

WELCOME: The Year 2022 is the 31st Anniversary Year for the Hoosier Hikers. To celebrate the occasion, the Club is hosting an Anniversary Event in Michigan City, Indiana, during National Volkssporting Month, offering a walk and bike event. The routes for both the walk and bike will allow Volkssporters and members of the community to experience the thrills of historic and scenic Michigan City along the South shore of Lake Michigan and the banks of Trail Creek. So, come on out to enjoy the fun.

WHAT ARE VOLKSSPORTS? A Volksmarch is a non-competitive walking event. The walk is ten kilometers or 6.2 miles in length. Other Volkssporting events include swimming, biking, and skiing. These events are hosted by clubs in more than twenty-five nations worldwide. The purpose of Volkssporting events is to encourage physical fitness, promote fellowship, and to enjoy the outdoors. Because these events are not contests of speed or endurance, you may participate at a pace that is safe, comfortable, and enjoyable. When Volkssporting events are sanctioned by the International Volkssport Verbund (IVV), individuals may receive credit for event participation and/or distance. This credit is recorded in IVV Record Books, which presently cost \$6.00 each. After completing a pre-determined number of events and/or distance, your achievement will be recognized with a pin, patch, and certificate by the IVV. Further information will be available at the start/finish point.

SPONSOR: The Hoosier Hikers (AVA Club #723) of South Bend, Indiana.

START/FINISH: The start/finish point is located in the parking area of Pullman Park. The approximate address is 550 West Fourth Street, Michigan City, Indiana 46360. The specific location will be identified with Volkssporting signage and banners. You may start the events any time between 9 a.m. and 1 p.m. (EDT), and must complete the events by 4 p.m. The average walker can complete a ten kilometer trail in about two hours. Event participants must register and execute an athletic waiver.

FEES: Everyone is welcome and may participate in the events for FREE. However, the fee for the "A" award, which includes IVV Credit, is \$10.00 after the close of pre-registration. During pre-registration, the "A" is discounted to \$9.00. The fee for a "B" medal (an award from a prior event) with IVV credit is \$5.00, if available. The registration fee for IVV Credit Only is \$3.00.

PROCEDURE: At the start point all participants will register, obtain a start card with a number and sign-in on the register. Walk the Volksmarch route or bike the Volksbike route at your own pace. The event is not marked. Registrants will be provided with a set of written directions and a map. Along the way have your card stamped at each checkpoint. After completing the route, turn-in your card at the finish point to receive your medal and/or IVV Credit, as appropriate. NOTE: ALL participants must register at the start point and return the card at the finish point, even if participating for free.

IVV CREDIT: Participants completing this event are eligible for IVV event and distance credits.

"A" AWARD: For this event, an "A" Award will be available until the supply is extinguished. It is a multicolor embroidered patch commemorating October 2022, as National Volkssporting Month. Completion of the trail and payment of the registration fee is required to receive the award. **There will be only a limited quantity of "A" Awards available. Pre-registration is recommended.**

TRAIL DESCRIPTION: The Volksmarch routes make use of the City's parks, existing trail system, city sidewalks and local streets. The trails and sidewalks are improved (paved) and meander through mostly flat unforested areas (not much overhead cover). The trail is rated 1-A due to minor inclines and improved paths with few obstacles. The route is of moderate difficulty for wheelchairs or strollers. The Volksbike route makes use of the City's parks, streets and existing trail system, to include The Singing Sands Trail.

TRAIL RATING: 1-A for Walk and Bike

SPECIAL EVENT STAMPS: Walking the USA A-Z, Walking with America's Veterans, Great Lakes, City Halls and Rails-to-Trails.

SPECIAL NEEDS: A special needs trail will be available upon request.

REFRESHMENT: Water will be available at the start/finish and at all checkpoints. Restrooms will be available at the Start/Finish and may also be available along the routes.

PRE-REGISTRATION: Pre-registration for the events is not mandatory. A pre-registration form is provided on the back page. **The deadline for pre-registration is October 8, 2022,** by which date pre-registration with payment must be received.

REFUND POLICY: NO refunds given. However, if you pre-register, and the supply of available is extinguished, you will receive a refund of \$6 and your registration will be adjusted accordingly.

WEATHER: This event will be held rain, shine, or snow.

DISCLAIMER: The Hoosier Hikers, INVA (Indiana Volkssport Association), the State of Indiana, the City of Michigan City & its Park Department, the Indiana Departments of Transportation and Natural Resources, and the LaPorte County Highway Department are not liable for accidents, theft, or material damage. Every reasonable effort will be made to make the events safe and enjoyable. Children under the age of twelve must be accompanied by an adult, and pets are prohibited in public parks by local ordinance.

