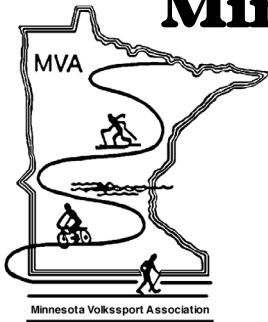
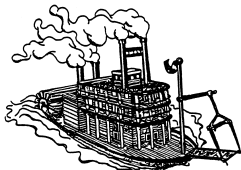
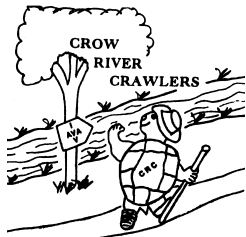


# Minnesota Volkssport Association

## 2004 Calendar of Weekend Events



Minnesota Volkssport Association  
3951 Russell Ave. N.  
Minneapolis, MN 55412  
612-529-0552



All events listed are  
AVA/IVV sanctioned  
events and are eligible  
for credit toward  
IVV Achievement Awards.



| <b>January</b>   |        |                |  |
|------------------|--------|----------------|--|
| January 17       | TCV    | Walk           | HarMar Mall  |
| <b>February</b>  |        |                |  |
| February 14      | NSTT   | Snowshoe       | Afton State Park   |
| February 21      | TCV    | Walk           | Mall of America  |
| <b>March</b>     |        |                |  |
| March 20         | TCV    | Walk/Swim      | YMCA, Minneapolis  |
| <b>April</b>     |        |                |  |
| April 17         | TCV    | Walk           | St. Paul Girl Scouts   |
| April 24         | TCV    | Walk           | Como Park  |
| <b>May</b>       |        |                |  |
| May 1-2          | HVA    | Walk           | Hawley 25th Anniversary Walk   |
| May 1-2          | NSTT   | Walk           | Buffalo River State Park   |
| May 15-16        | SMKFS  | Walk           | Spring Grove   |
| May 22           | TCV    | Walk           | Elm Creek Park Reserve   |
| May 29           | MVA    | Walk           | Memory Walk in St. Cloud,<br>hosted by Central Minnesota Volkssports |
| <b>June</b>      |        |                |  |
| June 5           | TCV    | Walk           | White Bear Lake  |
| June 18-19*      | PRCCWC | Walk           | Pelican Rapids   |
| June 19-20       | NSTT   | Walk           | Whitewater State Park  |
| June 19-20       | NSTT   | Walk           | Carley State Park  |
| June 26          | RS     | Walk           | Mankato  |
| <b>July</b>      |        |                |  |
| July 10          | TCV    | Walk           | Gangster Walk in St. Paul  |
| July 17          | MS     | Walk/Bike      | Lake Harriet   |
| July 24          | CRC    | Walk/Bike/Swim | Hutchinson Triad and Picnic  |
| July 30-31*      | CMV    | Walk           | St. Cloud  |
| <b>August</b>    |        |                |  |
| August 7         | NSTT   | Walk           | McCarthy Beach State Park  |
| August 8         | NSTT   | Walk           | Scenic State Park  |
| August 14-15     | TCV    | Walk/Bike      | New Brighton   |
| August 28        | RRVA   | Walk           | Barnesville  |
| <b>September</b> |        |                |  |
| September 11     | MS     | Walk/Bike      | Stillwater   |
| September 18-19  | CMV    | Walk           | St. Cloud  |
| September 25-26  | TCV    | Walk           | Wirth Park   |
| <b>October</b>   |        |                |  |
| October 9        | PRCCWC | Walk           | Pelican Rapids   |
| October 16       | TCV    | Walk           | Anoka, Annual Meeting Walk   |
| October 23       | NSTT   | Walk           | O'Brien State Park, Annual Meeting Walk                              |
| October 30       | TCV    | Walk           | Mpls Girl Scouts, Zimmerman  |
| <b>December</b>  |        |                |  |
| December 11      | MS     | Walk           | Minneapolis Skyway   |

\* Denotes Friday/Saturday events.

## Club addresses

### CMV

**Central Minnesota Volkssports**  
2810 Island View Court  
St. Cloud, MN 56301  
Chuck Head  
320-252-7348  
lmhead@stcloudstate.edu

### CRC

**Crow River Crawlers**  
408 Alan St. SW  
Hutchinson, MN 55350  
Murray Swenson  
320-587-6815  
murray@hutchtel.net

### HVA

**Hawley Volkssport Assn.**  
104 Elizabeth St. E.  
Hawley, MN 56549  
Karen Myran  
218-483-4952  
okmy@juno.com

### MS

**Minnesota Sneakers**  
14081 Glazier Ave.  
Apple Valley, MN 55124  
Darwin Lay  
952-432-7318  
darwinlay@yahoo.com

### NSTT

**NorthStar Trail Travelers**  
3951 Russell Ave. N.  
Minneapolis, MN 55412  
Donna Seline  
612-529-0552  
info@nstt.org

