

What Is Volkssporting?

Volkssporting started in Germany and simply defined, is a personal fitness sports and recreation program offering noncompetitive walks, hikes, bike rides, swims, and in some regions cross-country skiing. You may choose your time to start within the start/finish “window” and participate in the sport at your own pace.

Walking – also called “volksmarching” – is the most popular of all the volkssporting activities.

Volkssporting in the United States is sponsored by the American Volkssport Association (AVA) which has a nationwide, grass-roots network of about 300 active clubs presenting more than 3,000 volkssporting events each year.

Volkssporting events take place throughout the year, all around the country. Historic and scenic sites are selected for their enjoyment. Trails are carefully laid out and marked and easy to follow directions or maps are provided.

Trails are rated based upon the challenge the route presents. The designated Start Point is open for several hours to allow you to begin your volkssporting adventure at your leisure.

Apr 29	Payne & Lincoln counties
May 20	Owasso OK
Jun 10	Norman OU YRE
Jul 8	Earlywine YRE
Aug 12	Sooner Mall YRE
Sep 9	Woods & Alfalfa counties
Oct 21-22	Coal, Atoka & Johnston counties
Dec 9	Canal YRE

TECUMSEH OK

Pottawattomie county

MARCH 11, 2023

by

Wandergruppe Walking Club Inc

American Walking Club.org

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San Antonio TX 78210

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2023 Walks

Feb 11	Sooner Mall YRE
Mar 11	Tecumseh OK
Mar 18	Tulsa OK
Apr 15	Cleveland OK



This is an opportunity to walk Pottawatomie County. Come join the fun and fellowship, in addition to earning AVA event and distance credits, while enjoying the Tecumseh hospitality.

DATE: Saturday March 11, 2023

SANCTIONED BY: This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports. This event counts towards the acquisition of IVV Achievement awards.

PROCEDURE: AVA policy requires that every participant, fee or non-fee, sign the insurance waiver and obtain a numbered start card which is stamped at control points along the course. At the Finish, the validated card is turned in and IVV books are stamped for official credit, if the credit fee has been paid. The trail may be walked a second time on the same day using the same start card at no additional cost.

ELIGIBILITY: Everyone is welcome to participate. Children 12 and under must be accompanied by an adult. Walk at your own pace.

REGISTRATION and FEES: IVV credit is \$3.00.

CONDITIONS: The event will be held regardless of the weather. Pets must be on a leash at all times and are not permitted in any buildings.

RESTROOMS: Restrooms are available at or near the start of each walk.

REFRESHMENTS: Water will be available at the start/finish and checkpoints.

DISCLAIMER: The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property. All participants must sign a waiver.

Start Point: American Legion Post 260, 201 E Park St, Tecumseh OK. *Pancake breakfast for small donation available from the American Legion.*

Start times: 9—11 a.m. Finish by 1 p.m.

Driving directions: From Oklahoma City: I-40 East to Exit 181 for OK-3W/US-177/US-270. Keep right toward Shawnee. Take ramp for OK-9/W Walnut St toward Tecumseh. Left onto N 4th St; left onto E Park St.

From Tulsa: I-44 West to Exit 158 toward Wellston. Left onto OK-66. Right on US-177N. Take ramp on right for OK-9 toward Tecumseh. Left on N 4th St. Left onto E Park St.

Special programs: Town halls, Walking with America's Veterans, Mayflower, Par-For-The-Course.

Event Coordinator: Leslie Jones, 405-641-0948 email: leslie.jones@cox.net

AVA Sanction # 124118 - 2023, 5 & 10K Trails,

Rated 1A

Make it a day trip! Come enjoy a pancake breakfast for \$5 per person, walk, then go visit one or more museums. End your day with dancing to live country and western music in a smoke and alcohol free American Legion event. All for small fees or donations.

More information in walking directions:

Tecumseh Historical Museum - Open Sat 10-2.

Citizen Potawatomi Nation Cultural Heritage Center - Open Sat 10-3.
<https://www.potawatomih heritage.com/>

Mabee-Gerrer Museum of Art - Open Sat 10-5.
<http://www.mgmoa.org/>

American Legion dance on Sat at 7 p.m.



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