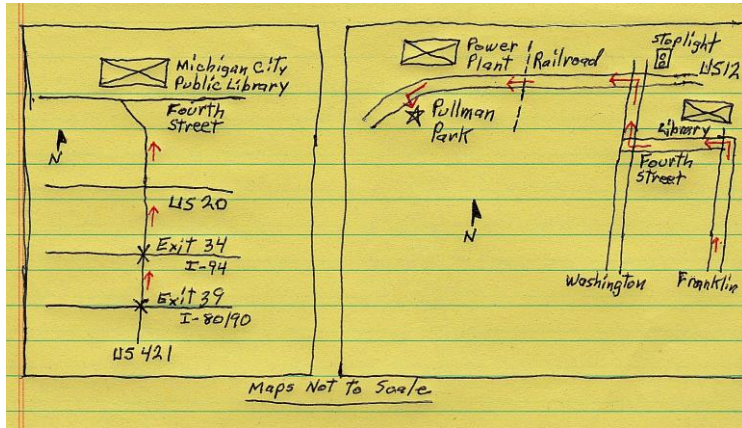
NOTE: The Covid-19 Protocols accompanying this Flyer are the same as last year because it is difficult to predict what to expect in the future. However, less strict protocols may be practiced at the time of the event, if local Covid-19 conditions may warrant. You will not be questioned regarding your vaccination status.

POINT OF CONTACT: Bob Buzolich at (574) 339-9140, or via email at sonofbuzz@prodigy.net.

For information on other Volkssporting activities checkout the website for the American Volkssport Association at <http://www.ava.org>.

DIRECTIONS

Pullman Park is located at 550 West Fourth Street, Michigan City, Indiana 46360. From Interstate I-80/90 (Indiana Toll Road) Exit 39 or Interstate I-94 Exit 34 take US 421 Northbound to Michigan City. After crossing US 20, US 421 becomes Franklin Street. Continue Northbound on Franklin until you encounter a T-Intersection with Fourth Street. Turn Left onto Fourth to proceed in a Westerly direction. At the intersection of Fourth and Washington Street Turn Right onto Washington to proceed in a Northerly direction. At the intersection of Washington and US 12 (Michigan Boulevard) Turn Left to proceed in a Westerly direction on US 12. After about a half mile, you will see Pullman Park on your left. Turn Left to enter the Pullman Park parking area and look for Volkssporting signage and banners to identify the specific location and parking.



THE HOOSIER HIKERS INVITE YOU TO CELEBRATE THEIR 31ST ANNIVERSARY & NATIONAL VOLKSSPORTING MONTH



AWARD AVAILABILITY IS LIMITED

OCTOBER 15, 2022

START: 9:00 A.M. TO 1:00 P.M. (EDT)

**PULLMAN PARK
MICHIGAN CITY, INDIANA**

**Six & 10 KM VOLKSMARCH
& 12 KM BIKE**

AVA MA22/121781 (WALK)

AVA MA22/121780 (BIKE)

INVA # 880



PRE-REGISTRATION FORM

NAME: _____ PHONE: _____

ADDRESS: _____

EMAIL: _____

	A-AWD W/CREDIT	CREDIT ONLY	FREE WALKER
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NAME: _____	\$9.00	\$3.00	FREE
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NAME: _____	\$9.00	\$3.00	FREE
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PLEASE MAKE CHECKS OR MONEY ORDERS PAYABLE TO THE HOOSIER HIKERS AND MAIL TO HOOSIER HIKERS, C/O ROBERT BUZOLICH, 1703 EAST HOWARD STREET, SOUTH BEND, IN 46617-1826

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 protocols may be used to minimize personal contact.

OFFICIAL EVENT START CARD		Start No.
Name _____		_____
Address _____		
City _____	State _____	Zip _____
E-Mail _____		
Distance _____ km	Paid \$ _____	STAMP # _____
<p>DISCLAIMER OF LIABILITY</p> <p>In consideration of being allowed to participate in any way in AIA volunteering programs and related events and activities, the undersigned:</p> <p>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 refuse to participate.</p> <p>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 severe social and economic losses which might result not only from my own actions, inactions or negligence or 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.</p> <p>3. Assumes all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.</p> <p>4. Release, waive, discharge and promise not to sue the American Volkspost 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 releasee or otherwise.</p> <p>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, 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.</p>		
Signature _____		Date _____
<p>How did you hear about us? <input type="checkbox"/> Social Media <input type="checkbox"/> Friend <input type="checkbox"/> Brochure <input type="checkbox"/> Website</p> <p>CK PT 1 2 3 4 5 6 7 8</p>		

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Address _____		
City _____	State _____	Zip _____
E-Mail _____		
Distance _____ km	Paid \$ _____	STAMP # _____
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Signature _____		Date _____
<p>How did you hear about us? <input type="checkbox"/> Social Media <input type="checkbox"/> Friend <input type="checkbox"/> Brochure <input type="checkbox"/> Website</p> <p>CK PT 1 2 3 4 5 6 7 8</p>		