

GENERAL INFORMATION

ALL EVENTS ARE CVF SANCTIONED

START/FINISH TIMES

Start and finish times vary. Check individual walk information.

REGISTRATION DESK

Registration points are noted on each event description under "Start Point". Look for "Volksmarch Registration" signs and the IVV/CVF logo on a banner or flag.

REGISTRATION FEES

For events in Alberta, fees are as follows:

Walk only Free

Walk & IVV credit \$2.00

There are exceptions to the above information. Check walking instructions in Year Round Event boxes.

DISTANCE

Each event is noted as to distance. Distances may vary when the course is set up and you will receive credit for the actual distance.

ELIGIBILITY

The walks are open to everyone. Children under 12 must be accompanied by an adult. The walks are conducted under the rules of the IVV/CVF and participants agree to abide by these rules.

PROCEDURE

Each participant should be at the Start Point prior to stated time. All participants must register due to liability insurance.

EVENT CREDIT

Persons registered for the event credit will have his/her record books stamped at the finish of the event.

AWARDS

Awards may be available for certain events.

WEATHER

All events will be held regardless of weather conditions. Exceptions may be made where personal safety may be a factor. Please bring suitable clothing, along with comfortable footwear.

REFRESHMENTS

Refreshments will be available at start / finish and checkpoints. Some events may have food available at nominal cost. You are invited to bring your own food and refreshments, but please do not litter along the routes.

PETS

Pets are not allowed in some areas. If in doubt, please check with the contact person. If allowed, they must be leashed and cleaned up after. If in an off-leash area, they must be under control so that they do not bother other walkers or members of the general public.

GENERAL

There will be ample parking. Campgrounds are available at some locations. Remember – all walks are on public or private property – treat it with respect. Many of the communities have planned special events with you in mind. Why not join in?

DISCLAIMER

The sponsors of this event cannot be held responsible for any lost or stolen items, accidents or injuries at any time. All participants must sign a release Waiver and indemnity before starting the event.

FEDERATION TRAIL RATING GUIDELINES

The following two-part rating system was designed to indicate to Volkssporters an estimation of the difficulty of a trail for an IVV sanctioned walk in Canada. The sponsoring Federation member would decide what rating to assign the trail(s). The first part uses a number to refer to the difficulty of the incline while the second part uses a letter to refer to the nature of the terrain.

Part 1 – INCLINE

1. very little hill or stair climbing
2. some moderate hill or stair climbing
3. some significant hill or stair climbing
4. a good deal of significant hill or stair climbing
5. many steep hills or high altitude trails

Part 2 - TERRAIN

- A. almost entirely on pavement, probably suitable for baby strollers.
- B. a significant part of the walk takes place on well-groomed trails with very little more difficult terrain.
- C. a significant part of the walk takes place on somewhat difficult terrain (rocky, rooted paths).
- D. a significant part of the walk takes place on very difficult terrain.
- E. the majority of the walk takes place on very difficult terrain.

Extreme weather conditions could also raise the difficulty of routes, thus Volkssporters should take caution when this occurs.

ALBERTA YEAR ROUND EVENTS

BANFF, AB YRE - WALK JANUARY 1 - DECEMBER 31, 2005

SPONSOR Volkssport Association of Alberta
START POINT Jump Start Coffee & Sandwich Place, Buffalo St. & Banff Ave. (403) 762-0332
DISTANCE 10 km (Town stroll and Cave and Basin) 12 km (Vermillion Lakes and Sundance Canyon)
TRAIL Choice of trails. Town stroll, Vermillion Lakes or Sundance Canyon. Enjoy the scenic walks through Canada's oldest National Park and Town.
RATING 2A to 3B (depending upon trail)
AWARD IVV Credit only
REGISTRATION 8:00 AM - 6:00 PM daily
MISC. Self registering. Ask for Walk Box. Washrooms available at the Start Point.
DIRECTIONS From the highway follow Banff Avenue to centre of town, and turn right just before bridge crossing Bow River. Parking available on street or across in municipal parking lot.
CONTACT Cecilia or Joe Hollman (403) 241-3965 hollman@shaw.ca

CALGARY, AB YRE - WALK JANUARY 1 - DECEMBER 31, 2005

SPONSOR Volkssport Association of Alberta
START POINT Eau Claire YMCA, 101-3rd St. SW (403) 269-6701
DISTANCE 11 km
TRAIL Choice of two trails. Stroll along the Bow River or past beautiful scenic views of downtown Calgary and the Bow River.
RATING 1A to 2A depending on trail
AWARD IVV Credit only
REGISTRATION 8:00 AM - 6:00 PM daily
MISC. Ask for Walk Box at entry desk. Ample parking in the area (NOT FREE). Washrooms available at the Start Point.
DIRECTIONS Take Deerfoot Tr. (Hwy 2) to Memorial Dr. west and follow to Edmonton Tr., across the bridge to 4th Ave. south. Follow 4th Ave. to 4th St. Turn right (north) and follow to the Eau Claire YMCA located at 101-3rd St. SW.
CONTACT Cecilia or Joe Hollman (403) 241-3965 hollman@shaw.ca

BARRHEAD, AB YRE - WALK JANUARY 1 - DECEMBER 31, 2005

SPONSOR Barrhead Walkie Talkie Volkssport Club
START POINT Barrmart Foods, 5108-55 St. 5 blocks west of lights
DISTANCE 10 km
TRAIL Around the outskirts of the Town of Barrhead on paved & gravel trails.
RATING 2B
AWARD IVV Credit only
REGISTRATION Dawn to dusk
DIRECTIONS From Edmonton 117 km NW on Hwy 33.
CONTACT Jeff or Margaret Attrill (780) 674-4403 jatrill@telusplanet.net

CAMROSE, AB YRE - WALK JANUARY 2 - DECEMBER 31, 2005 (Closed on December 25 and January 1)

SPONSOR Fox Creek Wilderness Volkssport Club
START POINT Tim Horton's, Main St., 5004-48 Ave. (780) 672-5087
DISTANCE 10 km
TRAIL 10 km (2 x 5 km)
TRAIL Takes you through three parks on summer walk directions, past historical buildings (visit when open) and farm implements.
RATING 1B
MISC. Ask for Walk Box at counter. Suitable for strollers. Parking available.
REGISTRATION Dawn to dusk
DIRECTIONS On north side of Hwy 13 in centre of town.
Note: There are two Tim Horton's in Camrose. Go to one in the centre of town.
CONTACT Evelyn Rogers (780) 622-3578 riclyn2@telus.net Betty or Arnie Lerch (780) 352-4225 ablerch@telusplanet.net

CALGARY, AB YRE - WALK JANUARY 1 - DECEMBER 31, 2005

SPONSOR Volkssport Association of Alberta
START POINT Talisman Centre, 2225 MacLeod Tr. S. (403) 233-8393
DISTANCE 11 km
RATING 1A
AWARD IVV Credit only
REGISTRATION 8:00 AM - 6:00 PM daily
MISC. Ask for Walk Box at the entry desk. Ample FREE parking in area. Washrooms available at the Start Point.
DIRECTIONS Take Deerfoot Tr. (Hwy 2) to Memorial Dr. Turn west on Memorial Dr. and follow to Edmonton Tr. Turn left on Edmonton Tr., cross the Bow River, and take Macleod Tr. south, across 17th Ave. to the Talisman Centre located at 2225 Macleod Tr. SW.
CONTACT Bob Brownie (403) 246-3673 rabrownie@shaw.ca

CANMORE, AB YRE - WALK JANUARY 1 - DECEMBER 31, 2005

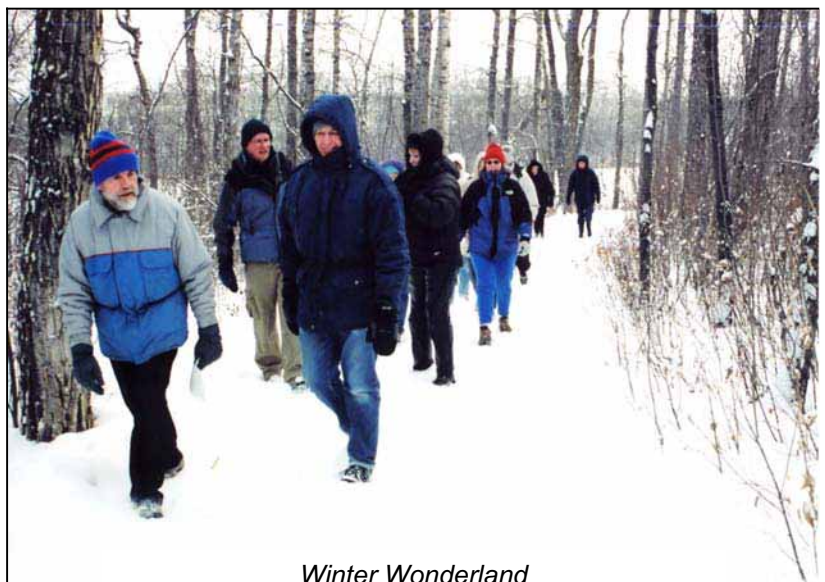
SPONSOR Volkssport Association of Alberta
START POINT Grizzly Paw Pub Restaurant & Brewing Co., 622-8th (Main) St. (403) 678-9983
DISTANCE 11 km
RATING 1B
AWARD IVV Credit only
REGISTRATION 11:00 AM - 6:00 PM daily
MISC. The Walk Box is kept behind the DJ's desk. Ask the bartender. Why not stop after the walk and sample some of their award winning beer while having something to eat? Washrooms available at the Start Point.
DIRECTIONS From Calgary go west on the Trans Canada Hwy (Hwy 1) to Canmore. Take the second exit into Canmore. At the corner of Railway Ave. and 8th (Main) St. turn left. Go across the bridge. You will find the Grizzly Paw Pub, Restaurant and Brewing Company located on your right. (Across the street from white church).
CONTACT Cecilia or Joe Hollman (403) 241-3965 hollman@shaw.ca

★ NEW FOR 2005 ★

All seasonal and short seasonal walks that span June 30 to July 1 now qualify for two event stamps per year.

Jan. 1 - June 30 with the +
 July 1 - Dec. 31 without the +

In Alberta:
 Hinton and Waterton Village



Winter Wonderland

CARDSTON, AB YRE - WALK #1
JANUARY 1 - DECEMBER 31, 2005

SPONSOR Chinook Country Pacers
START POINT Chief Mountain Husky,
 Gary Stanford, Manager
 60-1st Ave., west (at Hwy 5)
 (403) 653-1146

DISTANCE 10 km
TRAIL Trail features several of Cardston's
 main points of interest as well as taking
 you for a walk down main street. You will
 get a great view of Chief Mountain.

RATING 1A
AWARD IVV Credit only
REGISTRATION Open 24 hours / 7 days a week;
 Walk daylight hours only.
MISC. Ask for Walk Box. Parking available.
 10% discount to Volksmarchers at Temple Haven B&B.
DIRECTIONS On Waterton Hwy (Hwy 5).
CONTACT Sherri McDonald (403) 653-3824
 templehaven@shaw.ca

CARDSTON, AB YRE - WALK #2
JANUARY 1 - DECEMBER 31, 2005

SPONSOR Chinook Country Pacers
START POINT Chief Mountain Husky,
 Gary Stanford, Manager
 60-1st Ave., west (at Hwy 5)
 (403) 653-1146

DISTANCE 11 km
TRAIL There is a short stretch along Hwy 2.
RATING 1A
AWARD IVV Credit only
REGISTRATION Open 24 hours/ 7 days a week;
 Walk daylight hours only.
MISC. Ask for Walk Box. Parking available.
 10% discount to Volksmarchers at Temple Haven B&B.
 This trail gives you a look at some of the lovely countryside
 surrounding our town.
DIRECTIONS On Waterton Hwy (Hwy 5).
CONTACT Sherri McDonald (403) 653-3824
 templehaven@shaw.ca

COLD LAKE, AB YRE - WALK
JANUARY 1 - DECEMBER 31, 2005

SPONSOR Volkssport Association of Alberta
START POINT Frontier Motel 1002-8th Ave.
NOTE: This is the walk registration only.
 (780) 639-3030

DISTANCE 10 km
TRAIL You must drive to the Provincial Park
 just out of town. Walk goes through the
 park following trails through the park
 and campsite.

RATING 2B
AWARD IVV Credit only
REGISTRATION At Motel, 8:00 AM to dusk. You will
 receive directions after registration.
MISC Special overnight rate for
 Volksmarchers. No fee to enter park. Camping available.
 Take water and insect repellent.
CONTACT Michael Alberti (780) 639-4540
 mingalberti@hotmail.com
 Rob Boulay (780) 594-4758



Pacers' Playground

DEVON, AB SEASONAL - WALK (W)
SEASONAL - SKI (S)
(S) SEASONAL - JANUARY 1 - FEB. 28, 2005
(W) SEASONAL - MARCH 1 - OCT. 31, 2005
(S) SEASONAL - NOV. 1 - DEC. 31, 2005

SPONSOR Devon Discovery Walkers
START POINT Devon Esso, Superior St.
 (780) 987-3280

DISTANCE Walk 10 km; Ski 10 km
RATING Town 1A, Valley 3B
AWARD IVV Credit only
REGISTRATION Dawn to dusk
MISC. Walk Box located at back on lottery
 pedestal. Street parking available. Mainly along blacktopped
 paths and trails in the scenic river valley. Washrooms at start
 and in Lions Campground.
DIRECTIONS From Hwy 60 enter Devon at north
 entrance. At 4-way stop, turn right to Devon Esso.
CONTACT Bob Collins (780) 987-3335
 tooge@telus.net

EDMONTON, AB YRE - WALK #1
JANUARY 1 - DECEMBER 31, 2005

SPONSOR Volkssport Association of Alberta
START POINT Running Room, 8533-109 St.
 (780) 433-6062

DISTANCE 11 km
TRAIL Through Old Strathcona and University
 area. Suitable for strollers.

RATING 1A
AWARD IVV Credit only
REGISTRATION Weekdays 9:30 AM - 8:30 PM,
 Saturday 9:30 AM - 5:30 PM, Sunday 11:30 AM - 5:00 PM.
 Ask for Walk Box at counter. *NOTE: Use stamp #118.*
DIRECTIONS From north - cross High Level Bridge on
 109 St. From south - go north on 109 St. Turn right on
 86 Ave. Turn right to parking lot.
CONTACT Myrna O'Neil (780) 459-7836
 mybr@telusplanet.net



Canadian, eh?

