

AVA 13th Biennial Convention

June 21 - 29, 2003



Event Information

new balance **B**


AVA



SANCTIONED
EVENT

Eligible for credit toward
IVV Achievement Awards



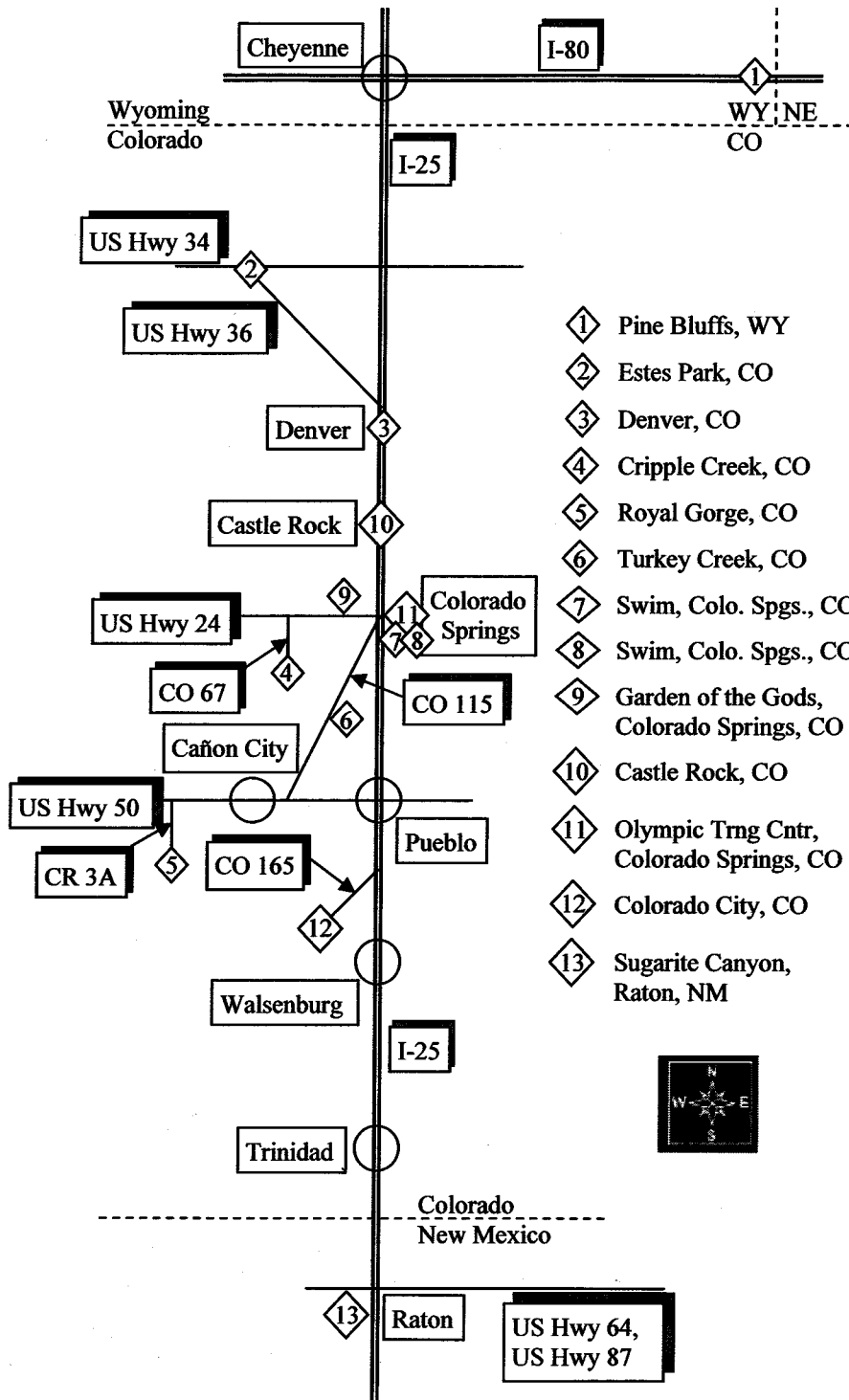


**13th
Biennial
Convention**

**Colorado
Springs
June 2003**

American Volkssport Association

<p>AVA June 21, 2003 IVV</p> <p>Pine Bluffs, WY</p>  <p>Pine Bluffs Walk</p> <p>2003 Convention Colorado</p>	<p>AVA June 22, 2003 IVV</p> <p> Estes Park, CO</p>  <p>Estes Park Walk</p> <p>2003 Convention Colorado</p>	<p>AVA June 23, 2003 IVV</p> <p>Denver, CO</p>  <p>Denver Capitol Walk</p> <p>2003 Convention Colorado</p>
<p>AVA June 23, 2003 IVV</p> <p>Cripple Creek, CO</p>  <p>Cripple Creek Walk</p> <p>2003 Convention Colorado</p>	<p>AVA June 24, 2003 IVV</p> <p>Cañon City, CO</p>  <p>Royal Gorge Bridge Walk</p> <p>2003 Convention Colorado</p>	<p>AVA June 25, 2003 IVV</p> <p>Fort Carson, CO</p>  <p>Turkey Creek Ranch Walk</p> <p>2003 Convention Colorado</p>
<p>AVA June 26, 2003 IVV</p> <p>Colorado Springs, CO</p>  <p>Colorado Springs Swims</p> <p>2003 Convention Colorado</p>	<p>AVA June 26, 2003 IVV</p> <p>Colorado Springs, CO</p>  <p>Garden of the Gods Walk</p> <p>2003 Convention Colorado</p>	<p>AVA June 27, 2003 IVV</p> <p>Castle Rock, CO</p>  <p>Castle Rock Walk</p> <p>2003 Convention Colorado</p>
<p>AVA June 28, 2003 IVV</p> <p>Colorado Springs, CO</p>  <p>USOTC Walk</p> <p>2003 Convention Colorado</p>	<p>AVA June 28, 2003 IVV</p> <p>Colorado City, CO</p>  <p>Colorado City Walk</p> <p>2003 Convention Colorado</p>	<p>AVA June 29, 2003 IVV</p> <p>Raton, NM</p>  <p>Sugarloaf Canyon Walk</p> <p>2003 Convention Colorado</p>



- ① Pine Bluffs, WY
- ② Estes Park, CO
- ③ Denver, CO
- ④ Cripple Creek, CO
- ⑤ Royal Gorge, CO
- ⑥ Turkey Creek, CO
- ⑦ Swim, Colo. Spgs., CO
- ⑧ Swim, Colo. Spgs., CO
- ⑨ Garden of the Gods, Colorado Springs, CO
- ⑩ Castle Rock, CO
- ⑪ Olympic Trng Cntr, Colorado Springs, CO
- ⑫ Colorado City, CO
- ⑬ Sugarite Canyon, Raton, NM

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GENERAL INFORMATION

Welcome to the 2003 AVA Biennial Convention, June 21 - 29, 2003 in Colorado Springs, CO. The Convention site is the DoubleTree World Arena Hotel in southern Colorado Springs. In addition to the non-competitive Volkssport events listed here, we invite you to register for the Convention and enjoy the socials, workshops, speakers, general sessions, and informational displays.

Participation: Everyone is welcome and anybody can participate. There is no event pre-registration if you are not registering for the convention. You must register on-site at each event. Participants are eligible to earn credit for IVV Achievement Awards. All participants must complete a start card and sign the waiver at each event. Failure to sign will void participation and no stamp will be placed in your event and/or distance books.

All events are sanctioned by the AVA

Awards: The award for each event is a 3-inch by 3-inch, 1/4-inch thick cherry wood tile with a laser-cut image commemorating each event. They are available for:

\$8 for Volkssport Associates pre-registered for the convention.

\$9 for others pre-registered for the convention.

\$10 for registration the day of the event.

IVV credit is included in the price of the award.

The header bar from which to hang the event awards is purchased separately for \$15. It is a 5-inch by 9-inch, 1/4-inch thick piece of cherry wood in the shape of the Pikes Peak mountainscape with a laser cut image of the convention logo, location, and date.

"B" Awards: Anyone wanting the complete set of awards, but unable to participate in all of the events may purchase the award(s) as "B" Awards at full price (\$10 each). "B" Awards from a previous event may be purchased at any succeeding event. Participants desiring to purchase "B" Awards for future events should do so at the swim events on Wednesday evening, June 25th.

IVV Credit Only: \$3.00 per event.

Non-IVV Participant: \$1.00 per event.

Trail Information: Trails are 10-11 Km in length. A shorter 5-7 Km trail will be available at all events. Participants may complete the 10-11

Km trail twice on the same start card without paying an additional fee. Restrooms, water, and candy will be available at the Start/Finish areas and checkpoints. **Leashed pets are allowed on most walking events. Pets are not allowed in any of the indoor Start/Finish areas or on the buses, even if carried. Pet owners must clean up after their pets.**

Start Times: You may begin the event at any time during the start period. Participants will not be allowed to start any earlier than the earliest start time published in this brochure. PLEASE do not ask for an early start.

Specialties: The sponsoring clubs will have club hatpins, patches, T-shirts, etc., available for sale at many events.

