

What the heck is Volkssport?

What is Volkssport? Simply put, Volkssport is for "Volks" or folks who enjoy walking, hiking, cross country skiing, snowshoeing, swimming, biking or any or all of the above. The main activity is walking. Anyone who completes the required distance (10 km at your own pace - 5 KM for beginners) is a winner.

Volkssport is not a contest - **it's non-competitive!** Generally, Volkssport participants are regular folks who like to walk for fun, health, friendship or just to see more of our beautiful country. You can't smell the flowers or meet the wildlife from inside a car or RV. Everyone can participate and in most cases even the family dog.



There are three categories of walks. First is the **Special Event**. These are events held on a specific date. You have a 2-3 hour window to start the event and usually need to be finished by 3-4 PM. Take your time, walk alone or with a friend (many allow your family pet to accompany you) and enjoy the area. Normally there is an award for a small fee. Second is the **Year Round or Seasonal Event**. These are 10 KM courses laid out with a start point in a store or location with extended hours which you may walk as many times as you like throughout the year. Third is the **Guided or Club Walk** to walk one of the clubs year round or seasonal walks.

One of the great things about Volkssport is that it's both National www.ava.org and International www.ivv-web.org. You can do it in all 50 United States and in most countries throughout the world. It's great for travelers and lets you see places you might not normally see!



Or information on Volkssport in the local area contact:

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