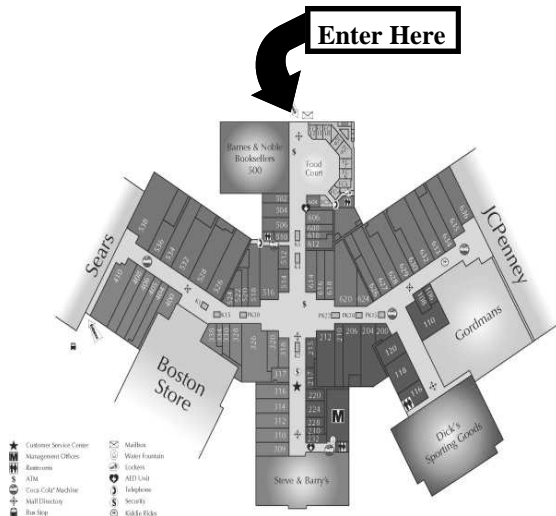


DIRECTIONS

From Downtown Madison: Take E. Washington Avenue northeast 4½ miles to Independence Lane. East Towne Mall will be on your right. Use Food Court Entrance.

From Outside Madison: Exit I-39/90/94 to Hwy 151 South (135A). Proceed to far left lane to third stop light. Turn left on Eagan Road and then left at stop sign into the Mall. **Must use Food Court Entrance.**

Proceed straight through mall to GNC Store.



East Towne Mall

Dairyland Walkers sponsor year-round and seasonal events at these locations:

- Madison (5 Walks and 1 Bike)
- Middleton
- Cedarburg
- Devils Lake State Park
- LaCrosse
- Lake Geneva
- Milwaukee
- Port Washington
- Eau Claire
- Janesville

Membership in the Dairyland Walkers Club is open to everyone for a fee of \$12 per year. This entitles you to receive our monthly newsletter that keeps you up to date with area walks and club news. The club offers 12 year-round/seasonal walks and bike events. Several one-day events (such as this one) are sponsored throughout the year. For more information on membership and walks, contact:

Madison Area Volkssport Association
C/O Tom Doyle, Membership Chair
5824 Lochinvars Trail
Marshall, WI 53559-9720

Phone: 608-655-3141
E-mail: tjdoyle98@msn.com

Or visit our website at
www.dairylandwalkers.com



East Towne Mall Walk Madison, Wisconsin

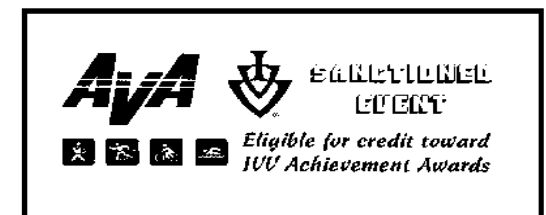
**10K Walk (6.2 miles)
with a 5K (3.1 mile) Option**

Saturday, January 12, 2008



Sponsored by:
Madison Area Volkssport Assoc.
"Dairyland Walkers"

AVA #NC08-80182



We invite you to join the Dairyland Walkers for a Mall Walk at the East Towne Mall in Madison on Saturday, January 12, 2008. This is a non-competitive walk that you do at your own pace. Come experience "The Spirit of Walking" with us.

Start/Finish

Start: 7:15 a.m. to 10:00 a.m.

Finish: Absolutely no later than noon

The East Towne Mall is located south of East Washington Avenue (US Hwy 151) between Zeier and Eagan Roads

Using Food Court Entrance, proceed straight through mall to GNC Store. See map of the East Towne Mall on back page.

Course Description

10K (6.2 miles) Trail Rating: 1

One circuit of the mall is approximately .6 miles, so the walk will be for 10 mall circuits. A shorter 5K route will be offered for those who are unable to complete 10K. The walk is entirely indoors and on one level. There would be no problem with strollers and wheelchairs.

Participation

This walk is open to everyone. There is no age restriction. At the Start Point, each walker must obtain a start card and have it stamped at each checkpoint. Upon completion of the walk, all walkers must turn in the start card at the Finish Table—even if you participate for free.

The walk is held regardless of weather conditions unless East Towne Mall is closed.

Registration and Award

There will be no pre-registration for this walk. You may walk for:

- Credit in your AVA Books - \$3.00

or

- Free

There will not be an award for this walk.

Amenities

Restrooms are available along the walk route. A wide variety of restaurants are available in the Food Court.

Pets are not allowed on this walk

Disclaimer

The sponsors and East Towne Mall are not liable for accidents, thefts and/or material damage. Every effort will be made to make this a safe, enjoyable and memorable event.

Additional Information

Contact Bonnie Hamer at 920-563-3481 or hamerbj@compufort.com

Or visit the Dairyland Walkers Website at: www.dairylandwalkers.com



What is Volksmarching?

Volkssporting combines physical fitness, fellowship, and the chance to see many different scenic and cultural areas, all together in one "people's sport." Originating in Germany, a volkssporting event is an organized walk, bike, swim, skate or cross-country ski designed to appeal to everyone. Events are non-competitive and participants go at their own pace. The American Volkssport Association (AVA) governs this sport in the U.S. Most volkssport events are walks (volksmarches) that are usually 5 or 10 kilometers long (3.1 or 6.2 miles) through scenic areas or culutral locations in all 50 states and in 29 countries. All events are organized by one of the over 350 local clubs in U.S.

There are two kinds of events. Staffed events are held on one or two specific days (usually on a weekend). Self-guided walking called "year-round" or "seasonal events" established by AVA clubs for all to enjoy at their own leisure.

While not required, many volkssporters keep track of the number of events and the distance they have traveled using IVV credit stamps in official record books.

You can learn more about events through the AVA web site www.ava.org

