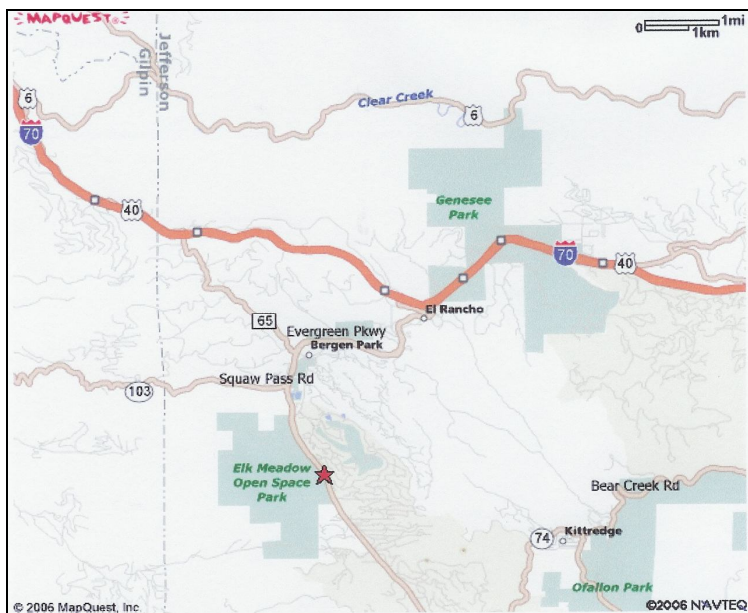


DIRECTIONS: From I-70 take the Evergreen Parkway/El Rancho Exit (Hwy 74) towards Evergreen for about 4.5 miles. Turn left at the stoplight on Lewis Ridge Road and right on the frontage road past US Bank. Paragon Sports is in the Elk Meadow Center.



www.ava.org/clubs/CHCH

ELK MEADOW 5 & 10 KM VOLKSMARCH
May 1-September 30, 2009



"B" AWARD EVENT
EVERGREEN, CO



Join the Colorado High Country Hikers
Dues are \$10.00 Single or Family = One Vote

The Colorado High Country Hikers emphasizes more challenging events with routes on trails in the foothills and high country. If this sounds of interest to you please fill out the form below and send it to:

David Land, Membership Chairman, 2872 Bergen Hill Drive, Evergreen, CO 80439

Name: _____ Phone: _____
 Address: _____
 City _____ State _____ Zip _____
 E-mail: _____

To keep the club successful we do need your assistance. Would you like to join the board or be a committee member? ___ Yes ___ No

	<p>Sanctioned Event</p>	
	<p>Eligible for credit toward IIV Achievement Awards</p>	

START/FINISH: Paragon Sports (303 670-0092)
1962 Hwy 74
Evergreen, CO

You will need to drive a short distance to the trailhead.

DATES: May 1 – September 30, 2009

TIMES: Mon-Fri: 9 – 7. Sat 9 – 6. Sun: 10 – 5. Closed July 4. Shorter hours on Memorial Day. Call for exact times. Event must be done during daylight hours only. Please be considerate of the Paragon Sports staff and customers. Take time to look around the shop.

DISTANCE: 5 & 10 Walk

FEES:	"B" Award and Credit	\$4.00
	IVV/AVA Credit	\$3.00
	Participation ONLY	FREE
	Club Pin	\$3.00

**NOT ACCESSIBLE FOR STROLLERS OR WHEELCHAIRS
DOGS ON A LEASH ONLY**

RECOMMENDATIONS: Restrooms at the start point and trailheads. It is suggested that you dress in layers, wear sunscreen, and carry water and snacks. **NO RESTROOMS OR WATER ON TRAIL. PETS MUSTA BE ON A LEASH.**

TRAIL AND RATING: Rated 2+. This is a lovely hike on the Elk Meadow Trails. Be on the lookout for Elk. There is a reason it's called Elk Meadow Park.

CONTACT: Dave Johnston, 31062 Wildwoods, Evergreen, CO 80439, Phone 303 674-0317 or E-mail: dave@johnston.net

IVV ACHIEVEMENT AWARDS: This event is open to the public. Everyone is invited to participate. The event is sanctioned by the American Volkssport association (AVA) a member of the International Federation of Popular Sports *IVV) and qualified for IVV Achievement Awards.

DISCLAIMER: The sponsors are not liable for accidents, thefts and/or any material damage. Every effort will be made by the sponsors to make this a safe, enjoyable and memorable event. Children under 12 must be accompanied by an adult



WWW.IVV-WEB.ORG

www.ava.org

