

## **You Are Invited to Join the Albany Fitwalkers**

Do you like to walk? Do you prefer to walk with others and explore other areas? If your answers are “yes,” then the Albany Fitwalkers can offer you fitness, fun, and friendship. Anyone can join our walks. That includes children and fourlegged friends. We walk every Thursday, one Sunday afternoon monthly, and often on weekends. Our walks are noncompetitive and everyone walks at his/her own speed.

**WHO ARE THE ALBANY FITWALKERS?** Our official name is the Albany Fitwalkers Volkssport Club (NW 474) specializing in volkswalking. What are Volkssport & volkswalking? Volkswalking (or "people's walk") began in Europe and has spread rapidly through the United States. Our club joined the American Volkssport Association (AVA) in 1987 as its 474<sup>th</sup> sanctioned club. Volkssport also includes swimming and bicycling but our club concentrates on walking.

**WHAT DO THE ALBANY WALKERS DO?** As a member of AVA, we follow its guidelines for walking. If you are already familiar with AVA, you need no explanation. If not, here's the information you want. Because volkswalking began in Europe, club members measure walk distances in kilometers rather than miles. Clubs prepare local 5 kilometer (3.1 miles) and/or 10 kilometer (6.2 miles) yearround walks. Yearround means anyone can walk these routes any day of the year, unless there are seasonal restrictions. We have prepared several walks in Albany, Brownsville and Jefferson (see our brochure on the “Walks” page of our website). Besides these walks we also sponsor several special one-day weekend events. If you enjoy walking with others locally, join our Sunday monthly walk. If you would enjoy carpooling to other towns for walks prepared by other Oregon clubs, join our Thursday walks. Occasionally members carpool to weekend AVA walks in other towns.

**WHAT IS THE COST?** There is no cost for the walk. Thursday carpooling walkers do share gas costs. We often eat at a local restaurant after a walk before returning home. If you want to join AVA and track your walks by using AVA booklets, you pay \$3 for AVA credit and are eligible for AVA pins/badges. Our club members can explain the benefits of AVA membership in detail.

The club meets monthly on the second Tuesday evening at 7 PM at Brookdale Courtyard Villas, 1929 Grand Prairie Rd., SE. Our meetings are open to the public.

**HOW DO I JOIN?** Annual dues are \$10 for individuals or families. This includes a newsletter published at least 10 times annually which lists upcoming events and other news of interest. If you would like to become a member of the ALBANY FITWALKERS, please complete the membership application. Send your application with a check for \$10, payable to the ALBANY FITWALKERS, to P.O. Box 1218, Albany, OR 97321.

For more information, please contact Don 541-926-8327 or [donreed1946@yahoo.com](mailto:donreed1946@yahoo.com) or Karen at 541-979-8277 or [kjwusstig@gmail.com](mailto:kjwusstig@gmail.com); contact us through our website: [www.albanyfitwalkers.org](http://www.albanyfitwalkers.org); or write to us at the above address.

**WE LOOK FORWARD TO WALKING WITH YOU!**