

Coffee Break Walk Stoughton, Wisconsin Velkommen

This is a recreational walk event sponsored by the Dairyland Walkers. The walk is a sanctioned event for credit toward IVV Achievement Awards.

There will be 10K and 5K options providing a choice of walk distances.

START/FINISH – The start location for this walk is in the Stoughton Area Senior Center, 248 W. Main Street, Stoughton, WI. Look for the walk signs and the AVA banner. Start from 8:00 a.m. to 12:00 noon. All walkers should be finished by 3:00 p.m.

www.ci.stoughton.wi.us/senior

COURSE DESCRIPTION –

10K (6.2 miles)	Trail Rating: 1
5K (3.1 miles)	Trail Rating: 1

Both of the walks are suitable for wheelchairs or strollers.

The course will take you through four historic districts of beautiful Stoughton, WI. You will see many of the locally designated landmarks. Enjoy the wonderful architecture in downtown Stoughton.

You will also walk through Mandt Park, location of the annual Coffee Break Festival (also starts at 8 AM). Learn how Stoughton became the home of the original coffee break.

AWARD AND REGISTRATION – There will be no pre-registration nor awards for this walk. Participants may walk for credit only -- \$3.00, or for free.

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.

PETS – Pets are not allowed on this walk.

AMENITIES -- Water and facilities are available at the start/finish. Water will be available at the check point of the 10K walk.

We wish to thank the Stoughton Chamber of Commerce for providing information on beautiful Stoughton, WI. We also wish to thank the Stoughton Area Senior Center for providing the start and finish table for our walk.

www.stoughtonwi.com

ADDITIONAL INFORMATION – For further information contact Benita Walker at (608) 251-2905 or bswalker@execpc.com or visit the Dairyland Walker's Web site at:

www.dairylandwalkers.com



VOLKSSPORTING — Volkssporting and volksmarching began in Germany during the 1960's and is called "the sport of the people" as nearly everyone can enjoy it. You walk at your own pace and have several hours to complete each walk, allowing you the choice of browsing along the way or keeping up a brisk pace.

Volksmarching is a family-oriented, non-competitive activity. With registration for the event, the participant accepts the guidelines for American Volkssport Association (AVA) events and agrees to observe the principles of good sportsmanship. Each participant must also obey any state or local laws or ordinances.

Volkssporting is good exercise and encourages physical activity by providing events throughout the country, and world, in which people of all ages and all levels of physical fitness can participate.

For more information on volkssporting, visit the AVA website at:

www.ava.org

Visit our Madison Area Year-Round and Seasonal events!!!



THE DAIRYLAND WALKERS

The Dairyland Walkers, the local American Volkssport Association affiliate club, sponsors year-round and seasonal events at these locations:

- Cedarburg
- Devils Lake State Park
- Eau Claire
- Janesville
- La Crosse
- Lake Geneva
- Madison (5 walks and 1 bike)
- Middleton
- Milwaukee
- Port Washington

Membership in the Dairyland Walkers Club is open to everyone for a nominal membership fee of \$12.00 for one or more one member at the same address. This entitles you to receive our regular newsletter with updates of area walks and club news. The club offers a total of 14 year-round/seasonal walks and one bike event. Several one-day events (such as this one) are also sponsored throughout the year. For more information on membership & 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

Visit our website at:

www.dairylandwalkers.com

DIRECTIONS:

From Madison: Take Highway 51 south to Stoughton. In Stoughton, Highway 51 becomes Main Street. The Stoughton Senior center is at 248 West Main Street.

From Janesville: Take I-90 west to Highway 51. Stay on Highway 51, which becomes Main Street, into downtown Stoughton. The Stoughton Senior Center is at 248 West Main Street.

Look for the AVA signs on Main Street. Parking is available in nearby city lots and on the streets.

www.ci.stoughton.wi.us/senior

DISCLAIMER – The sponsors of this event are not liable for accidents, personal injury, theft, and/or material damage. Each participant is asked to sign a waiver from liability before beginning the walk. Every effort will be made by the sponsors to make this event safe, enjoyable, and memorable.



Coffee Break Walk

Stoughton, Wisconsin

**A 10K Walk Event
With a 5K Option**

**Saturday
August 9, 2008**



Sponsored by
Madison Area Volkssport Association
"Dairyland Walkers"

