

DIRECTIONS: Take I-5 toward Mt. Shasta; take exit 738 turning east onto W. Lake St.; right on Morgan Way to the hotel (H on map).

GENERAL: Volkswalks are noncompetitive walking events of five kilometers (3.1 miles) or longer. The routes of travel are through scenic and historic areas

and are hosted by local clubs affiliated with the American Volkssport Association (AVA). Water and rest stops are usually available along the walk but it is also a good idea to carry water with you. All participants must register and turn in their registration cards at the end of the walk so they can be counted. The event is open to everyone. Anyone can walk the course at no charge. Children under the age of 12 must be accompanied by an adult. This event is eligible for credit toward International Federation of Popular Sports (IVV) Achievement Awards. A \$3.00 fee is charged for credit walkers. The event will take place in all weather conditions. No refunds.

STIPULATION: With registration for these events, the participant accepts the guidelines of the AVA and agrees to observe the principles of good sportsmanship and safety. Every participant must adhere to all directions of the control personnel. Littering is not permitted.

DISCLAIMER: Every reasonable effort shall be made by the sponsors to provide events that are safe, enjoyable and memorable. However, neither the sponsors nor the AVA/IVV can be held responsible for accidents, thefts and material damage. A waiver must be signed by those participating in any event. A waiver must be signed for children under 18.

MISCELLANEOUS: Dogs on leashes with clean-up are allowed at all events. Bring refillable water bottles. Water and restrooms are available at the starting point as well as along the routes. Routes are difficult for strollers and wheelchairs.

2020 CVA CONVENTION

hosted by the
Shasta Sundial Strollers
 Mt. Shasta CA
 May 1 - 3, 2020



Best Western Plus
Fire House
 111 Morgan Way
 Mt. Shasta CA 96067
 530-926-3101



- 3 SANCTIONED WALKS
- SATURDAY NIGHT GROUP DINNER
- CLUB BASKET DOOR PRIZES
- ANNUAL CVA MEETING
- ...and much more



AWARD SOUVENIR: A commemorative T-shirt will be available for \$15 (Gilden Ultra Cotton in Safety Orange with the word WALK in black on the front and 2020 CVA CONVENTION – MT. SHASTA CA in black on the back). T-shirts are ordered by using the pre' registration form. No event T-shirts will be available for purchase during the event. **T-shirt orders must be received by March 31, 2020.**

LODGING: There are no more rooms available in our reserved block at the **Best Western Plus/Tree House** but there are rooms available at their normal rates (call for quotes). We have added two more hotels with available discounted rooms: **Cold Creek Inn**, 724 N. Mt. Shasta Blvd., Mt Shasta (1-800-292-9421). Special rates reserved under **Shasta Sundial Strollers** (\$122.81 tax included) for 2 Queens, and **Inn at Mt. Shasta**, 810 S. Mt. Shasta Blvd., Mt. Shasta (1-530-918-0022) Aaron, Hotel Manager. Special rates reserved under **Shasta Sundial Strollers** (\$166.88 tax included) for 2 Queens. Breakfast not provided at Cold Creek Inn or Inn at Mt. Shasta. **Deadline to reserve rooms is April 10, 2020.**

CVA ANNUAL MEETING: Saturday, May 2nd @ 2:00pm in the hotel. Delegate registration on Saturday, 12:30pm – 1:30pm. Lunch on your own.

PRE-REGISTRATION: Complete the registration form below and make checks payable to: **SHASTA SUNDIAL STROLLERS**. Mail to: 215 Lake Blvd., #524, Redding CA 96003 **Contact:** Cynthia Turbin (530) 949-2810 ShastaSundialStrollers2@yahoo.com

SATURDAY NIGHT GROUP DINNER: Buffet-style dinner in the Tree House Restaurant located in the hotel (max. 110). Meet at 6pm for a drink and mingling before dinner. Dinner is \$35 (includes 20% service charge and 7.5% tax).

SHOWCASE YOUR CLUB DOOR PRIZES: We will be holding a special door prize event. We're asking each California club to create a gift basket with items that will entice walkers to visit your area. Wrap your basket in clear plastic, attach a label with contents, and mark with your club name. Bring your gift basket to the starting point. Non-California clubs are welcome to participate.

SPECIAL SEASONAL WALK: CSU CHICO CAMPUS WALK

A seasonal walk will be available in Chico for the 2nd Quarter of 2020. You can add a stamp to your "University Walkin'" special program book. Register for this walk using the instructions from the AVA website.

WALK START/FINISH HOURS:

Friday, 5/1: Start 12Noon - 3pm/Finish 6pm
 Saturday, 5/2: Start 8am - 12Noon/Finish 3pm
 Sunday, 5/3: Start 8am - 12Noon/Finish 3pm

LAKE SISKIYOU WALK ~ Sanction #PA20/116174

SPECIAL EVENTS: Co: Sis; USA (M); 50St

This walk is rated 2C. The route is mostly on well-groomed trails with some rougher terrain that follows Lake Siskiyou. The trail will take you over the picturesque Wagon Creek Bridge. There are views of Mt. Eddy and Battle Rock, the high point of Castle Crags. 6K and 12K routes.

