

## **Walk for Fun, Fitness and Friendship**

The member clubs of the American Volkssport Association (AVA) believe walking should also be a safe, fun activity you can do with family and friends, help you meet new people and see interesting sights.

Volkssport clubs want to invite Girl Scout troops and families to their events and introduce you to our walking program—where you walk at your own pace, have fun and can keep track of walks you do to earn international awards, if you wish.

We've developed the Walk-Together program which fits Girl Scout program activities in the areas of Health and Wellness. GSUSA has recognized the AVA on its program website.

### **To Hold a Walk-Together**

#### **Your local Volkssport Club can:**

- Let you know which walk routes will be safe and interesting for girls, perhaps a walk already on their calendar.
- Provide shorter distance or wheelchair accessible routes or let you know how to modify an existing route.
- Arrange and contract for a start location, adequate parking,

restroom facilities, safety checkpoints and water.

- Staff the walk or walk with you on self-guided walks.
- Mark the route and/or provide walk directions or maps of the route.
- Provide the option of the "AVA Participation Patch for Girl Scout Walks" (Walk Together Patch) for girls and adults who participate in the event for a nominal fee.
- Provide information about volkssports and the international awards program.

#### **Your Troop can:**

- Contact a volkssport club to find out about walks in your area and let them know you are interested in the "Participation Patch for Girl Scout Walks", also known as the "Walk Together" patch. Only clubs may order the patch.
- Make sure the club is informed if plans change. They have spent time and expense to make sure you will have an enjoyable time.
- Make sure girls have parents' permission to participate and girls are dressed for the weather and for walking with appropriate footwear.

#### **Your Council can:**

- If you wish, work with a volkssport club to select a walk as a "Walk Together" council event.
- If possible, pre-register Girl Scouts for that "walk together" event, collect any walk fees and provide the volkssport club with a registration list.
- Publicize other AVA walks on a website or allow walk brochures to be distributed to council offices and service centers.

### **How to Find a Volkssport Club**

Look on the AVA website - [www.ava.org](http://www.ava.org), and click on the link "Locate Walking Clubs." Click on your state to find a list of clubs. Call or email the contact person of a club near you. And, check out the link for walks that club sponsors.

Contact the AVA Youth Coordinator at [avayouth@ava.org](mailto:avayouth@ava.org), who can act as a liaison to find a club near you.

### Other Ways Girl Scouts Can Participate

Everyone is always welcome at any AVA event. Some AVA clubs offer bike events or, in colder months snowshoe or cross country ski events. There are even occasional swims.

Pick "Find Walking Events" on the left of the [www.ava.org](http://www.ava.org) website. Then enter search information.

For traditional events (staffed weekend events), just come to the event start location. You must always register, but you may walk for free or little cost. You can also join with the thousands of AVA walkers who walk for "credit" and keep track of their walks in the record books of the international awards program earn patches, pins and certificates for the number of walks and distance they have accumulated.

### Year-Round and Seasonal Events

If you like to walk on your own, most clubs offer self-guided walks (year-rounds) available year-round or seasonally during daylight hours whenever the start location (a public establishment) is open. You are on your honor to register at the start location, take a copy of the walk directions and follow them. To find self-guided walks, select Year-Round or Seasonal Events as search criteria on the "Find Walking Events" page.

### Girl Scouts Overseas

There are volkssport clubs in many countries. Girl Scouts overseas may earn the Walk-Together patch by participating in any IVV "volksmarch".

After the walk, Girl Scouts Overseas troop leaders may send the AVA the current fee for a patch for each walker, specifying the walk done and the date. Email [avahq@ava.org](mailto:avahq@ava.org) for postage fees. See [www.ava.org](http://www.ava.org) for the current fee for the Walk Together Patch.

### AVA Master Program

The AVA offers a Master Program for teams of youth and adult(s) who agree to walk six (6) AVA sanctioned walks in a 12-month period. There's a special Girl Scout Master Program patch to earn instead of or in addition to the medal available as an award for this program. If you and your girls enjoy walking, this program may be ideal for you. Check out the details at [www.ava.org](http://www.ava.org). Click on the Special Programs and the Master Program link.



# GIRL SCOUT WALK-TOGETHERS



2012-2013 Participation Patch  
For Girl Scout Walks  
Designed by Jessica Hamilton  
Troutdale, OR  
Girl Scouts of Oregon and Southwest  
Washington

### **Volkssports Walking For Girl Scouts®**



Brought to you by the clubs of

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