

SANCTIONING: These events are sanctioned through the American Volkssport Association by the Internationaler Volkssport Verbund (IVV) and qualify for credit toward the IVV achievement awards.

REGISTRATION & COSTS: ALL participants must register on site, complete a waiver (guardians must do so for anyone under 18 years of age, and pay a participation fee of \$3.00. NO PREREGISTRATION. NO FREE WALKERS. NO REFUNDS.

WATER: Upon completing registration participants will receive one bottle of water, which may be refilled at designated points along the walk routes. Upon completion of the walk please dispose of the water bottle in the designated containers for recycling.

PETS: Dogs are permitted, but must be leashed and under control of the owner, who is also responsible for cleaning up after their pet.

COVID-19 INFORMATION: See insert regarding protocols being followed to prevent the spread of Covid-19 and to keep the event safe.

DISCLAIMER: The American Volkssport Association (DBA: America's Walking Club), its subsidiary clubs and agents, the City of London, its Department of Parks & Recreation and the National Forest Service of the U.S. Department of Agriculture are not liable for accidents, theft or material damage. Every reasonable effort will be made to make the events safe and enjoyable.

For additional information regarding America's Walking Club please visit <http://www.ava.org>

For information regarding these events please contact Bob Buzolich via email at ma_rd@ava.org or via phone at 574-339-9140

**AMERICA'S WALKING CLUB
RECOGNIZES
THE NATIONAL WEEK OF WALKING
APRIL 1, 2021 TO APRIL 7, 2021**



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —

**AND INVITES YOU
TO ENJOY TWO WALKING EVENTS
ON APRIL 5 AND 6
IN EASTERN KENTUCKY**



EVENT # 1
MONDAY, APRIL 5, 2021
LEVI JACKSON WILDERNESS ROAD STATE PARK
AVA Sanction: MA2020/116408

This event is open to everyone, though registration is required. The event is a guided walk that is intended to be family friendly, though it may not be suitable for strollers or wheelchairs. Guides are volunteers from clubs within the Mid-America Region. Upon completing registration participants will be broken into groups of 10-15 persons based upon distance. Average walkers may complete a trail rated 1-A in about two hours.

START/FINISH POINT: McHargue Mill parking area

START TIME: 1 PM (EDT) to 1:30 PM Finish by 5 pm

DISTANCES OFFERED: 5 or 10 Km (3.1 or 6.2 miles)

TRAIL RATING: 1-B (Scale 1 to 5 references elevation gain with 5 being the most difficult. Scale A to E references type of trail with E being the most difficult).

TRAIL DESCRIPTION: All routes incorporate existing trails on properties administered by the City of London Department of Parks & Recreation through the Levi Jackson Wilderness Road Park. These trails are groomed dirt paths with minor inclines through mostly hard wood forest. All routes pass historic sites within the park. Portions of the trail may not be suitable for strollers or wheelchairs. Dogs are permitted but must be leashed and under the control of the owner.

RESTROOMS: Will be available on site at Start/Finish.

DIRECTIONS: From I-75 Exit 38 take Kentucky Highway 192 Eastbound to US 25 (South Laurel Road). Turn RIGHT to head South on US 25 (Laurel Road) to its intersection with KH 1006 (Levi Jackson Mill Road. Turn LEFT onto KH 1006. After ½ mile you will see the McHargue Mill on your left, which is the Start/Finish Point.

EVENT #2
TUESDAY, APRIL 6, 2021
DANIEL BOONE NATIONAL FOREST
AVA Sanction: MA2020/116409

This event is open to everyone, though registration is required. The event is a guided walk that is intended to be more adventurous than the first walk to demonstrate the diversity of walks organized by America's Walking Club. Guides are volunteers from clubs within the Mid-America Region. Upon completing registration participants will be broken into groups of 10-15 persons based upon distance. Average walkers may complete a trail rated 1-A in about two hours.