**EDMONTON, AB YRE - WALK #2
JANUARY 1 - DECEMBER 31, 2005**

SPONSOR Volkssport Association of Alberta
START POINT Running Room, 8533-109 St. (780) 433-6062
DISTANCE 11 km
TRAIL Along paved trails in river valley in city centre. Wonderful views of Edmonton skyline. Suitable for strollers.
RATING 2B
AWARD IVV Credit only
REGISTRATION Weekdays 9:30 AM - 8:30 PM, Saturday 9:30 AM - 5:30 PM, Sunday 11:30 AM - 5:00 PM. Ask for Walk Box at counter. NOTE: Use stamp #77.
DIRECTIONS From north - cross High Level Bridge on 109 St. From south - go north on 109 St. Turn right on 86 Ave. Turn right to parking lot.
CONTACT Myrna O'Neil (780) 459-7836 mybr@telusplanet.net

**EDMONTON, AB
GUIDED YRE #2 GROUP WALK
JULY 30**

**EDMONTON, AB YRE - WALK
JANUARY 1 - DECEMBER 31, 2005**

SPONSOR Volkssport Association of Alberta
START POINT MacEwan Centre for Sport and Wellness, 108 St. & 105 Ave. (780) 497-5300
DISTANCE 10 km
TRAIL Walk takes you through the downtown west end, by the Legislature and Civic Centre. Good views of the river valley, an easy walk.
RATING 1A
AWARD IVV Credit only
REGISTRATION Hours: Weekdays 8:00 AM - 10:30 PM Weekends & Holidays 8:00 AM - 8:00 PM. Allow time to return before closing. Self registering. Enter through main west door, turn left toward information desk, turn left down hall to exercise room. Ask for Walk Box at reception desk.
DIRECTIONS Downtown area. Paid parking on west or east side of College.
CONTACT Myrna O'Neil (780) 459-7836 mybr@telusplanet.net

**EDMONTON, AB
GUIDED YRE GROUP WALK
OCTOBER 8**

**EDMONTON, AB YRE - WALK
JANUARY 1 - DECEMBER 31, 2005**

SPONSOR Devon Discovery Walkers
START POINT West Edmonton Mall, "R&R" Store Upper Level between Ice Palace and Waterpark
DISTANCE 10 km
TRAIL Mall walk
RATING 1A
AWARD IVV Credit only
REGISTRATION Monday - Friday 10:00 AM - 9:00 PM, Saturday & Sunday 10:00 AM - 6:00 PM
MISC. Best time to walk is early morning.
DIRECTIONS Enter WEM, from 87 Ave., north of Transit Station. Drive to upper level to park. Register at "R&R" Store on upper level between Ice Palace & Waterpark (Phase III).
CONTACT Bob or Billie Collins (780) 987-3335 tooge@telus.net

**EDMONTON, AB YRE - WALK
JANUARY 1 - DECEMBER 31, 2005**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT Wolf Willow Corner Store, connected with Husky Gas Station, 6827-170 St.
DISTANCE 10 km
TRAIL 10 km (2 x 5 km)
TRAIL Trail on city streets takes you around scenic Wolf Willow, primarily in residential areas.
RATING 1A
AWARD IVV Credit only
REGISTRATION Dawn to dusk. Ask staff for Walk Box.
MISC. Water & washrooms available at Start Point.
DIRECTIONS Proceed south on 170 St. to 69 Ave. Millie Seitz (780) 458-7902
CONTACT mstz31@shaw.ca

**FORT SASKATCHEWAN, AB YRE - WALK
JANUARY 1 - DECEMBER 31, 2005**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT Pineview Shell, 9761-90 St. (780) 998-3700
DISTANCE 10 km
TRAIL Walk around town on sidewalks and paved trails.
RATING 1A, 1B, 3C
AWARD IVV Credit only
REGISTRATION Dawn to dusk
MISC. Choice of 3 different walks.
DIRECTIONS From north or south on Hwy 15, take access to 99 Ave. Turn left to 90 St. Turn left to Westview Plaza for parking. Walk to Pineview Shell which is next door.
CONTACT Kathy Parr (780) 998-1033 walksalot2@shaw.ca

**FOX CREEK, AB YRE - WALK
JANUARY 1 - DECEMBER 31, 2005**

SPONSOR Fox Creek Wilderness Volkssport Club
START POINT Petro Canada Service Station 52 Highway Ave.
DISTANCE 10 km
TRAIL 10 km (2 x 5 km)
TRAIL Walk through the residential area on paved trails and sidewalks. Suitable for strollers.
RATING 1A
AWARD IVV Credit only
REGISTRATION 6:00 AM - 8:00 PM
MISC. Pets must be leashed and picked up after. Park facing Kaybob Drive on left side of Station front door.
DIRECTIONS Hwy 16 west to Jct. 43 to Fox Creek. Take northwest entrance to Highway Ave. & Petro Canada Station.
CONTACT Evelyn Rogers (780) 622-3578 riclyn2@telus.net

**GIBBONS, AB YRE - WALK
JANUARY 1 - DECEMBER 31, 2005**

SPONSOR CVF Alberta Director
START POINT Mac's Store, 50 Ave. & 47 St. (780) 923-3693
DISTANCE 10 km
TRAIL 10 km (2 x 5 km)
TRAIL Walk around town on sidewalks, grassy areas, gravel roads and pathways.
RATING 2B - 10 km
AWARD 1A - 10 km (2 x 5 km)
AWARD IVV Credit only
REGISTRATION Dawn to dusk.
MISC. Parking available at side of store.
DIRECTIONS From Edmonton, travel north on Hwy 28 or 28A to Gibbons.
CONTACT Myrna O'Neil (780) 459-7836 mybr@telusplanet.net

**GIBBONS, AB
GUIDED YRE GROUP WALK
MAY 7**



The Great Cookoff

**HINTON, AB SHORT SEASONAL - WALK
JUNE 4 – SEPTEMBER 5, 2005**

SPONSOR Town of Hinton Hikers Volkssport Club
START POINT Tourist Information Centre (Hwy 16)
 309 Gregg Ave., east end of town
 (780) 865-2777
DISTANCE 10 km
RATING 2B
AWARD IVV Credit only
REGISTRATION 9:00 AM – 7:00 PM
MISC. After entering building, go to glass counter top on the left for Walk Box.
DIRECTIONS Follow Tourist Information signs, located just off Hwy 16.
CONTACT Wayne Kennedy (780) 865-4332
 wkkenedy@shaw.ca

**LEDUC, AB YRE - WALK
JANUARY 1 - DECEMBER 31, 2005**

SPONSOR Volkssport Association of Alberta
START POINT Leduc General Hospital
 Emergency Entrance, 4210-48 St.
 (780) 986-7711
DISTANCE 10 km
TRAIL 10 km (2 x 5 km)
 Around town on sidewalks and paved trails of park area.
RATING 1A
AWARD IVV Credit only
REGISTRATION 9:00 AM - 8:00 PM. Self-registering. The Walk Box is at the admitting desk counter. Please ensure you allow enough time to return before closing time.
MISC. Parking available at south perimeter side of Hospital.
DIRECTIONS From Edmonton follow Hwy 2 south to Leduc. Take either of first 2 exits into Leduc. Follow (H) signs on 50 St. south to 42 Ave. Left turn then left turn again on 48 St. to parking lot entrance.
CONTACT Myrna O'Neil (780) 459-7836
 mybr@telusplanet.net

**JASPER, AB YRE - WALK
JANUARY 4 – DECEMBER 31, 2005**

SPONSOR Volkssport Association of Alberta
START POINT Lake Annette Picnic Shelter
NOTE: Registration in town of Jasper.
DISTANCE 10 km (summer route)
 10 km (2 x 5 km, winter route)
RATING 2B
AWARD IVV Credit only
REGISTRATION Daily from 10 AM until dusk
 Register at Totem Sports,
 408 Connaught Dr. in Jasper. Maps available at the store.
DIRECTIONS From Hwy 16 west, take turnoff (Connaught Dr.) heading into Jasper.
CONTACT David Prowse (780) 852-5220
 dpprowse@incentre.net

**LAKE ISLE, AB YRE - WALK
JANUARY 1 - DECEMBER 31, 2005**

SPONSOR The Lake Isle Pacers Volkssport Club
START POINT 15 Hazel Ave.
DISTANCE 10 km
 10 km (2 x 5 km)
 Gravel Roads. Stroller friendly.
TRAIL 2B
RATING 2B
AWARD IVV Credit only
REGISTRATION 9:00 AM - 6:00 PM (No attendant)
MISC. Pets must be leashed and picked up after. Washroom facilities are limited.
DIRECTIONS Hwy 16 west of Edmonton to Range Road 54. Turn right (north) and continue to stop sign. Turn right to Hazel Ave., turn left to bottom of hill, #15 on right.
CONTACT Bob Duncan (780) 797-3810
 duncanra@telusplanet.net

**MEDICINE HAT, AB YRE - WALK
WALK #1
JANUARY 1 - DECEMBER 31, 2005**

SPONSOR Volkssport Club of Medicine Hat
START POINT Fas Gas Service Station,
 802 Kingsway Ave.
 (403) 527-9538
DISTANCE 11 km
 11 km (2x5.5 km)
TRAIL Residential streets, red shale and asphalt trails.
RATING 2A
AWARD IVV Credit only
REGISTRATION 8:00 AM to dusk
MISC. Enjoy the trails and streets of historic Medicine Hat. *NOTE of Interest: downtown streets are lit by gas lamps.*
DIRECTIONS From Trans Canada Hwy east or west, turn north on College Ave. to Kipling St. Right on Kipling St. to Kingsway Ave., left on Kingsway Ave. to Fas Gas.
CONTACT Edna McKelvie (403) 526-3153
 emckelvi@meplane.com



Where ends meet

**MEDICINE HAT, AB YRE - WALK
WALK #2
JANUARY 1 - DECEMBER 31, 2005**

SPONSOR Volkssport Club of Medicine Hat
START POINT Fas Gas Service Station,
802 Kingsway Ave.
(403) 527-9538
DISTANCE 11 km
11 km (2x5.5 km)
TRAIL Residential streets, red shale and
asphalt trails & parks
RATING 2B
AWARD IVV Credit only
REGISTRATION 8:00 AM to dusk
MISC. Trail goes through some of the most
scenic parks in Canada. Expect an abundance of wildlife.
DIRECTIONS From Trans Canada Hwy east or west,
turn north on College Ave. to Kipling St. Right on Kipling St.
to Kingsway Ave. Left on Kingsway Ave. to Fas Gas.
CONTACT Edna McKelvie (403) 526-3153
emckelvi@memlane.com

**MORINVILLE, AB YRE - WALK
JANUARY 1 - DECEMBER 31, 2005**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT Shell Station, 107 St. & 100 Ave.
10 km
DISTANCE Trail takes you around scenic
Morinville, mainly residential streets
and country roads.
TRAIL
RATING 1A
AWARD IVV Credit only
REGISTRATION Dawn to dusk. No pre-registration but
everyone must sign waiver. Ask staff for Walk File. Map and
directions are in file.
DIRECTIONS From Edmonton take Hwy 2 north to the
main Morinville exit, which takes you to 100 Ave. Turn right
to the Start Point at the gas station.
CONTACT Helen or Jim Rousseau (780) 939-2394
Phyllis May (780) 487-3570
pmay@interbaun.com

**MUNICIPALITY OF CROWNEST PASS, AB
YRE - WALK
JANUARY 1 - DECEMBER 31, 2005**

SPONSOR Volkssport Association of Alberta
START POINT Fas Gas, 15233 20 Ave.,
Frank, Alberta
NOTE: This is for walk registration only.
11 km
11 km (2x5.5 km)
DISTANCE You must drive to Interpretive Centre to
start walk. Walk goes around and amidst
historic Frank Slide. Some gravel and
paved road plus unpaved trail.
TRAIL 2C
IVV Credit only
RATING 2C
AWARD IVV Credit only
REGISTRATION Dawn to dusk
MISC. Washrooms available at Start Point and at
Interpretive Centre.
DIRECTIONS On Hwy 3, east end of town of Frank.
CONTACT Ken Tappay (403) 562-8639

**FRANK, AB
GUIDED YRE GROUP WALK
SEPTEMBER 4**

Alberta Centennial Mountain Majesty
Festival Walk

**RED DEER, AB YRE - WALK
JANUARY 1 - DECEMBER 31, 2005**

SPONSOR Wetaskiwin Volkssport Club
START POINT Black Knight Inn Gift Shop
2929 - 50 Ave. (Gaetz)
(403) 343-6666
DISTANCE 10 km
TRAIL Along paved paths through parks
and some city streets.
RATING 1B
AWARD IVV Credit only
REGISTRATION At Gift Shop
Monday - Saturday 8:00 AM - 11:00 PM
Sunday 9:00 AM - 5:00 PM
DIRECTIONS East side of 50 Ave. (Gaetz),
between 28th and 30th St.
CONTACT Betty or Arnie Lerch (780) 352-4225
ablerch@telusplanet.net



Walking Day

**SHERWOOD PARK, AB YRE - WALK
JANUARY 1 - DECEMBER 31, 2005**

SPONSOR The Lake Isle Pacers Volkssport Club
START POINT Lakeland Ridge Esso,
240-590 Baseline Rd.
DISTANCE 10 km
10 km (2 x 5) km
TRAIL Walk around town using sidewalks and
paved trail system
RATING 2A
AWARD IVV Credit only
REGISTRATION 8:00 AM - 8:00 PM daily
MISC. Park in public areas near Start Point.
DIRECTIONS From Hwy 14 or 21, turn onto Baseline
Rd. to Lakeland Ridge Shopping Mall. Park in public areas
near Start Point.
CONTACT Tom Hannah (780) 417-3036

**ST. ALBERT, AB YRE - WALK
WALK #1
JANUARY 1 - DECEMBER 31, 2005**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT St. Albert Inn, 156 St. Albert Tr.
Front desk, (780) 459-5551
DISTANCE 10 km
25 km
TRAIL Around the city and along the trails of
Red Willow Park. Some small hills.
Suitable for stroller.
RATING 2A
AWARD IVV Credit only
REGISTRATION Ask staff for Walk Box. Everyone must
sign waiver on start envelope.
MISC. Water is available at start/finish. Please
park behind the hotel. *NOTE: Use stamp #2.*
DIRECTIONS From Edmonton take Hwy 2 north. The
St. Albert Inn is at the south end on the west (left) side
of the highway between Gervais and Gate Avenues.
CONTACT Phyllis May (780) 487-3570
pmay@interbaun.com

**ST. ALBERT, AB YRE - WALK
WALK #2
JANUARY 1 - DECEMBER 31, 2005**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT St. Albert Inn, 156 St. Albert Tr.,
Front desk, (780) 459-5551
DISTANCE 10 km
10 km (2 x 5 km)
TRAIL This walk will take you past some
historical points of interest around the city
and along the trails of Red Willow Park.
Some small hills. Suitable for strollers.
RATING 1A
AWARD IVV Credit only
REGISTRATION Ask staff for Walk Box. Everyone must sign
waiver on start envelope.
MISC. Water is available at start/finish. Please
park behind the hotel. *NOTE: Use stamp #131.*
DIRECTIONS From Edmonton take Hwy 2 north. The
St. Albert Inn is at the south end on the west (left) side
of the highway between Gervais and Gate Avenues.
CONTACT Phyllis May (780) 487-3570
pmay@interbaun.com

**ST. ALBERT, AB
GUIDED YRE GROUP WALK
KEITH PETERS MEMORIAL WALK
AUGUST 23**

**ST. ALBERT, AB
GUIDED YRE GROUP WALK
SEPTEMBER 17**

HISTORY OF VOLKSSPORTING

Volkssport evolved from public running races (Volkslauf) sponsored by sporting clubs in southern Germany which were held in the early 1960's. In 1963, the Sports Club of Bobingen, a small town near Augsburg, Germany, organized the first Volkslauf or "run of the folks" to stir interest in the club among the general public. The idea caught on quickly in Bavaria and within a couple of years, Volkslaufs were being sponsored by sports clubs throughout Southern Germany. In 1968, the Internationaler Volkssportverband (IVV) was founded by West Germany, Switzerland, Liechtenstein, and Austria and their crests are on the IVV emblem. Since then, many countries have joined and are now participating.

The IVV originally sponsored only volksmarches which are still the predominant event but has steadily grown to include other sport contests: bicycling, skiing, swimming, and inline skating.

Volkssporting made its debut in Canada in the early 1980's and has grown steadily ever since. The Canadian Volkssport Federation (CVF) was formed in 1986 and now has over 50 member clubs throughout most regions of Canada, plus provincial organizations in Alberta and British Columbia. Hundreds of volkssporting events are sponsored each year in Canada.

Alberta is proud to be celebrating 100 years as a province in 2005.

WHAT IS VOLKSSPORTING?

Volkssporting, translated from German is "**the sport of the people**".

Promoting physical fitness and good health, all events are **non-competitive**, with volkssporters choosing the sport, the distance and the pace. In Canada, walking events (called Volksmarches) are by far the most popular of all the volkssport activities.

A Volksmarch is an organized walk held along a trail winding through selected scenic and historic areas. Usually, the walks are 10-11 kilometres long. There are four types of Volksmarches in Canada.

Guided Walks: Participants meet at a specified place and all start at the same registration time. A member of the host club usually heads the group as a guide. These walks can also be enjoyed at your own pace.

Map Walks: Participants meet at a specified place and registration time. Maps are provided and volkssporters proceed along the route at their own pace.

Annual Volksmarch Events: Generally, the event has a longer registration time. Trails are marked with signs, tape, or flags, and have control points along the route. Participants proceed along the route at their own pace.

