

What is a Volksmarch? A volksmarch is a leisurely walk through a scenic, historic, or interesting area over a predetermined route. The walk is non-competitive and the participants walk at their own pace.

Club Name: Walk Seward Club

Walk Date: July 4, 2010

Walk Starting Point: Seward High School, 532 Northern Heights Drive

Sponsor: Walk Seward Club

Distance: 5K (3.1 miles) and 10K (6.2 miles)

Time: Start anytime between 7:00 and 9:00 a.m. You must be off the trail and all start cards turned in by Noon (before heat of the day).

Award: "A" Award is a lanyard. **Every participant receives a July 4th pin.**

Special Events: Walk the USA A-Z, Artistic Heritage, Law Enforcement, Cemetery, Firehouses, Railroad Heritage, Veterans Memorial, Baseball Walks, Historic Church, Carnegie Library, Authors, Americas Gardens.

Sanctioned Event: This event is sanctioned and insured by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV).

Participation: Start off your Fourth of July celebration with a healthy walk that is fun for all ages! Children under 12 years of age must be accompanied by an adult. Pets must be leashed and kept under control at all times. A start card is required for all walkers and **MUST** be returned to the registration table at the completion of the walk.

AVA/IVV Credit and Awards: Fun walkers (those who do not desire an award or IVV certification) are FREE, though a good will donation will be accepted. Award and AVA/IVV credit stamps are \$5.00. Those who want only the IVV credit pay \$3.00.

Condition of Participation: The event will be held rain or shine.

Trail Rating 1: This is a moderately easy walk on pavement and trail. The trail will be through park and residential areas. The trail is suitable for wheelchairs, wagons and strollers. This walk will take you along Plum Creek Trail, past Courthouse Square and whet your appetite for the other festivities of the day. **The starting point is on the free trolley shuttle route so you can also enjoy other activities after the volksmarch.**

IVV Record Books: Books will be available at the walk. Cost is \$5.00 per book. You are encouraged to purchase a book and work toward the IVV Achievement Awards. New Walker packets are \$5.00

Disclaimer: The sponsors are not liable for any accidents, thefts, and/or material damages. Every reasonable effort will be expended by the sponsors to make the walk safe and memorable. Insurance waivers need to be signed at the start. A Certificate of Liability Insurance is held by the AVA.

At The Start Of The Walk: Each person must obtain a start card at the start point. This must be carried on the walk and personally presented at each checkpoint. Walkers missing check points may be refused an award or IVV credit. All start cards are the property of the Walk Seward Club and must be turned in at the finish point when the walk is completed. Water and snack bars will be available at the check points, however, you may want to carry water with you if it is extremely hot the day of the walk.

Event Information: Seward, recognized as “America’s Small Town 4th of July City”, hosts an old-fashioned family celebration each July 4. The volksmarch is just one of the many activities held in Seward on the 4th of July. Go to: www.julyfourthseward.com for more information on all of Seward's July 4th activities. Listed on the back of this brochure are some of the other events you may enjoy.

For information on this walk or others in the area or for Club Membership information, contact:

Walk Seward Club
PO Box 41
Seward, NE 68434
walkseward@gmail.com

Lori Anderson
1604 253rd Drive
Seward, NE 68434
402-643-9820

Walk Seward Club Membership - \$10.00 Single \$15.00

Free Trolley Shuttle (Park at High School)

Hours:

9:00 AM - 3:30 PM

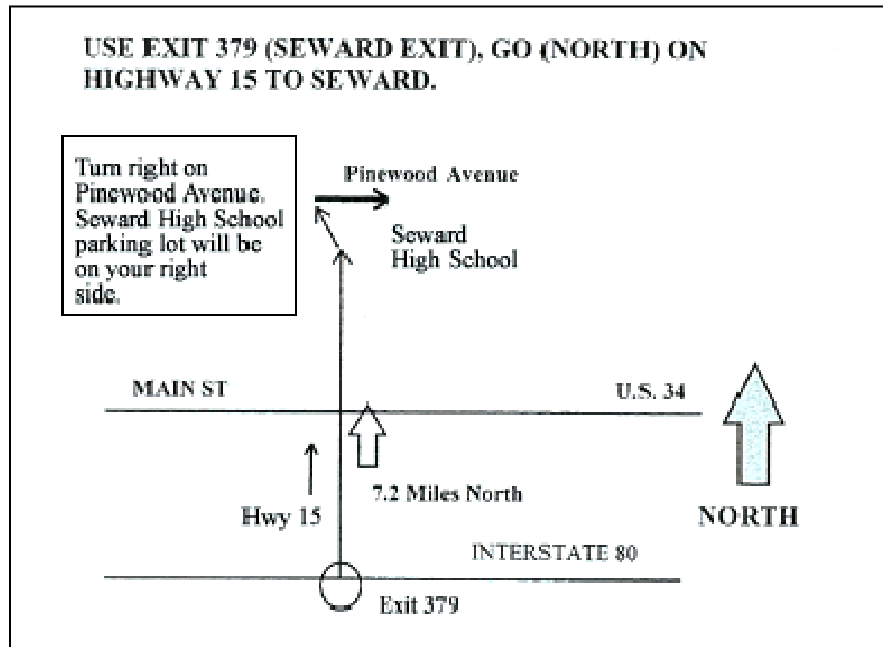
5:30 PM - 7:00 PM

Map available online at www.julyfourthseward.com

- ★ Giant Fireworks Show is at Plum Creek Park – 10:00 pm!
- ★ “Crafts on the Square” Nebraska’s Best Handmade Craft Show
- ★ Aerobatic Air Show
- ★ Food Alley
- ★ Horseshoe Pitching Tournament
- ★ Quilt Show
- ★ Antique Market
- ★ Carnival
- ★ Grand Parade
- ★ Parachute Jump
- ★ Musical & Dance Performances
- ★ "Friends of the Library" Book Sale
- ★ Art Show
- ★ Car Show
- ★ Antique Tractors & Farm Machinery
- ★ Children's Show with Mr. Magic
- ★ Giant 18 ft. Inflated Slide

For more detailed information on all the activities go to: www.julyfourthseward.com

How to reach volksmarch start/finish point:



5K (3.1 miles)
10K (6.2 miles)

**AVA/
IVV**

Walk Seward Club

4th of July Volksmarch

Seward, NE July 4, 2010

Start: 7:00 am - 9:00 am at

Seward High School

"A" award - a USA lanyard