

REGISTRATION FORM: May we email you the directions?

_____ Yes _____ No

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
Charles City Courthouse Charles City County		
City of Colonial Heights		
City of Franklin		
City of Portsmouth		
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 _____

VIRGINIA VAGABONDS

2022 Seasonal Walking Walks

April 1 thru September 30, 2022

Charles City Courthouse –
Charles City County

City of Colonial Heights

City of Franklin

City of Portsmouth

CREDIT OR NON-IVV
PARTICIPATION ONLY
NO FREE WALKERS

PRE-REGISTRATION REQUIRED OR USE ONLINE
START BOX



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 my.ava.org.

**CHARLES CITY COURTHOUSE – CHARLES CITY COUNTY
(5 and 10 KM)
AT 22-Y3050
Rating: 1A**

The walk will be on sidewalks and shoulders of road in the town of Charles City, and along the Virginia Capital Trail. SPECIAL PROGRAMS; Walking with America's Veterans and Walking the USA - A-Z. Also, qualifies for Charles City County in the Virginia Counties program and Find the LOVE Virginia program.

**CITY OF COLONIAL HEIGHTS (5 and 10 KM)
AT 22-Y3053
Rating: 1A**

This walk is along the Appomattox River in the City of Colonial Heights. The trail is paved and follows the Appomattox River. and is good for all skill levels. The trail offers a number of activity options and is accessible year-round. Dogs are also able to use this trail. SPECIAL PROGRAMS: Walking the USA A-Z. Also, qualifies for Colonial Heights in the Virginia Cities program.

**CITY OF FRANKLIN (5 and 10 KM)
AT 22-Y3051
Rating: 1A**

The walk will be on sidewalks and shoulders of road in the City of Franklin, SPECIAL PROGRAMS: Town Hall / City Hall, Walking the USA A-Z, and Walking with America's Veterans. Also, qualifies for City of Franklin in the Virginia Cities program and Find the LOVE Virginia program.

**CITY OF PORTSMOUTH (5 and 10 KM)
AT 22-Y3052
Rating: 1A**

The trail will be along city streets through Portsmouth, along the shores of the Elizabeth River, by several historic churches and museums, and by the Courthouse of 1846 (County of Norfolk). SPECIAL PROGRAMS: Little Free Library, Mayflower - 400th Anniversary Walk, Walking with America's Veterans .Walking the USA A - Z. Also, qualifies for City of Portsmouth in the Virginia Cities program and Find the LOVE Virginia program.