

America's Premier Walking Organization

American Volkssport Association



Fun...Fitness...Friendship

www.ava.org

Learn more about Volkssporting

Group walks are happening every week. Contact a local club near you.

Local Club Information

State organizations are here to help.

See our websites:

Washington: www.esva.org,
Email 10kwalk@comcast.net

Oregon: www.walkoregon.org
Email: otsva@yahoo.com

*A life of fitness begins with
a single stride.*

Come Walk With Us!



Evergreen State Volkssport Association Oregon Trail State Volkssport Association

Fun, Fitness and Friendship



www.esva.org
www.walkoregon.org
www.ava.org



Volkssporting

Volkssporting (the people's sport) is a family-oriented sports and recreation program offering noncompetitive outdoor activities that promote physical fitness and good health. The American Volkssport Association (AVA), with over 310 active clubs presenting thousands of events each year, sponsors Volkssporting in the United States. There is no charge to participate in AVA events.



Fun, Fitness, Friendship

Volkswalking

Our walks – also called “Volkswalks” or “Volksmarches” – are the most popular of all the Volkssporting activities in the Northwest. Local clubs offer a variety of 5 km (3.1 mile), 10 km (6.2 miles) and some longer routes in their localities. All events are noncompetitive and individual Volkssporters choose their own distance and pace. Open to everyone, local club or national membership is optional. Many participants take part in the low-cost Lifetime Achievement Awards Program that adds to the fun and promotes a sense of accomplishment. More information is available at www.ava.org.

Attending Hosted Events

Local Volkssport clubs sponsor hosted (regular/traditional) walking events. These walks, usually held on weekends, are set for specific days and allow a person to begin and end as they wish within a range of times. Hosted events have start and finish tables staffed by club members and routes are generally marked with arrows and flags. Volkssporters from across the state come to participate. A list of hosted events is available at www.ava.org, and can also be found on state organization or club websites.



Independent Walking

Some individual's schedules do not permit weekend walks or they would like to walk when hosted events are not scheduled. There are year-round and seasonal self-guided walks just for this purpose. To take part in these walks, go to the start location, find the “Walk Box”, sign the registration and take a copy of the walk directions. Enjoy the walk. There is a complete list of year round and seasonal walks at www.ava.org.

Attending Group Walks

Group Walks are less formal than hosted events. Most often, these are arrangements where local club members pick a meeting day, time and location for a walk together. Often, club websites list group walks and any associated social activities such as lunches. Everyone is always welcome.



Finding Walking Companions

Of course, you can form your own group but, if you want to meet others in your community who enjoy walking on a regular basis, there are several ways to connect. Many hosted events have a “Friendship Walk” start time giving anyone the opportunity to walk with new friends. Group Walks in your town are often listed in the newspaper in the “Things To Do” or “What’s Happening” spaces, or, look under “volkssport” at www.meetup.com. There is also a bi-monthly publication of walking events called *The Northwest Pathfinder*. Find information on our websites. But the very best way to learn about Friendship Walks, Group Walks and other opportunities to connect with other Volkswalkers is to call your local Volkssport club. Contact information is on the back of this pamphlet.



The Volkssporting Lifestyle

Volkssporting is a lifetime sport suitable for men, women and children of every age. The AVA provides special books for recording not only event participation and distance, but cities, states, even countries and other special places where members have made walking memories. For many, Volkssporting is a healthy living lifestyle where much of their leisure time centers around the next walk in an interesting place somewhere in the world and the other walkers who may wish to share the experience. Come walk with us for fun, fitness and friendship.