START/FINISH POINT: Little Lick Campground parking area

START TIME: 9 am (EDT) to 9:30 am Finish by 1:45 pm

DISTANCES OFFERED: 5 or 11 Km (3.2 or 6.8 miles)

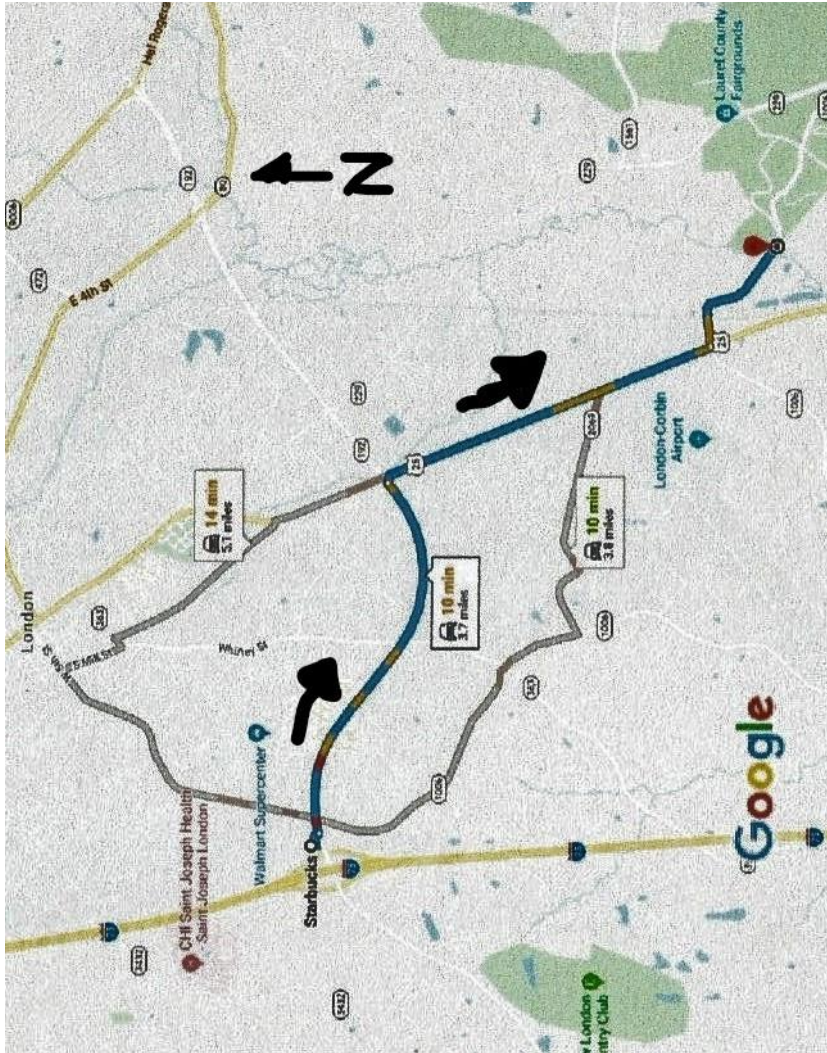
TRAIL RATING: 3-C (Scale 1 to 5 references elevation gain with 5 being the most gain. Scale A to E references type of trail with E being the most difficult).

TRAIL DESCRIPTION: All routes incorporate existing trails on properties administered by the National Forest Service through the Daniel Boone National Forest. These trails are ungraded dirt paths with impediments and moderate inclines through mostly hard wood forest and along Little Lick Creek and the Cumberland River.

RESTROOMS: Primitive latrine available on site at Start/Finish.

