

NEPEAN NOMADS 20th ANNIVERSARY VOLKSMARCH

12 JUNE 2010



5km & 11km Trails

SPONSOR
NEPEAN NOMADS WALKING CLUB

Sanctioned by
CANADIAN VOLKSSPORT FEDERATION
CVF 10/15316



START/FINISH

Ben Franklin Place (Old Nepean City Hall)
Nepean Civic Square
101 CentrepoinTE Dr.
Nepean, ON

REGISTRATION

12 June 2010, 09:00 AM to 1:00 PM

TRAIL CLOSING TIME

4:00 PM

ENTRY FEES

All participants must register.
Pre-Registration (Pin & IVV Credit)—\$6.00
Late Registration (Pin & IVV Credit)—\$7.00
IVV Credit only (for record books) - \$2.00

PRE-REGISTRATION

No later than 28 May 2010. This will guarantee you a pin on the day of the event. Others can expect to receive their pin by mail (allow 6-8 weeks).

INDIVIDUAL AWARDS

Commemorative pins and/or IVV credit according to the entry fee paid for non-club members.

Active Nepean Nomad Club members will be receiving the Commemorative pin for free as part of the 20th Anniversary celebrations.

SPECIAL AWARDS

Special awards will be given to the following persons who are **NOT** members of the Nepean Nomads:

1. Pre-Registered person who travelled the furthest to get to the Volksmarch
2. Oldest participating female
3. Oldest participating male
4. Youngest female walker (Child)
5. Youngest male walker (Child)
6. Largest pre-registered group

WHAT IS A VOLKSMARCH?

A Volksmarch is one of several Volkssport events. The term Volkssport literally means a *sport of the people*. Everyone participates in the events including grandparents, aunts, uncles, children, mom and dad, and even pets. Anyone who pays the registration fee and completes the required distance (at their own pace) is declared a winner and receives a pin, patch or other award for their effort. To participate (but not receive an award) is normally free of charge. Everyone who completes a Volkssport event is a winner!

Volkssporting is good exercise and encourages outdoor activity by providing events in which people of all ages and levels of physical fitness can participate

TRAIL

5 km and 11 km trails are available. The trails are along relatively level city and residential streets and parks. Some parts of the trail may be on the shoulders of the road where sidewalks are not available.

FOOD & BEVERAGES

There will also be German sausages and cold drinks for sale at the Finish Point. So come and enjoy one with friends and listen to the stories of the 20 years of walking in Nepean. Walkers who pre-register will receive a ticket entitling them to a sausage and cold drink

Marshy's restaurant across the street will also be available for walkers wishing to eat and enjoy a cold one.

ELIGIBILITY

This event is held with the cooperation of the City of Ottawa. Everyone is welcome. Children under 12 **must** be accompanied by an adult.