SEA/YRE Events: Event signup, map/directions, and event stamps will be available at each convention event for 50 SEA/YRE events along the Front Range of the Rockies. In addition, the Rocky Mountain Regional clubs have organized a Quick Start Program that enables walkers to pre-register for these same events via mail. The program allows you to select when and where you walk— maps, start cards, walk brochures, and directions will be mailed to you, in exchange for pre-payment of credit only and handling fees, before you leave for the convention. Complete the walk, then bring your start card and books to the convention headquarters from June 24 to June 27, 2003 or to the next convention event to turn in your start card and have your books stamped. More information is available on the 2003 AVA Convention website: www.2003AVAConvention.org or by calling Bob Shute, (719) 540-8755.

Disclaimer: Every effort will be made to make these safe and enjoyable events. The American Volkssport Association (AVA) and its officers, members, and agents are not liable for accidents, thefts, and/or material damage. With registration, the participant accepts the guidelines of the AVA and the event staff. These events will be held rain or shine. There will be no refunds.

Volunteers: We welcome volunteers at all events. Please call Radek Lopusnik (303) 249-6093; e-mail at radekivv@yahoo.com

Convention Committee Members: Committee members will be wearing bright yellow Convention T-shirts.

Convention Volunteers: Volunteers will be wearing gray New Balance T-shirts.

PINE BLUFFS WALK

Sanction # CV03-001

DATE: Saturday, June 21, 2003

LOCATION: Community Center, 8th & Lawson St., Pine Bluffs, WY

START TIMES: 7:00 a.m. - 1:00 p.m. **FINISH BY:** 4:00 p.m.

TRAIL DISTANCE & RATING: 5 Km (3.1 miles): Rated 2
11 Km (6.8 miles): Rated 2+

BUS DEPARTURE: 5:00 a.m.

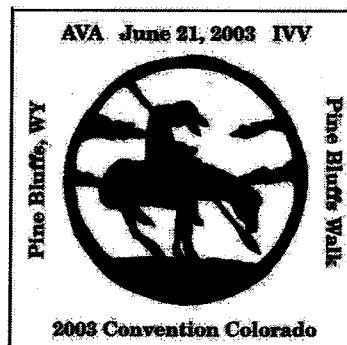
DRIVING DISTANCE: From DoubleTree Hotel to Pine Bluffs: 212 miles

SPONSORING CLUB: Cheyenne High Plains Wanderers (AVA-0093)

INFORMATION: Mike & Carol Jennings (307) 632-9072

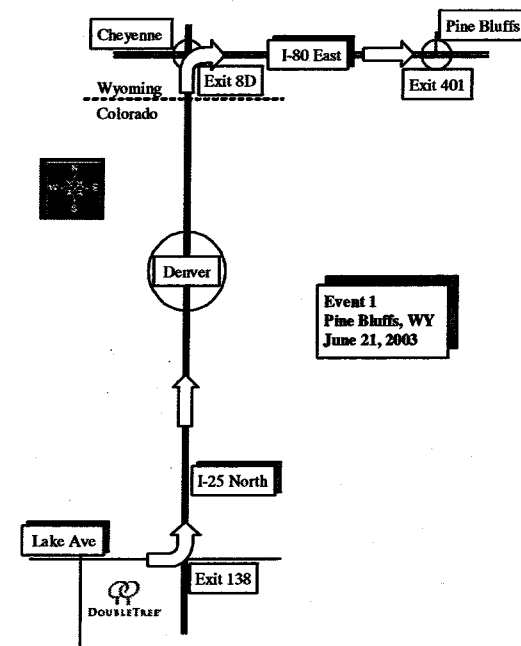
AWARD: Cherry wood tile depicting the "End of the Trail" sculpture on the bluff above Pine Bluffs.

TRAIL DESCRIPTION: The 5 Km trail is on sidewalks and street pavement. The 11 Km trail also includes dirt/grass and gravel trail surfaces. The 5 Km trail is rated 2 due to some stairs and one significant hill. The added steepness (hills) encountered on parts of the 11 Km trail and the loose rock terrain makes for a 2+ rating. Tennis shoes will suffice for the 5 Km trail, but hiking boots are a better choice for the 11 Km trail. A hiking stick would be advisable for extra balance and support ascending and descending steep slopes on the 11 Km trail. Sunscreen, sunglasses, hats and water are a must. Strollers can complete the 5 Km with some difficulty. Wheelchairs can complete a portion of the 5 Km route. This walk is a portion of YRE 318. Leashed pets are welcome on the trails.



Both trails will take you past the Texas Trail Museum, filled with artifacts from the early days of pioneers, settlers and Indians. The free museum will open early that day for folksporters. Both walks continue to the University of Wyoming Archaeological Museum and Archaeological Dig Site, where Indian artifacts have been recovered. The main site area is still being excavated, and will be open to folksmarchers during this event. From this point, 5 Km walkers will continue to the Start/Finish area, while 11 Km walkers continue to the top of the bluffs. Leaving the archaeological site, the 11 Km trail winds amongst pine trees, rock outcroppings, and through dry creek beds. Atop the bluffs, you will find a golf course (closed for play during the folksmarch) and a monument to early day Indians, which has been replicated as the award for this walk. Views are spectacular from the flat-topped pine covered bluffs. You will see distant mountains to the west, and the vast expanse of the plains to the east. The altitude for this walk is 5,047 feet.

DIRECTIONS: From the DoubleTree Hotel, Colorado Springs, turn right (North) on E. Cheyenne Mountain Blvd. Turn right (East) on Lake Ave. to I-25. Turn left (North) onto I-25 to I-80 (170 miles). Turn right (East) on I-80 (exit 8D) to Pine Bluffs (42 miles). Take I-80 exit 401 at Pine Bluffs. Turn left (North) under interchange onto Parsons Street and right (East) at 8th St. If approaching Pine Bluffs, WY from the east on I-80, exit 401 and turn right (North) onto Parsons Street and right (East) at 8th St. Watch for blue and white signs to direct you to the Community Center. Parking is on the south side of the Community Center, on the street, and at the church to the east.



ESTES PARK WALK

Sanction # CV03-002

DATE: Sunday, June 22, 2003

LOCATION: Stanley Park, Corner of US Hwy 36 & Community Drive,
Estes Park, CO

START TIMES: 7:00 a.m. - 11:00 a.m. **FINISH BY:** 2:00 p.m.

TRAIL DISTANCE & RATING: 7 Km (4.3 miles): Rated 1
11 Km (6.8 miles): Rated 1+

BUS DEPARTURE: 7:30 a.m. (To Estes Park & Denver Capital Events)

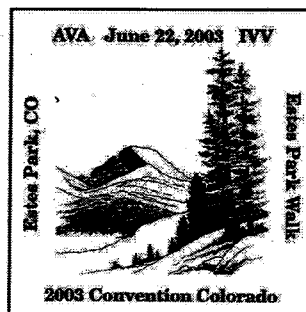
DRIVING DISTANCE: From DoubleTree Hotel to Estes Park: 141 miles
From Pine Bluffs to Estes Park: 126 miles

SPONSORING CLUB: Northern Front Range Wanderers (AVA-0859)

INFORMATION: Keith & Carol Cross (970) 586-3504

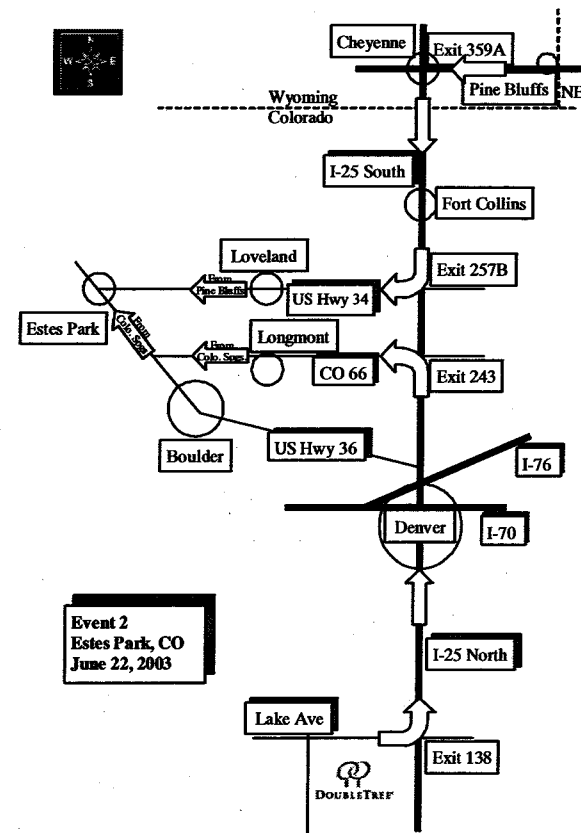
AWARD: Cherry wood tile depicting the Rocky Mountain landscape.

