

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

SPONSOR: Virginia Volkssport Association (VVA)

ELIGIBILITY: Everyone! Children under 12 must be accompanied by an adult. Groups are welcome.

AWARD/FEES: Please pay by check. IVV Credit Only and Non-IVV Participant Fee: \$3.00 each event. A Non-IVV Participant is one who is not stamping their IVV walk books. No refunds. There are no free walkers allowed.

REGISTRATION PROCEDURES: **Pre-registration is required.** Mail the pre-registration form and fees to 12311Ridgefield Parkway, Henrico, VA 23233 or register with the Online Start Box through my.ava.org. Start Cards, driving and walking maps, and walking directions will be sent by email or return mail for mailed registrations. Stamped insert cards will be mailed to the participant after the completed start card is received. There is no refund of any monies paid.

CONDITIONS: The trail must be completed during daylight hours. With registration for these events, the participant accepts the guidelines for AVA Volkssport events and agrees to observe the principles of good sportsmanship. Pets are permitted on these; however, they must be on a 6-foot leash at all times. Water and restrooms are available at the start points, but you should carry water on all trails, especially in the summer. Litter must be deposited in designated containers. All walks must be completed during daylight hours only.

POINT OF CONTACT: Chris Kelly, 12311Ridgefield Parkway, Henrico, VA 23233, (804) 909-9916 email: ce_kelly@comcast.net

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.

INFORMATION: Information about volksmarching and location of events is available at www.ava.org and walkvirginia.org. Special programs that are applicable to all events or all walks are not shown to reduce clutter.

BRIDGEWATER

Event number AT 23-Y2528

The walk will be on sidewalks and shoulders of roads in the town of Bridgewater, including through part of Bridgewater College. There are a few small hills. Trail Rating: 1A. 5, 6, 10, and 11 KM trails

SPECIAL PROGRAMS: Airports – Celebrating American Flight (10/11 KM only), Par-For-The-Course, Virginia County Program - Rockingham County

CHARLOTTESVILLE

Event number AT 23-Y0742

The trail begins in McIntire Park and goes through the campus of the University of Virginia and the downtown mall area. Wheelchairs will be NOT be able to go up and down steps. Trail Rating: 2A. 6 and 10 KM trails

SPECIAL PROGRAMS: Par-For-The-Course, Rockin' Around the Clock (10 KM only), Town Hall/City Hall, Walking with America's Veterans, Virginia City Program--Charlottesville

HARRISONBURG

Event number AT 23-Y1315

The trail is on a combination of hardtop, natural park, and city sidewalks. It includes James Madison University and the Edith J. Carrier Arboretum.

SPECIAL PROGRAMS: Par-For-The-Course, Rockin' Around the Clock, Town Hall/City Hall, Walking with America's Veterans, Virginia City Program—Harrisonburg, Virginia Find the LOVE

WYTHEVILLE

Event number AT 23-Y2664

The walk will be on sidewalks and shoulders of roads in the town of Wytheville, including passing many historic houses. Trail Rating: 1A. 5 and 10 KM trails

SPECIAL PROGRAMS: Par-For-The-Course, Rockin' Around the Clock, Walking with America's Veterans, Virginia County Program - Wythe County, Virginia Find the LOVE

LEXINGTON
Event number AT 23-Y0589

This trail has several significant hills and is on historic streets and natural surface paths along the Woods Creek Trail. You will walk on the campus of Virginia Military Institute, as well as Washington and Lee University. This trail is not suitable for strollers or wheelchairs. Trail Rating: 2B. 5 and 10 km trails

SPECIAL PROGRAMS: Mayflower - 400th Anniversary Walk, Rockin' Around the Clock, Town Hall/City Hall, Walking with America's Veterans, Par-For-The-Course, Virginia City Program—Lexington

LYNCHBURG
Event number AT 23-Y2713

The walk will be on sidewalks and shoulders of roads in the town of Lynchburg, as well as along several natural trails and through a tunnel. There are a few small hills. Wheelchairs and strollers will have difficulty. Trail Rating: 2B. 5 and 10 KM trails

SPECIAL PROGRAMS: Town Hall/City Hall, Walking with America's Veterans, Par-For-The-Course, Virginia City Program—Lynchburg, Virginia Find the LOVE

STAUNTON
Event number AT 23-Y0832

The walk route is mostly on city sidewalks passing the Woodrow Wilson Library and Birthplace, Mary Baldwin College, Gypsy Hill Park, and Thornrose Cemetery. Wheelchairs may have difficulty. Trail Rating: 2A. 5 and 10 KM trails

SPECIAL PROGRAMS: Little Free Libraries, Rockin' Around the Clock, Virginia City Program—Staunton



VIRGINIA VOLKSSPORT ASSOCIATION

Year-Round Walks

January 1 - December 31, 2023

Bridgewater

Charlottesville

Harrisonburg

Lexington

Lynchburg

Staunton

Wytheville

**ONLINE START BOX OR
REMOTE REGISTRATION ONLY**



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1974 —

SANCTIONED EVENT
Eligible for credit towards IVV Achievement Awards



Make checks payable to "VVA" and mail to the POC	Credit Only \$3	Non-IVV \$3
Bridgewater		
Charlottesville		
Harrisonburg		
Lexington		
Lynchburg		
Staunton		
Wytheville		
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.

Name _____

Email Address _____

Make checks payable to "VVA" and mail to the POC	Credit Only \$3	Non-IVV \$3
Bridgewater		
Charlottesville		
Harrisonburg		
Lexington		
Lynchburg		
Staunton		
Wytheville		
Total		

In consideration of being allowed to participate in any way in AVA volkssporting programs and related events and activities, the undersigned:

5. 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.
6. 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.
7. Assumes all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death.
8. 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.

Name _____

Email Address _____