

WELCOME: The Year 2023 is the 32nd Anniversary Year for the Hoosier Hikers. To celebrate the occasion, the Club is hosting an Anniversary Event in Crown Point, Indiana, during National Volkssporting Month by 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 Crown Point and Lake County along the Erie Lackawanna Rail Trail. 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 the Erie Lackawanna Trail – Summit Street Trailhead. The approximate address is 229 West Summit Street, Crown Point, Indiana 46307. The specific location will be identified with Volkssporting signage and banners. You may start the walk event any time between 8 a.m.- CDT (9 a.m. – EDT) and 11 a.m., and should complete your walk event by 2 p.m. For the walking event you may choose either the 6 or 11 kilometer distance. You may start the bike event any time between 10 a.m.- CDT (11 a.m. – EDT) and 1 p.m., and should complete your cycling event by 4 p.m. . For the bike event you may choose either the 12 or 21 kilometer distance. The average walker may complete a ten kilometer trail in about two to 2-1/4 hours. An average cyclist may complete a ten kilometer route in about one to 1-1/2 hours. ALL 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 of your choice 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.

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 2023, 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. There will be no re-order of “A” Awards.**

TRAIL DESCRIPTION: The Volksmarch routes make use of the City's parks, existing trail system, to include the Erie Lackawanna Rail Trail and the Crown Point Bikeway, 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 routes make use of the existing Erie Lackawanna Rail Trail, the Turkey Creek Trail and municipal parks along the routes.

TRAIL RATING: 1-A for Walk and Bike

SPECIAL EVENT STAMPS: Walking the USA A-Z, Walking with America's Veterans, Rails-to-Trails and Par for the Course. **Not all special program qualifiers are present on all routes.**

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 may not be available at the Start/Finish but may 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 21, 2023,** 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 “A” Awards 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 City of Crown Point & its Department of Parks, Athletics, Communications & Entertainment (PACE), the City of Schererville and its Park & Recreation Department, Lake County and its Park and Recreation Department, the Indiana Departments of Transportation and Natural Resources 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, who will need to execute a waiver for the child. Pets are prohibited/discouraged from some public properties along the walk and bike routes.

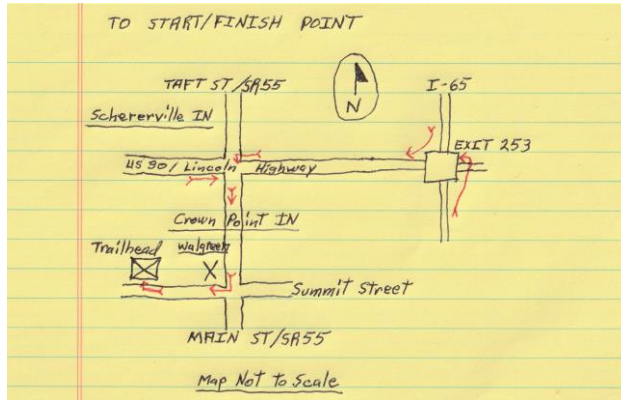
NOTE: The Covid-19 Protocols accompanying this Flyer are the same as last year because it is difficult to predict what to expect in the future. However, less strict protocols may be practiced at the time of the event, if local Covid-19 conditions may warrant. You will not be questioned regarding your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

The Start/Finish Point is the Erie Lackawanna Trail – Summit Street Trailhead, which is at approximately 229 West Summit Street, Crown Point, Indiana 46307. Whether travelling Eastbound or Westbound on US 30 (The Lincoln Highway), at the intersection of US 30 and Indiana SR 55 TURN onto SR55 to head in a Southerly direction toward Crown Point. In Schererville SR 55 is also known as Taft Street, while in Crown Point SR 55 is known as Main Street. At the intersection of SR 55 and West Summit Street (you will see a Walgreens on your right) TURN RIGHT onto Summit to proceed in a Westerly direction. After passing the Walgreens, you will see the Trailhead on your right. Volkssporting signage and banners identify the specific location.



THE HOOSIER HIKERS INVITE YOU TO CELEBRATE THEIR 32ND ANNIVERSARY & NATIONAL VOLKSSPORTING MONTH



AWARD AVAILABILITY IS LIMITED

OCTOBER 28, 2023

**ERIE LACKAWANNA TRAIL – SUMMIT STREET TRAILHEAD
CROWN POINT, INDIANA**

**Six & 11 KM VOLKSMARCH (WALK)
START: 8:00 A.M. TO 11:00 A.M. (CDT)**

**12 & 21 KM VOLKSBIKE (BIKE)
START: 10:00 A.M. TO 1:00 P.M. (CDT)**

**AVA MA23/125788 (WALK)
AVA MA23/125787 (BIKE)**

INVA #826

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) Self-service snacks or beverages may be provided as allowed by local ordinances. 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 may 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 Volkssport 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 Chocipoint 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>		
CK	PT	1 2 3 4 5 6 7 8

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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>		
CK	PT	1 2 3 4 5 6 7 8