

THIS EVENT IS FREE AND OPEN TO THE PUBLIC

# Fellowship (Group) Walk

## Arkansas River Walk

### Cañon City, CO

Altitude: 5332 FT

**October 22, 2022**

**9:00 - 10:00am Walk Start Time**  
**Group Walk Start Time: 9:30am**

**5 KM (3.1 miles) Walk**  
**10 KM (6.2 miles) Walk**

## IVV CREDIT ONLY

“B” Awards Will Be Available



**INFORMATION:** Terry Lunghofer, 719-597-4307, tlunghofer0031@gmail.com

**FALCON WANDERERS WEBSITE:** www.falconwanderers.org

**CLUB E-MAIL ADDRESS:** Walking@falconwanderers.org

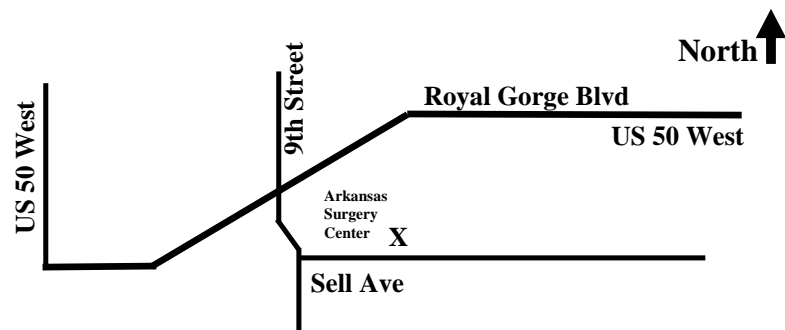
**START/FINISH:** Arkansas Valley Surgery Ctr, 933 Sell Ave, Cañon City, CO

**WHEN:** Saturday, October 22, 2022

**START TIME:** Individuals wishing to walk on their own may start anytime between 9:00 – 10:00am. Walk instructions will be available. 9:30 am will be the start time for those wishing to walk with the group. Please allow 15-20 minutes to complete registration and book stamping.

**REGISTRATION FEES:** Registration is available at the event only. IVV credit is \$3.00. “B” awards are \$1.00. Registration is free, if no IVV credit is desired. Checks or money orders are to be payable to the “Falcon Wanderers”.

**DISTANCES:** 5 Kilometers (3.1 miles) and 10 Kilometers (6.2 miles)



**DRIVING DIRECTIONS TO WALK START POINT:** Entering Cañon City from the east on US Hwy 50, continue west on US 50 to 9<sup>th</sup> Street (traffic light). Turn left and proceed to Sell Avenue (immediately after crossing the river). Turn left on Sell Avenue and the Arkansas Valley Surgery Center (933 Sell Avenue) is the second building on your left. Please park at the east end of the parking lot near the John Griffin Regional Park sign.

**TRAIL DESCRIPTION:** Both the 5 & 10Km trails will take you along the Arkansas River at an altitude of 5332 ft. Suitable for strollers, but not wheelchairs, the trails are rated 2B. Pets are allowed on a leash. Owners are responsible for picking up after their animals. Restrooms will not be available at the trailhead or along the trail. Highly recommend a rest room break as you travel through Cañon City to the trailhead.

**\*\*\*MANDATORY COVID-19 INSTRUCTIONS MANDATED BY FREMONT COUNTY HEALTH WILL BE OBSERVED:\*\*\*** Please bring hand sanitizer/sanitizing wipes for your personnel use. Frequent hand sanitizing/washing is recommended. Please observe social distancing in the start/finish area.

**AWARD:** IVV credit \$3.00; “B” award \$1.00.

**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.

**SPECIAL PROGRAMS:** Walking the USA, A-Z.

**WATER:** Carrying water is highly recommended.

**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.

**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.

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