

You Are Invited to Join the Willamette Wanderers of Salem & Keizer

DO YOU LIKE TO WALK? Do you prefer to walk with others and explore other areas? If so, you'll want to consider becoming a member of the Willamette Wanderers, offering fitness, fun, and friendship. Anyone can join our walks. That includes children & four-legged friends. We walk the second Sunday afternoon, the third Wednesday each month, often on Thursdays, and weekends. Our walks are non-competitive and everyone walks at his/her own speed.

WHO ARE THE WILLAMETTE WANDERERS? Our official name is the Willamette Wanderers Volkssport Club (NW 362) specializing in volkswalking.

WHAT IS VOLKSSPORTING OR VOLKSWALKING? Volkswalking began in Europe and has spread rapidly through the United States. Our club joined the American Volkssport Association (AVA) in 1986 as the 362nd sanctioned club. In addition to walking, volkssporting includes a number of other activities such as snow shoeing, swimming and bicycling; but our club focuses on walking.

WHAT DO THE WILLAMETTE WANDERERS DO? As a member of AVA, we follow its guidelines for walking. Because volkswalking began in Europe, the distances for AVA walks are measured in kilometers rather than miles. Clubs prepare local five kilometer (3.1 miles) and/or 10 kilometer (6.2 miles] year-round walks. Year-round means anyone can walk these routes any day of the year, unless there are seasonal restrictions. We have prepared walks in the Salem and Keizer areas. Check our website, www.willwander.weebly.com, under "Walk With Us" for our brochure highlighting these walks. In addition to year-round walks, we also sponsor special one-day event walks.

WHAT IS THE COST? There is no cost to non-credit walkers. If you want to join AVA and track your walks by using AVA books, you pay \$3 for AVA credit and are eligible for AVA pins/badges. Our club members can explain the benefits of AVA membership in detail. The club meets on the third Wednesday of each month at 7:00 PM, Salem Hospital, Building D. Our meetings are open to the public.

HOW DO I JOIN? Annual dues are \$5 Individual/\$10 family. For an additional \$10 a member can receive a club t-shirt. Membership includes a quarterly newsletter promoting upcoming events and other walk news. If you would like to become a member of the Willamette Wanderers, please submit a completed membership application to:

**Willamette Wanderers
PO Box 13982
Salem, OR 97309-1982**

For more information contact:
Debra at (503) 581-8444 or BARNEVE@aol.com.

WE LOOK FORWARD TO WALKING WITH YOU!