



Fun, Fitness, Friendship

American Volkssport Association
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Falcon Wanderers
P.O. Box 17162
Colorado Springs, CO
80935-7162

DISCLAIMER: The sponsors are not liable for accidents, theft and/or material damage. Every effort will be made by sponsors to make this a safe, enjoyable, and memorable event. This event will take place regardless of weather conditions. No refunds will be given. All children under age 12 must be accompanied by an adult. All participants will be required to sign liability disclaimers.

FALCON WANDERERS VOLKSSPORT CLUB MEMBERSHIP INFORMATION: First year membership dues are \$10/person, \$16/couple, and \$20/family providing electronically distributed club information. For more information, call (719) 337-9434.

FALCON WANDERERS

[CLUB SLOGAN: A STEP ABOVE]

5KM (3.1 miles) Volksmarch
10KM (6.2 miles) Volksmarch

Quail Lake Walk
Colorado Springs, CO
Altitude: 5938 FT

September 30, 2017

IVV CREDIT ONLY



AVA-072/CO-02

RM17-109176

ALL EVENTS ARE FREE AND OPEN TO THE PUBLIC.

START/FINISH: Fox Meadow Middle School, 1450 Cheyenne Meadows Road, C/S, CO 80906. West side of school, outside.

WHEN: Saturday, September 30, 2017

START: 8:30 a.m. - 12:00 noon **FINISH:** By 3:00 p.m.

DISTANCES: 5 Kilometers (3.1 miles) & 10 Kilometers (6.2 miles)

REGISTRATION FEES: This is an IVV credit only walk. The pre-registration fee is the same as the registration fee on the day of the event. Therefore, all registrations will be handled at the event. The fee for IVV credit is \$3.00. Registration is free if no IVV credit is desired. Make check or money order payable to "Falcon Wanderers".

INFORMATION: Call Russ Kester (719) 641-9107, or Sherry Sayers (719) 640-6744.

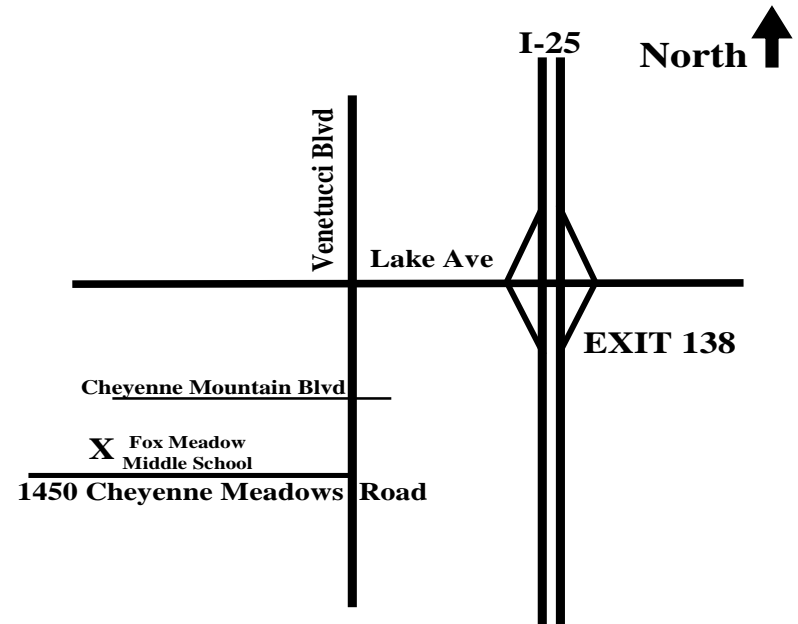
FALCON WANDERERS WEBSITE: www.falconwanderers.org

CLUB E-MAIL ADDRESS: Walking@falconwanderers.org

TRAIL DESCRIPTION: Trail is rated 2C. Walk surfaces include sidewalks, gravel pathways, and native grasses. Part of the trail goes around Quail Lake and portions of the trail include unmaintained trails. Strollers & wheelchairs are not recommended on these trails. Restrooms will not be available at the start/finish, but there will be a restroom or port-a-pottie at Quail Lake, approximately 3K into walk. Leashed pets only!

AWARD: There is no award for this event. It is IVV credit only.

IVV ACHIEVEMENT AWARDS: This event counts towards the acquisition of IVV achievement awards. Bring your books. Books will be available for purchase at the start/finish.



WATER: Water will be available at the start/finish. Carrying water is highly recommended.

DIRECTIONS: From I-25, take EXIT 138, Lake Avenue and turn west. Quickly merge into the far left lane of Lake Avenue. At Venetucci Blvd, turn left and continue $\frac{3}{4}$ mile to Cheyenne Meadows Rd. Turn right and proceed $\frac{1}{2}$ mile to 1450 Cheyenne Meadows Road on the right.

SPECIAL PROGRAMS: Doin' the Louisiana Purchase, Animal Safari, Lakes & Reservoirs (2016), Walking the USA A-Z, and Walking the United States (50 States/51 Capitals). During the walk, if you identify any item or element that fits the requirements for additional programs, please provide us with your special program book and we will stamp it.

NEW WALKER PACKETS: As an added incentive to participate in the volkssporting achievement awards program, new walker packets will be available. These packets allow the walkers new to the sport a "running" start at a reduced rate.