Year-Round/Seasonal Events: Self-guided walks enjoyable during daylight hours every day of the year or applicable season. After self-registering, volkssporters retrieve instructions from a Walk Box and then proceed along the route at their own pace. Walkers may complete the event as often as desired during the course of the year or season.

ANYONE CAN PARTICIPATE

Anyone can participate in a volkssport event free-of-charge. Before starting, all participants are simply asked to register. Membership in a volkssport club is not required, but encouraged.

An individual may enroll in the IVV International Individual Achievement Awards program by purchasing IVV Event and Distance record books. In this case, there is a nominal charge for each event. The awards are based on a person's progressive record of the number of events and distance in kilometres completed.

--some excerpts prepared by the Canadian Volkssport Federation

**ST. ALBERT, AB YRE - WALK
WALK #3
JANUARY 1 - DECEMBER 31, 2005**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT Tim Horton Donuts, 384 St. Albert Tr., (780) 456-0624
DISTANCE 10 km
 10 km (2 x 5 km)
TRAIL Through the north end of city and parks. Some small hills. Suitable for stroller.
RATING 1A
AWARD IVV Credit only
REGISTRATION Ask staff for Walk Box. Everyone must sign waiver on start envelope. *NOTE. This is a busy location. Please be patient and wait your turn.*
MISC Water is available at start/finish. Please park away from front of building.
DIRECTIONS From Edmonton take Hwy 2 north through St. Albert. Tim Horton's is located on the west (left) side of the highway at Lennox Dr.
CONTACT Phyllis May (780) 487-3570
 pmay@interbaun.com

**ST. ALBERT, AB YRE - CYCLE
JANUARY 1 - DECEMBER 31, 2005**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT St. Albert Inn, 156 St. Albert Tr., Front desk, (780) 459-5551
DISTANCE 25 km
TRAIL Residential areas and along the trails of Red Willow Park.
RATING 2B
AWARD IVV Credit only
REGISTRATION Ask staff for Walk Box. Everyone must sign waiver on start envelope.
MISC. Take time to visit City Hall, St. Albert Place designed by Douglas Cardinal, and the original Mission on the hill.
DIRECTIONS From Edmonton take Hwy 2 north. The St. Albert Inn is at the south end on the west (left) side of the highway between Gervais and Gate Avenues.
CONTACT Phyllis May (780) 487-3570
 pmay@interbaun.com

**STONY PLAIN, AB YRE - WALK
WALK #1
JANUARY 2 - DECEMBER 31, 2005
(Closed on January 1)**

SPONSOR Fox Creek Wilderness Volkssport Club
START POINT Safeway Store, Safeway Service Counter, 4202 Southpark Dr.
DISTANCE 11 km
TRAIL An easy walk through town to view murals and on park trails. Stroller friendly.
RATING 1A
AWARD IVV Credit only
REGISTRATION Monday to Saturday 8:00 AM to dusk, Sunday 8:00 AM to 5:00 PM. Go to service desk. A self-registering Walk Box will be there. Completed envelopes should be sealed and dropped at back of Walk Box.
DIRECTIONS From Edmonton travel west on Hwy 16A to Southpark Dr. and turn left at traffic lights. Please park well away from store.
CONTACT Erna Wack (780) 968-2880
 cozycomerbb@hotmail.com



World Walking Day

**STONY PLAIN, AB YRE - WALK
WALK #2
JANUARY 2 - DECEMBER 31, 2005
(Closed on January 1)**

SPONSOR Fox Creek Wilderness Volkssport Club
START POINT Safeway Store, Safeway Service Counter, 4202 Southpark Dr.
DISTANCE 11 km
TRAIL A walk along the trails of Stony Plain. Stroller friendly.
RATING 1A
AWARD IVV Credit only
REGISTRATION Monday to Saturday 8:00 AM to dusk, Sunday 8:00 AM to 5:00 PM. Go to service desk. A self-registering Walk Box will be there. Completed envelopes should be sealed and dropped at back of Walk Box.
DIRECTIONS From Edmonton travel west on Hwy 16A to Southpark Dr. and turn left at traffic lights. Please park well away from store.
CONTACT Erna Wack (780) 968-2880
 cozycomerbb@hotmail.com

**WATERTON VILLAGE, AB SEASONAL - WALK
MAY 15 - SEPTEMBER 15, 2005**

SPONSOR Chinook Country Pacers
START POINT Waterton Sports & Leisure Shop, Tamarack Village Square
DISTANCE 10 km
TRAIL Half on pavement and half on trails, goes to Cameron Falls.
RATING 2C
AWARD IVV Credit only
REGISTRATION May 15 - June 30 and Sept 1 - Oct 15: 9:00 AM to 5:00 PM, July 1 - August 31: 8:00 AM - 8:00 PM
MISC. 10% discount at Temple Haven B&B, Cardston - 25 minute drive.
DIRECTIONS Enter Waterton Lakes National Park from the east on Hwy 5, north on Hwy 6, and south (U.S.) along Chief Mountain Highway. Tamarack Village Square is located in the centre of Waterton Village.
CONTACT Sherri MacDonald (403) 653-3824
 templehaven@shaw.ca

**WETASKIWIN, AB YRE - WALK
JANUARY 1 - DECEMBER 31, 2005**

SPONSOR Wetaskiwin Volkssport Club
START POINT Wayside Inn, 4103-56 St. (780) 420-1665
DISTANCE 11 km
TRAIL Suitable for strollers.
RATING 1A
AWARD IVV Credit only
REGISTRATION Dawn to dusk
MISC. Ask at reception desk for Walk Registration. Please clean up after dogs.
DIRECTIONS Located on east side of 56 St. between 40 Ave. and 47 Ave. Parking available.
CONTACT Marilyn Keller (780) 352-2481
 Kellerm@telus.net

**WATERTON VILLAGE, AB
GUIDED SEASONAL GROUP WALK
SEPTEMBER 5**

Alberta Centennial Mountain Majesty Festival Walk

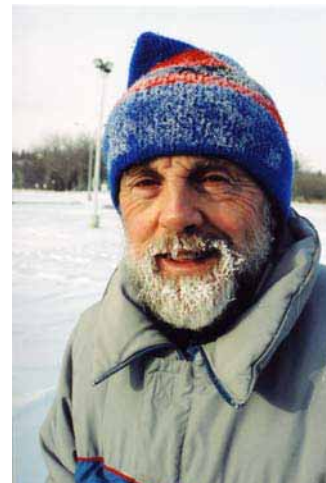
ALBERTA 2005 EVENTS

**JANUARY 1, 2005
ST. ALBERT, AB
NEW YEAR'S DAY WALK - GUIDED WALK**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT St. Albert Inn, 156 St. Albert Tr.
DISTANCE 10 km
TRAIL Streets of St. Albert.
RATING 1A
AWARD IVV Credit only
REGISTRATION 9:30 AM **START** 10:00 AM
MISC. Start the New Year off walking. Dress warm. Pot Luck Lunch to follow walk at Glaewyn Clubhouse.
NOTE: If temperature is below -20°C, an indoor walk will be available.
DIRECTIONS From Hwy 2, turn left on Gervais Rd., then first right onto service road around Village Landing Mall. From 170 St., follow curve around to Gervais Rd., then left turn onto Grange Rd. Enter shopping centre parking lot behind shopping centre. Cross parking lot to back of St. Albert Inn.
CONTACT Phyllis May (780) 487-3570
 pmay@interbaun.com

**JANUARY 8, 2005
MEDICINE HAT, AB
PRESIDENT'S GUIDED WALK**

SPONSOR Volkssport Club of Medicine Hat
START POINT Fas Gas Service Station, 802 Kingsway Ave. (403) 527-9538
DISTANCE 11 km
TRAIL Residential streets, red shale and asphalt trails.
RATING 2B
AWARD IVV Credit only
REGISTRATION 1:00 PM **START** 1:30 PM
DIRECTIONS From the Trans Canada Hwy east or west, turn north on College Ave., to Kipling St. right on Kipling St. to Kingsway Ave., left on Kingsway Ave. to Fas Gas.
CONTACT Pauline Mann (403) 527-9642
 lmann@memlane.com



Frosty Trail Master

**JANUARY 8, 2005
EDMONTON, AB
GUIDED WALK**

SPONSOR Devon Discovery Walkers
START POINT West Edmonton Mall, 8770-170 St., inside Exit #57
DISTANCE 10 km
TRAIL Mall walk
RATING 1A
AWARD IVV Credit only
REGISTRATION 8:00 AM **START** 8:30 AM
DIRECTIONS Exit #57 is on the upper level on the west side of the Mall, off 178 St.
CONTACT Bob Collins (780) 987-3335
 tooge@telus.net
 Norm Fraser (780) 486-4526
 nfraser4@telus.net

**JANUARY 15, 2005
ST. ALBERT, AB
GUIDED WALK and VOLKSSKI**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT Kingswood Park Shelter
DISTANCE 10 km
TRAIL Trails & paths of St. Albert.
RATING 1A
AWARD IVV Credit only
REGISTRATION 1:00 PM **START** 1:30 PM
DIRECTIONS From Hwy 2, turn east (right) onto Sturgeon Rd. Left turn on Sir Winston Churchill Ave. Watch for signs to parking lot on the left.
CONTACT Phyllis May (780) 487-3570
 pmay@interbaun.com

**FEBRUARY 5, 2005
EDMONTON, AB
GUIDED WALK**

SPONSOR Devon Discovery Walkers
START POINT West Edmonton Mall, 8770-170 St., inside Exit #57
DISTANCE 10 km
TRAIL Mall walk
RATING 1A
AWARD IVV Credit only
REGISTRATION 8:00 AM **START** 8:30 AM
DIRECTIONS Exit #57 is on the upper level on the west side of the Mall, off 178 St.
CONTACT Bob Collins (780) 987-3335
 tooge@telus.net
 Norm Fraser (780) 486-4526
 nfraser4@telus.net



Recipe for a Walk



Dig In!

**FEBRUARY 12, 2005
ST. ALBERT, AB
GUIDED WALK**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT St. Albert Place, west door
DISTANCE 10 km
TRAIL Streets and trails of St. Albert.
RATING 1A
AWARD IVV Credit only
REGISTRATION 1:00 PM **START** 1:30 PM
DIRECTIONS From Hwy 2, turn west (left) on St. Anne St. *NOTE: Park in public parking lot in front.*
 Walk across street, follow sidewalk (right side) along river to back of building to registration desk.
CONTACT Phyllis May (780) 487-3570
 pmay@interbaun.com



Stamp those books



Having a good time

**MARCH 19, 2005
ST. ALBERT, AB
GUIDED WALK**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT St. Albert Minor Baseball Association Clubhouse (SAMBA), Sturgeon Rd.
DISTANCE 10 km
TRAIL Trails & streets of St. Albert. Spring Equinox Walk.
RATING 1A
AWARD IVV Credit only
REGISTRATION 2:00 PM **START** 2:30 PM
MISC. This walk will precede a Trekkers' potluck supper at St. Albert Minor Baseball Association Clubhouse at 5:00 PM and the Annual General Meeting immediately following the potluck. You are welcome to join us for any part of the day. Food can be left in the Clubhouse while on the walk as there are full facilities. Come out and socialize, fun for the whole family.
DIRECTIONS From Edmonton, north on Hwy 2 to Sturgeon Rd. Right turn on Sturgeon Rd. to and across Boudreau Rd. Just past Boudreau Rd., the baseball diamonds will be on your left by large parking lot. Watch for signs.
CONTACT Phyllis May (780) 487-3570
 pmay@interbaun.com

**APRIL 2, 2005
ST. ALBERT, AB
GUIDED WALK**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT Lacombe Park Shelter McKenney Ave.
DISTANCE 10 km
TRAIL Residential streets & trails in St. Albert.
RATING 2A
AWARD IVV Credit only
REGISTRATION 10:00 AM **START** 10:30 AM
DIRECTIONS From Hwy 2, turn left (west) on McKenney Ave., following it to end at the Lacombe Park. Registration will be located at Park Shelter.
CONTACT Phyllis May (780) 487-3570
 pmay@interbaun.com

**INTERNATIONAL WALKING
FESTIVAL - 8th ANNUAL
BLOSSOM WALKS**



*April 15-17, 2005
Victoria, B.C.*

*"Canada's Unique Festival of Walking"
fun, fitness, entertainment,
refreshments and, above all,
friendship ...*

**APRIL 16, 2005
MEDICINE HAT, AB
PRAIRIE RIVER VOLKSMARCH**

SPONSOR Volkssport Club of Medicine Hat
START POINT Gas City Campground
DISTANCE 7 & 14 km
TRAIL Asphalt trail.
RATING 2A
AWARD IVV Credit only
WALK START TIME 9:00 AM
MISC. Meet for brunch after walk, place TBA.
DIRECTIONS From Trans Canada Hwy east and west, take 7th St. SW and follow Gas City campground signs.
CONTACT Pauline Mann (403) 527-9642
 lmann@memlane.com
 Edna McKelvie (403) 526-3153
 emckelvi@memlane.com



Enjoying the sunshine

**APRIL 30, 2005
ST. ALBERT, AB
GUIDED WALK
VAA PRESIDENT'S WALK**

SPONSOR Volkssport Association of Alberta
START POINT St. Albert Inn, 156 St. Albert Tr.
DISTANCE 5 & 10 km
TRAIL Residential streets and trails.
RATING 1A
AWARD IVV Credit only
REGISTRATION 8:30 AM **START** 9:00 AM
MISC. Enjoy the walks which start from the Inn and where the VAA AGM will be held later in the day.
DIRECTIONS From Hwy 2, turn left on Gervais Rd., then first right onto service road around Village Landing Mall. From 170 St., follow curve around to Gervais Rd., then left turn onto Grange Rd. Enter shopping centre parking lot behind shopping centre. Cross parking lot to back of St. Albert Inn.
CONTACT Myrna O'Neil (780) 459-7836
 mybr@telusplanet.net



Innisfail 2004

**APRIL 30, 2005
ST. ALBERT, AB
GUIDED WALK**

SPONSOR Volkssport Association of Alberta
START POINT St. Albert Inn, 156 St. Albert Tr.
DISTANCE 5 & 10 km
TRAIL On walking trails with some city streets
RATING 1A
AWARD IVV Credit only
REGISTRATION 1:00 PM **START** 1:30 PM
DIRECTIONS From Hwy 2, turn left on Gervais Rd., then first right onto service road around Village Landing Mall. From 170 St., follow curve around to Gervais Rd., then left turn onto Grange Rd. Enter shopping centre parking lot behind shopping centre. Cross parking lot to back of St. Albert Inn.
CONTACT Myrna O'Neil (780) 459-7836
 mybr@telusplanet.net

**MAY 1, 2005
ST. ALBERT, AB
VOLKSMARCH
VAA AGM WALK**

SPONSOR Volkssport Association of Alberta
START POINT St. Albert Inn, 156 St. Albert Tr.
DISTANCE 5, 10 & 20 km
TRAIL On walking trails with some city streets
RATING 1A
AWARD IVV Credit only
REGISTRATION 5 & 10 km: 8:00 AM – 1:00 PM
 20 km: 8:00 AM – 11:00 AM
DIRECTIONS From Hwy 2, turn left on Gervais Rd., then first right onto service road around Village Landing Mall. From 170 St., follow curve around to Gervais Rd., then left turn onto Grange Rd. Enter shopping centre parking lot behind shopping centre. Cross parking lot to back of St. Albert Inn.
CONTACT Myrna O'Neil (780) 459-7836
 mybr@telusplanet.net



Instructor Phyllis

**VOLKSSPORT ASSOCIATION
OF ALBERTA
ANNUAL GENERAL MEETING**

Saturday, 30 April 2005
 St. Albert Inn
 156 St. Albert Trail, St. Albert, AB
 Walks Dinner Meeting
 If attending dinner, notify VAA by March 31
 Box 131, 3-11 Bellerose Drive
 St. Albert AB T8N 5C9
 Phone: 459-7936
 E-mail: mybr@telusplanet.net

