 and 10. When you are on The Bridge, you may identify those points by the ramp over the median and a feather banner, or other signage at that point, which will specify the time at which the turnaround at that point becomes mandatory. If the time on the feather banner is 10:30 and it is 10:31, a State Trooper will turn you around to return in the direction you are walking from, which may not be back to your original entry point.

DISTANCE ADJUSTMENTS: If you are walking more than a half kilometer to reach either of the ingress or egress points and to return to your lodging or vehicle, you may add that distance to the distance that you actually complete on The Bridge. For example, if you park your vehicle at the Michigan Welcome Center, which is one kilometer from the ingress point at the South end of The Bridge, and walk to the ingress point prior to the event and return to your car after the event, you will record two additional kilometers for the event. So, if you did 5-kilometers on The Bridge, you should record a total of 7-kilometers. At the North end of the Bridge it is 4 kilometers from the Shepler's Ferry Docks to Bridge View Park. So, if you start at the South of The Bridge, walk the entire distance of The Bridge and walk to Shepler's Ferry dock to ride the ferry back to Mackinaw City, you will record a total of 20-kilometers.

DOUBLE CROSSERS & ONE-WAY CROSSERS: Among the many options to doing The Mackinac Bridge Walk, you may walk the entire length of The Bridge once for a one-way crossing or twice for a round trip crossing. If you do a one way crossing, you will need to plan your return to whichever end of The Bridge that you started. On the day of The Bridge Walk both ferry companies offer direct links between their docks in Saint Ignace and Mackinaw City. Or you may wish to have a vehicle pre-positioned somewhere near the end of The Bridge to which you are walking. If you wish to do a

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double-crossing, you should plan on an early start. Recommend that you should be headed back and be past the second tower by 10 am on the return leg of your walk. If not, the State Police will turn you around to your turnaround point at the end of The Bridge opposite where you want to be. If you find yourself in this predicament, make sure that you can contact someone who may be inclined to pick you up after The Bridge re-opens.

AVA PASSPORT STAMPS will be available from the Mid-America Regional Director and the Mid-America Deputy Regional Director at the Start of the Group Walks, at the AVA Ambassador Booth in Indian Pathways Park and at the activity planned for the Pavillion at the Mackinac Heritage Park during the afternoon of September 7. If you did not receive your AVA Passport Stamp on date of the Mackinac Bridge Walk (September 7), please contact the MARD, Bob Buzolich, via email at sonofbuzz@prodigy.net. Bob will mail you the stamp for placement in the passport.

DON'T FORGET that this event is an Online Start Box Event. When you have completed this walk, please return to the Online Start Box to record your completion, distance and any challenge programs to receive your stamps.

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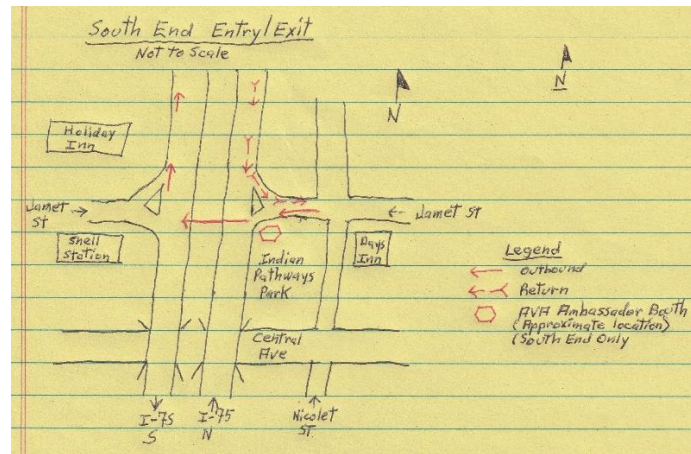


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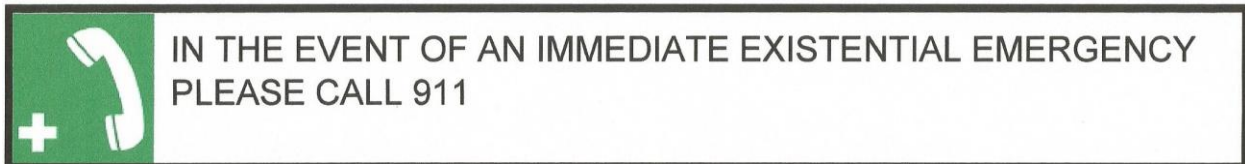
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DOING THE MACKINAC BRIDGE WALK FROM THE SOUTH END OF THE BRIDGE

START POINT: At the South end of the Mackinac Bridge, you will enter and exit The Bridge Walk at the intersection of Nicolet Street and Jamet Street, which is Interstate 75 Exit 339. To reach the start point for the South end of The Bridge, from your parking spot or lodging walk in the direction of Interstate I-75 and turn onto Nicolet to proceed in a Northerly direction to reach the ingress point. Nicolet Street runs beside and parallel to Interstate I-75. See the event brochure for parking information.



GUIDED WALK: At the South end of The Bridge the Mid-America Regional Director will start a Group Guided Walk shortly after 7 am. The Group will assemble at 6:45 am and start from the AVA Ambassador Booth for the purpose of attracting media attention at the Start. Due to the volume of walkers on The Bridge, the Group will disperse after 200 to 300 meters so that members can increase or decrease to a comfortable pace that will allow dealing with the volume of people of all abilities on The Bridge. If you are in need of walking companions after Group dispersal, buddy up with members of the Group prior to Group dispersal.



