

## YEAR-ROUND/SEASONAL EVENTS

Year-Round/Seasonal volkssport events are events that can be completed anytime over the entire year or during a specific portion of the year. Unlike other volkssporting events which have established start/finish times and are usually conducted on weekends, Year-Round/Seasonal events are usually available on a daily basis and can be completed repeatedly for event and distance credit. In most cases, the routes include the primary sights of a city or area that a visitor would most enjoy. Over 1900 seasonal/year-round volkssport events are available throughout the United States. Information on these events is contained in Starting Point, and on the AVA website.

Remember, you need not be a member of a volkssport club to participate in a volkssporting event. All events are open to the public. The aim of volkssporting is to promote physical well-being and to encourage people to exercise in an outdoor environment, without stressful physical exertion. Benefits of the program are an opportunity for people to see new countryside and landmarks, meet other people, and develop lasting friendships. With this philosophy as a goal, "Everyone Is A Winner".

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# FALCON WANDERERS VOLKSMARCH CLUB

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## VOLKSSPORTING INFORMATION

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## VOLKSSPORTING

Volkssporting literally translates as “sport of the people.” Volkssports are organized noncompetitive events designed to appeal to people of all ages. They are not tests of speed or endurance, but exercise at your own pace. Volkssporting is organized to promote physical fitness and wholesome recreation in a safe environment. It is designed for all ages and levels of physical abilities. The volkssporting philosophy recognizes that everyone cannot and should not attempt to exercise in timed or competitive events where awards are based on order of finish. Volkssporting offers participants a great escape from the pressures and hassles of everyday life, and it provides an excellent opportunity to get out and enjoy nature. Since events are noncompetitive and participants travel at their own pace, volkssporting is an excellent outdoor recreational activity for the entire family.

### VOLKSSPORTING EVENTS

A volkssporting event is may be a walk (volksmarch), bike (volksbike), swim (volksswim), or cross-county ski (volksski or skiwandering) through a scenic and/or historic area over a predetermined route. Other sports, such as snow-shoeing, rowing, and roller skating, have recently been introduced as new volkssporting events. The event routes are carefully selected for their safety and interest. All volkssport events are open to the public. A nominal participation fee is now being charged to cover event expenses at the national, as well as local, level at the discretion of the sponsoring club. Participants may choose to purchase (usually \$8-10) an attractive award that commemorates completion of the event. The event award is usually a patch or medallion depicting the theme, location, or honoree of the event.

Although the greatest reward of exercise is the good health and fitness a person achieves, some persons would like some sort of recognition as well. The individual awards program congratulates participants on their achievements. In addition, the purchased event awards and the available IVV Event Record books and Distance Record Books are a diary of volkssporting experiences. You will enjoy remembering the fellowship of new friends and old, visiting historic and scenic areas, and your volkssport adventures in your own state, our nation, Canada, or the World-wide countries that are a part of the IVV.

### FALCON WANDERERS VOLKSMARCH CLUB

The Falcon Wanderers Volksmarch Club was originally chartered on the Air Force Academy on March 20, 1981: The 2<sup>nd</sup> club sanctioned in Colorado and the 72<sup>nd</sup> club within the USA. Today, the club enjoys a membership of over 200 people. Club membership benefits include development of personal friendships and the opportunity to help plan and execute club-sponsored events and activities. First year dues are \$10/person, \$16/couple, & \$20/family. Each new member receives a club patch along with their membership card. Renewal membership fees are \$8 a year per household, but are free for members 70 years of age and older and members volunteering club service. All club members receive, via e-mail, a monthly club newsletter and any newly published club event brochures. Members preferring hard-copies of all newsletters and brochures mailed First Class to them can elect to pay \$10 a year for the service. Membership meetings are held the 2nd Monday of each month at 7:00 p.m. at a local restaurant. The monthly newsletter indicates the meeting location. Those interested in eating prior to the meeting arrive by 5:30 p.m. The Falcon Wanderers average sponsoring one weekend volkssport event each month and have 22 seasonal/year-round events in the local area, from Salida through Colorado Springs to Fort Collins, and even to Cheyenne, WY.

## ACHIEVEMENT AWARDS PROGRAM

Volkssporting is unique among noncompetitive event programs. Not only may participants earn event awards, but they may also earn individual achievement awards, similar to merit badges for Scouts. These achievement awards are based on either the number of events completed and the distance traveled in the event. Swim events count only for event credit. Each achievement award earned consists of a stick pin, a cloth patch, and a certificate indicating the level of achievement.

