

VOLKSMARCH EVENT INFORMATION

For additional information on the Syttende Mai AVA event, please contact:

Jerry Wilson
608/873-7774, evenings
All calls are screened, leave a brief message.
e-mail: jpatw4@gmail.com
Mailing address on pre-registration form, see other page.

PARTICIPATION

Volkssporting is a family-oriented, non-competitive activity. With registration for the event, the participant accepts the guidelines for AVA Volkssport events and agrees to observe the principles of good sportsmanship. Please do not litter. Participants will be walking the event at their own pace. AVA walks are not contests, and everyone finishes a winner.

IVV CREDIT

Completion counts toward IVV achievement awards.

Participants may walk for: Credit Only or Free

DISCLAIMER

The sponsors/organizers are not liable for accidents, theft, injuries, and/or material damages. "A participant in a recreational activity...accepts the risk inherent in the recreational activity of which the ordinary prudent person is or should be aware." (WI Stats. 895 (3)(4))

Every effort has and will be made by the sponsors and organizers to make this a safe, enjoyable and a memorable event. Participants should prepare for the distance of this event and follow the suggestions included in the Syttende Mai registration materials.

WHAT IS VOLKSSPORTING?

Volkssporting/Volksmarching originated in Germany during the 1960's as a family sport. The sport is good exercise and encourages physical activity by providing events throughout the country, and world, in which people of all ages and all levels of physical fitness can participate. Besides walking, Volkssporting offers biking, cross-country skiing, swimming, and in-line skating. Learn more by visiting www.ava.org.

OTHER AREA AVA EVENT INFORMATION

The Dairyland Walkers also offer thirteen year-round/seasonal walks, a seasonal bike event, and several one-day events. For more information, contact:

MADISON AREA VOLKSSPORT ASSOCIATION
c/o Tom Doyle
5824 Lochinvars Trail
Marshall, WI 53559-9720
e-mail: tjdoyle98@msn.com

Visit The Dairyland Walkers web-site:
www.dairylandwalkers.com

Wisconsin is a great place to go for a walk!

27 K Walk

13th ANNUAL SYTTENDE MAI VOLKSMARCH

May 15, 2010

Sponsored by the Dairyland Walkers

NC10/86525

This Volkssporting event is conducted in conjunction with the:

24th Annual Syttende Mai Walk

Sponsored by the
Stoughton Chamber of Commerce

Pre-Registration is not required for the Syttende Mai Volksmarch or for the Syttende Mai Walk (Chamber sponsored). However, pre-registering early for the Syttende Mai Walk helps organizers to plan their shirt award supply.



SYTTENDE MAI WALK

Annually, a 16.7 mile walk (along with a 20 mile run) is held in conjunction with the Syttende Mai celebration in Stoughton, Wisconsin. The sponsor of the annual non-competitive walk is the Stoughton Chamber of Commerce. The walk begins in Madison, the Wisconsin Capital city, and travels along paved roadways to Stoughton. Stoughton is a beautiful small city of 12,000 that boasts a strong Norwegian heritage. Each May a three day celebration recognizes Norwegian Independence of 1814. Visitors from around the country and the world descend on Stoughton to join in the celebration.

The Stoughton Chamber of Commerce, the organizing group, has agreed to allow the Dairyland Walkers to sanction the 2010 Syttende Mai Walk as a 27K American Volkssporting Association one-day walking event. Those registering for the Chamber’s Syttende Mai walk will also be able to register for the AVA event. Separate registration is required; see this AVA application and the official Syttende Mai registration form for each. (A copy of the Syttende Mai registration form is available upon request. Online registration is available at www.active.com) Pre-registration is an option, helping to plan for all to receive a t-shirt (Syttende Mai). Syttende Mai Walk pre-registration costs less than same day registration. There is no 2010 Volksmarch award.

SHUTTLE BUS SERVICE PROVIDED

The walk start and finish are 16.7 miles from one another. This is not a circular route. But, thanks to the great planning of the Stoughton Chamber of Commerce, shuttle bus service is provided for a fee. See the official Syttende Mai registration form for the bus schedule and cost information.

COURSE DESCRIPTION

Water will be provided at several points along the route. See the Syttende Mai registration form for the route to be followed. Please pay particular attention to the suggestions for training, preparation, temperature, fluid replacement, etc. Those walkers taking medication should plan accordingly. Portable restroom facilities are available at the start, along the route and at the finish.