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WALK DIRECTIONS FROM THE SOUTH END

- 1) Upon accessing Interstate I-75 at the entry/exit point, cross over Northbound I-75 and Turn Right onto the outside lane of Southbound I-75 to proceed in a Northerly direction. (JUST FOLLOW THE CROWD).
- 2) Upon reaching your desired turnaround point, Turn Right using the ramp over the median to the outside lane of

Northbound I-75 to proceed in a Southerly direction.

- 3) Upon returning to the entry/exit point at the South end of The Bridge get your completion certificate and exit I-75 onto Jamet and Nicolet Streets to return to your lodging and/or vehicle to move onto your next planned activity for the day.

PLEASE RETURN TO THE AVA OSB TO RECORD YOUR EVENT COMPLETION



IN THE EVENT OF AN IMMEDIATE EXISTENTIAL EMERGENCY
PLEASE CALL 911

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MACKINAC BRIDGE FROM THE SOUTH END

Mackinac Bridge Walk Rules

- Bridge will be closed to public traffic 6:30 a.m. to Noon
- Walk begins in St. Ignace and Mackinaw City
- Walkers can start the walk from 7 to 11:30 a.m.
- Walkers can U-Turn or walk through with their own transportation arrangements
- Wheelchairs, mobility scooters and baby strollers allowed
- Bags subject to search
- No wagons, running, skateboards, bicycles, roller skates or in-line skates
- No signs, banners or other large objects
- No pets except trained service dogs
- No restrooms available on the bridge

Bridge Walk U-Turn Start Times
 North and south starting lines close at 11:30 a.m.

North St. Ignace South Mackinaw City

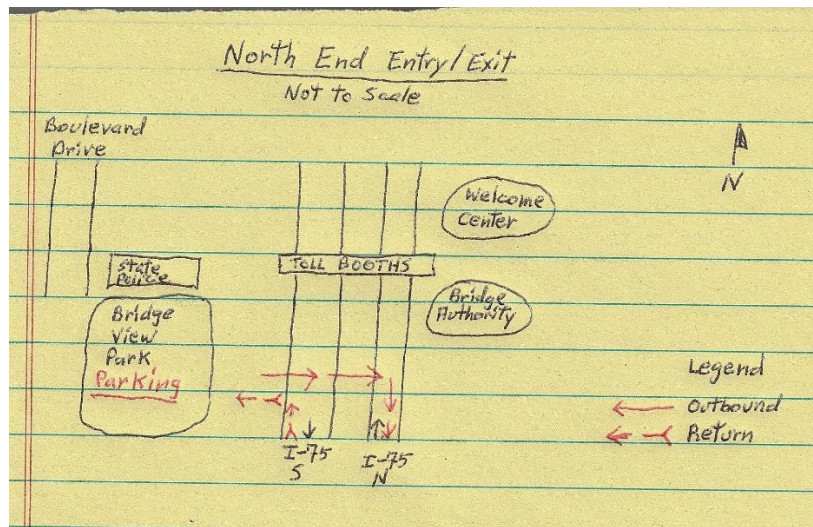

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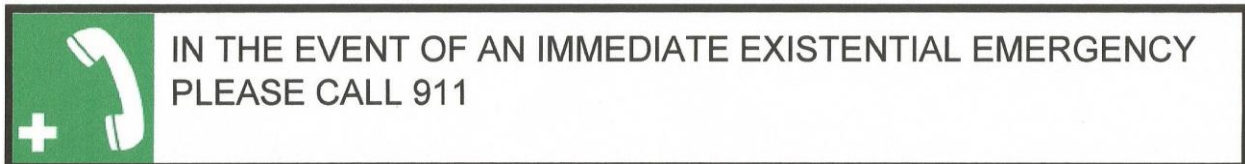
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DOING THE MACKINAC BRIDGE WALK FROM THE NORTH END OF THE BRIDGE

START POINT: At the North end of the Mackinac Bridge, you will enter and exit The Bridge Walk from Bridge View Park at a point just opposite the Maintenance Building for the Mackinac Bridge Authority. The address for Bridge View Park is W69 W Boulevard Dr, St Ignace, MI 49781. At the intersection of Boulevard Drive and US Highway 2, you will see the All American Moose outside the Quality Inn. Turn onto Boulevard Drive to proceed in a Southerly direction until you reach Bridge View Park.



GUIDED WALK: At the North end of The Bridge the Mid-America Deputy Regional Director will start a Group Guided Walk shortly after 7 am. The Group will assemble at 6:45 am by the Michigan Welcome Center and start from the Welcome Center by 7:00 am for the purpose of attracting media attention at the Start. Due to the volume of walkers on The Bridge, the Group will disperse after 200 to 300 meters so that members can increase or decrease to a comfortable pace that allows for dealing with the volume of people of all abilities on The Bridge. If you are in need of walking companions after Group dispersal, buddy up with members of the Group prior to Group dispersal.



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WALK DIRECTIONS FROM THE NORTH END

- 1) Upon accessing Interstate I-75 at the entry/exit point, cross over Southbound I-75 and Turn Right onto the outside lane of Northbound I-75 to proceed in a Southerly direction. (JUST FOLLOW THE CROWD).
- 2) Upon reaching your desired turnaround point, Turn Right using the ramp over the median to the outside lane of Southbound I-75 to

proceed in a Northerly direction.

- 3) Upon returning to the entry/exit point at the North end of The Bridge get your completion certificate and exit I-75 into Bridge View Park to return to your lodging and/or vehicle to move onto your next planned activity for the day.

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- No signs, banners or other large objects
- No pets except trained service dogs
- No restrooms available on the bridge

Bridge Walk U-turn Start Times
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North St. Ignace

South Mackinaw City

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