

TARRANT COUNTY WALKERS

Membership Application

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Home Phone: _____

Work Phone: _____

Email: _____

Date: _____

Annual Dues:

Membership for single or family \$8.00

NAMES OF FAMILY MEMBERS:

Please complete and mail with check to:
Mary Sheldon, TCW Treasurer
8009 Sunscape Lane
Fort Worth, TX 76123
817-925-5447

www.walktx.org/TarrantCountyWalkers



TARRANT COUNTY WALKERS, founded in 1979, is based in Fort Worth, Texas. We sponsor non-competitive walking events (Volksmarches) throughout the year. Our club is a member of the American Volkssport Association (AVA), a national tax-exempt organization that promotes an awareness of physical fitness for people of all ages. The AVA is an affiliate of the International Volkssport Verein (IVV).



www.ava.org
1-800-830-9255

www.walktx.org/TarrantCountyWalkers
817-925-5447



TARRANT COUNTY WALKERS



Walk for

Fun

Fitness

Friendship



**Affiliated with
American Volkssport Association**

Why do we walk?

For fun, fitness and friendship. Our events give participants an opportunity to see things they might miss if they drove, rather than walked, through an area.

Our walking events are many things but above all they are joining with other people - on a trail, through a park or historical area, or right in your own neighborhood - for exercise and enjoyment.

What is Volkssporting?

Events are non-competitive (at your own pace). Volkssporting events include walking, swimming, and bicycling. These activities are coordinated by the International Federation of Popular Sports (IVV), the American Volkssport Association (AVA) and Tarrant County Walkers. Volksmarching, the most popular of Volkssports, is the German expression for "Walk of the People". Events follow pre-determined routes. Walks are usually a minimum of 10 kilometers (6.2 miles), with some events including a 5K walk (3.1 miles).

Do I have to walk fast?

Walk at your own pace. Go as fast or as slow as you want. Stop to picnic, shop or sightsee if you want. Just be sure to complete the trail by the official finish time.

What should I wear?

Wear comfortable, well broken-in shoes, preferably a good quality walking shoe or boot. Dress for the weather. Layers are a good idea, since you will warm up once you begin walking. You may want to carry a jacket or umbrella in case the weather changes.

Year Round Events

Year Round Events (YRE) are self-initiated events where you go to a designated start point and ask for the location of the WALK BOX. Directions found inside the start box help you register for the event, get the route directions and map for your walk.

Special Events

Volksmarching events are sponsored by individual clubs throughout the country and world. To obtain information and to locate a club in your area, call 1-800-830-9255 for a complete phone menu. Or go to www.ava.org to find information on local clubs and their events. Brochures on-line contain information about the event including date, location, start/finish times, type of route, award and other walk information that could be helpful. Many volksmarching enthusiasts plan their vacations to include several events as they are traveling.

What does it cost?

Each walk is open free to the public. A \$3 fee is charged for participation in the IVV program, which recognizes attainment of specified levels of cumulative event and distance totals. A commemorative event award is sometimes available for a few dollars more, if you want it.

Membership

You do not have to be a member of any Volksmarching Club to participate in any events. There are, however, benefits to membership:

1. Dues are low
2. Receive the club's newsletter
3. Meet new people who like to walk or bike
4. Know that you are supporting a club dedicated to fitness while having fun

Award and Credit Records

Volksmarchers may want to keep records of their achievements for Event and/or Distance. The IVV supports a recognition program for walkers who choose to record the events and distances they have walked. You can participate in this program by purchasing record books at any club event. The books are valid indefinitely and are honored at all IVV sanctioned Volkssport events worldwide. Upon completion of each event, you will receive a stamp in your book at the finish table. When your book is full send the book to the AVA National Office and they will mail you the appropriate awards. Your name will then be published in the "American Wanderer", the official newspaper of the AVA, giving you recognition for your accomplishment. You may obtain a subscription form for this publication by calling 1-800-830-9255 or check with a local club for information.

How to get started

There are many Volksmarching Clubs that would be glad to give you information about how to get involved. The clubs are always happy to answer any questions and to send you information about their club along with brochures of upcoming events. If you need specific information about Tarrant County Walkers, please contact:
Susan Fine
817-925-5447
finesusan@sbcglobal.net
Or the club website:
www.walktx.org/TarrantCountyWalkers