

WHAT IS VOLKSSPORTING ?

A volksmarch is a non-competitive 3.1 mile (5 km) or 6.2 mile (10 km) walk or more . It's not a pledge walk, it's not a race, but it is a fun activity you do with a club, with your family, with your pet, or all by yourself. Volksmarching got its name from its origins in Europe. Today there are thousands of volkssport clubs around the world, allied with the International Volkssport Federation, the IVV.

What do local volkssport clubs do?

There are hundreds of volkssport clubs throughout the USA, and many thousands around the world. Local clubs host the walking events. The club members select a trail for safety, scenic interest, historic areas, natural beauty and walkability. They then invite everyone to come and enjoy it on a weekend or a weekday.

For complete information on volkssporting, go to [AVA home page](#).

AVA DISCLAIMER OF LIABILITY

The AVA and its officers and agents shall not be liable or responsible for, and shall be saved and held harmless by the Undersigned, from and against any and all claims and damages of every kind, for injury to or death of any person or persons and for damage to or loss of property, whether or not caused by the negligence of the AVA, arising out of or attributed, directly or indirectly, to the operations or event conducted by the AVA of which the Undersigned is a participant.

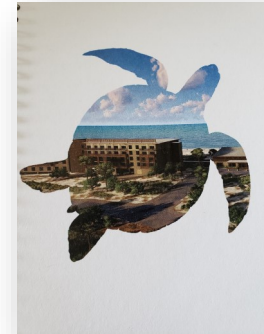
About The Lodge at Gulf State Park

The Lodge is a model of resilient, environmentally-friendly coastal development where connectivity to the outdoors is a central focus. An active lifestyle, access to nature and environmental restoration all play a large part in the character of The Lodge experience. The Lodge is located on the sugar white sand beaches and emerald green waters of the Gulf of Mexico.



The Lodge opened on November 1, 2018 and radiates the feeling of comfort and relaxation. Very friendly staff. If you like the *new home* smell, you will LOVE this place! No single use plastics on site. Purchase local when possible for food and hotel materials. Recycle containers throughout the property. Water stations for refilling reusable water bottles. Environmentally friendly at its finest!

**Georgia Walkers
AVA-0178
Emerald Coast Volkssport Club
AVA-0110
Walking Clubs**



**2019
Presidents' Day
Weekend
February 15-18**

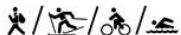
**Gulf Shores, AL
6 Walking Events
SE15/113544-113549**



AVA: America's Walking Club



Eligible for credit towards IVV Achievement Awards



SAVE THE DATES!
Presidents Day Weekend
February 15—18, 2019

Georgia Walkers and Emerald Coast Volkssport Clubs have sanctioned six walks in Alabama—Florida Gulf Coast.

Host Hotel Information: Arrangements have been made with The Lodge at Gulf State Park, 21196 East Beach Blvd, Gulf Shores AL. Room rate is \$109 plus tax. A \$5 daily parking fee will be added.

Breakfast is not included, but there are restaurants available on site, with others in the area.

For reservations call :

The Lodge : 1-800-774-1500 or 251-540-4000

Ask for group rate: Georgia Walkers

Reservation must be made by Jan 15th to receive these rates.

Walk Descriptions

Orange Beach Trails: Walk starts at the Orange Beach end of the 27.4 miles of hiking and biking trails in Gulf State Park. Walk the forested trail and immerse yourself in nature. There are plenty of benches and a few swings along the way. Bring your water bottles and sunscreen.

Orange Beach Waterfront Park: Enjoy an intercoastal community featuring older homes nestled in with new while walking in a very laid back area. Avoid the hustle and bustle of most city walks.

Gulf Shores State Park Lake Shelby Loop: Follow the Lakeview Trail along Lake Shelby's Western Shore for stunning views of wetlands. On the Gopher Tortoise Trail you will experience a connection between the beach and the park's northern amenities.

