

Sunflower Sod Stompers
P.O. Box 2576
Topeka, Kansas 66601-2576

Sunflower Sod Stompers'

Huffin' & Puffin'

On the

High Plains

Of Kansas

Walks in the Kansas Counties of
Lincoln, Mitchell, Osborne, Phillips,
Rooks, and Smith

6 - 12/10/7/5km Trails



May 12, 13, 14 & 15, 2022



SANCTIONED EVENT
 Eligible for credit towards IVV Achievement Awards



WHAT IS A VOLKSWALK?

A volkswalk is a leisurely walk through a scenic and/or historic area with written directions. The walk is non-competitive and the participants can travel at their own pace, thus making this an excellent recreational activity for the entire family. A volkswalk is a great way to meet new friends and a fun way for individuals to receive exercise. The walking activity is not connected to any fund raising.

Huffin' & Puffin' on the Kansas High Plains

The Sunflower Sod Stompers of Topeka would like to invite all volkssporters to join them in their springtime, traditional events. A busy weekend of volkssporting is planned for the High-Plains of northcentral Kansas. Events will be held in the 5 new counties of: Lincoln, Osborne, Phillips, Rooks, and Smith - walking in the 5 county-seat communities. Another walk will be in Mitchell County where we have walked before but some walkers might have missed it! These counties are located west & north of Salina - some touching the Nebraska border. These walks will be in smaller Kansas towns focused on agriculture, light industry, hunting, and government. But each one is unique with some hidden finds. All six of the walking events are new or revamped Sod Stomper trails in these different communities, five new Kansas counties - for those who are trying to walk all 105.

Participants will find higher altitudes, lower humidity, and maybe a range of temperatures. And be prepared for the ever-blowing winds! Group meals have been arranged for Thursday, Friday & Saturday evenings. Motel blocks have also been established. There will be qualifiers for some of the AVA Special Programs. Come enjoy small-town Kansas on the central High Plains of the United States!

Huffin' & Puffin' Seasonal Events

This Sod Stomper walking weekend will provide you an opportunity to coordinate with their Seasonal Huffin' & Puffin' events along the U.S. 36 corridor in northwest Kansas. You are close to the Sod Stompers' events located in Norton, Oberlin, Atwood, & Saint Francis. You will have an opportunity for 10 more walks and 4 swims!



More Information: Publicity Chair: Trudy Duffman

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Terri Tyler ttyler50@gmail.com 785-233-4385

or Sarah Long sarahslong@gmail.com 785-271-1056

E-mails are preferred due to the "robo"calls



TRAVEL INFORMATION

Events will be located in north central Kansas between I-70 and U.S. 36 corridors. First event will be located in Lincoln. Lincoln is located 140 miles west from Topeka; 400 miles east of Denver; 290 miles north of Okla. City.



Lincoln to Beloit: 30 miles Beloit to Osborne: 40 miles
Osborne to Stockton: 32 miles Stockton to Phillipsburg: 24 miles
Phillipsburg to Smith Center: 30 miles

CAUTION These communities have no sewer systems. There will be dips for water runoff at intersections which could damage your vehicles. Drive carefully. **CAUTION**



EVENT INFORMATION



Lincoln, Kansas
Friday, May 13, 2022

Lincoln County
SC-121208

Map Guided Walks Distance: 5km/10km

Location: This Friday walk will start at the Post Rock Motel, 1907 East Kansas Highway 18. Registration will be in front or inside a motel room, depending on weather. Post Rock Motel is located 15 miles north of I-70 Exit # 221. The motel is just to the east of the intersection Kansas Highways #14 and #18.

Start/Finish: Start from 9:00a.m. to 10:30a.m.; finish by 12:15 p.m.

Course: Trails will include the historic business area of Lincoln besides residential areas. Walking surfaces will be gravel & paved roads and sidewalks. 10km course will have a grassy area. Restrooms should be available at checkpoints. Trail rating: 1-A



Water stops will be available for the walkers on the trails. Feel free to bring your water containers. Pets are welcomed to take part with their masters but please consider the weather conditions of Kansas
Limited restroom availability in these smaller communities!

