

WHAT IS A VOLKSMARCH?

Volksmarching is an exciting, non-competitive sport in the United States, part of an international Volkssport movement devoted to physical fitness. Its aim is to get people of all ages out of doors to exercise in a setting where everyone who competes in the event is a **WINNER!**

“**VOLKSMARCH**” is a German word which literally means, “people’s walk.” Volksmarching is a family-oriented activity. Infants can be pushed in strollers, youngsters walk the short distances, and senior citizens participate regularly. Runners and joggers are welcome, everyone walks, runs or jogs at his or her own pace.

Volksmarches are 6.2 miles (10 kilometers) long. There also is usually a 3.1-mile (5-kilometer) trail suited to beginning walkers and families with small children. For those wishing a greater challenge, there are sometimes additional distances of 12.4 or 18.6 miles (20 or 30 kilometers.) Trails are rated for degree of difficulty and are part of the Trail Description found in the event brochure.

Participants are welcome to walk for a fee of \$2.00 (children 12 and under are free) which covers the cost of producing the events. Those who pay an appropriate fee (usually \$8.00) and complete the trail receive an attractive commemorative award. In addition to collecting commemorative patches, medals, and pins, participants may enroll in the IVV awards program.

WHAT ARE IVV EVENTS

The Internationaler Volkssportverband or International Federation of Popular Sports is the world wide governing body for our sport with more than 30 member countries.

Volksmarches or walks are the most popular of the four sports that make up the family of Volkssports, accounting for about 97 percent of all IVV events. The others are biking, swimming, and cross-country skiing.

VOLKSSPORTING IN THE US

The American Volkssport Association (AVA), which accredits clubs and sanctions and oversees events in the United States, was founded in 1979. Presently the AVA family includes almost 320 member clubs and state organizations that organize more than 3000 walking events in the United States. In our area the average number of walkers at an event is 150-200, including singles, families, children of all ages and pets as well.

WHAT DOES IVV CREDIT MEAN TO ME?

By purchasing an IVV Event and/or Distance book and paying a \$3.00 fee, you receive a stamp in your book when you complete an event. The books cost \$5.00 each and are sold at every IVV event. This price includes the IVV award you receive from the AVA when you complete the book. Each IVV award consists of a certificate, pin and patch indicating the level of achievement. There are two different categories of achievement:

- **EVENTS** attended, beginning with 10, then 30 and 50 events and continuing upwards
- **DISTANCE** accumulated every 500 kilometers

When you complete your book, you mail it to the AVA headquarters to receive your award.

MORE ABOUT VOLKSMARCHES

Before you begin a Volksmarch, you must go to the event Start Point where you will be asked to complete a Start Card. If you wish to receive the event award and IVV credit, the appropriate fee is paid. *All participants except children pay a \$2.00 fee.* Registration is usually open from early morning to about 1 PM.

You carry the Start Card with you to be marked at the checkpoints along the trail. You will be able to get water and candy at the checkpoint.

The trail always brings you back to the Start Point, where you turn in your card and receive your award, if you paid for one. Usually, all walkers must finish by 4 p.m. This allows plenty of time to walk the marked trail. Many clubs provide food and drinks at the end of the walk for a nominal fee.

You are encouraged to walk at your own pace, but to reap the benefits of aerobic exercise, you should set a brisk and steady pace. Be sure to consult your physician if you have any medical problem that affects your heart and lungs, feet or legs.

WHO ARE THE PENN DUTCH PACERS

Formed in December 1988, our club includes over 150 families and continues to grow. Our purpose is to promote good health through sports which all family members - of any age - can participate in, and have FUN. We are a non-profit organization, and help to support other community groups that share our goal for promoting health, fun and fitness. We sponsor a minimum of three Volksmarches a year working closely with the other clubs in the central Pennsylvania area.

Membership in our Club is important to you and to us because it gives you an opportunity to actively participate and support PDP. You can suggest a location and help plan a future event, design the award patch or medal or help lay out the trail or register participants or serve at a checkpoint during an event. It is a chance for you to get involved, establish new friends and enjoy the benefits of wholesome exercise.

A monthly club meeting and quarterly club newsletter informs you about our activities and contains an event calendar for all clubs in the Mid-Atlantic region.

Club membership is important. Please take a moment to fill out the membership application and get involved today.



&
Who are the
Penn Dutch
Pacers ?



Check us out at
www.penndutchpacers.org

What is a YRE Event?

YRE Events are those walks that run all year and Seasonal Events are those that run for one or more seasons of the year. Both types of events allow you to choose when to do the event, typically 7 days a week during daylight hours. Unlike weekend scheduled events, YRE or Seasonal events are not manned. You would simply locate the startpoint for the event which is listed in the event information and go there and find or ask for the start or walk box. It contains all the information necessary to complete the event.

The startbox, which you need to ask for, typically contains a registration log, start cards, walk instructions & map, the stamp & stamp pad and distance and events books. YRE & Seasonal Walks are done on the honor system. If you cheat, the only person you're cheating is yourself.

To get started simply get information on one of the events below by going to the PDP website at www.penndutcherpacers.org and get all the information on where the startpoint is located.

Current YRE Walking Events

- **Middlecreek** - *Seasonal* - 1 walking trail :: startpoint at the Visitor Center of the Middlecreek Wildlife Management Area
- **Lititz** - 2 walking trails :: startpoint at the Lititz Rec Center
- **Lancaster** - 2 walking trails :: startpoint at the Lancaster Regional Medical Center
- **Millersville** - 1 walking trail :: startpoint at the Geroge Street Cafe
- **Ephrata** - 1 walking trail :: startpoint from the Hampton Inn and Suites
- **New Holland** - 2 walking trails from the Country Squire Motor Inn

FAMILY NAME _____ MEMBERSHIP APPLICATION _____ SPOUSE _____
ADDRESS _____ FIRST NAME _____ CITY _____ ST _____ ZIP _____
TELEPHONE () _____ CHILDREN'S NAMES _____
E-MAIL ADDRESS (Optional) _____

I hereby make application for membership in, and agree to conform to the bylaws or any amendment thereof in the PENN DUTCH PACERS VOLKSMARCH CLUB, INC., and with the rules and regulations of the AVA in the IVV and in application I certify the above.

DATE _____ SIGNATURE _____
NEW RENEWAL *All membership fees are renewable in June.*
\$10.00 • 1 year \$18.00 • 2 years \$25.00 • 3 years

CHECKS TO: LIFE (individual) Under age 30 - \$200 30-49 - \$150 50-69 - \$100 70 or over - \$50
PENN DUTCH PACERS VOLKSMARCH CLUB, INC. ATTN.: MEMBERSHIP
P. O. BOX 7445, LANCASTER, PA. 17604-7445