**All Alberta Volksmarchers are
invited to attend and support your
Provincial Organization**

CVF 5-YEAR RON COLPITTS AWARD



Bob Brownie
Volksmarch Club
of Calgary



Sylvia Fisher
St. Albert Trekkers
Volkssport Club



Wally Hamilton
Volksmarch Club
of Calgary



Sherri Macdonald
Chinook Country Pacers
Volkssport Club



Margaret Plican
Fox Creek Wilderness
Volkssport Club



Helen Rousseau
St. Albert Trekkers
Volkssport Club

**MAY 7, 2005
GIBBONS, AB
GROUP YRE GUIDED WALK**

SPONSOR Volkssport Association of Alberta
START POINT Mac's Store, 50 Ave. & 47 St.
DISTANCE 10 km
TRAIL Walk around town on sidewalks, grassy areas, gravel roads and pathways.
RATING 2B
AWARD IVV Credit only
REGISTRATION 9:00 AM **START** 9:30 AM
MISC. Parking available on side of store.
DIRECTIONS From Edmonton, travel north on Hwy 28 or 28A to Gibbons.
CONTACT Myrna O'Neil (780) 459-7836
mybr@telusplanet.net

**MAY 10, 2005
CLIFFORD E. LEE BIRD SANCTUARY
EVENING GUIDED WALK**

SPONSOR Devon Discovery Walkers
START POINT Clifford E. Lee Bird Sanctuary
DISTANCE 10 km
TRAIL Along country roads and through the sanctuary. Bring your binoculars.
RATING 1B
AWARD IVV Credit only
REGISTRATION 6:30 PM **START** 7:00 PM
MISC. Water provided. Snacks available at finish.
DIRECTIONS Take Hwy 60 north from Devon or south from Hwy 16 or 16A to Woodbend Road. Turn west for 1.6 km, turn south for 1.6 km. Watch for the Clifford E. Lee signs.
CONTACT Bob Collins (780) 987-3335
tooge@telus.net
Norm Fraser (780) 486-4526
nfraser4@telus.net

**MAY 14, 2005
MEDICINE HAT, AB
MAP WALK**

SPONSOR Volkssport Club of Medicine Hat
START POINT Ross Glen Water Park, Ross Glen Rd. SE
DISTANCE 5 & 10 km
TRAIL Red shale, asphalt trails and rolling hills.
RATING 3B
AWARD IVV Credit only
WALK START TIME 9:00 AM
DIRECTIONS From the Trans Canada Highway, turn north on Dunmore Rd. to Carry Dr. Turn east (right) on Carry Dr. and right onto Ross Glen Rd. Follow Ross Glen Rd. to a green area on your left. Turn left into parking area.
CONTACT Pauline Mann (403) 527-9642
lmann@memlane.com
Edna McKelvie (403) 526-3153
emckelvi@memlane.com



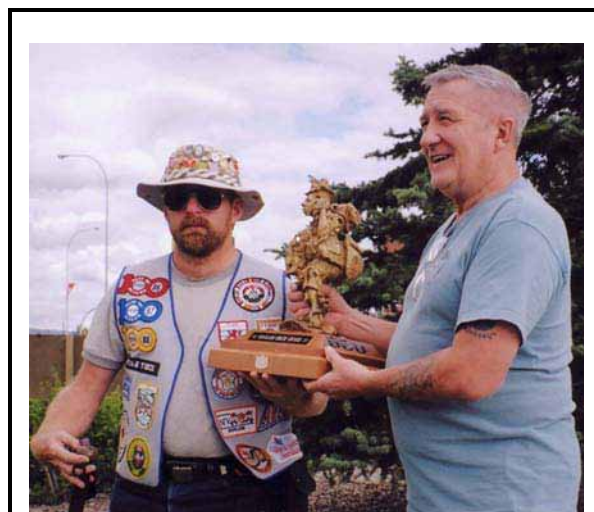
Jim Rousseau
St. Albert Trekkers
Volkssport Club

**MAY 14, 2005
ST. ALBERT, AB
GUIDED WALK**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT St. Albert Inn, 156 St. Albert Tr.
DISTANCE 10 km
TRAIL Residential streets and parkway trails.
RATING 1A
AWARD IVV Credit only
REGISTRATION 9:30 AM **START** 10:00 AM
DIRECTIONS From Hwy 2, turn left on Gervais Rd., then first right onto service road around Village Landing Mall. From 170 St., follow curve around to Gervais Rd., then left turn onto Grange Rd. Enter shopping centre parking lot behind shopping centre. Cross parking lot to back of St. Albert Inn.
CONTACT Phyllis May (780) 487-3570
pmay@interbaun.com



Judy Shampaign
Volksmarch Club
of Calgary



THE HAGGARD HIKER AWARD

Richard Parr, accepting the Haggard Hikers Award from **Wayne Kennedy**, President of the Hinton Hikers Volkssport Club.

This award is presented to the Volksmarcher in Alberta who has walked the greatest distance in one year.

CVF 8-YEAR SERVICE AWARD



Mike Dunn
Volkssport Club
of Medicine Hat



Sally Dunn
Volkssport Club
of Medicine Hat



Cecilia Hollman
Volksmarch Club
of Calgary



Sylvia Kozak
Volkssport Club
of Medicine Hat



Richard Parr
St. Albert Trekkers
Volkssport Club

**MAY 17, 2005
DEVON, AB
EVENING GUIDED WALK
THEME – RAVINE WALK**

SPONSOR Devon Discovery Walkers
START POINT Hockey Arena, Haven St.
DISTANCE 10 km
TRAIL Paved roads, sidewalks and cross country ski trails. Some hills, strollers not recommended. Good views of the river valley.
RATING 3B
AWARD IVV Credit only
REGISTRATION 6:30 PM **START** 7:00 PM
DIRECTIONS From Hwy 60, take the north entrance (Athabasca Ave.) into Devon. Immediately turn right onto Superior St. After 2 blocks, turn left onto Haven Ave. Arena is 2 blocks down on the left.
CONTACT Bob Collins (780) 987-3335
tooge@telus.net
Norm Fraser (780) 486-4526
nfraser4@telus.net

**MAY 21, 2005
MEDICINE HAT, AB
CANADIAN VOLKSSPORT FEDERATION
NATIONAL WALKING DAY
MAP GUIDED WALK**

SPONSOR Volkssport Club of Medicine Hat
START POINT Medicine Hat Tourist Centre near Saamis Teepee on TransCanada Hwy 5 & 10 km
DISTANCE Residential streets with some gravel
TRAIL 1A
RATING IVV Credit only
AWARD 9:00 AM **START** 9:30 AM
REGISTRATION From the TransCanada exit on College Dr. and follow Tourist Centre signs.
DIRECTIONS Pauline Mann (403) 527-9642
lmann@memlane.com
Edna McKelvie (403) 526-3153
emckelvi@memlane.com
CONTACT



Evelyn Rogers
Fox Creek Wilderness
Volkssport Club

NATIONAL WALKING DAY



**21 May 2005
Sherwood Park**

*Come and walk on this special
National Walking Day
Special certificates and some badges
available for this National Walk.*

**MAY 21, 2005
SHERWOOD PARK, AB
ALBERTA DIRECTOR'S GUIDED WALK
NATIONAL WALKING DAY**

SPONSOR CVF, Alberta Director
START POINT Kinsmen Leisure Centre, 2001 Oak St.
DISTANCE 5 & 10 km
TRAIL Residential Streets & Parkway trails.
RATING 1A
AWARD IVV Credit only
REGISTRATION 9:00 AM **START** 9:30 AM
MISC. Potluck Picnic to follow. Certificates & Badges available (limited).
DIRECTIONS Take Sherwood Park Freeway, left turn onto Sherwood Dr., left turn onto Oak St. Centre will be on the right.
CONTACT Myrna O'Neil (780) 459-7836
mybr@telusplanet.net

**MAY 21, 2005
SHERWOOD PARK, AB
NATIONAL WALKING DAY
GUIDED WALK**

SPONSOR The Lake Isle Pacers Volkssport Club
START POINT Kinsmen Leisure Centre, 2001 Oak St.
DISTANCE 10 km
TRAIL Residential Streets & Parkway trails.
RATING 1A
AWARD IVV Credit only
REGISTRATION 12:30 PM **START** 1:00 PM
DIRECTIONS Take Sherwood Park Freeway, left turn onto Sherwood Dr., left turn onto Oak St. Centre will be on the right.
CONTACT Bob Duncan (780) 797-3810
duncanra@telusplanet.net



Bernie Weatherby
Volkssport Club
of Medicine Hat



Dan Weatherby
Volkssport Club
of Medicine Hat

**MAY 24, 2005
EDMONTON, AB
EVENING GUIDED WALK
THEME – RIVER WALK**

SPONSOR Volkssport Association of Alberta
START POINT Rundle Park
DISTANCE 5 & 10 km
TRAIL Paved & gravel paths with several hills
RATING 2B
AWARD IVV Credit only
REGISTRATION 6:30 PM **START** 7:00 PM
MISC. Snacks & drinks will be served after the walk. Plan to stay for some social time.
DIRECTIONS Take 118 Ave., to Rundle Park. Follow road towards ACT Centre. Park in first parking lot past golf course.
CONTACT Bob Duncan (780) 797-3810
 duncanra@telusplanet.net

**MAY 31, 2005
ST. ALBERT, AB
EVENING GUIDED WALK
THEME – RIVER WALK**

SPONSOR Volkssport Association of Alberta
START POINT St. Albert Place, west door
DISTANCE 5 & 10 km
TRAIL Along Red Willow Trail in St. Albert.
RATING 1A
AWARD IVV Credit only
REGISTRATION 6:30 PM **START** 7:00 PM
MISC. Snacks and drinks will be served after the walk. Plan to stay for some social time.
DIRECTIONS From Edmonton on Hwy 2, turn left (west) onto St. Anne St. Park in public parking lot in front. Walk across street, following sidewalk on river side (right) to back of building and registration desk.
CONTACT Myrna O'Neil (780) 459-7836
 mybr@telusplanet.net

**CVF CONVENTION and
ANNUAL GENERAL MEETING**

**27, 28 & 29 May 2005
Quebec City, QC**

Address:
 Congres FCV/ CVF Convention
 Québec 2005
 21 rue Saint-Amand
 Loretteville, Québec G2A 2K8

Hosted by:
 Club Volkssport Nord-Sud

**Register early.
Come join Volksmarchers
from around the world.
www.walks.ca**

**JUNE 4, 2005
THUNDER LAKE PROVINCIAL PARK, AB
GUIDED WALK**

SPONSOR Barrhead Walkie Talkie Volkssport Club
START POINT Thunder Lake Provincial Park
DISTANCE 10 km
TRAIL A dirt and gravel path around the Lake and through bush trails.
RATING 2B
AWARD IVV Credit only
REGISTRATION 9:00 AM **START** 9:30 AM
MISC. Hot dogs and refreshments after the walk
DIRECTIONS Thunder Lake Provincial Park is located 117 km NW of Edmonton. Take Hwy 33 to Barrhead then turn left onto Hwy 18 for 12 km to Provincial Park. Registration in booth at top of hill as you enter the Park. Watch for signs.
CONTACT Margaret or Jeff Attrill (780) 674-4403
 jattrill@telusplanet.net

**JUNE 4, 2005
CENTRE OF ALBERTA
GUIDED WALK**

SPONSOR Barrhead Walkie Talkie Volkssport Club
START POINT Centre of Alberta Sign
DISTANCE 10 km
TRAIL Fairly level, through bush to the Geographical Centre of Alberta.
RATING 2B
AWARD IVV Credit only
REGISTRATION 12:30 PM **START** 1:00 PM
DIRECTIONS From Edmonton take Hwy 33 north through Barrhead toward Swan Hills. Centre of Alberta Sign is on your right hand side approximately 60 km north of Barrhead. If coming from Thunder Lake Provincial Park, take Tiger Lily Rd. across to Hwy 33 & Centre of Alberta - 1 hour drive.
CONTACT Margaret or Jeff Attrill (780) 674-4403
 jattrill@telusplanet.net

**JUNE 5, 2005
WESTLOCK, AB
GUIDED WALK**

SPONSOR Barrhead Walkie Talkie Volkssport Club
START POINT At the lights (Westlock Inn), turn north 1 km at Recreation Centre. Watch for signs.
DISTANCE 10 km
TRAIL Around the outskirts of Westlock, mostly paved trails.
RATING 1A
AWARD IVV Credit only.
REGISTRATION 1:30 PM **START** 2:00 PM
MISC. Snacks and refreshments at finish.
DIRECTIONS From Edmonton Hwy 2 north 50 km then west 11 km Hwy 18. From Barrhead 39 km east on Hwy 18.
CONTACT Margaret or Jeff Attrill (780) 674-4403
 jattrill@telusplanet.net



Fox Creek Friends

**JUNE 7, 2005
EDMONTON, AB
EVENING GUIDED WALK
THEME – RAVINE WALK**

SPONSOR Volkssport Association of Alberta
START POINT Wolf Willow Corner Store, connected with Husky Gas Station, 6827-170 St.
DISTANCE 5 & 10 km
TRAIL Residential areas and ravines.
RATING 2C
AWARD IVV Credit only
REGISTRATION 6:30 PM **START** 7:00 PM
MISC. Washrooms available at start. Snacks and drinks will be served after the walk. Plan to stay for some social time.
DIRECTIONS Proceed south on 170th St. to 69th Ave.
CONTACT Phyllis May (780) 487-3570
 pmay@interbaun.com

**JUNE 11, 2005
MORINVILLE, AB
GUIDED WALK**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT Rousseau's Farm
DISTANCE 10 km
TRAIL An easy flat walk using some of Morinville's walking trails.
RATING 1A
AWARD IVV Credit only
REGISTRATION 9:00 AM **START** 9:30 AM
MISC. A good family outing. Pets welcome. A year-round event is also available here in Morinville. This walk will be followed by the now famous **Double Toonie Lunch**. A walk in Cardiff starts at 1:00 PM after the lunch.
DIRECTIONS From Hwy 2 north from Edmonton to the Morinville exit. Go east on Main St. to Sobeys and then a further 1/4 miles east (straight) to the farm. Watch for signs.
CONTACT Jim or Helen Rousseau (780) 939-2394
 Phyllis May (780) 487-3570
 pmay@interbaun.com

**JUNE 11, 2005
CARDIFF, AB
GUIDED WALK**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT Cardiff Park
DISTANCE 10 km
TRAIL Very picturesque.
RATING 1A
AWARD IVV Credit only
REGISTRATION 12:30 PM **START** 1:00 PM
MISC. A short 5 minute drive from the morning's walk.
DIRECTIONS North on Hwy 2 (8 miles north of St. Albert). Turn right on Cardiff Rd. Travel 2 miles east, turn right for 3/4 mile (south) to parking lot east end of soccer field. Registration in parking lot.
CONTACT Jim or Helen Rousseau (780) 939-2394
 Phyllis May (780) 487-3570
 pmay@interbaun.com

**JUNE 14, 2005
EDMONTON, AB
EVENING GUIDED WALK
THEME - RAVINE WALK**

SPONSOR Volkssport Association of Alberta
START POINT Petro Can/IGA, 122 St. & 51 Ave.
DISTANCE 5 & 10 km
TRAIL Residential streets with some parkland.
RATING 2B
AWARD IVV Credit only
REGISTRATION 6:30 PM **START** 7:00 PM
MISC. Snacks and drinks will be served after the walk. Plan to stay for some social time.
DIRECTIONS Proceed east or west on Whitemud Dr. to the 122 St. turnoff. Proceed north. The PetroCan is on the left (west) at the traffic lights on 51 Ave. Registration is behind the station in the parking lot.
CONTACT Myrna O'Neil (780) 459-7836
 mybr@telusplanet.net

**JUNE 18, 2005
ELKWATER, AB
GUIDED WALK**

SPONSOR Volkssport Club of Medicine Hat
START POINT Elkwater Landing Restaurant
DISTANCE 6 & 12 km
TRAIL Through wooded areas and meadows. A steep hill, then coast down along a stream.
RATING 4C
AWARD IVV Credit only
WALK START TIME 9:00 AM
MISC. Beautiful scenery. Refreshments and washrooms available at Start and Finish Point.
DIRECTIONS From Trans Canada Hwy turn south on Hwy 41 to Elkwater. Follow Elkwater signs to parking lot.
CONTACT Pauline Mann (403) 527-9642
 lmann@memlane.com
 Edna McKelvie (403) 526-3153
 emckelvi@memlane.com



All wet!

