

VOLKSMARCH

A Volksmarch is simply a walk along a pre-marked route located in towns and/or countryside. The walks are designed to share and experience community with others in a non-competitive manner and at a non-timed pace. Volksmarching got its name from its origins in Europe. Today there are clubs all around the world. For more information visit

ava.org.

The Sacramento Walking Sticks

are a non-profit walking group affiliated with the AVA. The club started in November 1984. We run 100% on volunteers power! Visit www.sacramento walking sticks.org



Join the Sacramento Walking Sticks EVENT IN FOLSOM, CALIFORNIA AT CATLIN PARK Saturday, October 11th 2025



[Click here for more information](#)

START & FINISH:

9^{AM} TO NOON, FINISH BY 3^{PM}

DISTANCE/RATING:

5 & 10K (3.1 OR 6.2 MILES)-BOTH ARE RATED 2B.

WALK/TRAIL:

FOLSOM IS HOME TO 48 PARKS, MORE THAN 50 MILES OF BIKE AND PEDESTRIAN TRAILS. BOTH ROUTES INCLUDE STROLLING THROUGH SURROUNDING PARKS, NEIGHBORHOOD, TRAILS AND RESEVOIRS.

SANCTION NUMBER: #-2025129461

REGISTRATION:

CREDIT WALKER FEE IS \$4.00. NON-CREDIT WALKER FEE IS \$2.00. REFUNDS CANNOT BE PROVIDED. NO PRE-REGISTRATION FOR THIS EVENT.

PROCEDURES:

THIS EVENT IS OPEN TO EVERYONE RAIN OR SHINE. RESTROOMS AND WATER ARE AVAILABLE. DOGS OKAY ON A LEASH WITH CLEANUP. STROLLERS HARD AND NO WHEELCHAIRS.

AT THE START POINT EACH PARTICIPANT, MUST REGISTER AND SIGN AN AMATEUR ATHLETIC WAIVER AND RELEASE OF LIABILITY. PARENTS/GUARDIAN MUST SIGN FOR A MINOR.. CHILDREN UNDER 12 MUST BE ACCOMPANIED BY AN ADULT. WALKERS WILL BE ISSUED A START CARD TO CARRY DURING THE WALK, VALIDATED AT CONTROL POINTS ALONG THE ROUTE, AND TURNED IN AT THE FINISH TABLE UPON COMPLETION OF THE WALK..

SPECIAL PROGRAMS:

PAR-FOR-THE-COURSE

AWARD:

IVV CREDIT ONLY

START LOCATION:

IS AT CATLIN PARK—825 RUSSI ROAD, FOLSOM, CA 95630

DIRECTIONS:

FROM SACRAMENTO TAKE HWY 50 EASTBOUND TO EXIT FOLSOM BLVD. LEFT ON FOLSOM BLVD, RIGHT ON BLUE RAVINE RD, RIGHT ON RUSSI RD TO PARK ON RIGHT. PARKING ON THE STREET – PAY ATTENTION TO SIGNS AND AT THE SCHOOL LOT ADJACENT TO THE PARK..

STIPULATIONS:

THIS EVENT IS SANCTIONED BY THE AMERICAN VOLKSPORT ASSOCIATION (AVA) A MEMBER OF THE INTERNATIONAL FEDERATION OF POPULAR SPORTS. WITH REGISTRATION FOR THIS EVENT, THE PARTICIPANT ACCEPTS THE GUIDELINES OF THE AVA AND AGREES TO OBSERVE THE PRINCIPLES OF GOOD SPORTSMANSHIP AND SAFETY.

DISCLAIMER:

THE SPONSORS ARE NOT LIABLE FOR ACCIDENTS, THEFTS, AND/OR MATERIAL DAMAGE. EVERY REASONABLE EFFORT WILL BE MADE BY THE SPONSORS TO MAKE THIS A SAFE, ENJOYABLE, AND MEMORABLE EVENT.

CONTACT:

MYRNA JACKSON mjackso1940@yahoo.com