

This event is sanctioned by the American Volkssport Association (AVA) (ava.org), a member of the International Federation of Popular Sports (IVV) (ivv-web.org/)

DISCLAIMER: Every reasonable effort shall be made by the sponsors to provide events that are safe, enjoyable and memorable. However, neither the sponsors nor the AVA/IVV can be held responsible for accidents, thefts and material damage.

STIPULATIONS: With registration for these events, the participant accepts the guidelines of the AVA and agrees to observe the principles of good sportsmanship and safety. Every participant must adhere to all directions of the control personnel. Littering is not permitted. All events will take place regardless of weather conditions. Awards will not be sold outright.

PROCEDURES: This event is open to everyone. Volkssports, including volkswalks, are noncompetitive events. Walk, jog, or run at your own pace. Each participant, whether free or paid, must register and sign an Amateur Athletic Waiver and Release of Liability (Parent or Guardian must sign for minor) at the start point. A start card may be issued upon registration. It must be carried during the walk, validated at control points along the route and turned in at the finish upon completion of the walk.

AWARD / PRE-REGISTRATION / FEES: You may walk free if no credit or award is desired, but you must register. Pre-registration is not required. No refunds will be given. Walking for credit costs \$3.00.



www.SacramentoWalkingSticks.org



The Sacramento Walking Sticks New Year's Eve and Day

5K and 10K Walks

Sacramento

December 31, 2011

January 1, 2012

PA 11 - 90995

PA 12 - 90996



(Design of Commemorative Patch)



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START LOCATION:

Pioneer House, 415 P Street, Sacramento, CA 95814

START/FINISH TIMES:

Eve: Start from 5:00pm to 6:00pm and finish by 9:00pm

Day: 9:00am – 12:00pm, finish by 3:30pm

DESCRIPTION: This walk takes you along city streets and by many historic sites. Each day has its own route. It might rain, so bring rain gear (poncho or umbrella) and an extra pair of shoes). On New Year's Eve, bring a flashlight.

MISCELLANEOUS:

- **Rest Rooms:** At start/finish and along route
- **Water:** At start/finish
- **Strollers/Wheelchairs:** OK
- **Pets:** OK with leash and clean-up

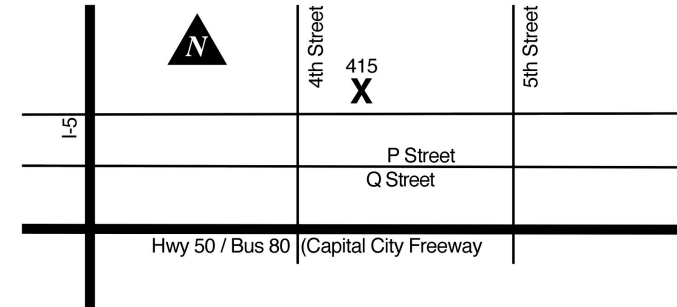
SPECIAL PROGRAMS:

- America's Gardens
- Artistic Heritage
- Authors & Literary Landmarks
- Carnegie Libraries
- Courthouses
- Firehouses
- Historic Churches
- Hooray for Hollywood
- Liberty Bell
- Museums
- Pony Express
- Railroad Heritage
- RiverWalk
- State Capitol
- State Parks
- World Libraries
- Veteran Memorials

COST/AWARD: Events are credit only. A commemorative patch is available for \$3.00 (limited quantity). Registration fee is \$3.00 for credit. You may walk for free if credit is not desired, but you must register and carry a start card. Pre-registration is not required. No refunds will be given.

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DRIVING DIRECTIONS: From East or West bound Highway 50/Business 80 (Capital City Freeway) take I-5 North bound to Q Street Exit. Take Q Street to 5th Street, Left on 5th for one block, then Left on P to #415. Watch for Volkswalk sign out front. Parking on the street or open lots in the area.

**CONTACT:**

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