**JUNE 18, 2005
MULHURST BAY, AB
MAP WALK**

SPONSOR Wetaskiwin Volkssport Club
START POINT Mulhurst Bay Memorial Park, 49 St. & Lake Dr.
DISTANCE 10 km
TRAIL Paved roadways by cabins and Lakeshore trail.
RATING 1A
AWARD IVV Credit only
REGISTRATION 9:00 AM **START** 9:30 AM
MISC. Water and snack after walk. Bring a Picnic Lunch. Restaurants also close by.
DIRECTIONS From Hwy 2 take Hwy 616 west. At Hwy 795 turn left (south). Turn right onto Hwy 616 again after passing Pipestone Store. Follow highway onto Lake Dr., then right on 49 St. to Mulhurst Bay Memorial Park.
CONTACT Marilyn Keller (780) 352-2481
 Kellerm@telus.net

**JUNE 18, 2005
PIGEON LAKE PROVINCIAL LAKE, AB
MAP WALK**

SPONSOR Wetaskiwin Volkssport Club
START POINT Pigeon Lake Provincial Park, Concession Area
DISTANCE 5 & 10 km
TRAIL Groomed lakeside and woodland trails.
RATING 1B
AWARD IVV Credit only
REGISTRATION 12:30 PM **START** 1:00 PM
MISC. Water and snacks after walk.
DIRECTIONS From Hwy 2 take Ma-Me-O Beach exit onto Hwy 13 west. Turn right (north) onto Hwy 771. Once inside park, take first right turn to concession area.
CONTACT Marilyn Keller (780) 352-2481
 Kellerm@telus.net

**JUNE 21, 2005
EDMONTON, AB
SUMMER SOLSTICE
EVENING GUIDED WALK**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT Government House Park
DISTANCE 10 km
TRAIL West end of Edmonton, Old Glenora and part of the river valley.
RATING 1A
AWARD IVV Credit only
REGISTRATION 6:30 PM **START** 7:00 PM
MISC. Our annual Summer Solstice Walk.
DIRECTIONS Government House Park is on the north side of the river bank, just west of the junction of Groat & River Rd. From Groat Rd., either north or south, take the River Rd. exit and turn west into the park.
CONTACT Phyllis May (780) 487-3570
 pmay@interbaun.com

**CVF CONVENTION 2006
EDMONTON, ALBERTA**
 See registration form at back.

JUNE 25, 2005
MIQUELON LAKE PROVINCIAL LAKE, AB
MAP GUIDED WALK

SPONSOR Wetaskiwin Volkssport Club
START POINT Miquelon Lake Provincial Park Day Use Area
DISTANCE 10 km
TRAIL Along Miquelon Lake, on rolling hills, among the trees, around smaller lakes.
RATING 2B
AWARD IVV Credit only
REGISTRATION 9:00 AM **START** 9:30 AM
MISC. Do the Year Round Event at Camrose and/or Wetaskiwin after this walk. Water and snacks at Finish.
DIRECTIONS From Edmonton, take Hwy 14 to Hwy 21, south on Hwy 21 to 623, then east on Hwy 623 to Miquelon Lake. From Calgary, Hwy 2 to Leduc, turn east on Hwy 623. Proceed to Park entrance.
CONTACT Arnie Lerch (780) 352-4225
 ablerch@telusplanet.net

JUNE 28, 2005
EDMONTON, AB
EVENING GUIDED WALK
THEME – RIVER WALK

SPONSOR Volkssport Association of Alberta
START POINT Kinsmen Sport Centre 9100 Waterdale Hill
DISTANCE 11 km
TRAIL Along the pathways in the Edmonton River Valley. Wonderful views of the Edmonton city skyline. Suitable for strollers.
RATING 2B
REGISTRATION 6:30 PM **START** 7:00 PM
MISC. Snacks and drinks will be served at the end of the walk. Plan to stay for awhile and socialize. Parking available.
DIRECTIONS Waterdale Hill is a one way road going towards the city centre. Access the hill at the south end of the High Level Bridge and 109 St. If coming from the north, turn left at the South end of the High Level Bridge. If coming along 109 St. from the south, turn right onto Waterdale Hill Rd. at the lights at the south end of the bridge.
CONTACT Bob Duncan (780) 797-3810
 duncanra@telusplanet.net

JULY 5, 2005
EDMONTON, AB
EVENING GUIDED WALK
THEME – RAVINE WALK

SPONSOR Volkssport Association of Alberta
START POINT William Hawrelak Park Shelter & Picnic Site #2
DISTANCE 5 & 10 km
TRAIL Trail is mainly gravel and paved, only 2 km of residential streets. Not suitable for baby strollers.
RATING 2B
AWARD IVV Credit only
REGISTRATION 6:30 PM **START** 7:00 PM
MISC. Water and snacks at the Start Point after the walk. Plan to stay for some social time.
DIRECTIONS To reach the park, take Groat Road north or south. The park is on the south side of the river. The shelter is about three-quarters of the way around on the perimeter road.
CONTACT Phil Sturges (780) 459-5054
 psturges@shaw.ca



Stretching those legs

JULY 9, 2005
FOX CREEK, AB
VOLKSMARCH
10th ANNIVERSARY EVENT

SPONSOR Fox Creek Wilderness Volkssport Club
START POINT Rig Earth Resources Park, Information Centre
DISTANCE 5 & 10 km
RATING 1A
AWARD IVV Credit only
START TIME 10:00 AM – 2:00 PM
MISC. Lunch served from 12:00 to 2:00 PM. Minimal fee. Prizes for participants of event.
DIRECTIONS Hwy 16 or 16A west to Jct. 43 to Fox Creek. Registration landmark is red, blue and white oil rig to the northeast of Hwy 43 at Fox Creek.
CONTACT Evelyn Rogers (780) 622-3578
 riclyn2@telus.net

JULY 10, 2005
CARSON-PEGASUS PROVINCIAL PARK, AB
GUIDED WALK

SPONSOR Fox Creek Wilderness Volkssport Club
START POINT Carson-Pegasus Provincial Park Day Use Area
DISTANCE 5 & 10 km
TRAIL Not suitable for strollers, some stairs.
RATING 3B
AWARD IVV Credit only
REGISTRATION 9:30 AM **START** 10:00 AM
MISC. Refreshments at start and finish. Pets must be leashed and cleaned up after.
DIRECTIONS Hwy 16 west to Hwy 43 through Whitecourt to Hwy 32. Watch for Carson-Pegasus Provincial Park sign toward Swan Hills. Volksmarch signs will be posted in Park. If camping, reservation in advance is recommended.
CONTACT Evelyn or Richard Rogers (780) 622-3578
 riclyn2@telus.net

JULY 10, 2005
WHITECOURT, AB
GUIDED WALK

SPONSOR Fox Creek Wilderness Volkssport Club
START POINT Information Centre. Signs will be posted on Hwy 43 in Whitecourt.
DISTANCE 5 & 12 km
TRAIL Suitable for strollers.
RATING 2A
AWARD IVV Credit only
REGISTRATION 1:30 PM **START** 2:00 PM
MISC. Refreshments served. Pets must be leashed and cleaned up after.
DIRECTIONS Entering Whitecourt, follow Information signs to Start Point.
CONTACT Evelyn Rogers (780) 622-3578
 riclyn2@telus.net

JULY 12, 2005
SPRUCE GROVE, AB
EVENING GUIDED WALK

SPONSOR Devon Discovery Walkers
START POINT Tri Leisure Centre, 221 Campsite Rd.
DISTANCE 10 km
TRAIL Through residential streets and walking trails.
RATING 1A
AWARD IVV Credit only
REGISTRATION 6:30 PM **START** 7:00 PM
MISC. Water provided. Snacks at finish.
DIRECTIONS From Edmonton, take Hwy 16 west past Spruce Grove to Campsite Rd. Turn left to Centre.
CONTACT Bob Collins (780) 987-3335
 tooge@telus.net
 Norm Fraser (780) 486-4526
 nfraser4@telus.net

**JULY 16, 2005
MEDICINE HAT, AB
MAP WALK**

SPONSOR Volkssport Club of Medicine Hat
START POINT Royal Canadian Legion, 702-2 St. SE
DISTANCE 5 & 10 km
TRAIL City sidewalks, dirt trail, and paved pathway.
RATING 2B
AWARD IVV Credit only
WALK START TIME 8:00 AM
MISC. Refreshments and washrooms available at start and finish.
DIRECTIONS From Trans Canada Highway travelling from the west, exit left at 1st St. southwest, after crossing the river. Travelling from the east, exit right at 1st St. southwest just before crossing the river. Follow 1st St. southwest (which becomes 1st St. southeast) to Maple Ave. Turn right on Maple Ave. for 1 block. Turn right on 2nd St. southeast. Legion is on your right.
CONTACT Pauline Mann (403) 527-9642
 lmann@memlane.com
 Edna McKelvie (403) 526-3153
 emckelvi@memlane.com

**JULY 16, 2005
WASKAHEGAN, AB
GUIDED WALK**

SPONSOR Devon Discovery Walkers
START POINT Cooking Lake - Blackfoot Recreation Area, Waskahegan Staging Area
DISTANCE 12 km
TRAIL Cross country ski trails, some hills. Strollers not recommended.
RATING 2B
AWARD IVV Credit only
REGISTRATION 8:30 AM **START** 9:00 AM
MISC. Hot dogs and drinks at finish point.
DIRECTIONS These walks are held in conjunction with Alberta Provincial Parks to celebrate Canada Parks "Take a Hike" Program. From Edmonton take Hwy 16 east to Range Road 210. Turn south on 210 for about 7 km. Staging area on your left. Watch for signs. Waskahegan is directly south of Elk Island Park.
CONTACT Bob Collins (780) 987-3335
 tooge@telus.net
 Norm Fraser (780) 486-4526
 nfraser4@telus.net

**JULY 19, 2005
FORT SASKATCHEWAN, AB
EVENING GUIDED WALK
THEME – RIVER WALK**

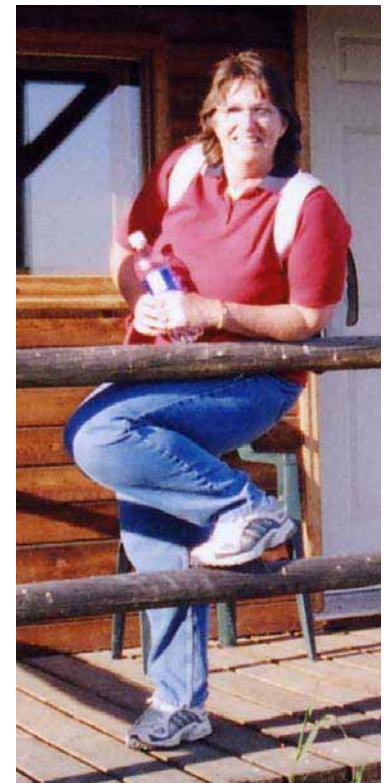
SPONSOR Volkssport Association of Alberta
START POINT Pineview Shell, 9761-90 St.
DISTANCE 10 km
TRAIL Along paved pathway in city.
RATING 2A
AWARD IVV Credit only
REGISTRATION 6:30 PM **START** 7:00 PM
MISC. Snacks and drinks will be served at the end of the walk. Plan to stay for awhile and socialize. Parking available.
DIRECTIONS From north or south on Hwy 15, take access to 99 Ave. Turn left to 90 St. Left to Westview Plaza. Parking available. Pineview Shell is next door.
CONTACT Richard Parr (780) 914-7626
 walksalot@shaw.ca

**JULY 23, 2005
ST. ALBERT, AB
VOLKSMARCH, VOLKSCYCLE, VOLKSSWIM**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT Kingswood Park Shelter, Sturgeon Rd.
DISTANCE Walk (W) 10, 20 & 30 km,
 Cycle (R) 30 km, Swim (S) 300 m
TRAIL Mostly on the Red Willow Trail System, some residential streets. Suitable for strollers.
RATING 2A
AWARD IVV Credit only
START TIMES (W) 10 km - 8:00 AM - 11:30 AM
 (W) 20 km - 8:00 AM - 10:00 AM
 (W) 30 km - 8:00 AM - 9:00 AM
 (R) 30 km - 8:00 AM - 11:30 AM
 (S) 300 m - 9:00 AM - 1:00 PM
MISC. Eight event stamps are possible this weekend in St. Albert. Swim will be held at Grosvenor Pool. Flotation devices are available for non-swimmers. Lifeguard in attendance.
DIRECTIONS From Hwy 2, turn east (right) on Sturgeon Rd. Left turn on Sir Winston Churchill Ave. Watch for signs to parking lot on the left.
CONTACT Phyllis May (780) 487-3570
 pmay@interbaun.com

**JULY 24, 2005
ST. ALBERT, AB
MAP GUIDED WALK & MARATHON**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT St. Albert Place
DISTANCE 12, 21, 30 & 42 km
TRAIL Annual marathon.
RATING 2A
AWARD IVV Credit only
START TIMES 12 km - 6:30 AM - 12:00 PM
 21 km - 6:30 AM - 10:00 AM
 30 or 42 km - 6:30 AM - 7:00 AM
MISC. Walkers may walk any or all of the distances offered.
DIRECTIONS North on Hwy 2 into St. Albert, turn left on St. Anne St. Park in public parking lot in front. Cross street and walk along sidewalk on river side to back of building and registration desk.
CONTACT Phyllis May (780) 487-3570
 pmay@interbaun.com



Back at the ranch

**TREKKERS' ANNUAL BBQ
23 JULY 2005**

Help celebrate a great day of Volkssport activities at the Annual Barbeque.
 Bring a friend/companion!

The Club will supply meat dishes,
 tea and coffee.

Supper at 5:30 p.m.
 Bring lawn chairs, plates, cutlery and
 a salad or dessert to share with others.

From Hwy 2, turn east (right) on Sturgeon Rd.,
 follow it past St. Albert city limits, right on Fairway Dr.,
 right onto a short street then into #71 Meadowview Place.





