

AVA was founded in 1978 and is a nonprofit, tax-exempt, national organization dedicated to promoting the benefits of health and physical fitness for people of all ages. The AVA promotes physical fitness by sponsoring through it affiliate clubs, non-competitive sports events in safe, stress-free environments.

Volkssporting is an organized walk, bike, or swim designed to appeal to everyone. Events are non-competitive and participants go at their own pace.

AVA Sanction: This event is sanctioned by the American Volkssport Association (AVA); a member of the International Federation of Popular Sports (IVV). This event can count toward the acquisition of the IVV Achievement Awards.

DIRECTIONS TO THE START POINT

From Tulsa or Lawton. Take I-44 to I-40 in Oklahoma City. West on I-40 to Meridian Ave. South on Meridian Ave to SW 15th. East on SW 15th to Holiday Inn; its on the north (left) side of the road. The Boardroom is on the 2nd floor. Watch for signs or see the hotel front desk.

Hotel coordinates: N 35° 26.95' W 097° 35.001'

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Oklahoma River

(Oklahoma

County)



Saturday April 12, 2014

5K/10K Walk - Credit Only
Start Times: 9:00 a.m.—12 p.m.

Sponsored by
Wandergruppe Walking Club, Inc.

AVA Sanction Event # SC 14/98469



Come join the fun and fellowship, in addition to earning AVA event and distance credits, while walking along the Oklahoma River trails.

Start Point: Holiday Inn, 4401 SW 15th St, Oklahoma City OK. Registration and start/finish point will be in Boardroom of the Holiday Inn. The Boardroom is on the second floor, look for signs or ask at the hotel desk. Restrooms are at the start/finish.

Date and Time: Saturday April 12, 2014. You may register and start anytime between 9 a.m. - 12 p.m. All walkers should finish by 3 p.m. that day.

Eligibility: The walk is open to the public. All ages are welcome for this non-competitive walk which you complete at your own pace. An adult must accompany children under the age of 12.

Event Cancellation: The walk will be held regardless of weather.

Procedure: All participants must obtain a start card at the registration (start/finish) point. Upon completing the walk, the walker surrenders the card and receives any award or IVV credit earned. All start cards remain the property of Wandergruppe and must be returned even if you do not complete the event.

Sanction credit: You may participate for free but to receive IVV credit the cost is \$3.00 per walker. **Remember**, bring your IVV record books to record your credit.

AVA New Walker Packets will be available for \$6.00 for those wishing to start participation in AVA/IVV award program. These packets contain Distance and Event books, coupons for free walks and other items with the entire packet valued at nearly \$20.00.

Qualifying Special Programs:

Cities in Song
Water Tower

Trail: The trail is along a paved bike/walking trail along the south side of the Oklahoma River. It is suitable for wheelchairs or strollers.

Rating: The 5 km and 10 km routes are rated 1A.

Pets: Pets are allowed but must be kept on a leash.

Water will be provided at the start/finish shelter and any checkpoints.

Disclaimer: Sponsors of this event are not liable for accidents, thefts, and/or material damage. Every effort will be made to keep this event safe, enjoyable and memorable.

Event Coordinator: Anne Grenier

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AVA Club: Wandergruppe

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Web Sites: www.ava.org

www.wandergruppe.com



Fun, Fitness, Friendship