

WHAT ARE VOLKSSPORTS? Back in the 1960's, in Germany, people of average athletic ability looking for outdoor leisure activity became frustrated by the lack of non-competitive family-oriented events. They started organizing walks in which everyone who finished is considered a winner. American GIs brought volkssporting back to the States, where we now have over 400 clubs sponsoring walk, cross country ski, bike, swim, and skating events. These events are sanctioned by the American Volkssport Association. (AVA), a member of the International Federation of Popular Sports (IVV)

RECORD BOOKS: Volkssporters enjoy keeping track of the walks they've done and being rewarded for their achievements. An Event Book keeps track of the number of events walked, and a Distance Book keeps track of the total kilometers walked. This is called "walking for credit", and the walker pays a \$3 credit fee at each event. When each book is filled, it is sent to the AVA, and the walker receives a beautiful hatpin, patch, and certificate, and the walker's name is published in The American Wanderer (TAW), the AVA National newspaper. New walkers may purchase both books, normally sold for \$6 each, AND 3 free credits, as well as a complimentary copy of TAW for only \$5.

The Winston Wanderers, Metrolina Walkers and Triangle Trailblazers along with the three other Volkssport clubs in North Carolina invite you to enjoy these events and over 70 great Year-Round events across the state from western mountains to the Outer Banks on the eastern coast with us.

We also cordially invite you to join one of our clubs and become a regular part of volkssporting in the Carolinas. Annual memberships are inexpensive, and whether you are 4 or 40 or 40 a couple of times we have members who are your contemporaries.

There are a number of Year-Round Events on the way to/from this event..

Fayetteville
Asheboro Zoo
Charlotte

GENERAL INFORMATION

Individual event listing shows the group walk time for each. All three events are sanctioned for the entire weekend and may be walked anytime throughout the weekend during daylight hours..

REGISTRATION FEES: All events are "Credit Only". Registration is required for all 3 events. Credit only fee is \$3.00 for all 3 events for a total of \$9.00. Youth under age 18 may walk with credit for free. Other free walkers are welcome without credit. Donations are welcomed.

A group dinner is planned for 6:00pm on Saturday, Oct 23 at a restaurant TBD in Laurinburg. Please indicate your intention to attend so we can give the restaurant a firm count. Dinner is "pay-as-you-go" so we do not need advance payment.

The primary lodging option is the Hampton Inn, at 115 Hampton Circle, Laurinburg NC (910) 277-1516

ELIGIBILITY: Everyone is welcome. Family participation is encouraged. An adult must accompany children under 12.

STIPULATIONS: Every participant, including infants and small children, must complete a start card, which will be carried on the walk and checked at all control points for each event. All start cards remain the property of the sponsoring clubs and must be turned in at the finish point when last walk is completed.

DISCLAIMER: The sponsors of these events cannot be held responsible for any lost or stolen items, accidents, or injuries at any time. The sponsors will make every effort to assure a safe, enjoyable and memorable event.

These events will be held regardless of weather conditions. No refunds for those who decline to participate.



Sand Hills '21

October 22-24, 2021

**3 TEN KM EVENTS
3 COUNTIES**

(SHORTER DISTANCES OFFERED)

Richmond, Scotland & Robeson Counties, NC



**Rockingham, Richmond Co SE21/120085
Winston Wanderers**

**Wagram, Scotland Co, SE21/120086
Metrolina Walkers**

**Lumberton, Robeson Co SE21/120703
Triangle Trailblazers**



For further information contact sponsoring club

ALL WALKS ARE AVAILABLE DURING DAYLIGHT HOURS ONLY ON OCTOBER 22-24, 2021.

For those who prefer to walk with a group, each walk has a designated group walk start time.

**ROCKINGHAM, RICHMOND COUNTY
11 KM AND 5 KM WALK**

DATE: Sunday, October 24, 2021
GROUP WALK START TIME: 9:30 AM

SPECIAL PROGRAMS: Little Free Libraries, Rockin' Around the Clock, Walking with America's Veterans

DISTANCE AND DIFFICULTY: 10 km and 5 km routes, Rated 2A. Town walk on sidewalks throughout downtown and quiet residential streets. Predominately flat with minor hills. Grand antebellum homes in the historic district.

FACILITIES: Restrooms and water will be available along the route.

Winston Wanderers – Lloyd Tolbert 276-403-0608
treb03@gmail.com



**WAGRAM, SCOTLAND CO
10 KM AND 5 KM WALK**

DATE: Saturday, October 23, 2021
GROUP WALK START TIME: 2:00 PM

SPECIAL PROGRAMS:

DISTANCE AND DIFFICULTY: 10 km and 5 km routes, Rated 1B. The walk in Wagram is in the Lumber River State Park, at the Chalk Banks Access. The Lumber River is the only North Carolina black-water river to earn federal designation as a national wild and scenic river. The trail gives a view of the Lumber River, its adjacent wetlands, mixed pine and hardwood forests and the wildlife that make use of these habitats. Enjoy a boardwalk and a handy fishing pier.

FACILITIES: Restrooms and water will be available near the start/finish point.

Metrolina Walkers - Joan Melville (704) 564-1013
melville@bellsouth.net

IVV BOOKS: Don't forget your Event & Distance Books! Books and New Walker Kits will be on sale for \$6.00 each at the registration point. Insert cards will be available.



**LUMBERTON, ROBESON COUNTY
10 KM AND 5 KM WALK**

DATE: Saturday, October 23, 2021
GROUP WALK START TIME: 9:30 AM

SPECIAL PROGRAMS:

DISTANCE AND DIFFICULTY: 10 km and 5 km routes, Rated 1B. Town walk that takes you through city streets and into a park with river views and a trail in the woods..

FACILITIES: Restrooms are available along the route.

Triangle Trailblazers – Kathy Cockrell (919) 610-6907
kathycockrell@bellsouth.net

REGISTRATION:

Registration for all three events will take place at the Hampton Inn in Laurinburg, NC (115 Hampton Circle.)

Registration occurs ONLY at the Hampton Inn hotel, not at the start points of the individual walks. Directions to the walk start points will be provided at registration.

Hours of registration:

Friday, Oct 22 – 5:00-7:00 PM
Saturday, Oct. 23 – 7:30-9:00 AM