Lunch with Tommy

**JULY 26, 2005
EDMONTON, AB
EVENING GUIDED WALK
THEME – RIVER WALK**

SPONSOR Volkssport Association of Alberta
START POINT Laurier Park
DISTANCE 5.5 & 11 km
TRAIL On trails in the Edmonton River Valley
RATING 2B
AWARD IVV Credit only
REGISTRATION 6:30 PM **START** 7:00 PM
MISC. Snacks and drinks will be served at the end of the walk. Plan to stay and socialize after the walk. Parking available.
DIRECTIONS Coming from the south take the Whitemud Freeway and exit onto 149 St. Continue north on 149 St. Right onto 87 Ave. to the traffic circle. Take the second exit (Buena Vista Rd.) and follow to Park and parking lot. If traveling from north, take 142 St. (south) to traffic circle at 107 Ave. Exit on the third exit which is Buena Vista Rd. Follow road to Park and parking lot. Look for IVV Flag to your right at the park.
CONTACT Donna Channen (780) 433-5659
 donnafay@telusplanet.net

**JULY 30, 2005
EDMONTON, AB
GROUP YRE GUIDED WALK**

SPONSOR Volkssport Association of Alberta
START POINT Kinsmen Sports Centre Parking Lot, 9100 Walterdale Hill
DISTANCE 11 km
TRAIL Through Old Strathcona and University area. Suitable for strollers.
RATING 1A
AWARD IVV Credit only
REGISTRATION 8:30 AM **START** 9:00 AM
MISC. Snacks and drinks will be served at the end of the walk. Plan to stay and socialize after the walk. Parking available.
DIRECTIONS Waterdale Hill is a one way road going towards the city centre. Access the hill at the south end of the High Level Bridge and 109 St. If coming from the north, turn left at the South end of the High Level Bridge. If coming along 109 St. from the south, turn right onto Waterdale Hill Rd. at the lights at the south end of the bridge.
CONTACT Myrna O'Neil (780) 459-7836
 mybr@telusplanet.net

**AUGUST 2, 2005
EDMONTON, AB
EVENING GUIDED WALK
THEME – RIVER WALK**

SPONSOR Volkssport Association of Alberta
START POINT Dawson Park
DISTANCE 5 & 10 km
TRAIL Along paved pathways in the River Valley. Suitable for strollers.
RATING 2A
AWARD IVV Credit only
REGISTRATION 6:30 PM **START** 7:00 PM
MISC. Snacks and drinks will be served at the end of the walk. Plan to stay for awhile and socialize. Parking available.
DIRECTIONS North side of river in river valley. From Jasper Ave., south on 95 St., then left on Rowland Rd. at 90 St. From the south of the City: north down Rowland Rd., cross bridge, right at 90 St. Watch for signs.
CONTACT Bob Duncan (780) 797-3810
 duncanra@telusplanet.net

**AUGUST 6, 2005
EDMONTON, AB
TWO (2) MAP GUIDED WALKS**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT Rainbow Valley Campground, parking lot
DISTANCE 1. 10 km
 2. 10 km
TRAIL Gravel trails & residential streets.
RATING 2B
AWARD IVV Credit only
REGISTRATION 1. 8:30 AM **START** 1. 9:00 AM
 2. 12:00 PM 2. 12:30 PM
MISC. Two guided walks with a group picnic in between. A good family social gathering in a picturesque Edmonton river valley setting. Parking is in main parking lot just prior to campground.
DIRECTIONS From Whitemud Freeway, take 122 St. / 119 St. exit. Follow signs to Whitemud Park picnic shelter in the Rainbow Valley campground itself.
CONTACT Phyllis May (780) 487-3570
 pmay@interbaun.com

**AUGUST 9, 2005
EDMONTON, AB
EVENING GUIDED WALK
THEME – RAVINE WALK**

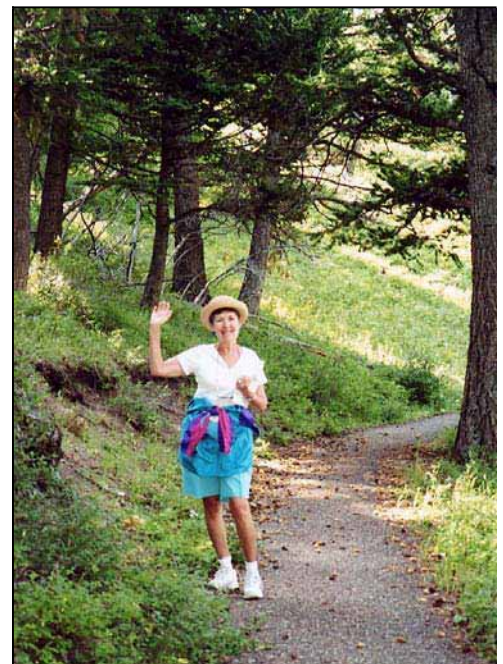
SPONSOR Volkssport Association of Alberta
START POINT Mill Creek Swimming Pool, 8200 – 95A St., large parking lot
DISTANCE 5 & 10 km
RATING 2A
AWARD IVV Credit only
REGISTRATION 6:30 PM **START** 7:00 PM
MISC. Snacks and drinks will be served after the walk. Plan to stay for some social time.
DIRECTIONS From Whyte Ave. (82nd Ave.), turn north onto 95A St., leading down to parking lot.
CONTACT Norm Fraser (780) 486-4526
 nfraser4@telus.net

**AUGUST 13, 2005
REDCLIFF, AB
MAP WALK**

SPONSOR Volkssport Club of Medicine Hat
START POINT Redcliff Legion, 302 Broadway Ave. NE
DISTANCE 5 & 11 km
TRAIL Residential streets and foot paths.
RATING 1B
AWARD IVV Credit only
WALK START TIME 9:00 AM
MISC. Refreshments and washrooms available at start and finish.
DIRECTIONS From Trans Canada Highway take Redcliff exit and follow Volkssport signs to Redcliff Legion on Broadway Ave.
CONTACT Pauline Mann (403) 527-9642
 lmamm@memlane.com
 Edna McKelvie (403) 526-3153
 emckelvi@memlane.com

The Waterton Wave

Watch for a walk in Waterton Village on September 4th as part of the Alberta Centennial Mountain Majesty weekend.





Look at that form ... and the swimmer's not bad either!

**AUGUST 14, 2005
GIBBONS, AB
TWO (2) GUIDED WALKS**

SPONSOR The Lake Isle Pacers Volkssport Club
START POINT Echo Glen Park, 50th Ave. & Landing Trail Rd.
DISTANCE 1. 10 km
 2. 10 km
TRAIL Paved sidewalks, gravel and dirt trails.
RATING 2B
AWARD IVV Credit only
REGISTRATION 1. 9:30 AM **START** 1. 10:00 AM
 2. 12:30 PM 2. 1:00 PM
MISC. Hot Dogs and soft drinks available between walks.
DIRECTIONS From Edmonton, travel north on Hwy 28 or 28A watch for signs at entrance to town.
CONTACT Bob Duncan (780) 797-3810 duncanra@telusplanet.net

**AUGUST 16, 2005
ST. ALBERT, AB
EVENING GUIDED WALK
THEME – RAVINE WALK**

SPONSOR Volkssport Association of Alberta
START POINT St. Albert Place, west door
DISTANCE 5 & 10 km
RATING 1A
AWARD IVV Credit only
REGISTRATION 6:30 PM **START** 7:00 PM
MISC. Snacks and drinks will be served after the walk. Plan to stay for some social time.
DIRECTIONS North on Hwy 2 into St. Albert, turn left on St. Anne St. Park in public parking lot in front. Cross street and walk along sidewalk on river side to back of building and registration desk.
CONTACT Bruce or Myrna O'Neil (780) 459-7836 mybr@telusplanet.net

**AUGUST 20, 2005
RED DEER, AB
GUIDED WALK**

SPONSOR Wetaskiwin Volkssport Club
START POINT Heritage Ranch, 25 River View Park
DISTANCE 5 & 10 km
TRAIL Wooded trails along Red Deer River and through Bower Pond Recreation Area.
RATING 2A
AWARD IVV Credit only
REGISTRATION 9:00 AM **START** 9:30 AM
MISC. Water and snacks after walk. Picnic tables and a concession in area. Bring your own Picnic Lunch.
DIRECTIONS From Hwy 2 take 32 St. exit. Take 32 St. east. Turn left at 60 Ave. (very close to overpass exit). Turn left at 43 St. (Cronquist Dr. Follow to Heritage Ranch.
CONTACT Arnie Lerch (780) 352-4225 ablerch@telusplanet.net

**AUGUST 20, 2005
RED DEER, AB
GUIDED WALK**

SPONSOR Wetaskiwin Volkssport Club
START POINT Kerry Wood Nature Centre 6300 – 45 Ave.
DISTANCE 5 & 10 km
TRAIL Nature trails with Viewpoints overlooking Gaetz Lake Bird Sanctuary.
RATING 2B
AWARD IVV Credit only
REGISTRATION 12:00 PM **START** 12:30 PM
MISC. Water and snacks after walk.
DIRECTIONS From Hwy 2 take 67 St. exit. Take 67 St. east. Right at Gaetz Ave. (50th). Left at 55 St. Left at 45 Ave. Follow 45 Ave. to Kerry Wood Nature Centre.
CONTACT Arnie Lerch (780) 352-4225 ablerch@telusplanet.net

**AUGUST 23, 2005
ST. ALBERT, AB
KEITH PETERS MEMORIAL WALK
GROUP YRE GUIDED WALK**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT St. Albert Inn, side door 156 St. & St. Albert Tr.
DISTANCE 10 km
TRAIL Around the city and along the trails of Red Willow Park. Some small hills.
RATING 2A
AWARD IVV Credit only
REGISTRATION 6:30 PM **START** 7:00 PM
MISC. Water at start and finish.
DIRECTIONS From Edmonton, take Hwy 2 north. The St. Albert Inn is at the south end on the west side (left) of highway between Gervais and Gate Ave.
CONTACT Phyllis May (780) 487-3570 pmay@interbaun.com



*Keith Peters
Fondly Remembered*

**AUGUST 27, 2005
COOKING LAKE -BLACKFOOT, AB
TWO (2) GUIDED WALKS**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT Cooking Lake / Blackfoot Staging Area
DISTANCE 1. 10 km
 2. 10 km
TRAIL Cross country ski trails, some hills. Strollers not recommended.
RATING 2B
AWARD IVV Credit only
REGISTRATION 1. 9:00 AM **START** 1. 9:30 AM
 2. 12:30 PM 2. 1:00 PM
MISC. Two guided walks with a Group Picnic in between. A good family social gathering.
DIRECTIONS From Edmonton, take Hwy 16 east to Range Road 195. Turn south (right) for 3.5 km to Staging Area.
CONTACT Phyllis May (780) 487-3570 pmay@interbaun.com

**SEPTEMBER 3, 2005
MUNICIPALITY OF CROWSNEST PASS, AB
ALBERTA CENTENNIAL MOUNTAIN MAJESTY
GUIDED WALK**

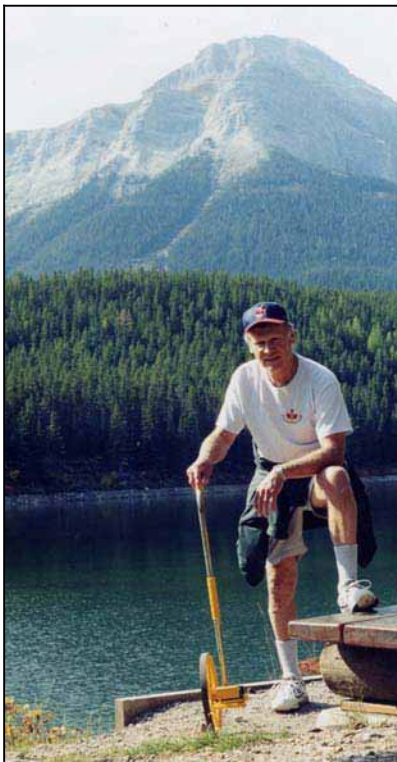
SPONSOR Volkssport Association of Alberta
START POINT Allison Brood Trout Station Parking Lot (403) 563-3385
DISTANCE 10 km
TRAIL Scenic walk around Chinook Lake and on cross-country ski trails designed for 1984 Winter Games.
RATING 2C
AWARD IVV Credit only
REGISTRATION 2:00 PM **START** 2:30 PM
MISC. Water and snacks after walk.
DIRECTIONS 3 km (1.8 mi.) west of the Town of Coleman, 4 km (2 mi.) north on Allison Creek Rd.
CONTACT Myrna O'Neil (780) 459-7836 mybr@telusplanet.net

**SEPTEMBER 4, 2005
MUNICIPALITY OF CROWSNEST PASS, AB
ALBERTA CENTENNIAL MOUNTAIN MAJESTY
GROUP YRE GUIDED WALK**

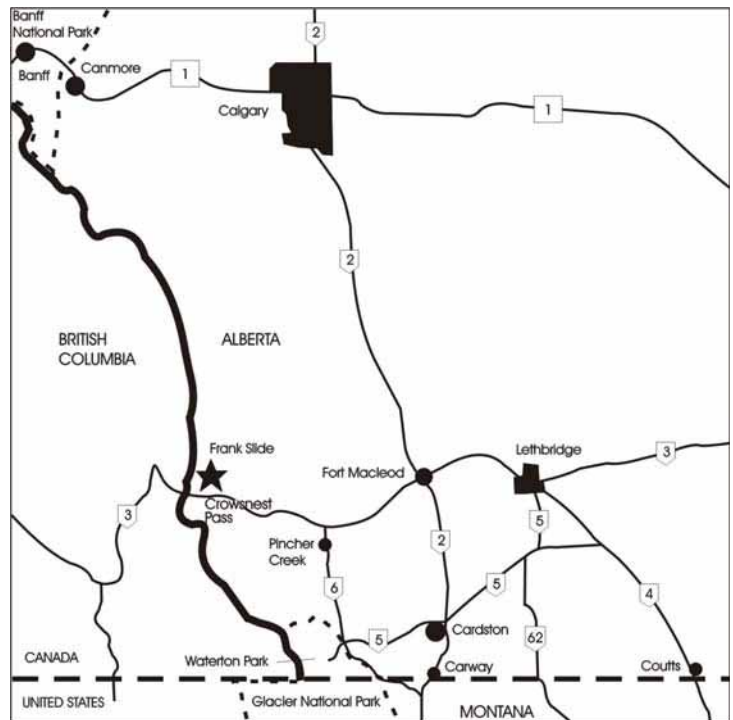
SPONSOR Volkssport Association of Alberta
START POINT Frank Slide Interpretive Centre Located 1.5 km off Hwy 3 (403) 562-7388
DISTANCE 11 km
TRAIL Route provides spectacular views of the Frank Slide and surrounding area.
RATING 2C
AWARD IVV Credit only
REGISTRATION 8:00 AM **START** 8:30 AM
MISC. Water and snacks after walk.
DIRECTIONS 1.5 km (1 mi.) north of Hwy 3 in the Municipality of Crowsnest Pass.
CONTACT Myrna O'Neil (780) 459-7836 mybr@telusplanet.net

**SEPTEMBER 4, 2005
WATERTON VILLAGE, AB
ALBERTA CENTENNIAL MOUNTAIN MAJESTY
GUIDED WALK**

SPONSOR Volkssport Association of Alberta
START POINT Bertha Falls Trail Head Parking Lot South end, Evergreen Ave.
DISTANCE 11 km
TRAIL The trail has excellent views of Upper Waterton Lake and a beautiful wildflower show. Along the way, you will pass the long cascade of Upper Bertha Falls.
RATING 3C
AWARD IVV Credit only
REGISTRATION 2:00 PM **START** 2:30 PM
MISC. Water and snacks after walk.
DIRECTIONS Enter Waterton Lakes National Park from the east on Hwy 5, north on Hwy 6, and south (U.S.) along Chief Mountain Highway.
CONTACT Myrna O'Neil (780) 459-7836 mybr@telusplanet.net



Wheeling the trails



**SEPTEMBER 5, 2005
WATERTON VILLAGE, AB
ALBERTA CENTENNIAL MOUNTAIN MAJESTY
GROUP SEASONAL GUIDED WALK**

SPONSOR Chinook Country Pacers
START POINT Waterton Sports & Leisure Shop Tamarack Village Square
DISTANCE 10 km
TRAIL Half on pavement and half on trails, goes to Cameron Falls.
RATING 2C
AWARD IVV Credit only
REGISTRATION 8:00 AM **START** 8:30 AM
MISC. Water and snacks after walk.
DIRECTIONS Enter Waterton Lakes National Park from the east on Hwy 5, north on Hwy 6, and south (U.S.) along Chief Mountain Highway. Tamarack Village Square is located in the centre of Waterton Village.
CONTACT Sherri MacDonald (430) 653-3824 templehaven@shaw.ca

**ALBERTA CENTENNIAL MOUNTAIN MAJESTY
3 – 5 SEPTEMBER 2005
16th ANNIVERSARY
FESTIVAL EVENT**

VAA is providing transportation to this event at no cost to you. If you wish transportation provided, please contact the following by **June 15, 2005**.

Edmonton and Calgary areas: Myrna O'Neil (780) 459-7836 mybr@telusplanet.net
 Medicine Hat area: Pauline Mann (403) 527-9642 lmann@memlane.com

Group accommodation and meals will be arranged at your expense. If you wish to be included in group accommodation and meals, contact Grace Newman by **June 15, 2005**.

Grace Newman (780) 458-2592 gnewman@telus.net

CVF 12-YEAR DIANE HOSKINS AWARD



Bob Collins
Devon Discovery Walkers



Wayne Donner
Volkssport Club of Medicine Hat



Bob Duncan
Lake Isle Pacers Volkssport Club



Joe Hollman
Volksmarch Club of Calgary



Helen and Jim Rousseau received the **Phillips Award** for having a history of performing outstanding service in Volkssport in Alberta.

Recipients must be recommended by the Club they have membership in.

