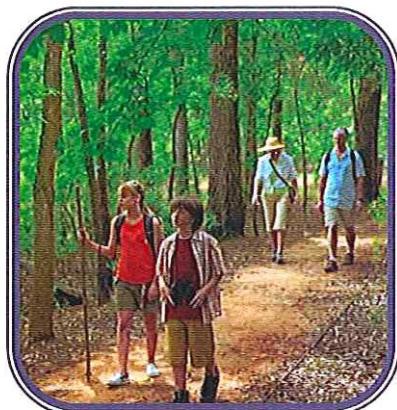


It's Your Choice

Come walk with us and decide if Volkssporting is for you. Then, once you feel comfortable with our events and organization, we invite you to join as an AVA club member (a local membership) and/or become an AVA Associate member (national membership), either Lifetime, Individual or Friends/Family membership.

Visit AVA.org for more information on Volkssporting, clubs, scheduled events and membership.



Medical Benefits of Walking

- Weight loss
- Improves circulation
- Tones muscles
- Delays/prevents major diseases
- Reduces cholesterol
- Relieves stress
- Treats depression
- Increases chances of living longer

The City of Rockport is a member of the

American Volkssport Association

as a sanctioned

“VolksSwim” & “VolksWalk” site.

Earn rewards for participation. Join in on our annual “Tropical Christmas” Volksmarch through Historic Rockport and/or VolksSwim at the Community Pool on the first Saturday of December.

Also available are the “Rockport Sampler” Trails and the “Rock-n-Stroke” VolksSwim throughout the year.

Events are open to everyone, joining the AVA is optional. For more information or become a member and earn rewards, go to the www.ava.org homepage and use the membership link.

American Volkssport Association

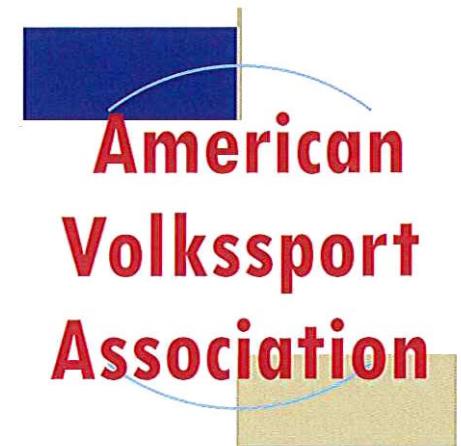
*America's Premier
Noncompetitive Sports
Organization*

For more information about local
VolksWalks and the VolksSwim, see
www.cityofrockport.com

or call the
Parks & Leisure Services Department at
(361) 727-2158.



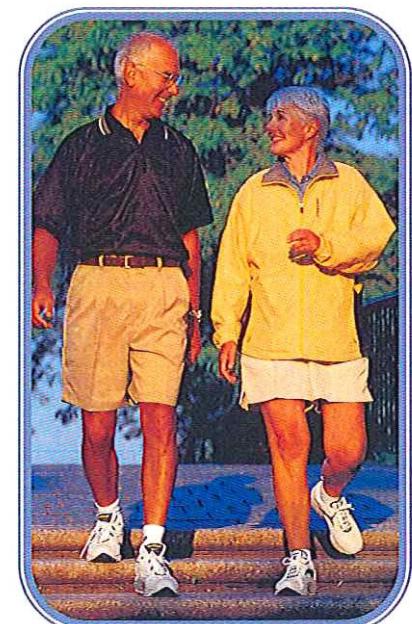
[\(www.ava.org\)](http://www.ava.org)



*Come Walk
With Us*

AVA

Fun, Fitness, Friendship



Looking For Something?

Have you been looking for something to do? Something to improve your physical and mental health? Something fun?

Something to get you out of the house and provide opportunities to make new friends?

Something for you personally or an activity for the entire family? Then volkssporting is that special something for you.

Chances are very good that you have never heard of this sport. And that's okay.

Volkssporting is dedicated to promoting fun, fitness and friendship through organized noncompetitive, self-paced sporting events. It offers outdoor organized activities for everyone, regardless of age or physical condition.

Seniors and youth, singles, couples and families are all welcome. And you don't have to be an athlete to be a volkssporter!

These sporting events (the vast majority are walking related) are administered in the 50 states by a nationwide grassroots network of chartered sports clubs that sponsor more than 3,000 events annually.

They are a part of the American Volkssport Association (AVA), a nonprofit organization that sanctions volkssport events in the U.S.

Other sports offered on a very limited basis include cycling, swimming, skating, cross country skiing and snow shoeing.

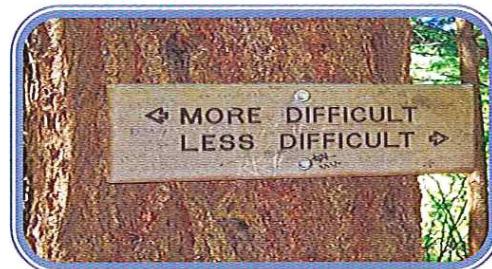
Many people adopt volkssporting as part of their lifestyle and have completed hundreds of events and walked thousands of miles. While many begin walking for fitness (that inevitable medical wake-up call), most continue because of friendships and social benefits offered through the local clubs.

Your Choice

Most clubs offer two walk options. There are Traditional events, usually held on weekends that clubs sponsor on a specific date, and Year Round/Seasonal events that are available to walk just about anytime.

With Traditional events, local club volunteers operate the start and finish line tables, provide information, and work at the trail checkpoints. Routes are marked and directions are provided. And often refreshments are sold following the walk.

Additionally, you usually have your choice of distances you desire to walk, about three miles or six miles. The shorter distance trail is perfect for beginners and should take about an hour to complete at an easy pace. But remember, our walks are self-paced. You walk as fast or slow as you want.



AVA Sanctioned Trails

Since 1976 AVA members have continued their efforts to identify and develop walking trails across the nation. Today there are more than 1,870 AVA-sanctioned trails waiting for you and your family. Trails often include historic and scenic sites selected for your enjoyment. They are carefully laid out for safety and marked and easy to follow maps and trail ratings are normally provided at the start points.

Youth Programs

With child obesity rates reaching epidemic levels, AVA has increased focus on its two youth-directed fitness programs and formed an ad hoc committee to study further obesity-related issues.

The first youth program encourages teams of young people and adults to participate in six AVA-sanctioned events during the year to earn *Master Program* awards.



Youth *Walk-Togethers* encourage local AVA clubs to work with youth groups such as the councils of the Girl Scouts of the USA and Boy Scouts of America, on getting them involved in walking.

Reward Yourself

While the greatest reward for exercise is good health and fitness, the AVA offers an international awards program that provides patches, pins and certificates for reaching milestones in the number of events attended and the total distance covered.

Average Volkssporter Profile

Females constitute 60% of event participants. About 14,000 volkssporters are local club members with about 84% travelling out of state to attend events. They participate for enjoyment of the outdoors, exercise, health, travel and for the fun and social aspects of volkssporting.