TRAIL DESCRIPTION: The 7 Km trail is rated 1 and the 11 Km trail is rated a 1+ due to a small incline around Lake Estes' dam. Both trails are on hard surfaces. The 7 Km walkers will parallel the southwest edge of the lake and stroll along the shady riverwalk into town to experience an incredible variety of small unique shops, art galleries, and restaurants lining the main streets. Walkers can treat themselves to hot, fresh cookies from Grandma's Mountain Cookies of Estes Park, open early to serve you, and providing a 10% discount by showing your start card. Notice the "Old Town Clock," a giant glockenspiel, located at the end of town, where a combination of bells and spectacular animated focal points align to mark the time of day. The 11 Km volksmarchers will complete a lap around beautiful man-made Lake Estes, before joining



the 7 Km trail on the downtown loop. Keep an eye open for elk, and if calving season is late, walkers may experience detours along the lake route. Estes Park's elevation is 7,522 feet above sea level. Tennis (athletic) shoes are the recommended footwear for this event. Sunscreen, sunglasses, hats and water are advisable. Stroller and wheelchair accessible. Leashed pets are welcome on these walks.

DIRECTIONS: From the DoubleTree Hotel, Colorado Springs, turn right (North) on E. Cheyenne Mountain Blvd. Turn right (East) onto Lake Ave. to I-25. Turn left (North) onto I-25 and proceed 97 miles to CO 66 (Exit 243). Turn left (West) onto CO 66 and proceed 14 miles through Longmont, CO to US Hwy 36. Turn right (North) at US Hwy 36 and continue 21 miles to Community Drive. From Pine Bluffs, WY, take I-80 West 42 miles to I-25 South (Exit 359A). Proceed on I-25 South for 51 miles to US Hwy 34 (Exit 257B). Turn right (West) at US Hwy 34 and continue through Loveland for 33 miles to US Hwy 36 in Estes Park, CO. Turn left (South) at US Hwy 36 and proceed one mile to Community Dr. Watch for blue and white signs to direct you to the Start/Finish area.



DENVER CAPITAL WALK

Sanction # CV03-003

DATE: Sunday, June 22, 2003

LOCATION: Old Chicago (Restaurant), 1415 Market Street,
Denver, CO

START TIMES: 4:00 p.m. - 7:00 p.m. **FINISH BY:** 10:00 p.m.

TRAIL DISTANCE & RATING: 6 Km (3.7 miles): Rated 1+
10 Km (6.2 miles): Rated 1+

BUS DEPARTURE: 7:30 a.m. (To Estes Park and Denver Capital events)

DRIVING DISTANCE: From DoubleTree Hotel to Denver: 74 miles
From Estes Park to Denver: 68 miles

SPONSORING CLUB: Rocky Mountain Wanderers (AVA-0024)

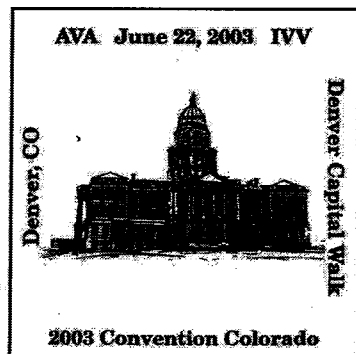
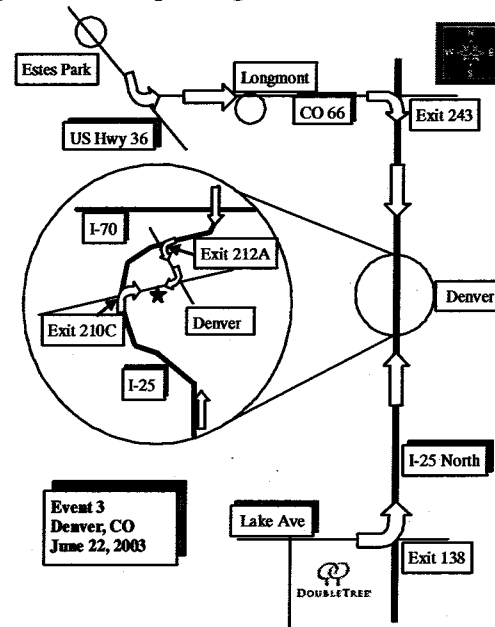
INFORMATION: Mike Green (303) 763-9924

AWARD: Cherry wood tile depicting the Colorado Capitol building.

TRAIL DESCRIPTION: The 10 Km and 6 Km trails are on paved trails through downtown Denver. Some unevenness of curb heights and a few stairs, which can be circumvented, earn both walk distances a 1+ rating. During the 10 Km walk you will see the city's major sports facilities such as Coors Field and the Pepsi Center as you wander along Cherry Creek, the Platte River, and Confluence Park. At the Millennium Bridge, you will experience several stairs, however, for those who prefer taking an elevator, there is one to the right of the stairs. Next you will walk through Larimer Square and Denver's Historic Lower Downtown. Entering the 16th Street Mall, in the heart of the city, walkers will find a mile long pedestrian promenade lined with trees, cafes,

street performers and cart vendors. Denver's 16th Street Mall is closed to traffic as buses transport people along the mall for free. At the Colorado State Capitol Building, walkers will stand a mile high on the 15th step on the west side. This step is exactly 5,280 feet (1,609 m) -- one mile -- above sea level. After standing on the steps of the Capitol, the route continues through the Denver Performing Arts Complex before returning to the Start/Finish area. The 6 Km trail will include portions of the 16th Street Mall, the Capitol Building, and the Performing Arts Complex. Tennis (athletic) shoes are the appropriate footwear for this walk. Sunscreen, sunglasses, hats and water are highly recommended. Strollers and wheelchairs can complete the trails with some difficulty. Leashed pets are welcome. This walk is a portion of YRE 1083 and qualifies as a State Capital event.

DIRECTIONS: From the DoubleTree Hotel, Colorado Springs, turn right (North) on E. Cheyenne Mountain Blvd. Turn right (East) on Lake Ave. to I-25. Turn left (North) onto I-25 and drive 72 miles to the Auraria Parkway exit (Exit 210C). Stay straight to go onto Auraria Parkway. Blue and white signs will direct you to the parking area by the Metropolitan State College Campus. From Estes Park, proceed south 21 miles on US Hwy 36 to CO 66. Turn left (East) at CO 66 and continue 14 miles through Longmont to I-25. Turn right (South) at I-25 and proceed 31 miles to Speer Blvd. South (Exit 212A). Drive 0.7 miles to Auraria Parkway West and turn right at Auraria Parkway. Take an immediate left and then an immediate right into the parking lot. Blue and white signs will direct you to the parking area by the Metropolitan State College Campus. (There is a parking fee for this event, which will be collected as you enter the parking lot. Fees are \$3/car, \$6/RV, and \$20/bus).



CRIPPLE CREEK WALK

Sanction # CV03-004

DATE: Monday, June 23, 2003

LOCATION: Womack Event Center, 157 Warren Ave.,
Cripple Creek, CO

PARKING GARAGE: Northeast corner of 2nd St. & Myers Avenue

START TIMES: 7:00 a.m. - 11:00 a.m. **FINISH BY:** 2:00 p.m.

TRAIL DISTANCE & RATING: 5 Km (3.1 miles): Rated 2
10 Km (6.2 miles): Rated 3+

BUS DEPARTURE: 6:00 a.m. (Extended bus transportation time to allow for tourist activities)

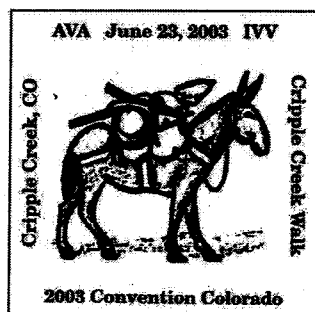
DRIVING DISTANCE: From DoubleTree Hotel to Cripple Creek: 48 miles
From Denver to Cripple Creek: 115 miles

SPONSORING CLUBS: Falcon Wanderers (AVA-0072) & Colorado High Country Hikers (AVA-0671)

INFORMATION: Bob Shute (719) 540-8755

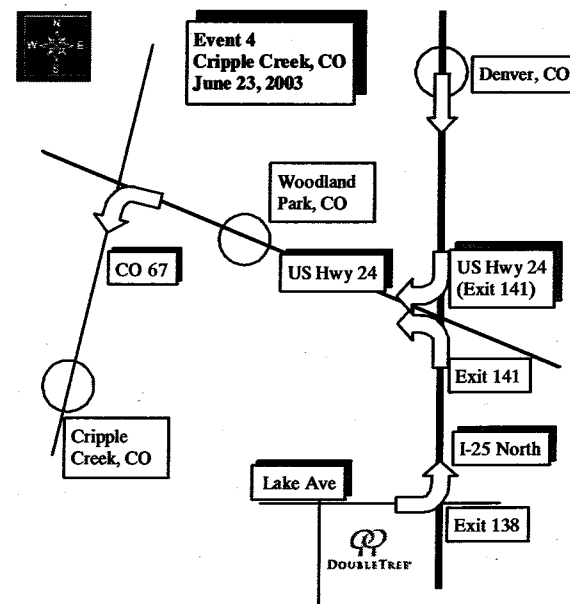
AWARD: Cherry wood tile depicting a burro laden with mining equipment.

