

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
Barton, Ellsworth, Pawnee, Rice, and
Russell

8 - 13/10/6/5km Trails 4-300m Swims



May 11, 12, 13 & 14, 2023





AMERICA'S WALKING CLUB
ESTABLISHED 1976

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 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 central Kansas. Events will be held in the 5 counties of: Barton, Ellsworth, Pawnee, Rice and Russell - walking in the 5 county-seat communities. Some of these counties have been walked before but this was several years ago before the "Kansas County" program was started. These Kansas events are located west of Interstate 135 and along, or just south of I-70. Some of the event towns are located along U.S. 56, the "Old Historic Santa Fe Trail" route. Make sure you bring your Parks Passport book. These walks will be in smaller Kansas towns focused on agriculture, light industry, mining, and government. Each event will be unique with some hidden finds. All 8 of the walking events are new or revamped Sod Stomper trails in different communities & areas, 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 Wednesday, 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!





Sod Stompers' Year-Round Events

This Sod Stomper walking weekend will provide you an opportunity to coordinate with their Year-Round Walks along the corridors of I-135 & I-70. You will have an opportunity for 10 or more walks this extended weekend!

Great Bend, Kansas
Saturday, May 13, 2023

Barton County
SC-124171

Map Guided Walk Distance: 5km/10km

Location: The walk event will start/finish inside the courtyard of the Best Western Angus Inn, 2920 10th Street. The Best Western is 0.8 mile from the crossroads of US 281 and US 56. The motel is on the north side of US 56 (10th Street).

Start/Finish: Start from 8:00a.m. to 9:30a.m.; finish by 11:30a.m.

Course: The routes will lead through tree-lined, well-maintained residential areas of Great Bend & the main business district. Surfaces will be varied to include roads & sidewalks. Rating: 1-A



Larned/Fort Larned NHS, Kans. Pawnee County
Saturday, May 13, 2023 SC-124172

Map Guided Walk Distance: 4km/5km/10km/13km

Location: The walk event will start/finish inside the Santa Fe Trail Center, 1349 K-156, 2 miles west from Larned. **Remote start.** Bring your National Parks Passbook!

Start/Finish: Start between 1:00 - 2:15 p.m. & finish by 4:45 p.m.

Course: The routes will be a combination of courses leading through Larned and minor extensions at the Trails Center, and Fort Larned National Historic Site. You may choose your sanctioned trails & distances. Fairly flat surfaces will be varied to include grass, gravel & paved roads and sidewalks where available. Areas of full sun and wind exposure on the trails. Trail Rating: 1-B



Russell, Kansas
Sunday, May 14, 2023

Russell County
SC-124173

Map Guided Walk Distance: 5km/10km

Location: The walk event will start/finish inside the "social room" of The Lodge at Russell - 902 South Fossil Street (US 281). The Lodge is 0.5 mile north of I-70, on US 281; I-70 Exit 184. This event will be a Remote Start.

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 Russell & the main business district. Surfaces will be varied to include paved roads, streets & sidewalks. Areas of full sun and wind. Trail Rating: 1-A



Wilson, Kansas
Sunday, May 14, 2023

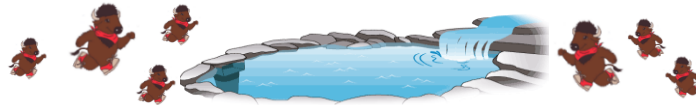
Ellsworth County
SC-124174

Map Guided Walk Distance: 5km/10km

Location: The walk event will start/finish inside the Kansas Originals Market & Gallery, 233 Ks - 232. Kansas Originals is 0.3 mile north of I-70, Wilson Exit 206. **Remote start.**

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 Wilson and the main business district. Fairly flat surfaces will be varied to include streets & roads and sidewalks where available. Areas of full sun and wind exposure on the trails. Trail Rating 1-A



Great Bend, Kansas **Barton County**
Thursday-Friday May 11-12 SC-124175 & 176

2 Indoor Swims Distance: 300 meters @

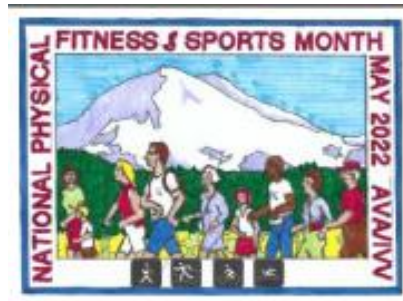
Location: The swim events will start/finish inside the courtyard of the Best Western Angus Inn. Directions the same as the Great Bend walk event.

