



Sacramento Walking Sticks

America's Largest AVA Affiliated Club

- **Who are we?** We are a non-profit walking club affiliated with the American Volkssport Association (AVA), a national organization of walking clubs, and the International Federation of Popular Sports (IVV), an organization that spans over 50 countries. Our events follow the guidelines set down by these organizations to encourage fun, fitness, and friendship.
- **Where and when do we walk?** We walk primarily in the Sacramento area, and often venture around northern and central California. Most of our walks start in the morning, but we also have regular evening walks. We walk throughout the week as well. Our website has a complete list of walks on the Calendar of Events page which includes start times and MapQuest links to the start of the event. Go to www.SacramentoWalkingSticks.org and click on the Calendar of Events link.
- **How much does it cost and do I need to be a member to participate?** Anyone can participate for free and you do *not* need to be a member (although we'd love to have you join the club). Come on out and give us a try!
- **Do I have to walk fast with this group?** All of our events are self-paced and non-competitive. That means you can walk fast or slow depending on your mood and abilities. You are encouraged to bring friends that walk at your pace.
- **How do I get more information on each walk?** Sign up for our weekly Email Walk Alerts. You will get emails that describe each walk, how and when to get there, and much, much more. Go to our home page at www.SacramentoWalkingSticks.org or to the Calendar of Events page. There are links to sign up for this service. It's free and you won't get spammed because we dislike spam as much as you do and we don't sell our email list.
- **I need a little extra push to get going. Can you help?** Yes, there is a low-cost Incentive Program available. You keep track of the number of events you participate in and the cumulative distance you've walked. At certain milestones, you get a patch, pin, and a certificate of achievement as a reward. See the Incentive Program page on our website for more details.
- **How do I join the club?** There should be membership application forms at the event where this flier is handed out, or you can go to the Membership page on the website to download the form. Membership is inexpensive:
 - \$5.00 per year for Senior Individuals (55 and over).
 - \$8.00 per year for Individuals under 55.
 - \$14.00 per year for families - a "family" is everyone living at one physical address.

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