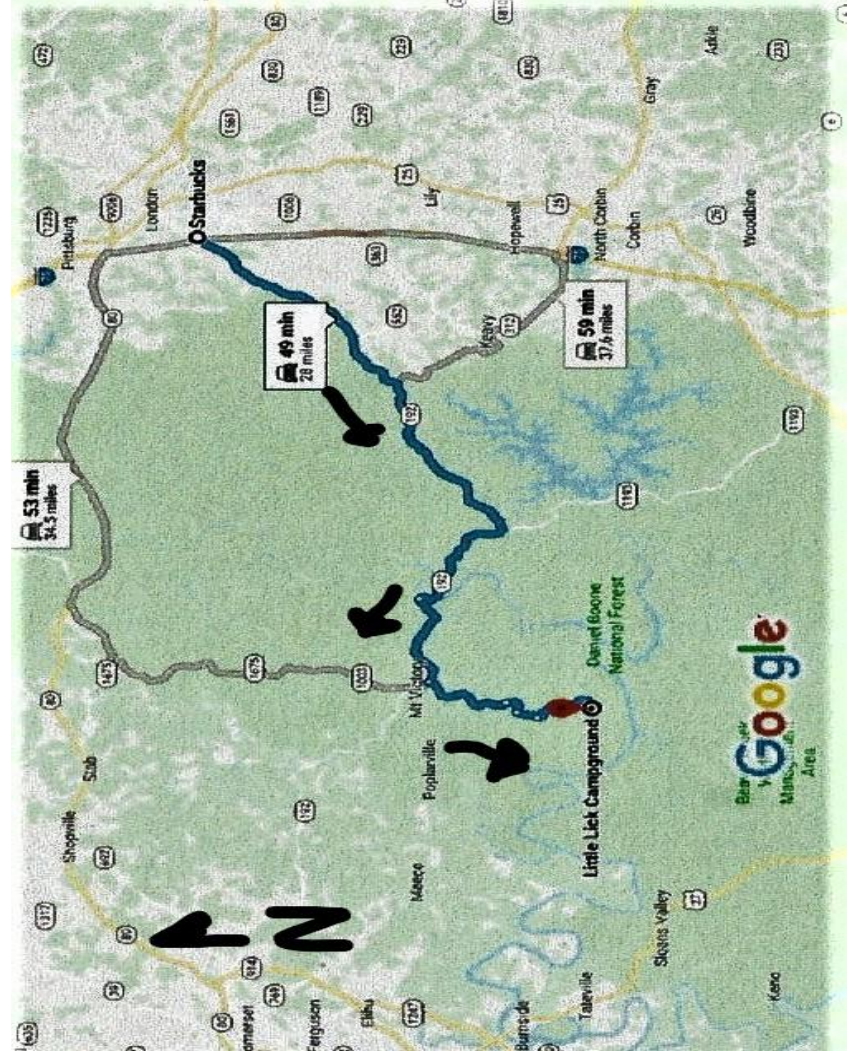
DIRECTIONS: From I-75 Exit 38 take Kentucky Highway 192 Westbound into Pulaski County. Just beyond mile marker 15 KH 192 intersects with Old Whitney Road. Turn LEFT onto Old Whitney Road, and proceed in a Southerly direction to Forest Service Road 120. Turn LEFT onto FSR 120 and continue South to Little Lick Road. Turn Left onto Little Lick Road, which terminates at the Little Lick Campground that serves as the Start/Finish Point.

**EVENT # 1
MAP TO MCHARGUE MILL**



REFERENCE: The Starbucks indicated on the map is atop the hill Overlooking I-75 Exit 38.

**EVENT #2
MAP TO LITTLE LICK CAMPGROUND**



REFERENCE: The Starbucks indicated on the map is atop the hill Overlooking I-75 Exit 38.

COVID-19 PROCEDURES

As we slowly resume our activities, the corona virus remains active in our communities with a threat of spreading, which is dependent on how we regulate our personal interactions. For the foreseeable future we will need to plan and conduct our events with this in mind. Accordingly, the Hoosier Hikers request participants at our events observe the following:

- 1) Maintain social distancing guidance (6 feet & 360 degrees) at events and other club activities.
- 2) Highly recommend participants have available personal masks, hand sanitizer, a pen and potable water, and use as appropriate, especially at the Start/Finish Point.
- 3) Until further notice no self-service snacks or beverages will be provided. Please provide your own.
- 4) Please complete Start Cards for each participant prior to approaching the Start/Finish Point. A Start Card is provided below and may be copied as needed. When approaching the Start/Finish Point, please pay by check for the exact amount, or have the exact amount of cash. **NO CHANGE** will be made on site. **THANK YOU FOR THE DONATION.**
- 5) If you are ill, stay home.
- 6) Events stamps will not be provided on-site. Please provide a current, valid, accurate and readable email address in order that cut & paste stamps may be emailed.
- 7) Additional protocol may be used to minimize personal contact.