TRAIL DESCRIPTION: Be prepared for a very interesting walk back into history. This walk will take the 10 Km walkers through the old Mt. Pisgah cemetery, passing the grave site of Dr. Susie; the TV series "Dr. Quinn, Medicine Woman" was based on Dr. Susie's life. The cemetery contains headstones purchased from Sears & Roebuck. All walkers will pass the Hospitality House Bed and Breakfast, which was the Teller County Hospital during the gold rush days. Continuing on the walk, walkers will pass down both sides of the main street of Cripple Creek and possibly hear the clink of slot machines paying out to winners. Lucky walkers might see some of the wild donkeys that roam the Cripple Creek Mining District. When the mines played out, the donkeys were



turned loose and multiplied into a sizeable wild herd. The 5 Km walkers will turn around at the Cripple Creek Welcome Center, located next to the Cripple Creek District Museum, which boasts a large collection of historic mining equipment and railroad memorabilia. Tickets for the four mile round trip ride on the Cripple Creek and Victor Narrow Gauge Railroad may be purchased at the Center, and the train departs from the siding just behind the building. The 10 Km walkers will continue uphill to join the American Discovery Trail, walking beside old gold mines and below the Molly Kathleen Mine, which you can tour upon completion of the walk. The 10 Km walk will gain approximately 300 feet in altitude and hiking boots and walking sticks are recommended for added support and stability. The 5 Km trail is all on paved streets, but the 10 Km trail encompasses a variety of paved streets, roadways, and dirt trails. The elevation for this walk is 9,494 feet. Strollers and wheelchairs will be able to complete the 5 Km route with some difficulty. Large-wheeled (jogging) strollers can complete the 10 Km route with difficulty. Leashed pets are welcome.

DIRECTIONS: From the DoubleTree Hotel, Colorado Springs, turn right (North) on E. Cheyenne Mountain Blvd. Turn right (East) on Lake Ave. to I-25. Turn left (North) onto I-25 and take the US Hwy 24 W/Cimarron Street exit (Exit 141). From Denver, proceed south on I-25 and take the US Hwy 24 W/Cimarron Street (Exit 141). From the DoubleTree Hotel or Denver, turn left (West) onto Cimarron Street (US Hwy 24) and continue 25 miles to Divide, CO. Turn left (South) onto CO 67 and proceed 19 miles to Cripple Creek. Turn right (West) on Bennett Ave. and follow the blue and white signs to the parking area for Womack Event Center.



ROYAL GORGE BRIDGE WALK

Corporate Sponsor: New Balance

Sanction # CV03-005

DATE: Tuesday, June 24, 2003

LOCATION: Royal Gorge Bridge, Cañon City, CO

START TIMES: 6:00 a.m. - 9:00 a.m. **FINISH BY:** 12:00 p.m.

TRAIL DISTANCE & RATING: 5 Km (3.1 miles): Rated 2+
10 Km (6.2 miles): Rated 2+

BUS DEPARTURE: 5:00 a.m. (Extended bus transportation time to allow for tourist activities)

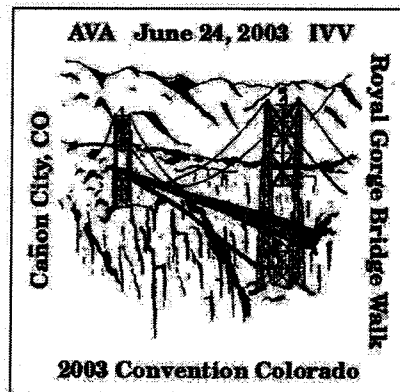
DRIVING DISTANCE: From DoubleTree Hotel to Royal Gorge: 56 miles

SPONSORING CLUB: Falcon Wanderers (AVA-0072)

INFORMATION: Kaye Widger, (719) 372-3541

AWARD: Cherry wood tile depicting the Royal Gorge Bridge.

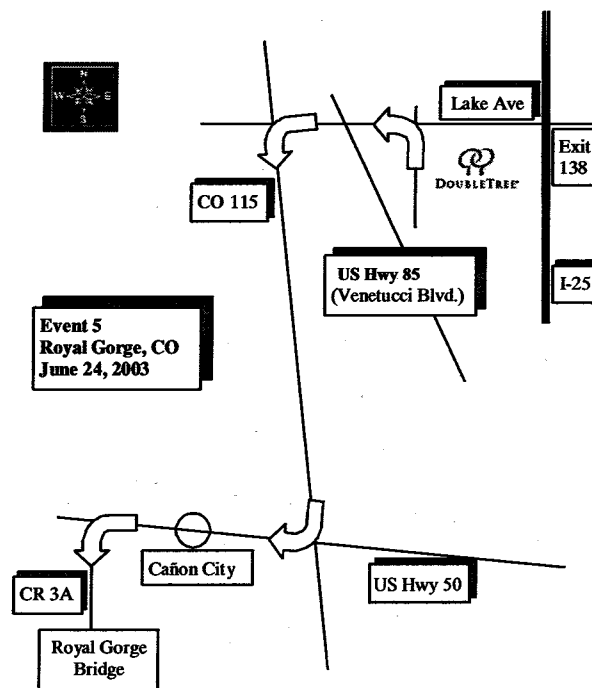
TRAIL DESCRIPTION: Walkers will wander through wooded areas, scenic overlooks, and rock outcroppings en route to a spectacular crossing of the world's highest suspension bridge; 1,053 feet above the Arkansas River. The trail rating for both distances is 2+ due to the uneven trail surfaces and rolling terrain. Athletic walking or running shoes are appropriate footwear for this event. Hiking boots are recommended for those that require extra ankle support on uneven surfaces. A walking stick for balance is always a good choice. The 10 Km walkers will wander through the Royal Gorge Campground Area.



Volkssporters choosing not to cross the bridge will be provided an alternate route to walk. Please ask at the registration table in the Start/Finish area. Elevation for the Royal Gorge is about 6,800 feet above sea level. Sunscreen, sunglasses, hats and water are a must. Large-wheeled strollers can complete these trails with difficulty. Wheelchairs can complete bridge portion (2 Km). Leashed pets are welcome on the trails.

Just a reminder, New Balance Athletic Shoes is paying the reduced park admission fee for all volkssmarchers. The park admission fee allows volkssporters unlimited access to all park attractions, including the bridge, the aerial tram and the incline railway! The 2003 AVA Convention Committee requests all volkssmarchers to please complete the volkssmarch before turning tourist and enjoying all the park activities. Remember, the Start/Finish area closes at 12:00 p.m. New Balance will have a booth set up in the Start/Finish area.

DIRECTIONS: From the DoubleTree Hotel, Colorado Springs, turn right (North) onto E. Cheyenne Mountain Blvd. Turn left (West) onto Lake Ave. (CO 29). Turn left (South) onto CO 115 (S. Nevada Ave.) and proceed to US Hwy 50 (30 miles). Turn right (West) onto US Hwy 50 and continue through Cañon City to County Road 3A (19 miles). Turn left (South) onto CR 3A and proceed 4 miles to the Royal Gorge Bridge. Watch for blue and white signs to direct you to the Start/Finish area.



TURKEY CREEK RANCH WALK

AVA President's Walk

Sanction # CV03-006

DATE: Wednesday, June 25, 2003

LOCATION: Turkey Creek Recreation Area,
CO 115 & Turkey Creek Ranch Road, Fort Carson, CO

START TIMES: 6:00 a.m. - 9:00 a.m. **FINISH BY:** 12:00 p.m.

TRAIL DISTANCE & RATING: 5 Km (3.1 miles): Rated 2
10 Km (6.2 miles): Rated 2

BUS DEPARTURE: 5:30 a.m.

DRIVING DISTANCE: From DoubleTree Hotel to Turkey Creek Ranch:
16 miles

SPONSORING CLUB: High Plains Drifters (AVA-0119)

INFORMATION: Ray & Gretchen Malaski (719) 487-8275

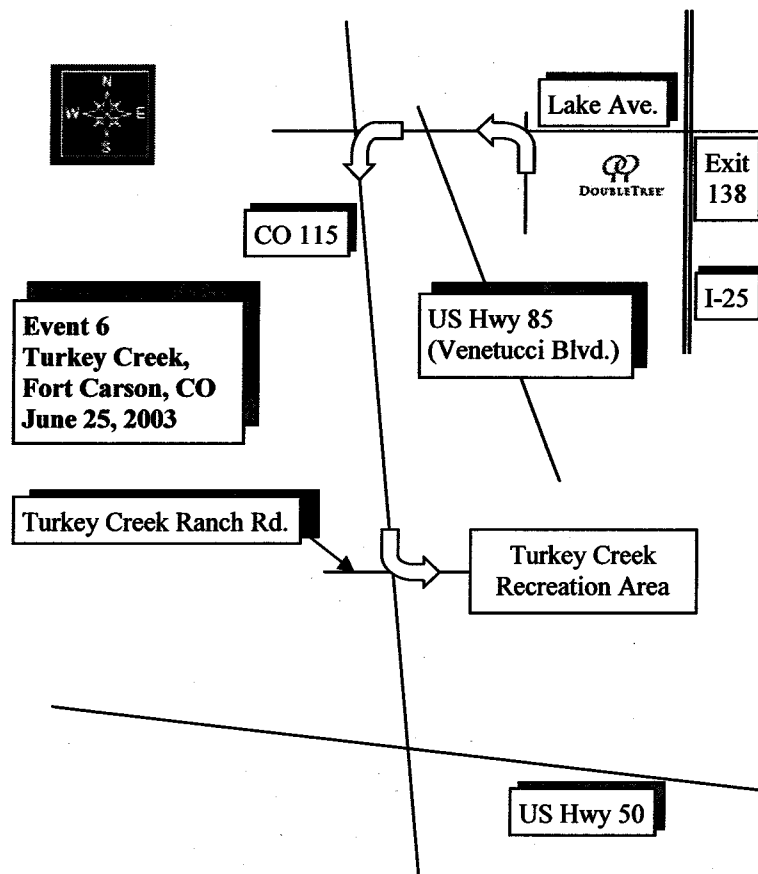
AWARD: Cherry wood tile depicting Kit Carson on horseback.