Start/Finish: Registration will be after our evening meals, both nights, approximately 8:45 -9:15pm. You may swim only during the Best Western's established pool hours.

Course: Participants may swim or water walk & can rest at the ends of the pool but cannot leave the pool area during the swim events. Appropriate swim attire.



May is National Physical Fitness Month. An award patch should be available; 2023 design is not available as of this brochure printing



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.



ELLINWOOD, KANSAS

UNDERGROUND TUNNEL TOURS

TOUR THE TUNNELS & HISTORIC HOTEL WOLF
\$10:00 PER PERSON
MEET AT EMPORIUM MAY 12 11:00A.M.
YOU MUST REGISTER AT HISTORICWOLFHOTEL.COM
CLICK ON TAB FOR "SEE & DO"
620-639-6915 OR 620-564-2400
THIS TOUR HAS BEEN ARRANGED FOR OUR GROUP!



Restaurants can be scares in this area of Kansas. Some places cannot handle larger groups. Group meals have been arranged for us at the following establishments listed on the other side:



Wednesday night – May 10
6:30p.m.
105 West Main - Lyons, Kansas



Saturday lunch -
The Great Bend
Sod Stomper checkpoint
1216 Main Street

Thursday & Friday, May 11 & 12
BW | Best Western.
Hotels & Resorts



Angus Inn



2920 10th Street Great Bend, Kansas 620-792-3541

\$89.95 Grab & Go Breakfast \$104.95 Perkins Voucher

Above prices do not include taxes

Cutoff date is April 27 – Mention Sunflower Sod Stompers
When calling for your reservation, desk personnel will ask for the
type of breakfast you so desire each day. Perkins is adjacent.

Thursday's lunch suggestion at locally owned:

111 West Main in Lyons
Courthouse Square




Featuring coffee drinks, craft beer on tap, tea, wine, rustic pizzas, Paninis, bakery items and an inviting atmosphere

Saturday evening – 6:30 p.m.




Meridy's
restaurant & lounge

Full Menu - Daily Buffet - Open 6 AM - 10 PM
 South Highway 281 - Russell, Kansas 67665
 (785) 483-4300



Thursday Evening
 Great Bend
 6:30p.m.
 1919 Lakin – Town Square

Saturday, May 13
 901 South Fossil Street
 Russell, Kansas
 785-483-2107

1bed \$58.00w/taxes; 2 beds \$58.00w/taxes
 Full breakfast is included -- Please call by May 6


Enjoy Friday's lunch
 in Ellinwood
 19 North Main
Locally owned



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



Our "Start /Finish" for the Wilson Event
Everything "KANSAS"
Please patronize if possible



Friday Evening – 6:30p.m.
 Great Bend
 Adjacent to the Best Western
 Attached to Perkin's
 2920 10th Street

Please e-mail Terri Tyler your meal choice by May 9th:

Grilled Chicken Salad Ribeye Grilled Chicken Breast
 Fresh Salmon Chicken Fried Steak Filet Mignon



Wednesday, May 10
 1108 East US 56
 Lyons, Kansas
 620-680-6022 or
 866-372-0882

1 Queen \$80 – King \$85
 2 Queens \$90 – plus taxes
All room types included a full breakfast



More Information: Publicity Chair: Trudy Duffman trudyduffman@yahoo.com 618-670-6920
 Terri Tyler tityler50@gmail.com 785-233-4385
 or Sarah Long sarahslong@gmail.com 785-271-1056
 E-mails are preferred due to the "robo"calls