SEPTEMBER 10, 2005
MEDICINE HAT, AB
MAP WALK

SPONSOR Volkssport Club of Medicine Hat
START POINT Tourist Centre near Saamis Teepee, Trans Canada Highway & College Dr. 6 & 12 km
DISTANCE 6 & 12 km
TRAIL Asphalt trails, sidewalks, stairs and hills.
RATING 3B
AWARD IVV Credit only
WALK START TIME 9:00 AM
MISC. Refreshments and washrooms at midpoint, start and finish.
DIRECTIONS From the Trans Canada Highway exit at College Ave. Take College Ave. south to Gehring Rd. Turn right on Gehring Rd. to Tourist Centre (near Saamis Teepee).
CONTACT Pauline Mann (403) 527-9642
lmann@memlane.com
Edna McKelvie (403) 526-3153
emckelvi@memlane.com



Free lunch!

SEPTEMBER 10, 2005
CHICKAKOO LAKE, AB
GUIDED WALK

SPONSOR Devon Discovery Walkers
START POINT Chickakoo Lake main parking lot
DISTANCE 10 km
TRAIL Grass and woodland trails.
RATING 3C
AWARD IVV Credit only
REGISTRATION 9:30 AM **START** 10:00 AM
DIRECTIONS From Edmonton take Hwy 16 west to Hwy 779, north to 1st intersection (1.6 km). Turn west 1.6 km to Glory Hills Road, turn north for 1.6 km. Then west for 3.2 km. Watch for signs.
CONTACT Bob Collins (780) 987-3335
tooge@telus.net



**CVF CONVENTION
2006**
**EDMONTON,
ALBERTA**

Shaw Conference Centre
12, 13 & 14 MAY 2006

See registration form at back.



Jock Archer
Barrhead Walkie Talkie Volkssport Club



Bill Hughes
Wetaskiwin Volkssport Club



Grace Newman
St. Albert Trekkers Volkssport Club



Phil Sturges
St. Albert Trekkers Volkssport Club

CVF 15-YEAR SERVICE AWARD



Getting some H₂O

**SEPTEMBER 11, 2005
PEMBINA RIVER PROVINCIAL PARK, AB
TWO (2) GUIDED WALKS**

SPONSOR The Lake Isle Pacers Volkssport Club
START POINT Pembina River Provincial Park parking lot.
DISTANCE 1. 10 km
 2. 11 km
TRAIL Not suitable for strollers.
RATING 2C
AWARD IVV Credit only
REGISTRATION 1. 9:00 AM **START** 1. 9:30 AM
 2. 12:30 PM 2. 1:00 PM
MISC. Refreshments served at start. Burgers, Hotdogs and Beverages available between walks. Pets must be leashed and picked up after on public areas.
DIRECTIONS Hwy 16 west to Pembina River Provincial Park. Turn north at Entwistle to registration. Volksmarch signs will be posted.
CONTACT Bob Duncan (780) 797-3810
 duncanra@telusplanet.net

**SEPTEMBER 17, 2005
ST. ALBERT, AB
PARTNERS IN PARKS PROGRAM HERITAGE WALK
GROUP YRE GUIDED WALK**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT St. Albert Inn, side door
 156 St. & St. Albert Tr.
DISTANCE 10 km
TRAIL Points of Interest around city. Some small hills. Slower pace due to litter pick-up.
RATING 1A
AWARD IVV Credit only
REGISTRATION 1:30 PM **START** 2:00 PM
MISC. Water at start and finish.
DIRECTIONS From Edmonton, take Hwy 2 north. The St. Albert Inn is at the south end on the west side (left) of highway between Gervais and Gate Ave.
CONTACT Phyllis May (780) 487-3570
 pmay@interbaun.com

**SEPTEMBER 21, 2005
ST. ALBERT, AB
FALL EQUINOX
EVENING GUIDED WALK**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT Kingswood Park Shelter
DISTANCE 10 km
TRAIL River Valley trails of St. Albert.
RATING 2B
AWARD IVV Credit only
REGISTRATION 6:30 PM **START** 7:00 PM
MISC. This will be a group walk. A nice family social gathering. Pets welcome. Annual Fall Equinox Guided Walk. Bring a flashlight.
DIRECTIONS From Hwy 2, turn east (right) onto Sturgeon Rd. Left turn on Sir Winston Churchill Ave. Watch for signs to parking lot on the left.
CONTACT Phyllis May (780) 487-3570
 pmay@interbaun.com

**SEPTEMBER 24, 2005
MILLET, AB
MAP WALK**

SPONSOR Millet & District Leisure Services Advisory Committee
START POINT Lions Family Hall, 5023-49 Ave.
DISTANCE 10 km
TRAIL Pathways throughout park system, (shale-paved) through downtown & residential. Not suitable for strollers.
RATING 2C
AWARD IVV credit only
REGISTRATION 10:00 AM **START** 10:30 AM
DIRECTIONS From Edmonton, take Hwy 2 or 2A south to the Millet exit.
CONTACT Arlene Swedberg (780) 387-5655
 communityservices@millet.ca

**OCTOBER 1, 2005
EDMONTON, AB
OKTOBERFEST VOLKSMARCH & CYCLE**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT Dawson Park
DISTANCE 10, 20, 30 km walk, 33 km cycle
TRAIL Mainly the Edmonton River Valley Trail System.
RATING 2A
AWARD IVV Credit only
START TIMES (W) 10 km - 8:30 AM - 11:30 AM
 (W) 20 km - 8:30 AM - 10:00 AM
 (W) 30 km - 8:30 AM - 9:00 AM
 (R) 33 km - 8:30 AM - 11:00 AM
MISC. Join the festivities with the St. Albert Trekker's for their now famous Oktoberfest activities - bratwurst, sauerkraut and refreshments. Refreshments available at start/finish as well as at checkpoints. Food & beverage available at nominal cost at start & finish from approximately 10:00 AM. A good family outing.
DIRECTIONS North side of river in river valley. From Jasper Ave., south on 95 St., then left on Rowland Rd. at 90 St. From the south of the city, north down Rowland Rd., cross bridge, right at 90 St. Watch for signs.
CONTACT Phyllis May (780) 487-3570
 pmay@interbaun.com

**OCTOBER 2, 2005
LAKE ISLE, AB
GUIDED WALK**

SPONSOR The Lake Isle Pacers Volkssport Club
START POINT S.V. Silver Sands, Hannah's House
DISTANCE 10 km
TRAIL Through Lake Isle area. Very picturesque.
RATING 1B
REGISTRATION 9:30 AM **START** 10:00 AM
MISC. BBQ lunch after walk.
DIRECTIONS Turn north off Hwy 16 at Range Road 54. Drive straight to stop sign, right turn to Cedar Ave. Turn left and follow signs to Start Point.
CONTACT Bob Duncan (780) 797-3810
 duncanra@telusplanet.net

**OCTOBER 2, 2005
WABAMUN LAKE PROVINCIAL PARK, AB
GUIDED WALK**

SPONSOR The Lake Isle Pacers Volkssport Club
START POINT Day Use Area, Wabamun Lake Provincial Park
DISTANCE 10 km
TRAIL Gravel trails, residential streets in the Village of Wabamun and Park area.
RATING 2C
REGISTRATION 1:00 PM **START** 1:30 PM
DIRECTIONS Take Hwy 16 to Kapsiwan turnoff (just east of Wabamun Village intersection). Go south to Wabamun Provincial Park. Follow signs to Day Use Area and Start Point.
CONTACT Bob Duncan (780) 797-3810
 duncanra@telusplanet.net

**OCTOBER 8, 2005
EDMONTON, AB
GROUP YRE GUIDED WALK**

SPONSOR Volkssport Association of Alberta
START POINT Oliver Square, 114 St. & 104 Ave. Southeast corner by Safeway
DISTANCE 10 km
TRAIL Walk takes you through the downtown west end, by the Legislature and Civic Centre. Good views of the river valley, an easy walk.
RATING 1A
AWARD IVV Credit only
REGISTRATION 8:30 AM **START** 9:00 AM
DIRECTIONS Downtown area. Can be accessed from 109 St. or Stony Plain Rd. (turns into 104 Ave.)
CONTACT Myrna O'Neil (780) 459-7836
 mybr@telusplanet.net

**OCTOBER 15, 2005
MEDICINE HAT, AB
MAP WALK**

SPONSOR Volkssport Club of Medicine Hat
START POINT Cypress Centre, (Stampede Grounds), 21 Ave. SE
DISTANCE 5 & 10 km
TRAIL Sidewalk, paved trails and stairs.
RATING 2B
AWARD IVV Credit only
WALK START TIME 9:00 AM
MISC. Refreshments and washrooms available at start and finish.
DIRECTIONS Exit Trans Canada Highway at Dunmore Rd. going north to 28 St. southeast. Turn right on 28 St. southeast, which curves to the left and becomes 21 Ave. southeast. Enter the large parking area at the Stampede Grounds.
CONTACT Pauline Mann (403) 527-9642
lmann@memlane.com
Edna McKelvie (403) 526-3153
emckelvi@memlane.com

**OCTOBER 15, 2005
STONY PLAIN, AB
GUIDED WALK**

SPONSOR Fox Creek Wilderness Volkssport Club
START POINT Safeway parking lot, 4202 Southpark Dr. Southwest corner of lot
DISTANCE 10 km
TRAIL Stroller friendly.
RATING 1A
AWARD IVV Credit only
REGISTRATION 12:30 PM **START** 1:00 PM
DIRECTIONS Take Hwy 16A west. On left side of Hwy, at first set of lights.
CONTACT Evelyn Rogers (780) 622-3578
riclyn2@telus.net
Erna Wack (780) 968-2880
cozycornerbb@telusplanet.net

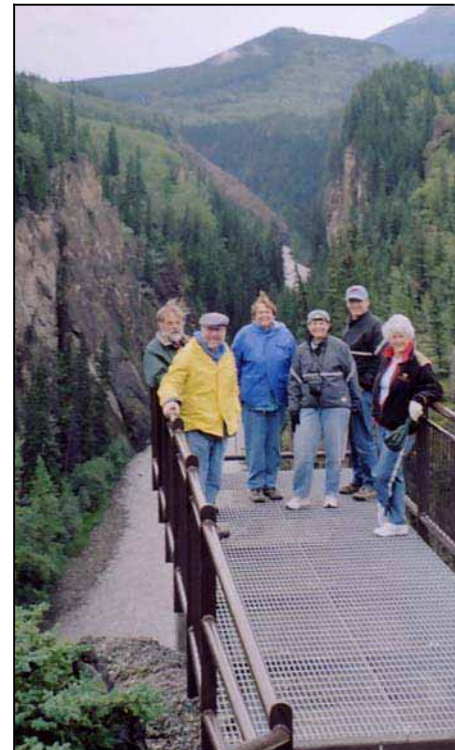
**OCTOBER 22, 2005
LEDUC, AB
GUIDED WALK**

SPONSOR Devon Discovery Walkers
START POINT Black Gold Centre, 4330 Black Gold Dr.
DISTANCE 10 km
TRAIL Paved trails.
RATING 1A
AWARD IVV Credit only
REGISTRATION 12:30 PM **START** 1:00 PM
DIRECTIONS From Hwy 2, take 50 Ave. exit. Travel east to 50 St. Turn right (south) to Black Gold Dr. (42 Ave.). Turn left and follow to Black Gold Centre on left.
CONTACT Bob Collins (780) 987-3335
tooge@telus.net
Norm Fraser (780) 486-4526
nfraser4@telus.net



Those walkers from Gibbons know who to walk with!

Bridging the Gap



**NOVEMBER 5, 2005
MEDICINE HAT, AB
MAP WALK**

SPONSOR Volkssport Club of Medicine Hat
START POINT Ross Glen Water Park, Ross Glen Rd. SE
DISTANCE 5 & 10 km
TRAIL Shale and paved trails, city sidewalks.
RATING 1B
AWARD IVV Credit only
WALK START TIME 1:00 PM
MISC. Refreshments & washrooms available at start and finish.
DIRECTIONS From the Trans Canada Highway, turn north on Dunmore Rd. to Carry Dr. Turn east (right) on Carry Dr. and right onto Ross Glen Rd. Follow Ross Glen Rd. to a green area on your left. Turn left into parking area.
CONTACT Pauline Mann (403) 527-9642
lmann@memlane.com
Edna McKelvie (403) 526-3153
emckelvi@memlane.com

**NOVEMBER 5, 2005
ST. ALBERT, AB
GUIDED WALK**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT St. Albert Minor Baseball Association Clubhouse (SAMBA), Sturgeon Rd.
DISTANCE 10 km
TRAIL Trails and streets of St. Albert.
RATING 1A
AWARD IVV Credit only
REGISTRATION 2:00 PM **START** 2:30 PM
MISC. Guided walk followed by a pot-luck supper at SAMBA in a friendly family social gathering. Supper starts at 5:00 PM.
DIRECTIONS From Edmonton north on Hwy 2 to Sturgeon Rd. Right turn on Sturgeon Rd. to and across Boudreau Rd. Just past Boudreau Rd., the baseball diamonds will be on your left by large parking lot. Watch for signs.
CONTACT Phyllis May (780) 487-3570
pmay@interbaun.com

**DECEMBER 3, 2005
EDMONTON, AB
GUIDED WALK**

SPONSOR Devon Discovery Walkers
START POINT West Edmonton Mall, 8770-170 St., inside Exit #57
DISTANCE 10 km
TRAIL Mall walk.
RATING 1A
AWARD IVV Credit only
REGISTRATION 8:00 AM **START** 8:30 AM
DIRECTIONS Exit #57 is on the upper level on the west side of the Mall, off 178 St.
CONTACT Bob or Billie Collins (780) 987-3335
tooge@telus.net

**DECEMBER 10, 2005
ST. ALBERT, AB
CHRISTMAS LIGHTS
EVENING GUIDED WALK**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT Gateway Village Shopping Centre
DISTANCE 10 km
TRAIL Various streets of St. Albert.
RATING 1A
AWARD IVV Credit only
REGISTRATION 6:30 PM **START** 7:00 PM
MISC. Enjoy the gastronomic excursion commonly known as the St. Albert Christmas Lights Walk. Hot spiced apple cider will be provided by the club. Bring some Christmas Goodies to share with other participants. Bring your singing voice for caroling. Vegetarian snacks appreciated also.
DIRECTIONS From Hwy 2, turn east onto Hebert Rd. and then a right turn into Gateway Village Shopping Mall parking lot. We will be located north of the C.I.B.C. Please park near Hebert Rd., away from the shops.
CONTACT Phyllis May (780) 487-3570
 pmay@interbaun.com

**DECEMBER 15, 2005
MEDICINE HAT, AB
CHRISTMAS LIGHTS
EVENING GUIDED WALK**

SPONSOR Volkssport Club of Medicine Hat
START POINT 47 Palliser Way NE
DISTANCE 10 km
TRAIL City sidewalks.
RATING 1A
AWARD IVV Credit only
REGISTRATION 6:30 PM **START** 7:00 PM
MISC. Refreshments after walk.
DIRECTIONS From Trans Canada Highway: From the west - exit left at 1 St. southwest just across the river. From the east - exit right at 1 St. southwest just before the river. Follow 1 St. southwest (which becomes 1 St. southeast) to Maple Ave. Turn left on Maple Ave. to Parkview Dr., right on Parkview Dr. to Prairie Dr., right on Prairie Dr. to Porcupine Ave. Turn left on Porcupine Ave. and right on Palliser Way.
CONTACT Pauline Mann (403) 527-9642
 lmann@memlane.com



Still Smiling

JANUARY 2006 EVENTS

**JANUARY 1, 2006
ST. ALBERT, AB
GUIDED WALK**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT St. Albert Inn, 156 St. Albert Tr.
DISTANCE 10 km
TRAIL New Year's Day walk. Streets of St. Albert.
RATING 1A
AWARD IVV Credit only
REGISTRATION 9:30 AM **START** 10:00 AM
MISC. Start the New Year off walking. Dress warm. Potluck Lunch at Glaewyn (Clubhouse) to follow.
NOTE: If temperature is below -20, an indoor walk will be available.
DIRECTIONS From Hwy 2, turn left on Gervais Rd., then first right onto service road around Village Landing Mall. From 170 St., follow curve around to Gervais Rd., then left turn onto Grange Rd. Enter shopping centre parking lot behind shopping centre. Cross parking lot to back of St. Albert Inn.
CONTACT Phyllis May (780) 487-3570
 pmay@interbaun.com

