

What is a Volksmarch – A volksmarch is an individually paced walk on a designated course, open to all ages and abilities. The purpose is to encourage participation in the health sport of walking and to provide opportunities to explore cities, neighborhoods, parks or forests. Family participation is encouraged, but children under 12 must be with an adult. Volksmarch events can be free, but donations to cover club expenses are requested. Also, an optional program is available which enables walkers to record their events and distances. Completed books are sent to the American Volkssport Assn. for a certificate, pin and patch, recognizing the number of kilometers walked and/or number of events completed. Record books are available for sale at the Start Table, where we will be available to answer any Volkssport questions.

Welcome to Fox Hill Park and New Town – Fox Hill Park, a St. Charles park, is the start of this walk. From the park you will walk about a mile through the Charlestowne Village area and then onto New Town. New Town is a unique community – a collection of homes that look like what St. Louis might have looked back around the early 1900's. Think "Meet me in St. Louis" time. Lakes, parks, shaded sidewalks, an interesting Town Center, shops, restaurants, and even a coffee shop – New Town has it all!

Eligibility – This event is free and open to the public and family participation is encouraged. Children under 12 must be with an adult. There is a \$3.00 fee for IVV Credit. Free walkers are asked to donate to help cover Club expenses.

Start/finish – at the AVA gazebo in Fox Hill Park. Walk start is from 8:00 AM until 11:00 AM. Participants must finish by 3:00 PM. Event will be held rain or shine.

Trail – within the Park, the trail is a woodland path, but after the walk is along well marked sidewalks with street signs. The park will not be suitable for wheelchairs or strollers.

Parking – There is a limited number of parking spots at two lots in the park, but there is street parking adjacent, or near the park.

Water – Will be available at the Start / Finish.

Pets – Allowed, but must be properly leashed and under control at all times. Please clean up after your pets. Local Restaurants or shops may have specific pet regulations, so check with them.

Guided Walk – A 5 kilometer Guided walk will start, from the gazebo, at 9:00 AM. It will be led by a Club member and will go into the center of New Town, and back. This is an ideal way for walkers new to Volksmarching, or walkers who wish to know more about Volksmarching, to learn more about this sport. And the Guide will answer any Volkssport questions!

Award/Credit – This event has no award, except the great sense of accomplishment! IVV Credit is \$3.00. If credit is not desired, donations to cover Club expenses would be greatly appreciated.

Safety First – Every effort has been made to ensure the safety of our walkers. The sponsors of this event cannot be held liable for any lost, stolen items, damage, accidents, or injury at any time. You will be asked to sign a Disclaimer of Liability Form at time of registration.

The St. Louis – Stuttgart Volksmarch Club (aka. The St Louis Walking Club) - celebrated 25 years of membership in the AVA, is also affiliated with the St. Louis-Stuttgart Sister Cities, Inc. A non-profit organization which maintains the friendship, between St. Louis and her sister city, Stuttgart, Germany, through active educational, cultural, and business exchanges. The SLSSC, the original sponsor of our volkssporting events, introduced our residents to an activity typically enjoyed in Germany.

For additional information, please contact;

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www.saintlouiswalkers.com www.ava.org www.ivv.org