TRAIL DESCRIPTION: Enjoy the great outdoors on this walk. Turkey Creek Recreation Area (TCRA) is located approximately 11 miles south of Ft. Carson. You start at a historic ranch that has been converted to a recreational area for U.S. Army military personnel and their families. Elevation at the ranch is approximately 5,800 feet above sea level. TCRA is one of Fort Carson's scenic treasures and you will view meadows, trees, bushes, wildlife and mountains as you enjoy either walk distance.



The Start/Finish area will be located at the OK Corral picnic shelter. Both trails, 5 Km and 10 Km, are on dirt pathways and gravel roads. The 10 Km trail includes the entire 5 Km trail route. One short hill, at the halfway point of the 10 Km route will challenge the participants. Large-wheeled strollers can complete these trails with difficulty. Wheelchairs can complete an alternate 5 Km trail with difficulty. The alternate trail surface is a gravel road. Athletic walking or running shoes are appropriate footwear for this event. Hiking boots are recommended for those that require extra ankle support on uneven surfaces. A walking stick for balance is always a good choice. Sunscreen, sunglasses, hats and water are a must. Leashed pets are welcome on the trails.

DIRECTIONS: From the DoubleTree Hotel, Colorado Springs, turn right (North) onto E. Cheyenne Mountain Blvd. Turn left (West) onto Lake Ave. (CO 29). Turn left (South) onto CO 115 (S. Nevada Ave.) and proceed to Turkey Creek Ranch Road (14 miles). Turn left (East) and follow the blue and white signs to the parking area for Turkey Creek Recreation Area.



COLORADO SPRINGS SWIMS

Sanction # CV03-007 & Sanction # CV03-008

DATE: Wednesday, June 25, 2003

LOCATION: Southeast YMCA, 2190 Jet Wing Dr., Colorado Springs, CO

START TIMES: 5:00 p.m. - 9:00 p.m. **FINISH BY:** 10:00 p.m.

BUS DEPARTURE: 5:00 p.m.

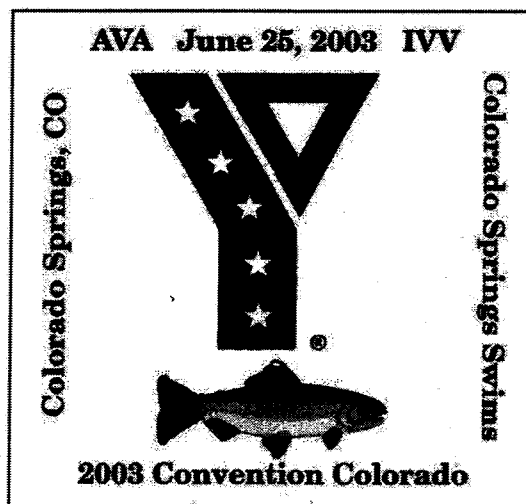
DRIVING DISTANCE: From DoubleTree Hotel to Southeast YMCA:
3 miles

SPONSORING CLUB: High Plains Drifters (AVA-0119)

INFORMATION: Bob & Marie McDuff (719) 260-8390

AWARD: Cherry wood tile depicting the YMCA logo and a Rainbow Trout
(Colorado State Fish)

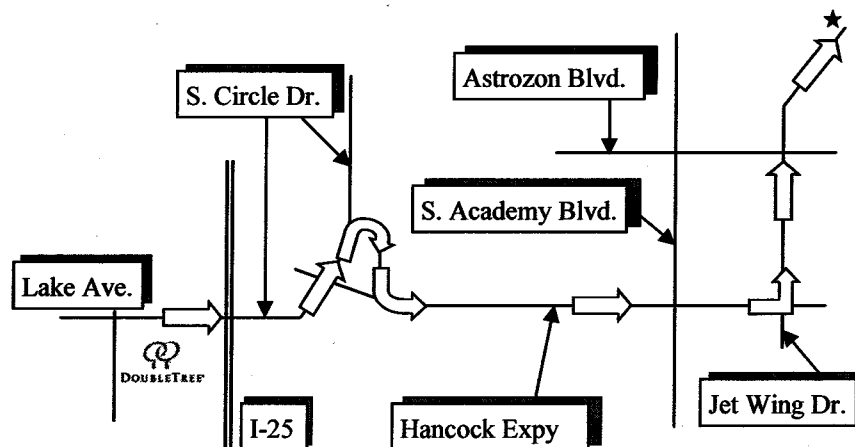
SWIM DESCRIPTION: Two swim events, held simultaneously, at the new YMCA and Sierra High School. The events will accommodate walkers and swimmers. The swimmers must provide their own towels and locks for the lockers.



DIRECTIONS: From the DoubleTree Hotel, Colorado Springs, turn right (North) on E. Cheyenne Mountain Blvd. Turn right (East) onto Lake Ave. Lake Avenue becomes S. Circle Drive. Bear right onto the Hancock Expressway ramp. Turn left (East) onto Hancock Expressway and continue for 1.2 miles. Cross S. Academy Blvd. and continue East one block to Jet Wing Drive. Turn left (North) onto Jet Wing Drive and follow the blue and white signs to the parking area for the Start/Finish area.



Event 7 & 8
Colorado Springs, CO
June 25, 2003



GARDEN OF THE GODS WALK

Sanction # CV03-009

DATE: Thursday, June 26, 2003

LOCATION: Garden of the Gods Park, 30th and Gateway Road, Colorado Springs, CO

START TIMES: 6:00 a.m. - 9:00 a.m. **FINISH BY:** 12:00 p.m.

TRAIL DISTANCE & RATING: 5 Km (3.1 miles): Rated 1+
10 Km (6.2 miles): Rated 2+

BUS DEPARTURE: 5:30 a.m.

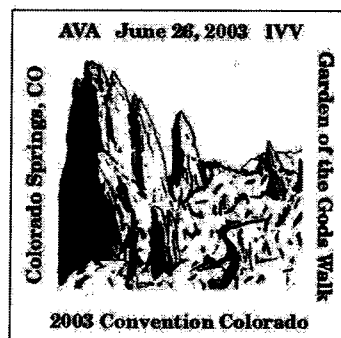
DRIVING DISTANCE: From DoubleTree Hotel to Garden of the Gods:
8 miles

SPONSORING CLUB: Black Forest Volkssport Club (AVA-0841)

INFORMATION: Curt Converse (719) 591-8193

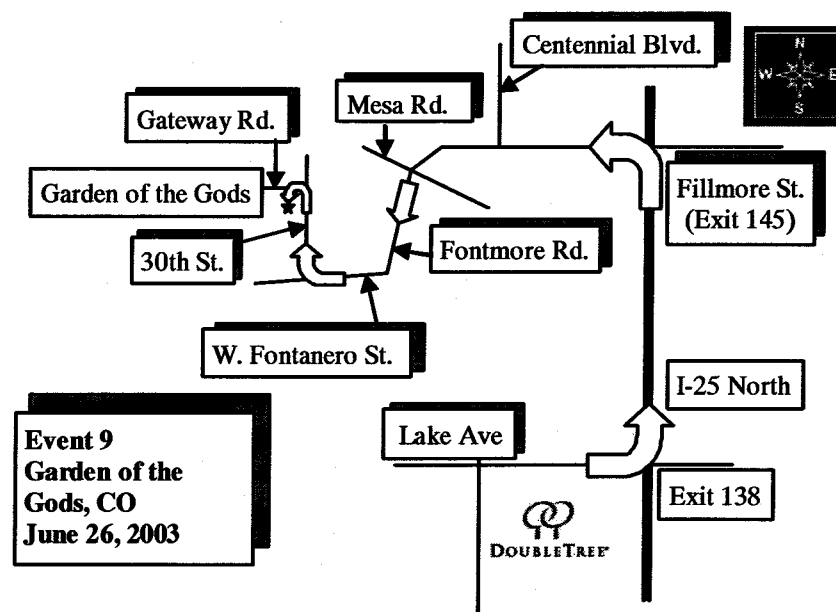
AWARD: Cherry wood tile depicting the sandstone formations in the Garden of the Gods.

