

ROHNERT PARK, CA

DATE: March 23, 2019
SANCTION NO: PA19/113495
SPONSOR(S): Sonoma County Stompers
LOCATION: Bear Republic Brewery Lakeside
5000 Roberts Lake Rd
Rohnert Park, CA 94928

START TIME: 9AM to 1PM
FINISH TIME: 4PM
DISTANCE(S): 10K and 5K (1A)
Trail Rating: 1A

SPECIAL PROGRAMS: USA, St x St, Co - Sonoma
ROUTES: Two 5K loops. One passes by the Graton Casino, the newest large casino in Northern CA. It should be extending several specials to entice you to come in and leave a few dollars. There have been winners also. The second loop passes through newer upscale golf course neighborhoods. The routes would be moderately difficult for strollers and difficult for wheelchairs. Pets are allowed with pick up and always under control, congestion might cause some difficulty around the casino.
AWARD: IVV Credit Only
FEES: Anyone may participate for free. AVA credit is \$3.00. No refunds will be given.
REGISTRATION: There is no pre-registration. All walkers must fill out the registration materials at the start point regardless if you are walking for free or AVA credit.
STIPULATIONS: This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). This event counts towards the acquisition of IVV Achievement Awards. With registration to this event the participant agrees to follow the guidelines of AVA Volkssport events. Every participant should agree to observe principles of good sportsmanship and safety.

Family participation is encouraged. An adult must accompany children under the age of 12. All events will take place regardless of weather conditions. This event is open to everyone.

DISCLAIMER: Every reasonable effort will be made by the sponsors to make this a safe, enjoyable, and memorable event. However, the sponsors, nor the AVA/IVV, can be held responsible or liable for accidents, thefts, and/or material damage.

MISCELLANEOUS: Water and restrooms will be available at the start/finish point. Parking is available at the start/finish point.

PROCEDURES: This event is open to everyone. Volkssports, including volkswalks, are noncompetitive events. Walk at your own pace and/or stop along the way. Each participant, whether free or paid, must register and sign an Amateur Athletic Waiver and Release of Liability (Parent or Guardian must sign for minor) at the start point. A start card will be issued upon registration. It must be carried during the walk, validated at control points along the route and turned in at the finish upon completion of the walk.

The Bear Republic Lakeside Pub/Restaurant (Start/Finish point) has indoor/outdoor seating with a large and diverse menu. It opens for service at 11:30AM. If bringing a dog into the outdoor eating area see the Bear Republic website for the rules and regulations and a certificate that needs to be printed, filled out and brought with you!

The Doubletree Hotel is next door if you wish to spend the night and do one of our other nearby walks.

INFORMATION CONTACT:

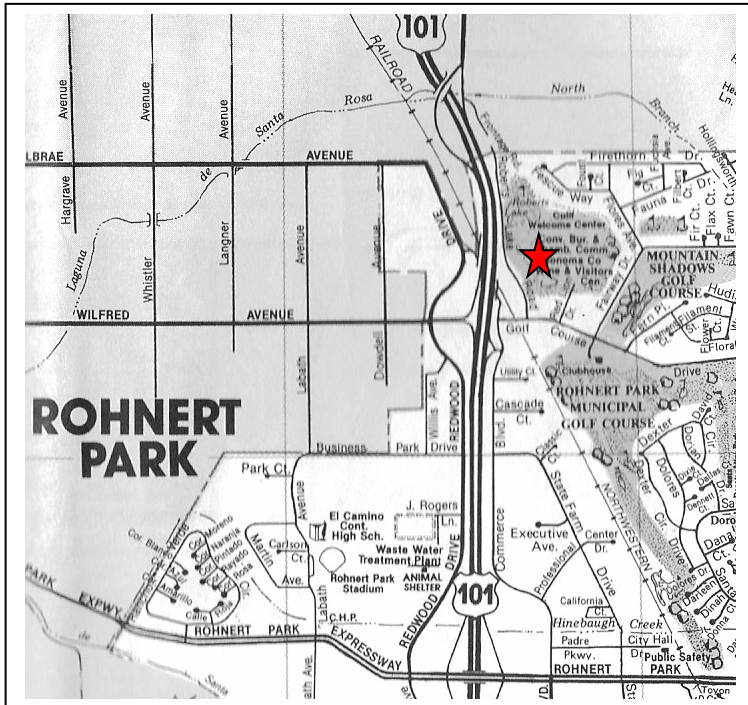
Marilyn Nasi
707.486.8528 (cell)
(day of event)

The Sonoma
County Stompers
Invite You To

Walk With US !

Directions: From the South: Going North on Hwy 101 exit at the 484B exit, take ramp RIGHT toward Santa Rosa Ave. Turn RIGHT onto Santa Rosa Ave. Santa Rosa Ave becomes Roberts Lake Rd. Just past the lake turn LEFT into Parking lot. Note the Racer5 sign. The Doubletree is next door.

From the North: Going South on Hwy 101 exit at the 484A exit, take ramp RIGHT and follow signs for Golf Course Dr./Wilfred Ave. Turn LEFT onto Golf Course Dr. Turn LEFT onto Roberts Lake Rd. In 400 Ft. RIGHT into Parking lot. The Doubletree is next door



10K and 5K Walks
Rohnert Park, California
March 23, 2019
Sanction # 113495

FOR MORE INFORMATION ABOUT VOLKSSPORTING:

www.sonomacountystompers.org
www.ava.org
www.cva4u.org

