

VOLKSSPORTING
CLUB
AVA # 217
ROWAN ROAMERS
SALISBURY,
NORTH CAROLINA

Presents
March 21, 2009

10K walk at
Kings Mountain Point
Badin Lake, NC
(Montgomery, County)
EVENT # SE2009/ 83531



Directions:
Kings Mountain Point is located off of Highway 109 approximately 11 Miles from Troy, NC. From Asheboro NC take Highway 49 South about 18 Miles to Highway 109 toward Troy NC. to Mullinex Road approximately 8.5 Miles. Follow the Rowan Roamers signs from Mullinex Road and Highway 109.

GPS Location is N 35 27 18 W 80 04 42

****Walking is Family Fun****

For more Information contact
Rosemarie Goodnight at 704-279-5011
Brgood13@alltel.net

Volkssports are family oriented sporting activities such as walking, swimming and skiing, that are open to everyone who enjoys the fun, fellowship, and fitness of non-competitive physical activity in the company of others who share common interests. these events are sanctioned by the American Volkssport Association. (AVA), a member of the International Federation of Popular Sports (IVV). It is not necessary to be a member of a club to participate in any IVV/AVV sanctioned event and take part in the awards programs.

Pre-registration

Name	Credit \$3.00	Free	Total

Mail to: Rowan Roamers PO Box 525 Faith, NC 28041

For Camping call 1-877-444-6777
www.reserveUSA.com

Start Point: Kings Mountain Point, Badin Lake, NC Uwharrie National Forest.

Start and Finish time:

SATURDAY, March 21, 2009

9:00 AM to 12:00 PM

Finish by 4 p.m.

REGISTRATION FEES: Registration fee is \$3.00 for IVV credit.

All Participants must pre-register

DISTANCE AND DIFFICULTY: 10-km (6.2 miles) walk. Walk is rated 2+ and is not suitable for strollers or wheelchairs.

ELIGIBILITY: Everyone is welcome. Family participation is encouraged. An adult must accompany children under 12.

STIPULATIONS: Every participant, including infants and small children, must get a start card, which must be filled out with the participants name and address. This card must be carried on the walk and checked at all control points. All start cards remain the property of the Rowan Roamers and must be turned in at the end of the walk.

Pets must be leashed!

FACILITIES: Restrooms and water will be available at the registration point.

DISCLAIMER: The sponsors of the event cannot be held responsible for any lost or stolen items, accidents, or injuries at any time, every reasonable effort will be expended by the sponsors to make the event safe, enjoyable and memorable.

THIS EVENT WILL BE HELD REGARDLESS OF WEATHER CONDITIONS.

The Rowan Roamers invite you to join their walking club. Family membership dues are just \$10.00 per year and student membership dues are just \$5.00 per year. For information, write to Rowan Roamers, 1525 Roger Road, China Grove, NC 28023 or email: Wilsondjw@juno.com.

**** WALKING IS FAMILY FUN****

A Special Thanks to the National Forest Service!

Rowan Roamers

YEAR ROUND EVENTS

- ◆ [Kannapolis, NC.](#) (Cabarrus County).
A walk through a park and around the former Cannon Mills area.
- ◆ [Mocksville, NC.](#) (Davie County).
A town Walk and swim.
- ◆ [Salisbury, NC.](#) (Rowan County).
A historic walk through Salisbury, two pre-Revolutionary War Cemeteries, a former Confederate Prison site, a National Cemetery and City Park.
- ◆ [Dan Nicholas Park](#) (Rowan County near Salisbury, NC).
A walk on the nature trail in the park and through other areas of the park.
- ◆ [Wilmington, NC.](#) (New Hanover County).
A historic city walk which passes the old City Market, the USS North Carolina, Cape Fear Museum, and Transportation Museum.
- ◆ [Southport, NC.](#) (Brunswick County).
A historic walk through a small port on the lower Cape Fear River.
- ◆ [Landis, NC.](#) (Rowan County).
A walk on quiet residential streets.
- ◆ [Myrtle Beach, SC.](#)
A walk mostly on streets in residential areas or on the beach.