

Sacramento Walking Sticks Membership Application

Present this application, with applicable payment (make checks payable to SWS), to any Sacramento Walking Sticks officer at any event or mail to: **Sacramento Walking Sticks , ATTN: Membership Committee , PO Box 277303, Sacramento, CA 95827-7303**

Annual Membership: Individual - **\$8.00** Senior (55+) - **\$5.00** Family - **\$14.00***

Name: _____ Birthday Month/Day: _____

Address: _____ City/State/Zip: _____

Home Phone: _____ Cell Phone: _____ E-Mail: _____

With your membership payment you will receive a Sacramento Walking Stick pin or patch, a name button, and a monthly online subscription to the No Sweat Gazette (The Sacramento Walking Sticks Newsletter).

Name to be Printed on Name button: _____
(first, last, or first and last or nickname. If no name is specified your first name only will be printed on button.)

Check one: I would like an SWS pin *(Free with membership)* **OR** I would like an SWS Patch *(Free with Membership)*

New Walker Packet(s): _____ *I will add \$5.00 ea to my payment*
Please note: Membership in the Sacramento Walking Sticks is separate from the New Walker Packet. Packet enables walking "for credit" and receiving recognition and awards from the American Volkssport Association (AVA). The Packet includes 1 event book, 1 distance book, coupons for 3 free walks, and other coupons.

I would Like to receive my newsletter: by e-mail (faster)
 by regular mail *(I will add \$10.00 to cover postage for this year. I understand I will pay \$10.00 per year to receive this newsletter.)* _____ *(please initial)*

***Additional family members names, name requested for Name Button and birthday month/day:**

How did you hear about the Walking Sticks?

Please contact me about volunteering for the club.



Introduces you to Volkssports



Walk with us!



www.SacramentoWalkingSticks.org

We're The Sacramento Walking Sticks

Our club was formed more than 25 years ago and is one of 18 active clubs in California. We are affiliated with the American Volkssport Association (AVA - ava.org) and the California Volkssport Association (CVA - [CaliforniaVolkssport Association.org](http://CaliforniaVolkssportAssociation.org)). All of our walks are non-competitive and self-paced. All of our events are open to the public and can be done for free. You do not need to be a member of the Sacramento Walking Sticks to participate in any of our events or meetings. You can also participate in any event without charge (excluding occasional parking, park entrance fees, and the like).

There is a low-cost incentive program that is organized by AVA. This incentive program helps you get moving by recognizing your event and distance achievements. Our website describes this incentive program and many other details about the club that can't be covered in a one-page brochure.

We sponsor over 30 year round walks and several yearly special events in and around the Sacramento area.

Our club holds monthly meetings (the second Thursday of each month) at the SMUD Headquarters Conference Center, 6201 S Street, in Sacramento. The meeting room is to the left after entering the lobby. Membership is not required to attend the Sacramento Walking Sticks meetings.

For additional information visit our website at www.SacramentoWalkingSticks.org.

What Is A Volkssport?

The term Volkssport literally means - *sport of the people*. Everyone - including grandparents, aunts, uncles, mom, dad, children, neighbors and even the family pets can participate in these events.

Volkssporting events take place year round. Historic and scenic sites are selected and trails are carefully laid out. Easy to follow directions or maps are provided. Ratings of 1 to 5 are given to trails based upon the challenge the trail presents.

Volkssports are non-competitive but must be completed before the established finish time. Adequate time is allowed to start and complete the event. At the beginning of each event, the participant receives a start card and instructions. The start card can be stamped at check points along the trail, except for those participants in Volksswims - they must turn in their start card upon completion of the event.

There is no cost to participate in Volkssporting events unless you want to take part in the International Achievement Awards Program. A Volkssporters can be recognized for their accomplishments based on the number of events completed, the number of kilometers walked, biked, skied or skated. Many events also offer a medal, patch, or some other memento at a nominal fee to commemorate that particular event. There will occasionally be costs, such as park use fees, that are passed on by the host club to the participants.

Volkssporters may participate in events and earn awards in any of the IVV member nations.

Types Of Events

Walking - (Volkswalks)



Volkswalks are organized hikes normally covering distances of 5 and 10 kilometers (3.1 and 6.2 miles). Volkswalking is an outstanding family activity, providing exercise and fellowship in which people of all ages and physical condition can participate and enjoy.

Bicycling



Bicycling events normally cover distances of 25 and 50 kilometers. Participants may proceed at their own pace, take rest breaks when necessary, and must furnish their own bicycle.

Skiing



Cross country skiing events are normally 10 and 20 kilometers. Participants proceed at their own pace.

Swimming (Volksswims)



Swims usually covering distances of 300, 500 and 1000 meters. Participants proceed at their own pace and can use any combination of swimming strokes. In addition, they can rest during the event at reasonable intervals but the participant must remain in the water until the distance is completed.