Event achievement awards are earned for completing 10, 30, 50, & each additional 25 events. Distance achievement awards are earned for every 500 Km completed. You participate in this program by purchasing Event and/or Distance Record Books. Volkssport participants who have never owned achievement books may purchase a New Walker Packet consisting of both entry level books for the reduced fee of \$10.00. Record books are valid indefinitely and are honored at any IVV sanctioned volkssport event worldwide. A new book is required for each level of achievement. Books cost \$6.00 each and are sold at IVV events. You may register to receive the IVV stamp for a fee of \$4.00. Upon completing the IVV event, present your validated start card and record books at the finish table to receive the official IVV stamp in your Record Books. Distance IVV Credit is certified for the actual kilometers traveled in the Distance Record Book. When an achievement level has been completed, send your record books to AVA headquarters for processing. In return, you will receive the pin, patch, and personalized parchment certificate designed especially for that particular achievement level. Announcement of your achievement(s) will be made in a new for 2024 AVA publication.



All volksmarches (WALKs) have a 10-kilometer (Km) (6.2 miles) trail along scenic trails or waterways, around historic sites, through towns or neighborhoods, or anywhere possible! 5 Km trails are also offered at each event. Trails of 20 Km or longer may also be offered. You may take up to 3 hours to complete the event (depending on your chosen pace and how often you stop to enjoy the surroundings). Walking provides a good exercise activity in which people of all ages and physical fitness levels can participate. It truly is the body's most natural and original form of exercise. All you need to get started is a good pair of shoes, loose-fitting clothes, and a safe route to follow. Of the four events conducted by volkssporting clubs, the volksmarch event is the most popular. Walks are conducted year-round in all kinds of weather. A wintertime walk is just as exciting as a summertime walk, when you dress appropriately.



Volksbikes (BIKES) are pedaled bike rides of 25 kilometers (15.5 miles) or longer. These events are usually held in conjunction with a walk. The courses are chosen for average ability bicyclists to assure that riders of all levels may enjoy the ride.



Volksswims (SWIMS) are 300 meters or longer. You choose your own combination of swimming strokes and you can rest as needed. These events are usually held in conjunction with a walk. There is a nationally sponsored event permitting use of any pool.



Volksskis (SKIING) events provide a fun way to tackle and enjoy the outdoors during the winter. The cross-country trails are selected to be enjoyable for both the beginner and the skilled skier. Skiing events are conducted on 10 and 20 kilometer trails.

## HISTORY OF VOLKSSPORTING

Volkssporting originated in southern Germany during the early 1960s. Originating as competitive running events, the program lost its appeal to the general public. The clubs changed the events to be noncompetitive, so that everyone could be a winner. The first noncompetitive event was held in Bobingen, a small town near Augsburg, Germany. In 1968, the International Federation of Popular Sports (IVV) was founded by West Germany, Switzerland, Liechtenstein, and Austria as a union of non-profit sports organizations to promote volkssport events throughout the world. Today, there are 40 member nations, from all of the continents except Antarctica.

Volkssporting started in the United States at Fredericksburg, Texas in 1976. In June, 1979, the American Volkssport Association (AVA) was formally organized and officially recognized by the IVV. The AVA, also known as America's Walking Club, is responsible for administering the IVV program in the United States. The AVA is a non-profit, charitable organization composed of volunteers and governed by a Board of Directors with over 200 member clubs throughout America. The goal of the AVA is to promote physical fitness and good health by encouraging all people, regardless of age, race, color, creed, economic status, or handicap to exercise in a stress-free environment. Each year this association conducts thousands of weekend and seasonal/ year-round volkssport events nationwide. The AVA produces an on-line quarterly newspaper, The American Wanderer, that contains information on the association's activities, articles from volkssporting clubs, a list of the active clubs across America, and a list of the weekend volkssporting events taking place across the United States. Each year, the AVA produces a book, Starting Point (cost is about \$30), with all the seasonal/year-round volkssport events. This information is also available on the AVA website.

## VOLKSSPORTING PARTICIPATION

Weekend volkssport events usually open between 7:00 and 9:00 a.m. with the latest starting time between 11:00 a.m. and 1:00 p.m. You will have three hours to finish, so there is no rush to finish. Consult the event brochure for the specific start/NLT finish times. A volkssport event brochure is a flyer or prospectus published by the event sponsors about the event. Event brochures are free and are distributed at volkssport events to advertise upcoming events. A brochure will contain event location, dates, times, trail description, map, picture of the award, a contact person and registration information.

At the event, you will complete and receive a start card along with directions for following the trail. Some trails are marked with directional signs, colored ribbon/tape, etc. At other events, you will be provided a map and written directions to follow. To provide breaks (and keep walkers on track), checkpoints may be set up along the course at which all participants must stop and get a stamp or punch on their start cards. The number of checkpoints at an event varies between one and four and are set up at the discretion of the sponsoring club. When checkpoints are in use, the start card is stamped at each one or you won't qualify for the award/credit. Located with these checkpoints are rest stops, which provide water. Depending upon time spent at the checkpoints, sightseeing, and your own walking pace, you can usually walk a 10 Km (6.2 miles) trail in 2 to 2 1/2 hours.

At the end of the trail, go to the finish table and turn in your start card. Return of the start card means that you have completed the course. For paid participants, this is where you pick up your award and/or receive your IVV Credit toward achievement awards.