TRAIL DESCRIPTION: This is a beautiful walk through the world-renowned Garden of the Gods Park with breathtaking scenery, towering sandstone rock formations and spectacular views of Pikes Peak Mountain. Garden of the Gods Park is Colorado Springs' number one visitor attraction. The city park is located on the west side of Colorado Springs in the foothills at an altitude of 6,500 feet. The volksmarch routes will be on Garden of the Gods Park streets and trails. The trail surfaces consist mostly of packed trail, asphalt, or concrete. The 5 Km trail will enter the park from the east along Gateway Road up a small, continuous hill. The trail will then circle to the north before con-



tinuing into the Central Garden area of the park. After completing the full circle of the Central Garden, volkssporters will retrace some of their steps back toward the Start/Finish area, before continuing up to the Garden of the Gods Visitor Center. From here, 5 Km volkssporters will return to the Start/Finish area. The 10 Km trail will complete all portions of the 5 Km trail and will add stops at the Garden of the Gods Trading Post and Balanced Rock. Several small hills earn the 10 Km trail its 2+ rating and will cause most volkssporters some shortness of breath. Athletic shoes are considered appropriate footwear for this walk. Walking sticks are not required. Strollers and wheelchairs can complete these events. Wheelchairs will experience some difficulty on the packed trail surfaces and hills. This walk is a portion of YRE 464. Leashed pets are welcome.

DIRECTIONS: From the DoubleTree Hotel, Colorado Springs, turn right (North) on E. Cheyenne Mountain Blvd. Turn right (East) onto Lake Ave. to I-25. Turn left (North) onto I-25 for approximately 7 miles and take the Fillmore Street exit (Exit 145). Turn left (West) onto Fillmore Street and continue approximately 2 miles. Fillmore Street will change to Fontmore Road and will change again to Fontanero Street. At 30th Street, turn right (North) and proceed approximately 1.5 miles to Gateway Road. Turn left (West) at Gateway Road and immediately left (South) into the Rock Ledge Ranch entrance. Watch for the blue and white Volkssport signs to help guide you to the Start/Finish area. **Note:** Weather conditions might necessitate moving the parking area to a location just west of Centennial Blvd.



CASTLE ROCK WALK

Sanction # CV03-010

DATE: Friday, June 27, 2003

LOCATION: Douglas County Event Center, 500 Fairgrounds Drive, Castle Rock, CO

START TIMES: 6:00 a.m. - 9:00 a.m. **FINISH BY:** 12:00 p.m.

TRAIL DISTANCE & RATING: 5 Km (3.1 miles): Rated 1+
10 Km (6.2 miles): Rated 2

BUS DEPARTURE: 5:00 a.m.

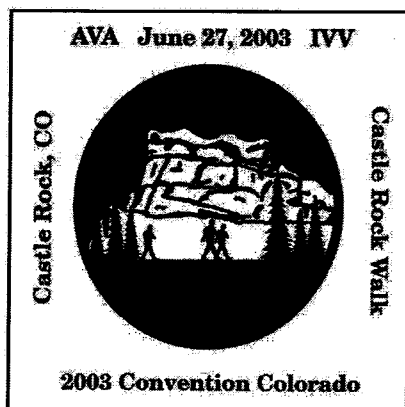
DRIVING DISTANCE: From DoubleTree Hotel to Castle Rock: 44 miles

SPONSORING CLUB: Rocky Mountain Wanderers (AVA-0024)

INFORMATION: Connie Duffy (719) 337-9434 (Cell Phone)

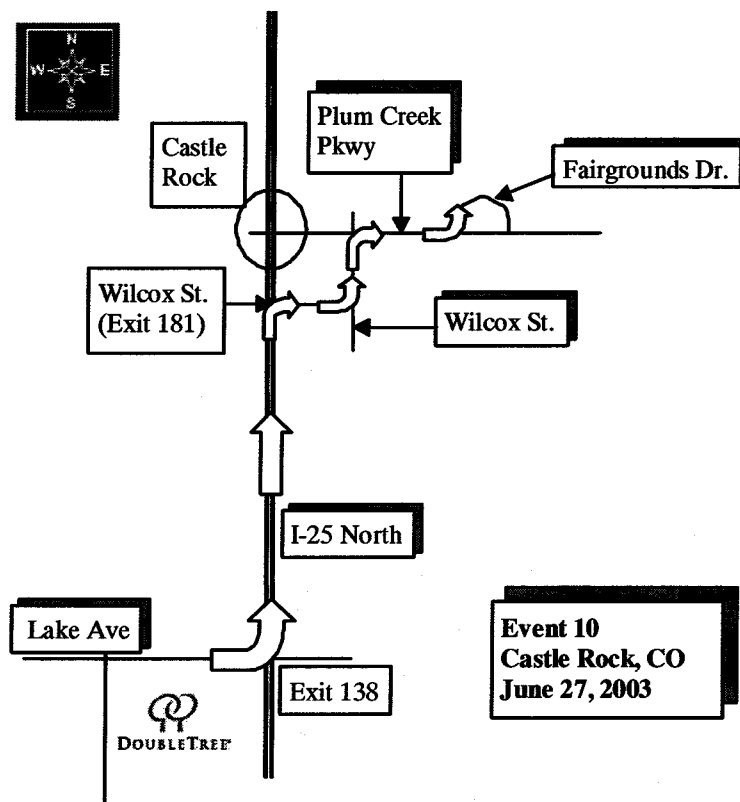
AWARD: Cherry wood tile depicting the Castle Rock formation.

TRAIL DESCRIPTION: Castle Rock is located at an altitude of 6,200 feet. The 5 Km and 10 Km trails begin at the Event Center and Fairgrounds, and follow a river trail into the heart of the town. Entering town, hikers will pass by historical buildings, restaurants, and unique shops (feed stores, antique shops, art galleries, and a grain elevator). After touring Main Street, 10 Km walkers follow a trail to the "Rock," while 5 Km walkers return to the Start/Finish area via an interesting historical tour on the quiet side streets of Castle Rock. There are many large shade trees and points of interest along this route.



10 Km walkers continue to the base of the "Rock." The route proceeds on a dirt perimeter trail through Rock Park, and onto a greenway path, taking walkers through a small neighborhood, across an open area, and as the trail wanders up (only slightly) to the Community Center, the view gets even better. The trail meanders, and soon enters the older part of town again, where walkers pass by several buildings listed on the National Historical Register. The walks are on concrete and paved pathways, city streets and dirt paths. Strollers and wheelchairs can complete the 5 Km trail. Large-wheeled strollers can complete the 10 Km trail. Athletic shoes are considered appropriate footwear for this walk. Sunscreen, sunglasses, hats and carrying water are advisable. Leashed pets are welcome on the trails.

DIRECTIONS: From the DoubleTree Hotel, Colorado Springs, turn right (North) on E. Cheyenne Mountain Blvd. Turn right (East) onto Lake Ave. to I-25. Turn left (North) onto I-25 and drive 42 miles to the Wilcox Street exit (Exit 181). Turn left (North) onto S. Wilcox Street. Turn right (East) onto Plum Creek Parkway. Turn left (North) onto Fairgrounds Road and follow the blue and white signs to the parking area for the Douglas County Event Center.



U.S. OLYMPIC TRAINING CENTER WALK

Sanction # CV03-011

DATE: Saturday, June 28, 2003

LOCATION: Mark Sertich Ice Center, Memorial Park,
Colorado Springs, CO

START TIMES: 7:00 a.m. - 11:00 a.m. **FINISH BY:** 2:00 p.m.

TRAIL DISTANCE & RATING: 6 Km (3.7 miles): Rated 1
11 Km (6.8 miles): Rated 1

BUS DEPARTURE: 6:30 a.m.

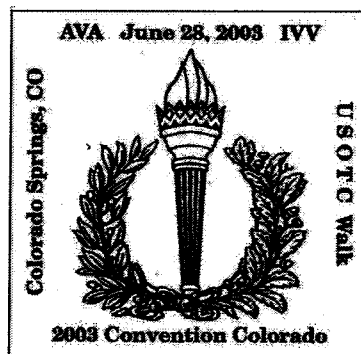
DRIVING DISTANCE: From DoubleTree Hotel to Mark Sertich Ice Center:
4 miles

SPONSORING CLUB: Falcon Wanderers (AVA-0072)

