



## Welcome to Volkssporting and the Volkssport Club at West Point

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### A Short Introduction to Volkssporting:

A Volksmarch is a non-competitive 5 or 10 kilometer (about 3 or 6 mile) walk. It's not a pledge walk, it's not a race, not a hike, it is a fun activity you do with a club, with your family, with your pet, or by yourself. Volksmarching got its name from its origins in Germany. Today there are thousands of Volkssport clubs around the world. Come walk with the clubs and walkers of the **American Volkssport Association (AVA)**, <http://www.ava.org>. Meet friends and walk scenic trails at your own pace for health, fun, fitness and friendship.

The AVA's network of almost 300 walking clubs (of which we are one) organize more than 3000 walking events per year in all 50 states, as well as occasional bikes, skis, and swims. All events are open to the public - come walk with us! Many of these trails are open year-round (called, therefore, "Year Round Events") and some trails are open seasonally ("Seasonal Events") and you can walk these trails on your own time and schedule. Other trails are one-time only events, called "Traditional Events".

Local clubs such as ours host the walking events. The club members select a trail for safety, scenic interest, historic areas, natural beauty and walkability. The trails are marked and/or maps/written directions provided. Trails may be in cities, towns, parks, forests, rural areas, anywhere there is a pleasant or interesting place to walk.

The Volkssport Club at West Point is open to all. No military affiliation is required. We currently offer about a dozen Year Round Events (trails); we often schedule group walks of our trails with our club members and friends on weekdays and weekends, sometimes preceded by an optional social breakfast get-together. The trails are located at West Point, along with others from Rhinebeck to the north all the way down to Highland Falls to the south on the west side of the Hudson River and Cold Spring on the east side, with others in between including the Walkway Over the Hudson, Hyde Park, and so on. We maintain an active website, FACEBOOK page, and e-mail mailing list of our events and activities. Various social activities such as a summer Hudson River cruise, summer picnic, and December holiday party are also on our calendar.

Our walks require no fee if just walking for pleasure, but a small donation (a dollar or two) is appreciated to help defray our expenses. AVA walkers who register for national credit pay a \$3 credit fee. To keep track of how you are achieving your fitness goals, join the AVA Individual Achievement Award Program. Distance and Event Record Books are available for \$6 each at all events. A New Walker's Kit exists for \$5 that contains your starting credentials at a discounted price along with other information and coupons if you wish to participate in the AVA program. If you pay the credit fee, at the end of your walk you can log your event and distance walked in your Record Books. After milestones such as 10 events, 500 kilometers, etc. you redeem the Record Book for a free Certificate of Achievement, a patch and a hatpin, and your accomplishment is printed in the AVA's *American Wanderer*, a quarterly national publication. Please contact us for more information! ***"See you on the trail!"***