**JANUARY 7, 2006
EDMONTON, AB
GUIDED WALK**

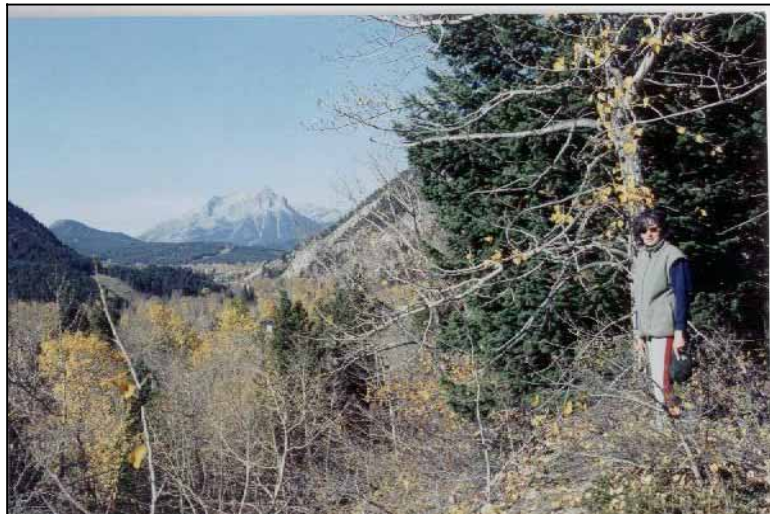
SPONSOR Devon Discovery Walkers
START POINT West Edmonton Mall, 8770-170 St., inside Exit #57
DISTANCE 10 km
TRAIL Mall walk
RATING 1A
AWARD IVV Credit only
REGISTRATION 8:00 AM **START** 8:30 AM
DIRECTIONS Exit #57 is on the upper level on the west side of the Mall, off 178 St.
CONTACT Bob Collins (780) 987-3335
 tooge@telus.net
 Norm Fraser (780) 486-4526
 nfraser4@telus.net

**JANUARY 7, 2006
MEDICINE HAT, AB
VCMH PRESIDENT'S
GUIDED WALK**

SPONSOR Volkssport Club of Medicine Hat
START POINT Fas Gas Service Station
 802 Kingsway Ave.
 (403) 527-9538
DISTANCE 11 km
TRAIL Residential streets, red shale and asphalt trails.
RATING 2B
AWARD IVV Credit only
REGISTRATION 1:00 PM **START** 1:30 PM
DIRECTIONS From the Trans Canada Highway east or west, turn north on College Ave., to Kipling St. right on Kipling St. to Kingsway Ave., left on Kingsway Ave. to Fas Gas.
CONTACT Pauline Mann (403) 527-9642
 lmann@memlane.com


**JANUARY 21, 2006
ST. ALBERT, AB
GUIDED WALK AND SKI**

SPONSOR St. Albert Trekkers Volkssport Club
START POINT Kingswood Park Shelter
DISTANCE 10 km
TRAIL Trails & paths of St. Albert.
RATING 1A
AWARD IVV Credit only
REGISTRATION 1:30 PM **START** 2:00 PM
DIRECTIONS From Hwy 2, turn east onto Sturgeon Rd. Left turn on Sir Winston Churchill Ave. Watch for signs to parking lot on the left.
CONTACT Phyllis May (780) 487-3570
 pmay@interbaun.com




Looking back at Crowsnest Pass

January 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 St. Albert See page 8
2	3				7	8 Medicine Hat See page 8 Edmonton See page 8
9	10				14	15 St. Albert WS See page 8
16	17				21	22
23	24				28	29
30	31					


Tasting Yummy!

February 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 Edmonton See page 8
6	7	8			11	12 St. Albert See page 9
13	14	15			18	19
20	21	22			25	26
27	28					


Bearly Walking

March 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				3	4	5
6				10	11	12
13				17	18	19 St. Albert See page 9
20				24	25	26
27				31		

Peek-a-boo!

April 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 St. Albert See page 9
3					8	9
10					15	16 Medicine Hat See page 9
17					22	23
24					29	30 St. Albert x2 See page 10

Sitting Ducks?

May 2005


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 St. Albert See page 10	2	3	4	5	6	7 Gibbons YRE See page 11
8	9	10 Clifford E. Lee See page 11				14 Medicine Hat See page 11 St. Albert See page 11
15	16	17 Devon See page 12				21 Medicine Hat See page 12 Sherwood Park x2 See page 12
22	23	24 Edmonton See page 13				28
29	30	31 St. Albert See page 13				

Doing the two-step

June 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 Thunder Lake See page 13 Centre of Alberta See page 13
5 Westlock See page 13	6	7 Edmonton See page 13	8	 <p style="text-align: center;"><i>Bashful in Blue</i></p>		11 Morinville See page 14 Cardiff See page 14
12	13	14 Edmonton See page 14	15			18 Elkwater See page 14 Mulhurst Bay See page 14 Pigeon Lake See page 14
19	20	21 Edmonton See page 14	22			23
26	27	28 Edmonton See page 15	29	30		

July 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5 Edmonton See page 15	6	 <p style="text-align: center;"><i>Helen of Troy?</i></p>		9 Fox Creek VM See page 15
10 Carson-Pegasus See page 15 Whitecourt See page 15	11	12 Spruce Grove See page 15	13			16 Medicine Hat See page 16 Waskahegan See page 16
17	18	19 Fort Sask. See page 16	20			23 St. Albert WBS See page 16
24 St. Albert WM See page 16	25	26 Edmonton See page 17	27			30 Edmonton YRE See page 17
31						

August 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Edmonton See page 17	3	4	5	6 Edmonton x2 See page 17
7	8	9 Edmonton See page 17	10	 <p style="text-align: center;"><i>Tall shadows</i></p>		13 Redcliff See page 17
14 Gibbons x2 See page 18	15	16 St. Albert See page 18	17			20 Red Deer x2 See page 18
21	22	23 St. Albert YRE See page 18	24			27 Waskahegan x2 See page 18
28	29	30	31			


September 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 Municipality of Crowsnest Pass See page 19
4 Municipality of Crowsnest Pass YRE See page 19 Waterton Village See page 19	5 Waterton Village YRE See page 19	 <p style="text-align: center;"><i>The Lunch Wagon</i></p>				10 Medicine Hat See page 20 Chickakoo Lake See page 20
11 Pembina River Prov. Park x2 See page 21	12					17 St. Albert YRE See page 21
18	19	20	21 St. Albert See page 21	22	23	24 Millet See page 21
25	26	27	28	29	30	

October 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
		 <p style="text-align: center;"><i>Back on the Boardwalk</i></p>				1 Edmonton VMC See page 21		
2 Lake Isle See page 21 Wabamun Lake See page 21	3					4	7	8 Edmonton YRE See page 21
9	10					11	14	15 Medicine Hat See page 22 Stony Plain See page 22
16	17					18	21	22 Leduc See page 22
23	24	25	26	27	28	29		
30	31							

November 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="text-align: center;"><i>Flagging it!</i></p>		1	2	3	4	5 St. Albert See page 22 Medicine Hat See page 22
		6	9	10	11	12
		13	16	17	18	19
		20	23	24	25	26
		27	30			

December 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 <p style="text-align: center; margin-top: 10px;"><i>Watch your step!</i></p>			1	2	3 Edmonton See page 22
4		7	8	9	10 St. Albert See page 23	
11		14	15 Medicine Hat See page 23	16	17	
18		21	22	23	24	
25		28	29	30	31	

January 2006

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 St. Albert See page 23	2	3	4	5	6	7 Edmonton See page 23 Medicine Hat See page 23
8	9	10	11	12	13	14
15	16	17	18	19	20	21 St. Albert WS See page 23
22	23	24	25	26	27	28



JOIN A CLUB!!

VOLKSSPORT ASSOCIATION OF ALBERTA

www.albertavolkssport.ca

Box 131, 3-11 Bellerose Drive

St. Albert AB T8N 5C9

Myrna O'Neil (780) 459-7836

mybr@telusplanet.net

Barrhead Walkie Talkie Volkssport Club

5914-56 Street

Barrhead AB T7N 1C8

Margaret Atrill (780) 674-4403

jattrill@telusplanet.net

Chinook Country Pacers

Volkssport Club

Box 1166

Cardston AB T0K 0K0

Sherri McDonald (403) 653-3824

templehaven@shaw.ca

Devon Discovery Walkers

18811-92 Avenue

Edmonton AB T5T 5R3

Norm Fraser (780) 486-4526

nfraser4@telus.net

Bob Collins (780) 486-4526

tooge@telus.net

Fox Creek Wilderness Volkssport Club

Box 781

Fox Creek AB T0H 1P0

Evelyn Rogers (780) 622-3578

riclyn2@telus.net

Hinton Hikers Volkssport Club

329 -133 Jarvis Street

Hinton AB T7V 1R9

Wayne Kennedy (780) 865-4332

wkennedy@shaw.ca

Lake Isle Pacers Volkssport Club

P.O. Box 375

Fallis AB T0E 0V0

Bob Duncan (780) 797-3810

duncanra@telusplanet.net

Millet (Town of)

Box 270

Millet AB T0C 1Z0

communityservices@millet.ca

St. Albert Trekkers Volkssport Club

Volkssport Club

Box 146, 3-11 Bellerose Drive

St. Albert AB T8N 5C9

Phyllis May (780) 487-3570

pmay@interbaun.com

Volkssport Club of Medicine Hat

480 McCutcheon Dr. NW

Medicine Hat AB T1A 6X6

Pauline Mann (403) 527-9642

lmann@memlane.com

Wetaskiwin Volkssport Club

Box 6173

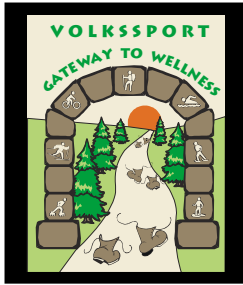
Wetaskiwin AB T9A 2E9

Arnie Lerch (780) 352-4225

ablerch@telusplanet.net

*** NEW CVF WEB SITE ***

www.walks.ca



CVF/FCV CONVENTION 2006 GATEWAY TO WELLNESS

Edmonton, Alberta
12, 13 & 14 May 2006 **Shaw Conference Centre**

This form must be returned by December 1, 2005 to qualify for the earlybird registration. Fill in one form per person. Please print.

IDENTIFICATION:

Name _____

Address _____

City _____ Province _____

Country _____ Postal/Zip Code _____

Telephone (____) _____ E-mail Address _____

Club Name _____

Official _____ Delegate _____ Observer _____

My club will need a table to display items at the Convention: Yes No
(Display tables are limited; granted on a first come, first serve basis.)

CONVENTION ACTIVITIES:

	Earlybird Rate	Regular Rate	
Registration	\$12	\$15	\$ _____
Friday Meet and Greet	\$12	\$15	\$ _____
Saturday Banquet	\$34	\$36	\$ _____
Walks:			
President's Walk, IVV Credit only		\$2	\$ _____
IVV Credit with pin		\$5	\$ _____
Convention Walk, IVV Credit only		\$2	\$ _____
IVV Credit with pin		\$5	\$ _____
T-Shirts (No refunds for T-Shirt after April 30.)		\$15	\$ _____
Please circle size required. S M L XL XXL			

TOTAL COST: \$ _____

SEND CHEQUE AND APPLICATION TO:

CVF/FCV CONVENTION 2006
PO BOX 6882
WETASKIWIN AB T9A 2G5

PROGRAM SESSIONS: TBA

No refunds after April 30, 2006.

GUIDED LOCAL YEAR ROUND WALKS:

Arrangements have been made for short bus trips to YRE's in the area. Please state if you interested in any of the following:

Indicate your 1st, 2nd, and 3rd choice.

	May 12 Friday PM	May 13 Saturday PM
Stony Plain "mural" and Multicultural Centre YRE		
Edmonton Wolf Willow YRE and West Edmonton Mall tour		
St. Albert Historical YRE		

CONVENTION TOURS:

Pre- and Post-Convention Tours to Yellowknife and Whitehorse

Please send me detailed information about these Tours. Yes No

ACCOMMODATIONS:

You are responsible for making your own reservations.

1. The Westin Edmonton

10135-100 Street, Edmonton, Alberta T5J 0N7

Arrangements have been made for a group rate at the Westin Edmonton.

1-800-359-7384 or (780) 426-3636

2. Hotel-style Accommodation, University of Alberta

With Queen or two double beds. Single or double occupancy \$69.00 plus taxes per night.

Only fifteen prepaid units available. To reserve this accommodation for two nights, submit \$154.00 with this registration form. Make cheque out to: CVF/FCV Convention 2006.

(Transportation from the University to the Conference Centre takes only a few minutes.)

Phone Myrna at (780) 458-7836 or Marilyn at (780) 352-2481 to find out if a unit is still available.

3. Guest Services, University of Alberta

C102 Lister Centre

87 Avenue and 116 Street, Edmonton, Alberta T6G 2H6

Single rooms with private bathrooms are available for \$40.00 a night. Dormitory-style with single or twin occupancy are available for \$30-\$40 per night. (Delegates would book these on their own, contacting the University as below. Prices subject to change.

1-800-615-4807 (Canada only) or (780) 492-6057

www.ualberta.ca/conferenceservices

OTHER POSSIBLE ACCOMMODATIONS:

Rainbow Valley Campground

1-888-434-3991 or (780) 434-5531

www.rainbow-valley.com

Daily, with power - \$24 Peak

Fairmont Hotel Macdonald (780) 424-6000

Thornton Court Hotel (780) 423-9999

All Holiday Inns 1-877-483-4001



SPECIAL THANKS to the following BUSINESSES who supported the Volkssport Organizations for the past year, allowing us to use their Place of Business as a START POINT for YEAR ROUND and SEASONAL WALKS.

BANFF Jump Start Coffee & Sandwich Place, Buffalo St. & Banff Avenue

BARRHEAD Barrmart Foods, 5108-55 Street

CALGARY:

Talisman Centre, 2225 MacLeod Trail S.

Eau Clair YMCA, 101-3rd Street SW

CAMROSE Tim Horton Donuts, 5004-48 Avenue

CANMORE Grizzly Paw Pub Restaurant & Brewing Co., 622-8 (Main) Street

CARDSTON Chief Mountain Husky, 60-1 Avenue, West (Hwy 5)

COLD LAKE Frontier Motel, 1002-8 Avenue

DEVON Devon Esso, Superior Street

EDMONTON:

MacEwan Centre for Sport and Wellness, 108 Street & 105 Avenue

Running Room, 8533-109 Street - for two walks

West Edmonton Mall, "R&R" Store, Upper Level, Phase III

Wolf Willow Corner Store, 6827-170 Street

FORT SASKATCHEWAN Pineview Shell, 9761-90 Street - for two walks

FOX CREEK Petro Canada Service Station, 52 Hwy Avenue

GIBBONS Mac's Store, 50 Avenue & 47 Street

HINTON Tourist Information Centre, Hwy 16, 309 Gregg Avenue

JASPER Totem Sports, 408 Connaught Drive

LAKE ISLE 15 Hazel Avenue

LEDUC Leduc General Hospital, Emergency Entrance, 4210-48 Street

MEDICINE HAT Fas Gas, 802 Kingsway Avenue - for two walks

MORINVILLE Shell Station, 107 Street & 100 Avenue

MUNICIPALITY OF CROWSNEST PASS Fas Gas, 15233-20 Avenue, Frank, Alberta

RED DEER Black Knight Inn Gift Shop, 2929-50 Avenue

ST. ALBERT:

St. Albert Inn, 156 St. Albert Trail - for two walks and one bike

Tim Horton Donuts, 384 St. Albert Trail

SHERWOOD PARK Lakeland Ridge Esso, 240-590 Baseline Road

STONY PLAIN Safeway Store, 4202 Southpark Drive - for two walks

WATERTON VILLAGE Waterton Sports & Leisure Shop, Tamarack Village Square

WETASKIWIN Wayside Inn, 4103-56 Street