

OTHER ACTIVITIES:

Mid-America Social at Goodwood Brewing at 109 West Main Street in Frankfort, KY 40601 from 6 pm to 9 pm. Seating for 25 persons at any one time on Friday, June 14.

15th Annual Settlement and Raid at Old Fort Harrod from 9 am to dusk. Requires paid entry to Old Fort Harrod.

Lunch is available at the Harrodsburg Start/Finish on Saturday from noon to 2 pm or until food is gone. Menu includes brats, turkey joes, vegetables, assorted chips, cookies and drinks. Donation of \$5 requested to cover costs.

Mid-America Social at The Barrel Room, 622 Main Street in Shelbyville, KY 40065 from 7 pm to midnight. Seating for 25 persons at any one time on Saturday, June 15.

50/50 Raffle of items donated by current and former RD's. Raffle tickets are available at ALL Start/Finish Points for \$1 until 11 am on Sunday, June 16. Raffle drawing at 12:45 pm on Sunday at the Shelbyville Start/Finish Point. Raffle proceeds to be split 50/50 between the AVA and the Mid-America Conference.

Regional Director Meeting Sunday 1 pm to (at most) 1:45 pm at the Shelbyville Start/Finish Point.

DISCLAIMER: The Mid-America Regional Director, the AVA Clubs of the Mid-America Region, the City of Frankfort and its Department of Parks & Recreation, the City of Bardstown and its Department of Parks & Recreation, the City of Harrodsburg and its Parks Department, and the City of Shelbyville and its Department of Parks & Recreation, Shelby County and its Department of Parks & Recreation and the Commonwealth of Kentucky and the Kentucky Department of Parks are not liable for accidents, theft, or material damage. Every reasonable effort will be made to make the events safe and enjoyable. Children under the age of twelve must be accompanied by an adult, and pets must be kept on leashes. A parent or guardian will need to execute a waiver for minors during the registration process.

POINT OF CONTACT: Craig Gauger at (419) 350-4345, or via email to cggauger@hotmail.com. Or Bob Buzolich at (574) 339-9140, or via email to sonofbuzz@prodigy.net

UPDATES: The Mid-America Region of the AVA maintains a Facebook page, which will be used to update and disseminate information pertaining to the 2024 Mid-America Walking Weekend and other activities in the Mid-America Region. Please check it out by using the following link:

<https://www.facebook.com/groups/2304519116421172>

THE CLUBS OF THE MID-AMERICA REGION INVITE YOU TO A FANTASTIC TREK THROUGH HISTORIC KENTUCKY IN 2024



ALL TIMES CITED IN THIS BROCHURE ARE
EASTERN DAYLIGHT TIME (EDT)



WELCOME: The Clubs of the Mid-America Region join with their current Regional Director, Craig Gauger, to invite and welcome you to the 2024 Mid-America Walking Weekend, which highlights the historic and cultural highlights of North Central Kentucky. This weekend takes the place of a 2024 Conference. The Mid-America Walking Weekend is comprised of four walking events with each event hosted by each of the States with a Club or Clubs in the Mid-America Region. All events are set-up as a Seasonal Walking Event for a one week period from Wednesday, June 12, to Tuesday, June 18. Registration for any event may be achieved through the AVA Online Start Box (OSB) at any time during the one week period. Registration for any event is also available through a Physical Start Box (PSB), which is a staffed Start Point ONLY at the location indicated on the dates and during the times indicated for the specific event.

WHAT ARE VOLKSSPORTS? A Volksmarch is a non-competitive walking event. The walk is generally ten kilometers or 6.2 miles in length. Other Volkssporting events include swimming, biking, and skiing. These events are hosted by clubs in more than forty nations worldwide. The purpose of Volkssporting events is to encourage physical fitness, promote fellowship, and to enjoy the outdoors. Because these events are not contests of speed or endurance, you may participate at a pace that is safe, comfortable, and enjoyable. When Volkssporting events are sanctioned by the International Volkssport Verband (IVV), individuals may receive credit for event participation and/or distance. This credit is recorded in IVV Record Books, which presently cost \$6.00 each. After completing a pre-determined number of events and/or distance, your achievement will be recognized with a pin, patch, and certificate by the IVV. Further information will be available at the start/finish point.

