

**WELCOME!!** The Walk 'n Mass Volkssport Club invites you to participate in our 2025 year-round and seasonal events planned for your enjoyment. These events are non-competitive, along prescribed, map-guided routes, and accomplished at your own pace. Our walks are ideal for families and folks of any age! Your benefits include new sights, new friends, exercise, travel, and a sense of accomplishment.

Most walks offer a shorter option (5-7km) than the traditional 10 or 11km route.

Our events qualify for a variety of American Volkssport Association (AVA) Special Programs and these programs are listed on each event page. For details on all AVA Special Programs, their qualification requirements, contact details to register and receive a particular special program book, please visit [www.ava.org](http://www.ava.org).

**YEAR-ROUND EVENT (YRE)** - routes offered for one full calendar year.

**SEASONAL EVENT (SE)** - routes offered for less than a full year.

**REGISTRATION:** The majority of our events use physical start boxes (PSB); ask for the **Walk Box** at the Start location. Please register by following the specific instructions found in the Registration Log Book located inside the Walk Box.

**Note:** for Boston, Cheshire, Oak Bluffs, & Provincetown, all participants must use Online Start Box (OSB) registration procedure through **my.ava.org** as there are no physical Walk Boxes. See page 5 for details on using the OSB system. The Providence, Lowell, Quincy, and Roslindale events offer registration through physical **OR** online method. PSB available for all club scheduled group walks.

**PSB PROCEDURE:** Complete information in the **Registration Log Book** and on your **Event Card**. Carry the Event Card to note checkpoints along the route. Please return the Event Card to the box upon completion of the route.

**YRE/SE FEES:** Participant/WnM Member fee includes IVV Credit.

<b>Participant .....</b>	<b>\$4.00</b>
<b>WnM Member .....</b>	<b>\$3.00</b>
<b>"A" Award additional .....</b>	<b>\$4.00</b>
<b>"B" Award additional .....</b>	<b>\$1.00</b>

A unique aspect of volkssporting is the Achievement Award Program whereby volkssporters place "credit stamps" in special books to record the number of events completed (walk, bike, swim, ski, or skate) and/or the distance accomplished. This program is governed by the international organization, Internationaler Volkssport Verband (IVV); see website [www.ivv-web.org](http://www.ivv-web.org) for more.

**CONDITIONS:** To assure your safety, we require the following: participate in events during daylight hours only; use caution crossing streets; use sidewalks where available or walk single file, facing traffic (on the left side of the road). Children under 12 years of age must be accompanied by an adult. Leashed pets are welcome where noted. Events suitable for wheelchairs or strollers are indicated on each walk event page.

**GROUP WALKS:** Group walks of Year-Round and Seasonal events are planned throughout the year. The group walk schedule is listed on the club website – [www.walknmass.org](http://www.walknmass.org), published in the award-winning Walk 'n Mass newsletter – *Footnotes*, and sent in weekly email notices to interested club members.

**DAY EVENTS:** Information on **traditional day events** can be found on our website. Look for a variety of walk & social events scheduled throughout the year.

**SANCTION and IVV CREDIT:** Participants in the IVV Achievement Awards Program can earn IVV Credit for distance and event each day. Walk events may be completed twice on the same day with the same Event Card without paying an additional fee for the second distance credit.

Event and Distance IVV Books are **NOT** available for purchase at any of these events. Participants who have previously purchased IVV Books are reminded to bring them. IVV Books may be purchased at traditional day events or by contacting Beate Hait at 774-292-9098 or beateh1@aol.com.

These events are sanctioned by the American Volkssport Association (AVA: America's Walking Club) and the International Federation of Popular Sports (IVV), and are conducted under the rules of these governing organizations.

**FACILITIES:** Restrooms are located at or near each Start Point. Various dining establishments are found along most routes.

**DISCLAIMER:** The sponsors of these events cannot be held responsible for any lost or stolen items, accidents, or injury at any time. Every reasonable effort is made to make these events safe and enjoyable. All participants must sign a waiver before participating in the events.

**Need more info?** Contact the **Point of Contact (POC)** of the specific event. Thanks for your participation!

**TRAIL RATINGS:** AVA: America's Walking Club uses a 2-prong system to rate trails for **incline** between 1 (easy) and 5 (challenging) and **terrain** between A and E with E being the most difficult. *Examples:* a beach walk would be rated 1C, a route on mostly flat pavement would be rated 1A, while a route with moderate hills on well-groomed trails would be rated 2B.

#### **PART 1 – Incline**

1. Very small hills or very little stair climbing. Probably suitable for strollers and wheelchairs.
2. Some moderate hills and stair climbing. Probably suitable for strollers. May not be suitable for wheelchairs.
3. Some significant hill or stair climbing. Not suitable for strollers or wheelchairs.
4. Lots of significant hills or stair climbing. Not suitable for strollers or wheelchairs.
5. Many steep hills. Not suitable for strollers or wheelchairs.

#### **PART 2 – Terrain**

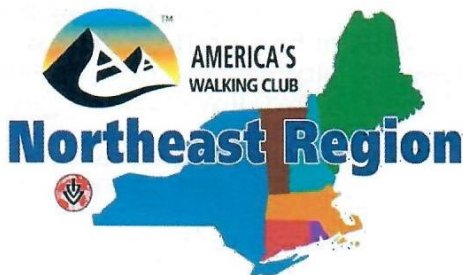
- A. Almost entirely on pavement. Probably suitable for strollers and wheelchairs.
- B. A significant part of the route is on well-groomed trails with very few obstacles. Probably suitable for strollers but may not be suitable for wheelchairs.
- C. A significant part of the route is on somewhat difficult terrain (rocky/rooted paths or soft sand). Not suitable for strollers or wheelchairs.
- D. A significant part of the route is on very difficult terrain.
- E. The majority of the route is on very difficult terrain.

**APPRECIATION:** Walk 'n Mass Volkssport Club thanks all the Event POCs, the businesses, organizations, and national parks for their support and cooperation in making these events a reality. Please remember that paying customers should be given priority over volkssporters at Start/Finish locations and at checkpoints.

40<sup>TH</sup>  
1985-2025

*Walk 'n Mass Volkssport Club is celebrating the club's 40th anniversary in 2025. With over 400 traditional events and a multitude of YRE & SE sponsored since the club's founding, the 18 YRE and SE in this booklet are just the start to our anniversary plans.*

**WALK'N MASS**  
**VOLKSSPORT CLUB**




Please be sure to note our club's official social media accounts and follow WnM if you use these platforms:

Facebook      [www.facebook.com/WalknMass/](http://www.facebook.com/WalknMass/)

Meetup      [www.meetup.com/walk-n-mass/](http://www.meetup.com/walk-n-mass/)

The club website is also helpful for staying informed:

[www.walknmass.org](http://www.walknmass.org)



The next **AVA Northeast Region Multi-Event Weekend** will be **May 16-18, 2025**, co-hosted by Southern Maine Volkssport Association, Twin State Volkssport Association, and Two Town Walking Club. The **Northeast 2025 Tri-State Lighthouse Tour** will feature walks in Cape Elizabeth, ME; Portsmouth, NH; and Gloucester, MA. Social activity plans are also underway for a Friday night Meet & Greet and an additional group dinner option on Saturday.

**More details posted to website as event approaches:**

[walkescv.org/25NEWeekend/home.html](http://walkescv.org/25NEWeekend/home.html)

**Email Contact:**

[infotristate25@aol.com](mailto:infotristate25@aol.com)