

REGISTRATION FORM: May we email you the directions?

_____ Yes _____ No

VIRGINIA VAGABONDS

2020 Seasonal Walking Walks

**April 1 thru September 30,
2020**

Monterey - Highland County

**Washington - Rappahannock
County**

Winchester - Frederick County

Woodstock - Shenandoah

**CREDIT OR NON-IVV
PARTICIPATION ONLY
NO FREE WALKERS**

**PRE-REGISTRATION REQUIRED OR ONLINE
START BOX**



Make Checks Payable to "Virginia Vagabonds" Mail to: Virginia Vagabonds 3 Delmont Court Hampton VA 23666	Credit Only \$3.00	Non-IVV Participant \$3.00
Monterey Highland County		
Washington Rappahannock County		
Winchester Frederick County		
Woodstock Shenandoah County		
Total		

In consideration of being allowed to participate in any way in AVA volkssporting 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 volkssporting program and the related events and activities of such conditions and refuse 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 severe social and economic losses which might result not only from my own actions, inactions or negligence of others, or the condition of the premises, the trail or any equipment used. Further, that there may be other risks no 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. 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 leasers of premises used to conduct the event, all of which are hereinafter referred to as "releases", 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 release or otherwise.

Print:
Name _____

Address _____

City/State/Zip _____

Email Address _____

Signature _____ **Date** _____

SANCTION: These events are sanctioned by the American Volkssport Association, a member of the International Federation of Popular Sports (IVV). These events count for acquisition of IVV achievement awards.

ELIGIBILITY: Everyone is welcome! Participants may walk, jog, or run the trails. Children under 12 must be accompanied by an adult. Groups are welcome.

IMPORTANT NOTICE Completed Start Cards **MUST** be returned by October 5 since the quarterly report will be due soon afterward.

REGISTRATION PROCEDURES Pre-registration is required. Mail pre-registration form and fees to: Virginia Vagabonds, 3 Delmont Court, Hampton VA 23666-5508. Start Cards, driving and walking maps, and trail instructions will be sent by email or return mail. Stamped insert cards will be mailed to the participant for each event completed after your completed start card is received. There will be no refund of any monies paid.

AWARD/FEES: Please pay by check. No refunds. IVV Credit Only Fee: \$3.00 each event. Non-IVV Participant Fee: \$3.00 each event. A non-IVV participant is an individual who participates without obtaining IVV credit. The \$3.00 will be used to defray the cost of putting on the events.

CONDITIONS: The trails must be completed during daylight hours. With registration for these events, the participant accepts the guidelines for AVA Volkssport walks and agrees to observe the principles of good sportsmanship. All pets are to be kept on a leash (6 feet or less) at all times and owners are responsible for cleaning up after their pet. Water and restrooms will be available at the start point for most of the events. You should carry water on all the trails, especially during summer months. Litter must be deposited in the designated containers. Strollers and wagons are fine on the trails. Wheelchairs may have difficulty with the hills.

DISCLAIMER OF LIABILITY: 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.

POINT OF CONTACT: Annette Tollett, 3 Delmont Court, Hampton VA 23666-5508, (757) 814-1417, or email: ahtollett3@gmail.com.

MORE INFORMATION: information about volksmarching is at www.ava.org.

MONTEREY - HIGHLAND COUNTY (5 and 10 KM)

AT 20-Y2164

Rating: 1A

This walk will be on sidewalks and shoulders of road in Monterey. It will go by the Trimble Knob Volcano. SPECIAL PROGRAMS: Airports - Celebrating American Flight and Walking the USA - A-Z. Also, qualifies for Highland County in the Virginia Counties program and Find the LOVE Virginia program.

WASHINGTON - RAPPAHANNOCK COUNTY (5 and 10 KM)

AT 20-Y2166

Rating: 1A

The walk will be on shoulders of road, mostly in the town of Washington. Washington is the county seat of Rappahannock County, Virginia, United States. The site of this town was surveyed by George Washington in July 1749. It was the first of what would be many American places to be named for the future first president. Today, the town is probably best known for The Inn at Little Washington, a five-star restaurant, inn, and member of the Relais & Châteaux group. Largely due to the Inn's influence, the town is also home to several art galleries, unique shops, bed and breakfasts, and restaurants.. SPECIAL PROGRAMS: Mayflower - 400th Anniversary Walk and Walking the USA A-Z. Also, qualifies for Rappahannock County for the Virginia Counties Program.

WINCHESTER - FREDERICK COUNTY (5 and 10 KM)

AT 20-Y2165

Rating: 1B

The walk will be on trails in the Third Winchester Battlefield, as well as some neighborhood streets. SPECIAL PROGRAMS: Mayflower - 400th Anniversary Walk. Also, qualifies for Frederick County in the Virginia County program.

WOODSTOCK - SHENANDOAH COUNTY (5 and 10 KM)

AT 20-Y2227

Rating: 1B

This walk will be on sidewalks and shoulders of road in Woodstock. SPECIAL PROGRAMS: Mayflower - 400th Anniversary Walk, Rockin' Around the Clock, Walking the USA A - Z. Also, qualifies for Shenandoah County in Virginia County program and Find the LOVE Virginia program.