START/FINISH: The Start/Finish Points are as indicated on pages 3 to 6 of this brochure and the event information published on the American Volkssport Association (AVA) website, my.ava.org. A link is provided for each event on pages 3 to 6 of this brochure.

FEES: Everyone is welcome. However, participants must register and pay a registration fee. The registration fee for ALL participants is \$4.00. An additional fee may be incurred at your discretion, if you decide to enter Old Fort Harrod. The charges for entry are \$7 for adults, \$6 for seniors, military members & veterans and \$4 for children aged 6 to 12.

PROCEDURE - PHYSICAL START BOX (PSB): If you register for any event using the PSB, be advised that the PSB is a staffed Start/Finish Point, which is ONLY available at the location and times indicated on pages 3 to 6 of this brochure. At the start point obtain a start card with a number and sign-in on the register. Walk the Volksmarch route at your own pace. The event routes may be marked with engineer tape and signs or conveyed to you via a map and written directions. Along the way, have your card stamped at each checkpoint, if one is designated for your route. After completing the route, turn in your card at the finish point to receive your medal and/or IVV Credit, as appropriate. NOTE: ALL participants, who register at the start point, must return the start card at the finish point upon completing their desired route.

PROCEDURE - ONLINE START BOX (OSB): If you register for any event using the OSB, please follow the instructions for use of the OSB that are found at the AVA Website: my.ava.org. By using this registration option, you may start and complete your route when and as you desire using the map & directions provided on the OSB.

IVV CREDIT: Participants completing these events are eligible for IVV event and distance credits.

A- AWARDS: NO A-Award is offered for the Mid-America Walking Weekend.

SPECIAL EVENT STAMPS: All events qualify for the following AVA Challenge Programs: Centurion Achievement Challenge, Walking the USA A-Z, Walking the United States (50 States/51 Capitals) and IVV Americas. Qualifiers for other AVA Challenge Programs along the routes may be identified by the lead host club in the event detail found at my.ava.org.

TRAIL DESCRIPTIONS: The walk routes are described on pages 3 to 6 of this brochure and as published on the AVA website.

SPECIAL NEEDS: A special needs trail will be available upon request at each of the events.

REFRESHMENT: Water will be available at the start/finish (Physical Start Box location) and at all checkpoints. However, it is recommended that participants carry some water with them along the route, because of the possibly warm, if not hot, and humid weather that may be experienced in Kentucky during the month of June. Restrooms are available at the Start/Finish Point, or nearby, and may also be available along the routes.

PRE-REGISTRATION: No pre-registration is offered for the Mid-America Walking Weekend, except as you may do so through the OSB.

REFUND POLICY: NO refunds given.

WEATHER IMPACT: These events will be held rain, shine, or snow.

LODGING: During the Mid-America Walking Weekend, there is no central point of operation, or preferred lodging location. You are free to arrange your own lodging. For recommendations, the insert page provides contact information for local Tourism and Visitor Offices. For Thursday, June 13, Friday, June 14, and Saturday, June 15, a total of 15 rooms will be available with group rates at the Frankfort Home2Suites, which is at 105 Allen Way in Frankfort. The rates are \$129 plus tax for a single King Studio and \$139 plus tax for a double Queen Studio. Breakfast is included. You may make reservations by calling (502) 234-2450 and identify yourself as a member of the Mid-America Conference Group. Additional group rate rooms may become available. This information will be Disseminated via the Mid-America Region Facebook Page for which a link is provided on page 8 of this brochure.