INFORMATION: Jack & Annette Kester (719) 392-1834

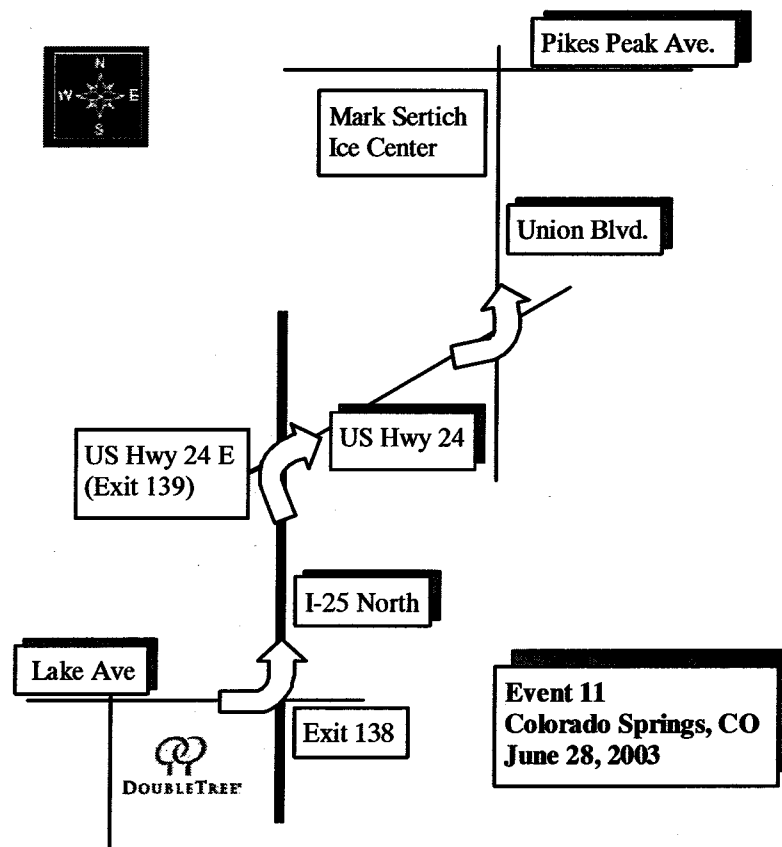
AWARD: Cherry wood tile depicting the U.S. Olympic Torch.

TRAIL DESCRIPTION: Enjoy the host city on this walk as it takes you around the War Veteran's Memorial, Firefighter's Memorial, downtown Colorado Springs, city parks, and the Olympic Training Center (OTC). The shorter distance walkers will by-pass the downtown Colorado Springs area. These walks are on city sidewalks and streets. There are several instances where there are no curb cuts. Strollers and wheelchairs can complete these events, but with difficulty. No pets are allowed on this walk. The elevation for this walk is 6,035 feet. Athletic shoes are considered appropriate footwear for this walk. Sunscreen, sunglasses, hats and carrying water are advisable. This walk is a portion of YRE 0246.



The OTC's Gift Store and their public tours do not start until 9:00 a.m. The OTC is approximately one hour into the 6 Km walk and two hours into the 11 Km walk. Thus, you may want to adjust your start time such that you arrive at the OTC after the gift store has opened and the tours have started. Please keep in mind, the Start/Finish area will close at 2:00 p.m.

DIRECTIONS: From the DoubleTree Hotel, Colorado Springs, turn right (North) on E. Cheyenne Mountain Blvd. Turn right (East) onto Lake Ave. to I-25. Turn left (North) onto I-25 and drive 0.5 miles to the US Hwy 24 East exit (Exit 139). Take the US Hwy 24 East exit toward Limon. Merge onto US Hwy 24 and drive 0.4 miles to the Union Blvd. exit ramp. Take the Union Blvd. exit ramp and turn left (North) onto S. Union Blvd. Continue on S. Union Blvd. for 1.6 miles to Memorial Drive and follow the blue and white signs to the parking area for the Mark Sertich Ice Center in Memorial Park.



COLORADO CITY WALK

Sanction # CV03-012

DATE: Saturday, June 28, 2003

LOCATION: Greenhorn Meadows Park, CO 165 & Cuerno Verde Blvd.,
Colorado City, CO

START TIMES: 4:00 p.m. - 7:00 p.m. **FINISH BY:** 10:00 p.m.

TRAIL DISTANCE & RATING: 6 Km (3.7 miles): Rated 1+
10 Km (6.2 miles): Rated 2

BUS DEPARTURE: 3:00 p.m.

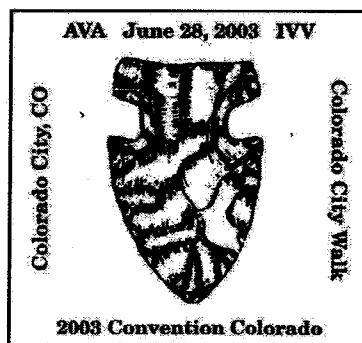
DRIVING DISTANCE: From DoubleTree Hotel to Colorado City: 67 miles
From USOTC Event to Colorado City: 71 miles

SPONSORING CLUB: High Plains Drifters (AVA-0119)

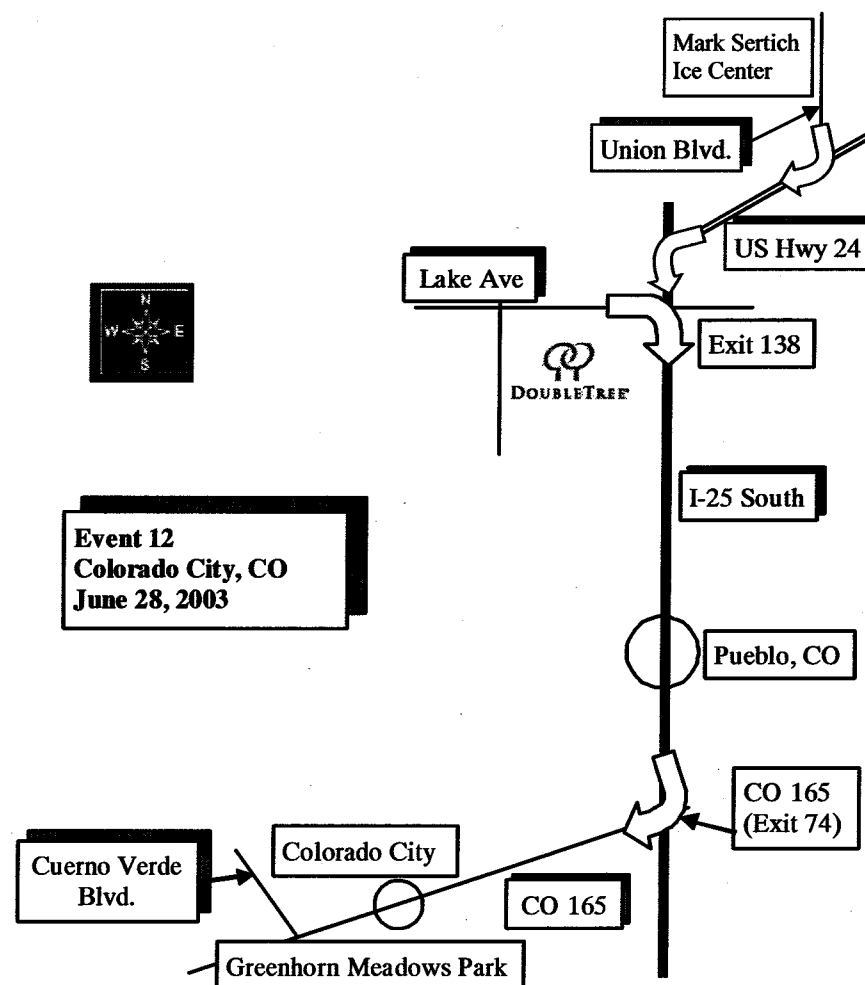
INFORMATION: Duane & Sherry Kisse (719) 676-2329

AWARD: Cherry wood tile depicting an arrowhead.

TRAIL DESCRIPTION: Located at an elevation of 6,000 feet, Colorado City is a small community nestled in the foothills of southern Colorado. It offers 10 Km volkssporters a tranquil walk around and through the golf course (closed for this event) and around a small lake. 6 Km participants will by-pass the golf course. The walks are on paved and gravel roads, a concrete path around the lake, and on gravel cart paths around the golf course. Strollers and wheelchairs can complete the 6 Km trail with some difficulty. Large-wheeled strollers can complete the 10 Km trail. Athletic walking or running shoes are appropriate footwear for this event. Sunscreen, sunglasses, hats and water are a must. Leashed pets are welcome on the trails. Food will be available at the Start/Finish area.



DIRECTIONS: From the Mark Sertich Ice Center, turn right (South) at Union Blvd. Continue south to US Hwy 24 (Martin Luther King Bypass). Turn right (West) onto US Hwy 24 and get into the left lane. Exit left to I-25 South and follow the directions below for "Mark Sertich and DoubleTree Hotel." From the DoubleTree Hotel, Colorado Springs, turn right (North) on E. Cheyenne Mountain Blvd. Turn right (East) onto Lake Ave. to I-25. Turn right (South) onto I-25. From Mark Sertich and DoubleTree Hotel, drive south on I-25 for 63 miles to the CO 165 W exit (Exit 74) towards Colorado City/Rye/San Isabel. Take the CO 165 exit and continue west for 3.3 miles to Greenhorn Meadows Park. Follow the blue and white signs to the parking area for the Colorado City Event.



SUGARITE CANYON WALK

Sanction # CV03-013

DATE: Sunday, June 29, 2003

LOCATION: K-Mart, 1235 S. 2nd St., Raton, NM

START TIMES: 7:00 a.m. - 11:00 a.m. **FINISH BY:** 2:00 p.m.

