

WHAT IS A VOLKSMARCH?

A volksmarch is an organized non-competitive walking event designed for people of all ages to promote physical fitness and wholesome recreation for singles, couples and families. Typically, an event is 10 kilometers (6.2 miles) along a route carefully selected for it's safety and appeal for most people.

At the start you get written directions and a route map to follow. You may walk, jog or run at whatever pace is comfortable for you.

WHAT IS A YEAR-ROUND VOLKSMARCH?

Unlike other Volkssporting events which have established start and finish no later than times and are held on a specific day (usually on weekends), a Year-Round event may be walked at your convenience during daylight hours any day of the year.

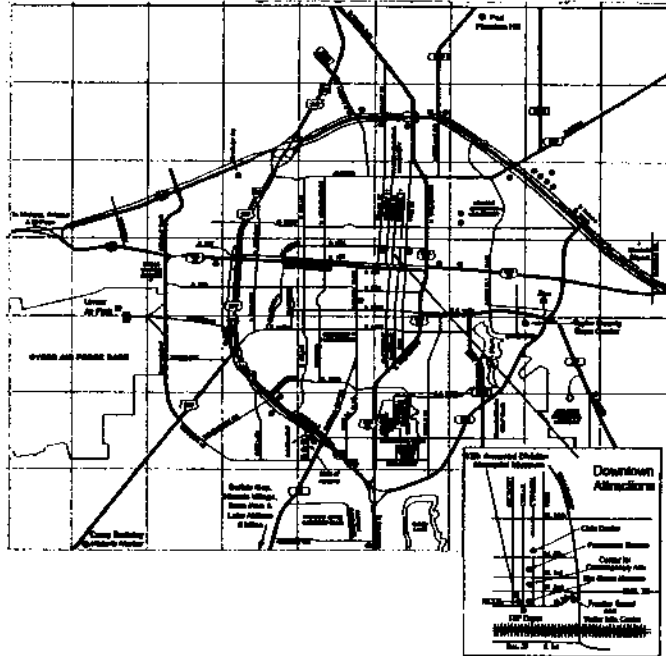
DIRECTIONS

From South on 83N/84W, take Business 83/84 (Treadaway Blvd) for approximately five miles, staying on Business 83 under the railroad overpass, one block to traffic lights (N 2nd St). Turn left and go four blocks to Pine St. Turn right to 505 Pine. Civic Plaza Hotel is on your right.

From East on I-20, take exit 286A (Business 83 south), turn right (south) onto Pine St. to 505 Pine. Civic Plaza Hotel is on your left.

From the West on I-20, take exit 286A, Turn right (south) on Pine St. to 505 Pine. Civic Plaza Hotel is on your left.

From the North on 83S/277S, take I-20 East to exit 286A, turn right (south) on Pine St. to 505 Pine. Civic Plaza Hotel is on your left.



SHOELEATHER EXPRESS VOLKSSPORTING CLUB



PRESENTS TWO UNIVERSITY YEAR-ROUND VOLKSMARCHES in ABILENE, TEXAS

McMURRY
WALK # 1
SW07 - Y393
10K
College Campus,
Railroad Heritage &
Courthouses in the USA

ACU
WALK # 2
SW07 - Y193
10K
College Campus,
Cemetery Stroll &
Courthouses in the USA

IVV CREDIT ONLY
**TWO
SEPARATE WALK
EVENTS**
1 JAN thru 31 DEC 2007

The Civic Plaza Hotel
(formerly The Quality Inn)
505 Pine, Abilene, Texas
One Block From The Civic Center

FOR INFORMATION SEND SASE TO:
Elaine Scott
3117 Meander St.
Abilene, TX 79602
OR CALL: Elaine at (915) 698-5616

SPECIAL THANKS

The Shoel Leather Express thanks the management and staff of the Quality Inn for their continued support of our year-round events.



**SANCTIONED
EVENT**



*Eligible for credit toward
IVV Achievement Awards*

SHOELEATHER EXPRESS VOLKSSPORTING CLUB

AVA - 757 TVA - 87

A NON-PROFIT ORGANIZATION

ABILENE, TEXAS

- START/FINISH:** Civic Plaza Hotel, 505 Pine St., Abilene, Texas 79601
Call 1-800-588-0222 for reservations. Mention that you are a volkssporting participant and receive a special corporate rate for single or double occupancy (full breakfast for two included).
Parking is available nearby for those persons not staying at the motel. Free RV parking one block north at the Abilene Civic Center.
- START TIME:** You may start any time between dawn and three hours before dusk. (Walk during daylight hours only)
- REGISTRATION:** The box is kept behind the desk at the hotel. Please be patient if the clerk is busy. No preregistration is required. All walkers **must** sign an insurance waiver form
- AWARD:** IVV Credit only.
- FEES:** IVV Credit ----- \$3.00. You may participate for free if you do not want the IVV credit, however, you must register and carry a start card. All participants are welcome. Walkers may complete any **walk route twice** for double the distance credit on the same card the same day. **NOTE: Two IVV credits per year are now available for this event; one during each of the following time frames: 1 January - 30 June and 1 July - 31 December.**
- DISTANCE AND ROUTE:** Trails #1 and #2 are 10KM (6.2 miles), all are along city sidewalks, grass, shoulders, and roads. There are some minor hills and two sets of stairs. All trails are rated 1+ but are not suitable for wheelchairs, strollers, etc. Littering along any of the routes is **STRICTLY PROHIBITED!**
- TRAIL # 1** - This route will take you through part of downtown Abilene, passing several historical churches, quaint craft shops, then along Sayles Blvd. to McMurry University. The tree lined streets of this trail offer you the best chance of shade on hot sunny days. Because you pass the Texas & Pacific railroad depot at 1101 N. 1st St. this is a "**railroad event.**" The T & P depot was built in 1910. The last passenger train left the depot in March 1967 with only 39 passengers aboard. The exterior was restored in 1994 to it's 1920's appearance. Please take a moment to view the interior. There is a Federal Courthouse on the 2nd floor of the Post Office Building at 341 Pine St.
- TRAIL # 2** - This route will take you to Abilene Christian University back through an older section of Abilene and through downtown Abilene, passing craft shops, churches, and several turn-of-the-century (1890 - 1936) homes and buildings. You will pass the Cemetery on Cottonwood St. and the County Courthouse on Oak St.
- REST ROOMS AND WATER:** Available at the start/finish. Rest rooms are available at businesses along the walk routes. Carry your own water or purchase along the route.
- PETS:** Pets are welcome but must be kept on a leash. Pets are not allowed in public buildings (open to support animals).
- DISCLAIMER:** Sponsors, including the Civic Plaza Hotel, Abilene Christian University and McMurry University, are not liable for accidents, thefts, material damage, and/or injuries. Every effort will be made to make this a safe, enjoyable, and memorable event. Children under twelve years of age must be accompanied by an adult. By virtue of registering for this event, you are agreeing to these conditions and are accepting the guidelines of the American Volkssport Association (AVA). The event will be held regardless of the weather. There will not be any refunds.
- IVV RECORD BOOKS:** This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV) and counts toward acquisition of IVV achievement awards. Remember to bring your IVV record books. A limited number of books will be available in the box at the Civic Plaza Hotel. If we should be out of the book you need on the day of your visit, include \$5.00 with your event fee and we will stamp your book and mail it to you or you may use a free insert sheet that is available in the box