

This event is sanctioned by the American Volkssport Association (AVA) (2ava.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.

FEES: Everyone may walk free (donations welcome), but you must register. Pre-registration is not required. No refunds will be given. Walking for "volkswalk" credit costs \$3.00.

Regional Information CVA www.CVA4U.org

National Information AVA www.AVA.org

International Information www.IVV-web.org

www.SacramentoWalkingSticks.org



The Sacramento Walking Sticks Present Our Annual **Ice Cream Walk!**

5K (3.1 miles) & 10K (6.2 miles) Walks

Sacramento, CA

August 9 & 10, 2017

PA# 17 - 108033



To



www.SacramentoWalkingSticks.org

START LOCATION:

Vic's Ice Cream, 3199 Riverside Blvd, Sacramento, CA 95818-3754

START TIME: Wed: 5:30 – 6:30 pm; Thu: 9:00 - 10:00 am

FINISH TIME: Wed: 9:30 pm Thu: 1:00 pm

DESCRIPTION: Sacramento's warm summer nights are the perfect opportunity to eat ice cream at two of its finest locally owned ice creameries in the Land Park and Curtis Park neighborhoods -- Vic's and Gunther's. If you didn't get enough on Wednesday night or if you couldn't make it, there is another opportunity on Thursday morning to sample the tasty treats at these creameries. The walk between the two is a shady stroll through lovely neighborhoods with classic 20's and 30's homes. Join the Sacramento Walking Sticks for this annual fun event and bring the entire family, including the dog!

MISCELLANEOUS: Restrooms are along the route, dogs are welcome with leash and cleanup. There is outside seating at both creameries for those with dogs. Water is available at Vic's and Gunther's and Vic's has sandwiches, soups and classic soda fountain drinks. Wheelchairs and strollers are fine; however, wheelchairs may find some of the curbs difficult. This walk is rated 1A – flat & easy and very tasty! Check out our website for updates prior to the walk at: www.SacramentoWalkingSticks.org.

SPECIAL PROGRAMS: Alternative Capitals, Cities in Song, Food for Thought, 49ers California Counties, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, State Capital, Take a Walk in a City Park, Trekking with the Trees, Walk the USA—Street by Street, Walking America's Ports of Call, Walking the USA, A-Z, Water Towers, You'll Never Walk Alone

<http://www.VicsIceCream.com/>

<http://www.GunthersIceCream.com/>

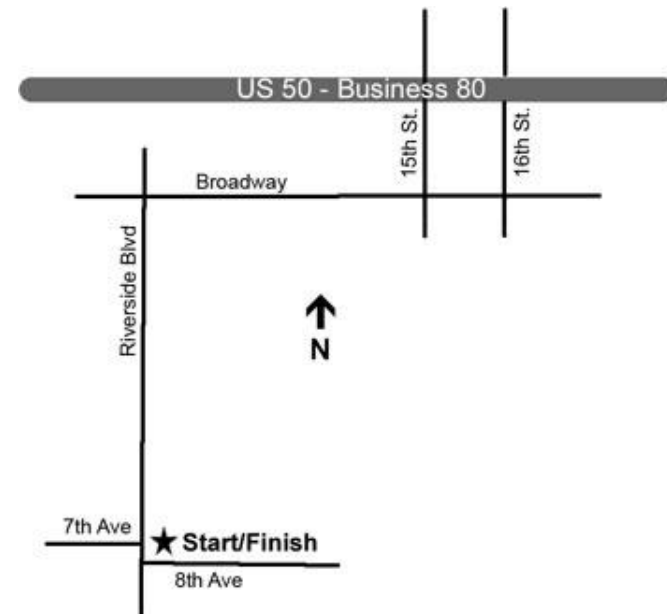
www.SacramentoWalkingSticks.org

DRIVING DIRECTIONS:

From Business 80/US 50 eastbound: take the 15th St Exit and turn right. Turn right on Broadway. Turn left on Riverside Blvd.

From Business 80/US 50 westbound: take the 16th St Exit (stay in left lane of exit). Take W St to 15th St (one block) and turn left. Turn right on Broadway. Turn left on Riverside Blvd. Vic's is on your left.

Parking is available across the street at the end of the strip mall just past 8th Ave and on surrounding streets.



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