TRAIL DISTANCE & RATING: 5 Km (3.1 miles): Rated 1+
10 Km (6.2 miles): Rated 2+

BUS DEPARTURE: 5:00 a.m.

DRIVING DISTANCE: From DoubleTree Hotel to Raton, NM: 148 miles
From Colorado City to Raton, NM: 85 miles

SPONSORING CLUB: Kiwanis Club of Raton (AVA-0893)

INFORMATION: Robert Mantz (505) 445-2215

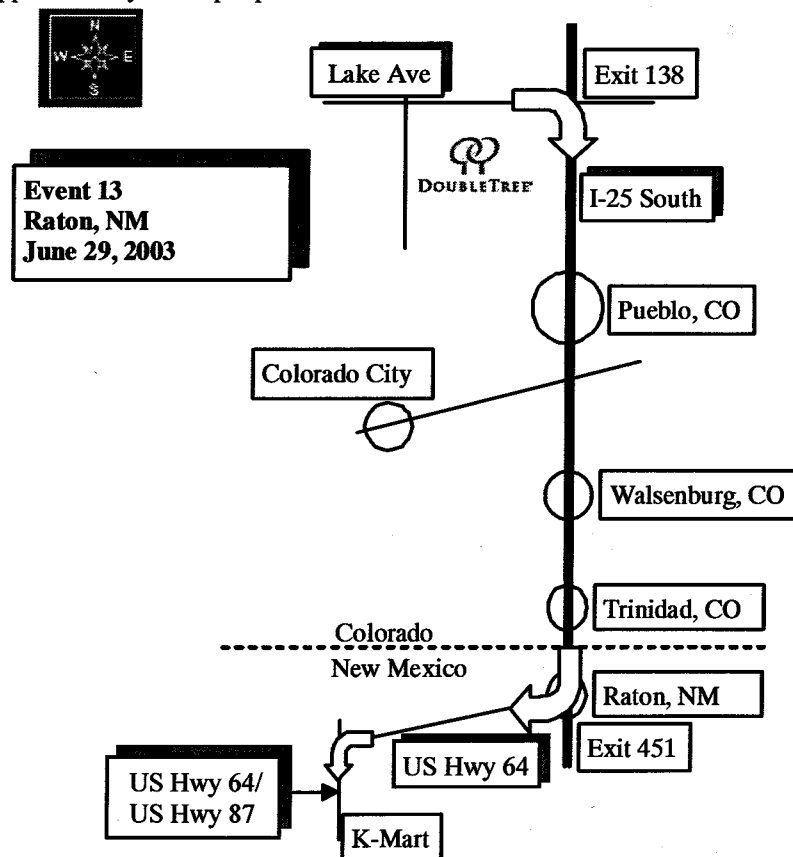
AWARD: Cherry wood tile depicting the Sugarite Canyon State Park logo.

TRAIL DESCRIPTION: This walk takes place in a beautiful New Mexico State Park around or near two lakes at an elevation of 7,800 feet. Volkssporters will park in Raton and will be bused to and from the State Park. Thus, no pets will be allowed on this walk or on the bus. Wild turkeys and deer are some of the wildlife that might be seen during this walk. The 5 Km trail surfaces consist of paved and gravel roads. The 10 Km trail will also include dirt pathways. The 5 Km route will be an out and back trail alongside one of the lakes. The 10 Km volkssporters will walk around two lakes and through forests nestled among the surrounding mesas. Strollers can complete the 5 Km trail only. Wheelchairs can complete a portion of the 5 Km trail. Athletic



walking or running shoes are appropriate footwear for the 5 Km event. Hiking boots are recommended on the 10 Km trail for those that require extra ankle support on uneven surfaces. A walking stick for balance is always a good choice. Sunscreen, sunglasses, hats and water are a must.

DIRECTIONS: From the DoubleTree Hotel, Colorado Springs, turn right (North) on E. Cheyenne Mountain Blvd. Turn right (East) onto Lake Ave. to I-25. Turn right (South) onto I-25 South and drive 146 miles to the US Hwy 64 E/US Hwy 87 E exit (Exit 451) in Raton, NM. From Colorado City, take I-25 South for 82 miles to the US Hwy 64 E/US Hwy 87 E exit (Exit 451) in Raton, NM. From Colorado Springs or Colorado City, take the US Hwy 64 E/US Hwy 87E exit and turn right (West) onto Clayton Rd./US Hwy 64 W/US Hwy 87 W. Turn left (South) onto S. 2nd St./US Hwy 64 W/US Hwy 87 W. Follow the blue and white signs to the parking area for the Sugarite Canyon event Start/Finish area. Parking will be at the K-Mart parking area only. Buses will provide transportation from the Start/Finish area to Sugarite Canyon State Park. The combined fee for bus transportation and park entrance will be approximately \$3.00 per person.



MID-CONVENTION SOCIAL - FLYING W RANCH

Chuckwagon Supper and Western Stage Show

DATE: Thursday, June 26, 2003

LOCATION: Flying W Ranch, 3330 Chuckwagon Road,
Colorado Springs, CO

START TIME: 4:30 p.m. – 6:30 p.m. **FINISH TIME:** 10:00 p.m.

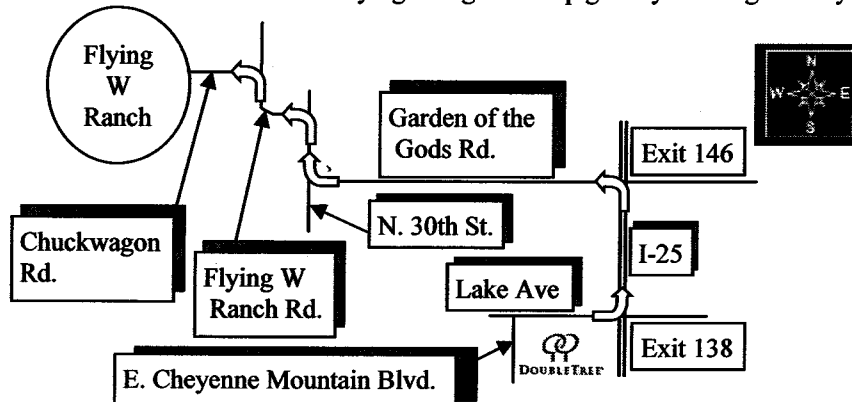
BUS DEPARTURE: 5:00 p.m.

DRIVING DISTANCE: From DoubleTree Hotel to Flying W Ranch:
13 miles

INFORMATION: Debbie Liphardt (303) 646-5971

EVENT DESCRIPTION: The Flying W Ranch is a working mountain cattle ranch that has specialized in western food and entertainment since 1953. They offer beautiful natural surroundings, an authentic old western town and mouth-watering Bar-B-Q beef or Bar-B-Q chicken suppers. Supper and show are held outdoors underneath the picturesque Colorado sky, so be sure to bring along a jacket should the weather be brisk. An indoor eating area stands ready in case of sudden thunderstorms. After dinner entertainment is provided by the "Flying W Wranglers." The Wranglers specialize in beautiful three part vocal harmonies about the romantic American Cowboy. The show is always family oriented. Dress is, of course, casual. Tickets for this event are included in the **TOTAL MEETING PACKAGE** or may be purchased separately at the Convention Registration table is \$23.00 for adults, \$13.00 each for children under nine (9).

DIRECTIONS: From the DoubleTree Hotel, Colorado Springs, turn right on E Cheyenne Mountain Blvd. Turn right on Lake Ave. to I-25. Turn left onto I-25 to Garden of the Gods Road (8 miles), Exit 146. Take Exit 146 and turn left on W Garden of the Gods Road and proceed 2 miles to N 30th Street. Turn right on N 30th Street and immediately left onto Flying W Ranch Road. Continue 1 mile to Chuckwagon Road, just before the top of the hill, and turn left into the Ranch. Watch for the Flying W signs to help guide you along the way.



Altitude Illness Guide

While almost all the 2003 Convention events will take place below 7,000 feet, the 2003 Committee wants everyone to be aware that altitude can produce some unusual sensations. Altitude illness is a series of symptoms and medical conditions, induced by travel from a lower altitude to a higher one, usually over 5,000 feet. It can affect anyone regardless of age, gender, or physical condition. The most common symptoms include: mild to moderate headaches, touch of nausea, loss of energy, sleep disruption, or experiencing shortness of breath. One of the most important things folks coming to Colorado Springs and the Rocky Mountain area should remember about altitude illness is that the symptoms are almost totally preventable and can be significantly minimized by following the simple guidelines outlined below.

- Stay below 7,000 feet the first day (there's lots to see and do at the lower altitude levels)
- Avoid strenuous exercise the first day (give your body time to adjust)
- Exercise in moderation the first few days
- Drink more water than usual since your body will dehydrate more quickly (low humidity)
- Reduce alcohol and tobacco consumption, which have increased effects at altitude
- Eat food high in carbohydrates: grains, pasta, fruit and vegetables
- Avoid heavy meals, salty foods, and sleep medications
- If aspirin can be tolerated, take two aspirins a day starting a week before arrival

If you follow these simple suggestions, you are sure to enjoy each day of your folksporting vacation.