EVENT # 4
SUNDAY, JUNE 16, 2024
CLEAR CREEK PARK IN SHELBYVILLE, KENTUCKY
AVA Sanction: MA2024/126610

This event is open to everyone, though registration is required. The event is a map guided walk through public parks and the City of Shelbyville, Kentucky. The overall trail rating is 1-B, which is described below. Average walkers may complete a 10-kilometer route rated 1-B in about two to two and one quarter hours. This event is hosted by the AVA Clubs of Indiana with the Indiana Volkssport Association serving as the lead host Club. For detailed information on this event that is published on the AVA website, please use the following link:

<https://my.ava.org/event-view.php?sn=126610>

START/FINISH POINT: Colonel Sanders Shelter on Clear Creek Access Road Number 2 at 717 Burks Branch Road, Shelbyville, KY 40065.

REGISTRATION via PSB at Start/Finish Point ONLY on June 16 from 8 AM TO 11 AM (EDT). Finish by 1:30 pm

REGISTRATION via OSB by using the event link above, where you find a link to the OSB. Then you are on your own. Upon completing the event, return to the OSB to record event completion.

DISTANCES OFFERED: 5 Km (3.1 miles) (choice of two loops) or 10 Km (two loops) (6.2 miles)

TRAIL RATINGS: 1-B (Scale of 1 to 5 references elevation gain with 5 being the most difficult. Scale A to E references type of trail with E being the most difficult). One five kilometer loop is rated 1-A.

TRAIL DESCRIPTION: All routes incorporate existing trails on properties administered by Shelby County and its Department of Parks and Recreation, and the City of Shelbyville and its Department of Parks & Recreation, to include sidewalks and short stretches of residential streets. Portions of the routes may not be suitable for strollers or wheelchairs. Sidewalks may be uneven or cracked. Dogs are permitted but must be leashed and under the control of the owner, who is also responsible for cleaning up after their pet.

RESTROOMS: Will be available on site at Start/Finish.

DIRECTIONS: From I-64 Exit 35 head North on Kentucky State Route 53 to its intersection with US 60. Upon reaching US 60 turn LEFT onto US 60 to proceed in a Westerly direction on US 60. At the intersection of US 60 and Seventh Street. Turn RIGHT and proceed in a Northerly direction on Seventh. North of Detention Road/Eminence Pike, Seventh becomes Burks Branch Road. At the intersection of Burks Branch and Clear Creek Park Access Number 1, turn LEFT to continue on Burks Branch. At the intersection of Burks Branch and Clear Creek Park Access Number 2, turn RIGHT onto Clear Creek Park Access Number 2, and proceed to the Colonel Sanders Shelter, where you will encounter IVV signage.

EVENT #1
FRIDAY, JUNE 14, 2024
COVE SPRING PARK IN FRANKFORT, KENTUCKY
AVA Sanction: MA2024/126616

This event is open to everyone, though registration is required. The event is a map guided walk through a public park and nature preserve, which may not be suitable for strollers or wheelchairs. The overall trail rating is 2-B, which is described below. Less challenging routes will be available. Average walkers may complete a 10-kilometer route rated 2-B in about two and one half hours to three hours. This event is hosted by the AVA Clubs of Ohio with the Maumee Valley Volkssporters serving as the lead host Club. For detailed information on this event that is published on the AVA website, please use the following link:

<https://my.ava.org/event-view.php?sn=126616>

START/FINISH POINT: The Lower Cove near Hurst Falls at Cove Spring Park, 100 Cove Spring Road, Frankfort, KY 40601-6665.

REGISTRATION via PSB at Start/Finish Point ONLY on June 14 from 8 AM TO 11 AM (EDT). Finish by 1:30 pm

REGISTRATION via OSB by using the event link above, where you find a link to the OSB. Then you are on your own. Upon completing the event, return to the OSB to record event completion.

DISTANCES OFFERED: 5, 10 or 12 Km (3.1, 6.2 or 7.5 miles)

TRAIL RATING: 2-B (Scale 1 to 5 references elevation gain with 5 being the most difficult. Scale A to E references type of trail with E being the most difficult). Alternate routes offering the same distances are available with a trail rating of 1-A.

