

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

AWARD / PRE-REGISTRATION / FEES: Events are credit only. You may walk free if no credit or award is desired, but you must register. Pre-registration is not required. No refunds will be given. Walking for credit costs \$3.00.



www.SacramentoWalkingSticks.org



The Sacramento Walking Sticks
Present:
Humbug/Willow Creek



(Award Design)

**5K and 10K Walks
Folsom, CA
March 10, 2012
PA12 #92519**



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START LOCATION:

Elvie Perazzo Briggs Park
 125 Manseau Drive
 Folsom, CA 95630

START/FINISH TIMES:

9:00 - noon – finish by 3:30pm

AWARD: The patch design is shown on the cover and to the right. Cost: \$3.00, first come, first served; no re-orders.

DESCRIPTION:

Both routes rated 1A. The walk route is primarily on sidewalk and bike trails through a protected nature area in the midst of urban Folsom. Birds abound in this sanctuary of ponds, creek and cattails. Please yield to bicyclists when walking on the bike trail (walk single file and on the left).

MISCELLANEOUS:

- **Rest Rooms:** Available at the start/finish and along the route.
- **Water:** Available at the start/finish and along the route.
- **Strollers/Wheelchairs:** OK
- **Pets:** OK with cleanup

SPECIAL PROGRAMS:

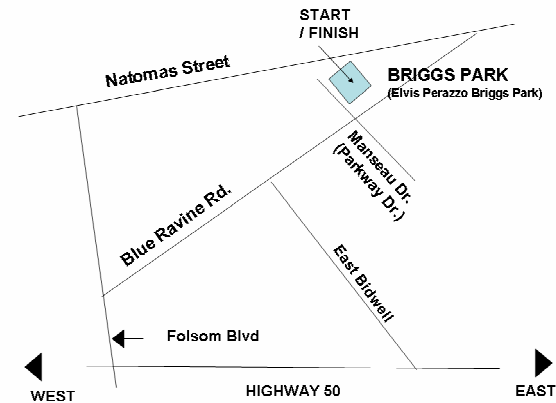
- Sacramento County

DRIVING DIRECTIONS:

From Highway 50 East bound take Folsom Blvd. North (toward the town of Folsom) for 1 ¼ miles to Blue Ravine Rd. Turn right, go 4.3 miles to Manseau/Parkway Drive, turn left at the light, Elvie Perrazo-Briggs Park is on your immediate right. Parking available in lot, on street or in overflow at shopping center on southwest corner of Blue Ravine and Natoma on opposite side of park just one light further down from Manseau/Parkway Dr. on Blue Ravine. Make a u-turn at the

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light on Blue Ravine/Natoma intersection and turn right into shopping center, parking in corner closest to park walkway.

MAP TO START:**CONTACT:**

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