

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.

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.



Special Program Carousels Across America

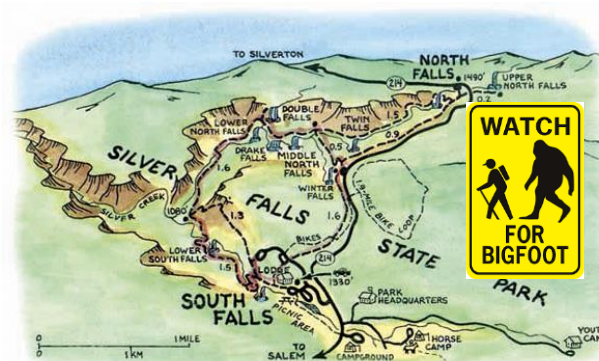
Nearby Salem and Albany are host to beautiful hand-finished carousels that meet the Carousels Across America special program sponsored by the Albany Fitwalkers. Participation in the Carousels Across America Special Program is fanciful way to experience fun, fitness and friendship. Any sanctioned traditional 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 Still Searching for Big Foot event on June 13 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.)

Still Searching for Big Foot



A Traditional Event

Sponsored by the Silverton Walk Abouts

Saturday, July 13, 2019

5K/7K/8K/11K – Rated 3B
Event # 113390



Start: 8AM - 12PM
Finish: 3PM

Registration:

This event is open to everyone. Children under 16 must be accompanied by an adult. Participants must register, sign and carry a start card, and return the card upon finishing.

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:

Event features choices of distance and difficulty levels for folks of all ages, physical abilities, and endurance levels. Some flat, paved areas and some viewing areas are wheelchair accessible. A loop around South Falls will include a flat walk on the nature trails of the campground, rated a 2B due to a portion of the walk to the falls. You may wish to do the entire 11K on the ten falls trail which is rated 3C. There

are some shorter distances on this same trail, a popular day hike area. Consider your own ability when choosing your route. Sturdy walking shoes are a must. Bringing along water and snacks is advised.

Additional Info:

Event held rain or shine. A \$5 State Park Day Use Pass is required. A 12-months pass is available for \$30. Registration will be at Shelter E near the South Falls parking area and rest rooms. Park gates open 7am - 9pm. Silver Falls main office phone: 503-873-8681.

July 13-14 is Historic Silver Falls Days. Displays/demonstrations 10AM - 4PM.

Amenities:

Restrooms are available at the start and finish or in the campground where a portion of the walk will go. NO restrooms available on the canyon trail.

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.

Start Location:

Silver Falls State Park, Shelter E
20024 Silver falls Hwy SE
Sublimity OR 97385
STATE PARK PASS REQUIRED

Directions:

From the North, take I-5 exit 271. Follow signs to Silverton Hwy 214 East. At Silverton, right at the light on C Street. Left at the next light onto Water Street (becomes Hwy 214). Continue 16 miles and right into South Falls day use area parking. From the South, take I-5 exit 253, turning right on Hwy 22 East. Take exit 7 onto Hwy 214, Silver Falls State Park. Follow signs and drive 16 miles, turning left into Silver Falls day use parking.

Challenges:

WOC's are: Nature

Special Programs:

Bridges - Spanning the USA
Walking the USA, A - Z

Contact Info:

Don Reed (541) 974-5780
donreed1946@yahoo.com
www.albanyfitwalkers.org