Gulf Shores Gulf State Park Campgrounds: This is a paved and elevated trail that follows the northern border of the park's campground and then goes through the campground. Best place to spot the park's most exotic creature — the Snowbird!

Flora-Bama: Walk will be a short distance in Florida, with the remaining in Alabama. Part is along HWY 182, a park, boardwalks, a little sand in your toes, and over a bridge for great views.

Fairhope: Visit the quaint town located on a sloped plateau along the cliffs and shoreline of Mobile Bay. Check out the *Storybook Guest House*, built entirely by hand.

All walks have either a 5 or 6KM and a 10 or 11KM rated 1A to 2B.

Nearby YREs are available in Mobile, Gulf Shores, Perdido Key, and Pensacola.

**Cheese Bites and
Sweet Delights
Saturday Night Social
7:00pm to 9:00pm**

Gather with your fellow walkers to support the Emerald Coast Club. For \$20 per person enjoy desert, cheese, fruit, coffee or tea. Cash bar for beer and wine.

Come try your luck in winning a door prize!!

Check-in / Registration



Registration and Check-in for all walks will be at The Lodge at Gulf State Park in the Burrow Room. You will register and have books stamped for all walks at this location. Room will be open during the following times:

Start/Finish Times: (Central Time Zone)

Events		Start	Finish
Walks	15 & 16th	8 AM	5 PM
Walks	17th	8 AM	4 PM
Walks	18th	8 AM	12 PM

For walk updates, please visit our website at:

georgiawalkers.homestead.com

If you have any questions, comments, or concerns please contact Connie Clark at:

georgiawalkers178@gmail.com



PRE-REGISTRATION WITH WAIVER FORM FOR PRESIDENTS DAY WEEKEND

Please complete the form below and sign the waiver. You may sign up to two people with the same address. Both parties must sign the waiver (adult for children under 18). Mail the form with a check made out to GEORGIA WALKERS to Connie Clark, 1496 Elizabeth Lane, East Point, Georgia 30344-1743.

Name #1: _____ Name #2: _____
 Address: _____
 City/State/Zip: _____
 Phone Number: _____ - _____ - _____
 Email Address: _____



	Free	Credit - \$3.00
Walk 1—Orange Beach Trails		___ X \$3
Walk 2—Orange Beach Waterford Park		___ X \$3
Walk 3—Gulf Shores State Park Lake Shelby Loop		___ X \$3
Walk 4—Gulf Shores State Park Campgrounds		___ X \$3
Walk 5—F;pra-Bama		___ X \$3
Walk 6—Fairhope		___ X \$3
Saturday Night Social		___ X \$20
Total Enclosed	N/A	

Amateur Athletic Waiver and Release of Liability

In consideration of being allowed to participate in any way in AVA: America’s Walking Club events and activities, the undersigned agrees that before or during my participation, if I believe anything is unsafe, I will immediately advise the event supervisor or other person in authority at the event(s) and activities of such conditional and refuse to participate; acknowledges and fully understands that each participant will be engaging in activities that could involve risk of serious injury, including permanent disability and death and severe social and economic losses, which might result not only from my own actions, inactions or negligence of others, or the condition of the premises, the trail or any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time;

Assumes all the foregoing risks and accept personal responsibility for the damages following injury, permanent disability or death; Release, waive, discharge and promise not to sue the AVA: America’s Walking Club, its affiliated clubs, their respective administrators, directors, agents, or other volunteers and employees of the organization, other participants, sponsoring agencies, sponsors, and advertisers, and if applicable, owners and leasers of premises used to conduct the event, all of which are hereinafter referred to as “releases”, from demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the release or otherwise.

I (We) the undersigned has (have) read the above waiver and release, understand that I (we) have given up substantial rights by signing it and sign it voluntarily. I further understand that if I place my name on the form upon which this waiver and release is printed, that I voluntarily agree that I understand that I (we) have given up substantial rights.

#1 _____

#2 _____