A Volkssporting trail rating of **3** is assigned to this event because of the distance involved. Those with strollers or wheelchairs will be able to participate, however, the distance should be considered, participation is at the participant’s discretion. Surfaces encountered will be paved roadways, and a blacktopped trail. Some country-side and in-town hills will be encountered. Traffic shares the roadway, along with runners. You must stay to the side for safety, and walking two abreast is enforced.

PRE-REGISTRATION FORM (Optional)

| List Each Participant Separately (Last Name, First) | IVV Credit Only \$3.00 |
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Address: _____ Mail AVA form to: Dairyland Walkers
 _____ (To arrive by May 8) c/o Jerry Wilson
 _____ 500 Harding St.
 _____ Stoughton, WI 53589-1407

For Updates by E-mail: _____

Make AVA checks/money orders payable to: Madison Area Volkssport Association

Mail Syttende Mai form and payment separately to: Syttende Mai Run
 532 E. Main St., Stoughton WI 53589

DIRECTIONS TO THE START IN MADISON

(Walkers may park their vehicle at the start and after the walk return to their vehicle via bus. See the Syttende Mai registration for bus schedule and cost.) Volunteers will direct the parking of vehicles.
From the east: I-94 to Madison, exit I-94 to I-90 east. Exit on Hwy 12/18 west. Exit on Rimrock Road, at the Dane County Coliseum and turn left, crossing over Hwy 18/151. The start will be at the first intersection, from the Badger Bowl parking lot.
From the west: Proceed on Hwy 18/151 east to Madison. Continue to follow Hwy 18 when it joins Hwy 151. Exit on Rimrock Road, at the Dane County Coliseum and turn right. The start will be at the first intersection, from the Badger Bowl parking lot.

DIRECTIONS TO THE FINISH IN STOUGHTON

(Walkers may park their vehicle near the park where the walk finishes and take the bus to the start. See the Syttende Mai registration for bus schedule and cost.) Parking is limited, but street parking is also available.
From the east: I-94 to Madison, exit I-94 to I-90 east. Continue on I-90. Exit on County Hwy N west. Follow County Hwy N to Hwy 51. Right on Hwy 51 into downtown Stoughton. Left on Fourth Street to Mandt Park.
From the west: Proceed on Hwy 18/151 east to Madison. Continue to follow Hwy 18 when it joins Hwy 151. Exit on I-90 east. (You may also exit on Hwy 51 south, and follow it into Stoughton, and turn right onto Fourth St., then see above.) Continue on I-90. Exit on County Hwy N west. Follow county Hwy N to Hwy 51. Right on Hwy 51 into downtown Stoughton. Left on Fourth Street to Mandt Park.

START/FINISH

Same day registration will be held near the beginning of the walk at the Badger Bowl, just off Rimrock Road (see the directions to the start in Madison). Walkers start anytime between 6:00-7:00 AM and finish by 1:00 PM. On-site registration for the AVA event will begin at 5:45 near the Syttende Mai registration table. Look for the AVA banner. **You must register for the Syttende Mai Walk to participate in the Volksmarch.** See the Syttende Mai registration form for cost and award information.
 The finish is located in Mandt Park in Stoughton. Complete the Syttende Mai Walk, and get your shirt, continue through the tent area to get your fruit and on to the AVA finish table. Look for AVA banner.

ALTERNATE SHORTER ROUTE

No shorter distance route is offered; such an event, following a linear route and having only one end point, does not lend itself to offering a shorter variation. Transportation and getting your Syttende Mai shirt require completing the established route. For a shorter distance we suggest completing one of the four Madison/Middleton year-round events or three seasonal events if a 5/6/10/11 K event is desired, seasonal events are also offered in other Southern Wisconsin locations.

REGISTRATION

To pre-register (**optional**) for the AVA event, return the attached form to arrive by **May 8**. Your start card will be prepared in advance and awaiting your arrival on the event morning.

IVV Credit Only = \$ 3.00 Free = No Cost

NOTE: You must register for and participate in the Syttende Mai Walk (sponsored by the Chamber of Commerce) to participate in the Volksmarch. See the Syttende Mai registration form for cost information. Numbers may be picked up the morning of the event at the Starting Point, Badger Bowl parking lot in Madison, beginning at 5:45 A.M. Same day registration for both starts at 5:45 AM.

Everyone participating in the AVA walk must register and begin with a start card. Credit will only be given for properly completed start cards. All start cards are the property of the sponsor and must be returned at the end of the walk. (This insures that everyone who registered is accounted for at the end of the event.) Participants may leave their AVA books at the Start Point and they will be stamped and transported to the Walk’s Finish Table. The events will take place regardless of weather conditions. No refunds will be made.