### PRCCWC

**Pelican Rapids CC Walking Club**  
22950 MN Hwy. 108  
Pelican Rapids, MN 56572  
Joe Hilber  
218-863-1075  
hilber@worldnet.att.net

### RS

**Riverbend Striders**  
1709 Linda Lane  
North Mankato, MN 56003  
Earl & Audrey von Holt  
507-625-5375

### SMKFS

**Syttende Mai Komiteens  
Folkmarsj Stiftelse**  
502 East Main  
Spring, Grove, MN 55974  
Karen Gray  
507-498-5617  
kbjbgary@springgrove.coop

### TCV

**Twin Cities Volkssports**  
2656 139th Lane  
Andover, MN 55304  
Martha Stellmach  
763-755-8741  
RobbLStellmach@compuserve.com

### RRVA

**Red River Volkssport Assn.**  
1513 3rd Street N.  
Fargo, ND 58102  
Rita Kind  
701-235-1079  
joajeana@aol.com

## Seasonal Events

(open daily for a portion of the year)

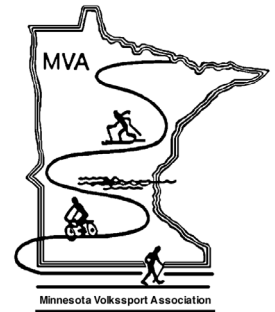
|     |                       |                                     |   |
|-----|-----------------------|-------------------------------------|---|
| CMV | Albany                | April 1-Sept. 30                    | Walk (10km)<br>Bike (25km)                      |
| TCV | Coon Rapids<br>Duluth | April 1-Nov. 30<br>April 1-Sept. 30 | Bike (25/50km)<br>Walk (10km)<br>Bike (25/50km) |
|     | Minneapolis           | April 1-Nov. 20                     | Bike (25 km)                                    |
|     | Maple Grove           | April 1-Oct. 31                     | Walk (11km)                                     |
|     | Austin                | April 1-Nov. 30                     | Walk (10km)                                     |
|     | Detroit Lakes         | April 1-Sept. 30                    | Walk (10km)                                     |
| CRC | Hutchinson            | April 1-Sept. 30                    | Walk (10km)                                     |
| RS  | Luverne               | April 1-Sept. 30                    | Walk (10km)                                     |

## Year Round Events

(open daily throughout the year)

### January 1 through December 31

|     |                            |   |
|-----|----------------------------|---|
| CMV | St. Cloud                  | Walk (10km)                                   |
| MS  | Bloomington<br>Minneapolis | 2 Walks (10km)<br>Walk (10km),<br>Bike (25km) |
|     | Rochester                  | Walk (10km)                                   |
| RS  | Mankato<br>N. Mankato      | Walk (10km)<br>Walk (10km)                    |
| TCV | St. Paul                   | 4 Walks (10km)                                |
|     | Stillwater                 | Walk (10km)                                   |
|     | Minneapolis                | 3 Walks (10/11km)                             |



## Minnesota Volkssport Association (MVA)

The MVA was founded in 1985. Its purpose was to assist in promoting volkssporting throughout the state, help in formation of new clubs, and to serve as a buffer between local clubs and the American Volkssport Association, the parent organization.

In October 2003, a committee was formed to re-evaluate the club and its mission and to either reorganize its structure or recommend that it be dissolved. If you're interested in serving on this committee, contact Donna Seline at 612-529-0552 or show up at its monthly meetings posted on the MVA website (see below).

### Committee members include:

Donna Seline, Coordinator, 612-529-0552  
Paul Stachour, 952-884-5977  
Chuck & Lois Head, 320-252-7348  
Audrey von Holt, 507-625-5375  
Murray & Bev Swenson, 320-587-6815

*Please support volkssporting by supporting your local, state and national organizations.*

## Volkssport websites

www.ava.org (for club locations and events)  
www.ivv.org (international events/clubs)  
MVA — [www.winternet.com/~stachour/vm/minn.htm](http://www.winternet.com/~stachour/vm/minn.htm)  
www.nstt.org  
www.geocities.com/tcvwalking

## Volunteer opportunities

Volkssport events need **volunteers** to make them happen. **Don't be just a walker ... be a worker too!** Volunteer for your club **OR** volunteer at the state level to help the entire program.

## Walk Minnesota Incentive Awards

Awards are available to those who participate in five or 10 weekend events in Minnesota in 2004. Awards will be available at the **May 29 Memory Walk** and throughout the remainder of the year. Pick up your log sheet at any event.