TRAIL DESCRIPTION: All routes incorporate existing trails in Cove Spring Park and its nature preserve, which is administered by the Parks & Recreation Department of the City of Frankfort. These trails include ungraded dirt paths with impediments and moderate inclines through a mostly hardwood forest and through ravines or other natural features. Dogs are permitted but must be leashed and under the control of the owner, who is also responsible for cleaning up after their pet.

RESTROOMS: Will be available near (just a short walk) the Start/Finish.

DIRECTIONS: From I-64 Exit 58 head North to Frankfort on US 60, which will become US 60/US 421. Remain on US 421 through Frankfort to the intersection of US 421 and US 127 (Owenton Road). Turn LEFT to proceed in a Northerly direction on US 127. At the intersection of US 127 and Cove Spring Road turn RIGHT onto Cove Spring Road. At the intersection of Cove Spring Road and Dead Horse Road turn LEFT onto Dead Horse and proceed to the parking area, where you encounter IVV signage.

EVENT # 2
SATURDAY, JUNE 15, 2024
HISTORIC BARDSTOWN, KENTUCKY
AVA Sanction: MA2024/126609

This event is open to everyone, though registration is required. The event is a map guided walk through public parks and the City of Bardstown, Kentucky. The overall trail rating is 1-A, which is described below. Average walkers may complete a 10-kilometer route rated 1-A in about two to two and one quarter hours. This event is hosted by the AVA Clubs of Illinois with the Gateway Milers serving as the lead host Club. For detailed information on this event that is published on the AVA website, please use the following link:

<https://my.ava.org/event-view.php?sn=126609>

START/FINISH POINT: Tourism & Visitor Center, 1 Court Square, Bardstown, KY 40004

REGISTRATION: via PSB at Start/Finish Point ONLY on June 15 from 8:30 AM TO 11 AM (EDT). Finish by 1:30 pm

REGISTRATION via OSB by using the event link above, where you find a link to the OSB. Then you are on your own. Upon completing the event, return to the OSB to record event completion.

DISTANCES OFFERED: 5 or 10 Km (3.1 or 6.2 miles)

TRAIL RATING: 1-A (Scale 1 to 5 references elevation gain with 5 being the most difficult. Scale A to E references type of trail with E being the most difficult).

TRAIL DESCRIPTION: All routes incorporate existing trails on properties administered by the City of Bardstown and its Department of Parks & Recreation, to include sidewalks and short stretches of residential streets. Portions of the trail may not be suitable for strollers or wheelchairs. Sidewalks may be uneven or cracked. Dogs are not allowed at the Start/Finish in the Visitor Center. However, dogs are permitted on the trail but must be leashed and under the control of the owner, who is also responsible for cleaning up after their pet.

RESTROOMS: Will be available on site at Start/Finish.

DIRECTIONS: From I-64 Exit 19 take the ramp to merge onto I-275 South. At I-275 Exit 17 take US 150/US 31E Southbound to Bardstown. Upon reaching Bardstown remain on US 150 (North Third Street) to the first traffic circle, where you see the Bardstown Tourism & Visitor Center to your front. There is no street parking and four parking lots near the Visitor Center. After locating a parking spot near the Center, walk back to the Center.

EVENT # 3
SATURDAY, JUNE 15, 2024
HISTORIC HARRODSBURG, KENTUCKY
AVA Sanction: MA2024/126459

This event is open to everyone, though registration is required. The event is a map guided walk through public parks, the Old Fort Harrodsburg State Park and the City of Harrodsburg, Kentucky. The overall trail rating is 1-B, which is described below. Average walkers may complete a 10- kilometer route rated 1-B in about two to two and one quarter hours. This event is hosted by the AVA Clubs of Michigan with the Michigan Pathfinders serving as the lead host Club. For detailed information on this event that is published on the AVA website, please use the following link:

<https://my.ava.org/event-view.php?sn=126459>

START/FINISH POINT: Young Park Community Center, 522 Linden Avenue, Harrodsburg, KY 40330

REGISTRATION: via PSB at Start/Finish Point ONLY on June 15 from Noon TO 3 PM (EDT). Finish by 6 pm

REGISTRATION via OSB by using the event link above, where you find a link to the OSB. Then you are on your own. Upon completing the event, return to the OSB to record event completion.