MCCLOUD RIVER WALK ~ Sanction #PA20/116175

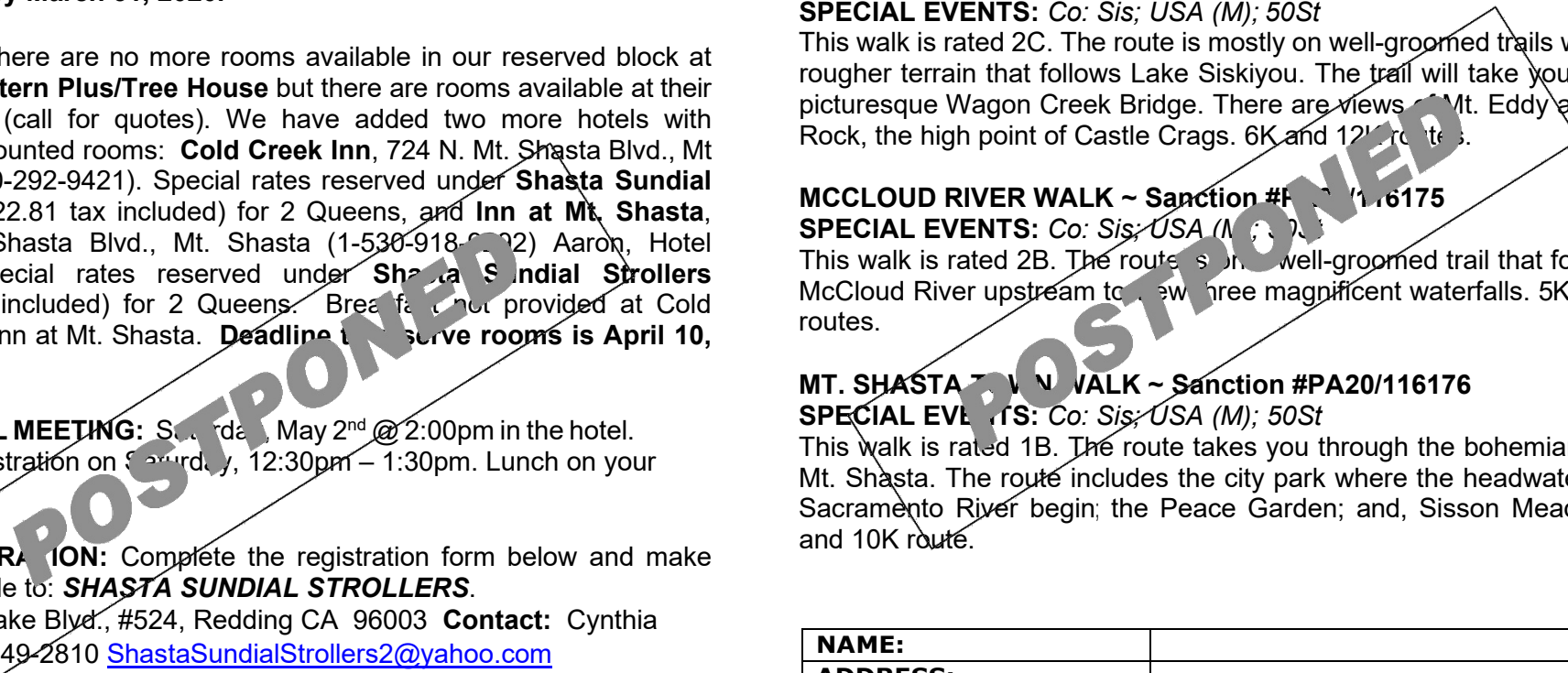
SPECIAL EVENTS: Co: Sis; USA (M); 50St

This walk is rated 2B. The route is on a well-groomed trail that follows the McCloud River upstream to view three magnificent waterfalls. 5K and 10K routes.

MT. SHASTA TOWN WALK ~ Sanction #PA20/116176

SPECIAL EVENTS: Co: Sis; USA (M); 50St

This walk is rated 1B. The route takes you through the bohemian town of Mt. Shasta. The route includes the city park where the headwaters of the Sacramento River begin; the Peace Garden; and, Sisson Meadows. 5K and 10K route.



NAME:			
ADDRESS:			
CITY/STATE/ZIP:			
PHONE: ()			
EMAIL:			
EVENTS	CREDIT	DONATION	TOTAL
	\$3.00	FREE OR \$?	
Lake Siskiyou			
McCloud River			
Mt. Shasta Town			
Sat. Dinner (\$35)			
T-Shirt (\$15)	SIZE:		
TOTAL:			
PRE-REGISTER BY MARCH 31, 2020 (T-SHIRT) PRE-REGISTER AFTER MARCH 31, 2020 (NO T-SHIRT)			

Pre-registration will be accepted until April 15, 2020