Beloit, Kansas
Friday, May 13, 2022

Mitchell County
SC-121209

Map Guided Walk Distance: 5km/10km

Location: The walk will start/finish inside The Port Library at 1781 North Hersey, which is located in the “North Campus Complex of City Offices” park area. Follow Ks. 14 north from Lincoln for 31 miles to Beloit. Once in Beloit, follow Hersey Avenue straight north into the Complex. Do not turn on West 8th Street with Hwy. 14. Please park away from the front of the Library – leave for patrons.

Start/Finish: Start between 1:30-3:00p.m. & finish by 5:00 p.m.

Course: The routes will lead through residential areas along with the business area of Beloit. The 5km course will start away from the Library. Both routes will have some full sun. Walking surfaces will be pea gravel, pavement and cement. Trail rating: 1-A



Please take the time to patronize our start points and the businesses who have agreed to be check points and to provide restroom facilities.

Osborne, Kansas
Saturday, May 14, 2022

Osborne County
SC-121210

Map-Guided Walk Distance: 5km/7km/10km/12km

Location: This walk will start/finish in the “Community Room” of the Osborne Public Library, 325 West Main Street. The Library is located 2.5 blocks west of US 281/1st Street on West Main Street.

Start/Finish: Start from 9:00a.m. to 10:30a.m.; finish by 12:15 p.m.

Course: All trails will include the business area of Osborne besides residential areas. The 10/12km course will include areas of full sun. Paved & gravel roads and sidewalks Trail rating: 1-A



Stockton, Kansas
Saturday, May 14, 2022

Rooks County
SC-121211

Map Guided Walk Distance: 5km/10km

Location: The walk event will start/finish inside a Rooks County Free Fair building on the fair grounds. Coming from Osborne on US 24, follow US 24 to the intersection with US 183/Cedar Street. Turn left on US 183 & go south 7 blocks to South 7th Street. Turn left, go 2 blocks to Elm Street-Rooks County Sheriff Building on the corner. Turn right and follow loose gravel road toward fair buildings. Look for banner &/or markers.

Start/Finish: Start between 1:30-3:00p.m. & finish by 5:00 p.m.

Course: The routes will lead through residential areas of Stockton and the main business district. Fairly flat surfaces will be varied to include pavement, cement, & gravel. Areas of full sun on the trails. 10km course will have inclines. Rating: 1-A



Phillipsburg, Kansas
Sunday, May 15, 2022

Phillips County
SC-121212

Map Guided Walk Distance: 5km/10km

Location: The walk event will start/finish inside Fort Bissell Museum – Heritage Hall - 501 Fort Bissell Avenue, west edge of town. Follow US 36 west thru Phillipsburg & turn left just after the EconoLodge on the left side. You may park at the EconoLodge; parking limited at Museum.

Start/Finish: Start from 9:00a.m. to 10:30a.m.; finish by 12:15 p.m.

Course: The routes will lead through residential areas of Phillipsburg & the main business district. Surfaces will be varied to include roads and sidewalks with inclines. Areas of full sun & wind. Airport is on the 10km trail. Rating: 1-A



Smith Center, Kansas
Sunday, May 15, 2022

Smith County
SC-121213

Map Guided Walk Distance: 5km/10km

Location: The walk event will start/finish inside the VFW #1141 building, 620 “A” Street. Follow US 36/US 281 thru Smith Center & turn right onto “A” Street. The VFW sets 1 building off of the highway on left side of “A”. “A” Street is hidden by the Excel RV Travel Service Center. If you get to the Smith County Hospital complex, turn around.

Start/Finish: Start between 1:15 - 2:30 p.m. & finish by 5:00 p.m.