OFFICIAL EVENT START CARD		Start No.
Name _____		_____
Address _____		
City _____	State _____	Zip _____
E-Mail _____		
Distance _____ km	Paid \$ _____	STAMP # _____
DISCLAIMER OF LIABILITY In consideration of being allowed to participate in any way in AIA volunteering programs and related events and activities, the undersigned: 1. Agrees that before or during my participation, if I believe anything is unsafe, I will immediately advise the event supervisor or other person in authority at the volunteering program and the related events and activities of such conditions and relate to participate. 2. Acknowledges and fully understands that each participant will be engaging in activities that involve the risk of serious injury, including permanent disability and death and waives the full and economic losses which might result not only from my own actions, omissions or negligence of others, or the condition of the premises, the trail or any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time. 3. Assumes all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death. 4. Releases, waives, discharges and promises not to sue the American Hikersport Association, its affiliated clubs, their respective administrators, directors, agents, or other volunteers and employees of the organization, other participants, sponsoring agencies, sponsors, advertisers and if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise. 5. Members, please be aware that when you share photos, via digital image or otherwise, with AIA, such photos or images become the property of AIA and AIA, its legal representatives and assigns, retain the right and permission to publish, use such photos or image in any written or electronic publication, including Checkpoint or Trail, on social media, websites, or in audiovisual presentations, promotional literature, advertising or in similar ways.		
Signature _____		Date _____
How did you hear about us? <input type="checkbox"/> Social Media <input type="checkbox"/> Friend <input type="checkbox"/> Brochure <input type="checkbox"/> Website		
CK PT	1	2
	3	4
	5	6
	7	8

COVID-19 PROCEDURES

As we slowly resume our activities, the corona virus remains active in our communities with a threat of spreading, which is dependent on how we regulate our personal interactions. For the foreseeable future we will need to plan and conduct our events with this in mind. Accordingly, the Hoosier Hikers request participants at our events observe the following:

- 1) Maintain social distancing guidance (6 feet & 360 degrees) at events and other club activities.
- 2) Highly recommend participants have available personal masks, hand sanitizer, a pen and potable water, and use as appropriate, especially at the Start/Finish Point.
- 3) Until further notice no self-service snacks or beverages will be provided. Please provide your own.
- 4) Please complete Start Cards for each participant prior to approaching the Start/Finish Point. A Start Card is provided below and may be copied as needed. When approaching the Start/Finish Point, please pay by check for the exact amount, or have the exact amount of cash. **NO CHANGE** will be made on site. **THANK YOU FOR THE DONATION.**
- 5) If you are ill, stay home.
- 6) Events stamps will not be provided on-site. Please provide a current, valid, accurate and readable email address in order that cut & paste stamps may be emailed.
- 7) Additional protocol may be used to minimize personal contact.

OFFICIAL EVENT START CARD		Start No.
Name _____		_____
Address _____		
City _____	State _____	Zip _____
E-Mail _____		
Distance _____ km	Paid \$ _____	STAMP # _____
DISCLAIMER OF LIABILITY In consideration of being allowed to participate in any way in AIA volunteering programs and related events and activities, the undersigned: 1. Agrees that before or during my participation, if I believe anything is unsafe, I will immediately advise the event supervisor or other person in authority at the volunteering program and the related events and activities of such conditions and relate to participate. 2. Acknowledges and fully understands that each participant will be engaging in activities that involve the risk of serious injury, including permanent disability and death and waives the full and economic losses which might result not only from my own actions, omissions or negligence of others, or the condition of the premises, the trail or any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time. 3. Assumes all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death. 4. Releases, waives, discharges and promises not to sue the American Hikersport Association, its affiliated clubs, their respective administrators, directors, agents, or other volunteers and employees of the organization, other participants, sponsoring agencies, sponsors, advertisers and if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasees or otherwise. 5. Members, please be aware that when you share photos, via digital image or otherwise, with AIA, such photos or images become the property of AIA and AIA, its legal representatives and assigns, retain the right and permission to publish, use such photos or image in any written or electronic publication, including Checkpoint or Trail, on social media, websites, or in audiovisual presentations, promotional literature, advertising or in similar ways.		
Signature _____		Date _____
How did you hear about us? <input type="checkbox"/> Social Media <input type="checkbox"/> Friend <input type="checkbox"/> Brochure <input type="checkbox"/> Website		
CK PT	1	2
	3	4
	5	6
	7	8