

## What are Volkssports?

Volkssports are non-competitive outdoor events sponsored by the American Volkssport Association (AVA), for all people regardless of age or athletic ability. Volkssports promote fun, fitness, and friendship. For events or other information, visit [www.ava.org](http://www.ava.org).

## Record Books for Walking:

Volkswalkers enjoy keeping track of the walks they do. An Event Book is used to track the number of events walked and a Distance Book is used to track the total number of kilometers walked. This is called “walking for credit.” To receive credit, the walker pays a \$3 fee per event. Ask about a New Walker Packet, which includes an event and distance book, and get started tracking today!

The Albany Fitwalkers’ club calendar, newsletter, and year-round event brochure can be found on the club’s website at [www.albanyfitwalkers.org](http://www.albanyfitwalkers.org).



## Special Program Carousels Across America

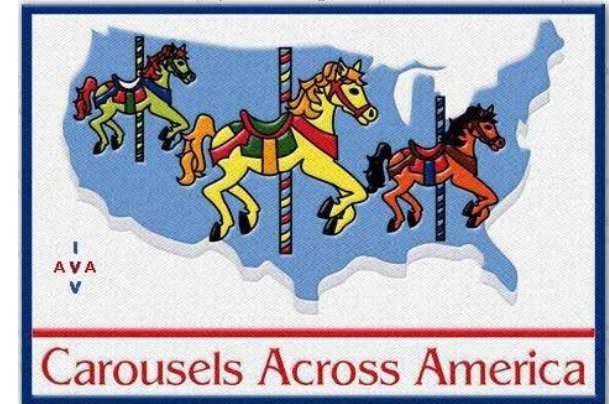
Participation in the Carousels Across America Special Program is a fanciful way to experience fun, fitness and friendship. Any sanctioned traditional or year-round event passing a carousel that is a permanent structure and operational in the United States qualifies.

Participation in qualifying events must take place between January 1, 2019, and December 31, 2021. The number of entries per event is not limited, but registration is required for each.

Completed booklets must be redeemed by December 31, 2022. The award for completing the program is a 4” X 2¾” embroidered patch depicting three colorful carousel horses of varying sizes. One patch will be awarded for each booklet returned with 15 event stamps.

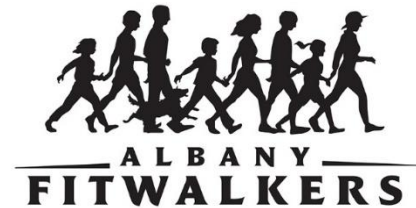
Participation booklets can be purchased at the Carousels Across America event walk on April 27 or by sending a check or money order for \$10 to Albany Fitwalkers Volkssporting Club at PO Box 1218, Albany, OR 97321. (Please be sure your return address is included.)

## *A Traditional Walk Event*



***Saturday, April 27, 2019***

Sponsored by



**5K/10K - Rated 1A**

Event # 111129



**Start:** 9AM – 12PM

**Finish:** 2PM

**Registration:**

This event is open to everyone. Children must be accompanied by an adult. All participants must register, sign and carry a start card, and return the card upon finishing the event. Event held rain or shine.

**Credit/Fees:**

This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports. This event counts towards the acquisition of IVV Achievement Awards. Those wishing to receive IVV/AVA credit must pay a \$3.00 participation fee.

**Walk Description:**

Begin a 5K or 10K at The Brass Ring, a beautifully restored carousel in historic downtown Albany. Walk on sidewalks and paved paths along the Willamette River through parks and past vintage homes and businesses. Along the way, pass qualifiers for many challenges and special programs. (See enclosed list.)

Route is easy for wagons, wheelchairs and strollers. Dogs are welcome but not in public buildings.

**Amenities:**

Water and restrooms will be available at the start point, check point and finish.

**Declaration:**

Reasonable effort will be made to make this a safe, enjoyable and memorable event. 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.

**Location:**

The Brass Ring Carousel  
503 W 1st Avenue, Albany, OR 97321

**Directions:**

**SOUTH BOUND I-5:** Take exit 234B onto Pacific Blvd. Stay in Right lane and follow signs for City Center. Right on Lyon Street. Left on 1st Avenue. Right on Washington to park along Water Street or at Monteith Park.

**NORTH BOUND:** Take exit 233. Right onto Hwy 20 toward City Center. Merge onto Pacific Blvd. Follow signs for City Center. Right on Lyon Street. Left on 1<sup>st</sup>

Avenue. Right on Washington to park along Water Street or at Monteith Park.

**Challenges:**

WOC: Depots, Dogs, Entertainment, Emergency, Eyes, Gazebo, Gardens, Gargoyles, Gallery, Hospital, Historic Homes, Hotel, Ink, Image, Italian, Japanese, Java, Jewelry, Justice, Noodles, Nature, nurseries, Overlook; ESVA: Whisky, Brew, Historic railroad Station.

**Special Programs:**

Bridges - Spanning the USA, Carousels Across America, Ice Cream Parlors, Little Free Libraries, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street, Walking America's Ports of Call, Walking the USA A – Z

**Contact Info:**

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