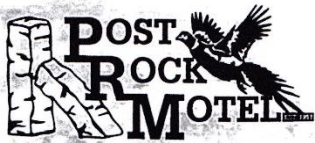
Course: The routes will lead through residential areas of Smith Center and the main business district. Fairly flat surfaces will be varied to include grass, roads and sidewalks where available. Areas of full sun and wind exposure on the trails. Trail Rating: 1-A

Please allow the Sod Stompers sufficient time to prepare for their events and to pick-up when finished. We will get you on the trails as soon as we are ready, and safe for walking.



Overnight accommodations in our Kansas small towns are limited. The Sunflower Sod Stompers have rooms blocked for their volkssporting friends on appropriate nights at the following establishments:

Thursday, May 12



1907 East Hwy. 18
Lincoln, Kansas
785-420-1081

1 bed \$55w/taxes – 2 bed \$75w/taxes – 3 beds w/taxes
Rooms are released April 13



Friday, May 13

Crossroads Inn

933 North 1st Street
Intersection of US 24 & US 281
Osborne, Kansas

785-346-5413 – talk to Rodney

Single \$59.95 w/ taxes; 2 or more \$70.85 w/taxes

Limited number; Rooms are reserved under Terri Tyler



Saturday, May 14



320 West State Street
Phillipsburg, Kansas
785-543-5223

1bed \$70.00w/taxes; 2 beds \$75.00w/taxes
Please call by May 1

COTTONWOOD INN

1200 STATE STREET – PHILLIPSBURG, KS.

785-543-2125 – Ask for Jennifer

Rates same as Econolodge

Code: Sunflower – Cutoff: May 1

Breakfast items available



THINGS YOU NEED TO KNOW



Walking Events: These walking events will be map guided. Participants will be given directions with written descriptions and a map. Walk events are **CANCELLED** if there is severe weather and/or dangerous conditions in the area. Return to the start/finish area ASAP. Event credit will be stamped into your IVV Record Books

Registration: IVV Credit will be \$3.00 per event. Signing the AVA liability waiver is required of all participants. No free walkers. IVV Record Books may be purchased for \$6.00 each.

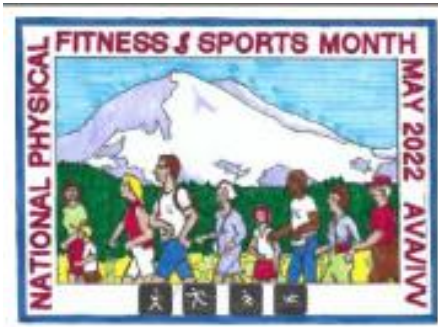
Event Comments: Although many streets are tree-lined, be prepared for walking in full sun and winds.

Weather: Weather conditions can quickly change in this part of the U.S. **Be aware of the county that you are in** as weather warnings are issued by counties.

Disclaimer: The American Volkssport Association, Sunflower Sod Stompers, and their officers, members, and agents shall not be liable or responsible for, and shall be saved and held harmless for and against any and all claims and damages of every kind, for injury to or death of any person or persons and for damage to or loss of property arising out of or attributable to the operators or events conducted by the AVA.



An award patch should be available for the
National Physical Fitness Month of May



Restaurants can be scary in this area of Kansas. Group meals have been arranged for us at the following:

Thursday night approximately 6:00p.m. at:

116 South 5th Street
Lincoln, Kansas

Thursday is fried chicken night!



Special Friday a.m. walkers' buffet at
Frankie's – 109 West Lincoln
6:45-8:00a.m.

Friday evening
7:00p.m.
Osborne, Kansas



Saturday morning
7:00 – 8:00a.m.
US 24 & US 281



Saturday's Lunch

Provided by
VFW Auxiliary Post # 7743
VFW Building – 123 West Main
10:45am – 12:30pm



Saturday Evening – 7p.m. - at:

Willer's Casual Dining

859 3rd St. – Downtown Phillipsburg – west side of square



VFW #1141 is providing food items for our group in Smith Center, 1-5pm. Please patronize their efforts. The Post did not charge the club for usage. The Sod Stompers appreciate their cooperation and kindness!