DISTANCES OFFERED: 5 or 10 Km (3.1 or 6.2 miles)

TRAIL RATING: 1-B (Scale 1 to 5 references elevation gain with 5 being the most difficult. Scale A to E references type of trail with E being the most difficult).

TRAIL DESCRIPTION: All routes incorporate existing trails and sidewalks on properties administered by the Commonwealth of Kentucky Department of Parks, the City of Harrodsburg and its Department of Parks and Recreation. The trails may include ungrooved dirt paths with impediments and moderate inclines. Sidewalks may be uneven and cracked. Dogs are not allowed at the Start/Finish in the Young Park Community Center. However, dogs are permitted on the trail but must be leashed and under the control of the owner, who is also responsible for cleaning up after their pet.

RESTROOMS: Will be available at the Start/Finish.

DIRECTIONS: From the Bardstown Tourism & Visitor Center take US 150 in a Southeasterly direction to its intersection with Kentucky State Route 152. Turn LEFT onto Route 152 to head in an Easterly direction until you reach Harrodsburg. Upon entering Harrodsburg Route 152 becomes Mooreland Avenue. Continue in an Easterly direction on Mooreland to its intersection with Linden Avenue. Turn RIGHT onto Linden Avenue. After several blocks, you will see Young Park on your right, where you will encounter IVV signage

EVENT SCHEDULE

FRIDAY, JUNE 14

8 AM TO 11 AM
6 PM TO 9 PM

PSB AT FRANKFORT START/FINISH
SOCIAL AT GOODWOOD BREWING
ON MAIN IN FRANKFORT

SATURDAY, JUNE 15

8:30 AM TO 11 AM
9 AM TO DUSK

PSB AT BARDSTOWN START/FINISH
15TH ANNUAL SETTLEMENT AND RAID AT
OLD FORT HARROD

NOON TO 2 PM
NOON TO 3 PM
7 PM TO MIDNIGHT

LUNCH AT HARRODSBURG START/FINISH
PSB AT HARRODSBURG START/FINISH
SOCIAL AT THE BARREL ROOM ON MAIN
IN SHELBYVILLE

SUNDAY, JUNE 16

8 AM TO 11 AM
11:45 PM TO 12 PM

PSB AT SHELBYVILLE START/FINISH
RAFFLE DRAWING AT SHELBYVILLE
START/FINISH
REGIONAL DIRECTOR MEETING AT
SHELBYVILLE START/FINISH

NOON TO 12:45 PM

OTHER KENTUCKY EVENTS

Though a clubless state, Kentucky is blessed with six Year-Round & Seasonal events focused on the Ohio River and near, or relatively near, the locale of the 2024 Mid-America Walking Weekend. Registration for these events is ONLY through the Online Start Box.

Frankfort, KY
Louisville, KY
Covington, KY
Louisville, KY
Henderson, KY
Henderson, KY

State Capitol Walk
Old Victorian Louisville
Trekking along the Ohio
Crossing the Mason-Dixie Line
Historic Downtown
JJ Audubon State Park

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TOURISM & VISITOR ASSISTANCE

The North Central region of Kentucky, which is the focus of the 2024 Mid-America Walking Weekend, is well serviced for visitors to the region, who may need assistance locating lodging, dining options, and other events or activities while you are in the area. Based upon the locations of our events, WE recommend contacting any of the following for assistance:

Kentucky Department of Tourism
<http://www.kentuckytourism.com>
(800) 225-8747

Visit Frankfort
<http://www.visitfrankfort.com>
(800) 960-7200

Visit Bardstown
<http://www.bardstowntourism.com>
(502) 348-4877

Harrodsburg/Mercer County Tourism Commission
<https://mercercountyky.com>
(800) 355-9192

Shelby KY Tourism
<http://www.visitshelbyky.com>
(502) 633-6388

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