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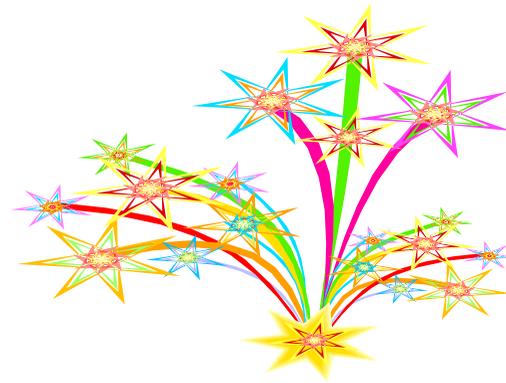
Sunflower Sod Stompers  
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# Sunflower Sod Stompers' Summertime Celebration Walks & Swims

5 Counties in Northeast Kansas  
Clay Center, Wamego, Alma, Holton, & Valley Falls

5 - 11/10/6/5kms  
Trails

6 - 300m  
Swims



## June 8, 9 & 10, 2018



AVA: America's Walking Club

### WHAT IS A VOLKSWALK?

A volkswalk is a leisurely walk through a scenic and/or historic area over a pre-marked route. The walk is non-competitive and the participants can travel at their own pace, thus making this an excellent recreational activity for the entire family. Anyone who completes the course is eligible to receive an award for his or her efforts. A volkswalk is a great way to meet new friends and a fun way for individuals to receive exercise who otherwise get very little.

### WHAT IS A VOLKSSWIM?

Volksswims are organized swims covering distances between 300-1000 meters. Participants go at their own pace and can use any combination of swimming strokes. For those who are not proficient swimmers, walking is permitted. Participants can rest during the event but must remain in the water.

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### A Kansas Kickoff to Summer!

The Sunflower Sod Stompers of Topeka would like to invite all volkssporters to join them for their 6<sup>th</sup> annual Summertime Celebration with volkssporting. Five sponsored walks will be in North Central Kansas communities. These walks will be in smaller Kansas towns focused on agriculture, light industry, and government. But each one is unique with some hidden finds. Four of the five walking events are new Sod Stomper trails in these different communities, along with 3 new Kansas counties - for those who are trying to walk all 105. This year's events will try to highlight historical aspects of these towns with an emphasis on the Underground Railroad. Several communities provide state-named streets. There will be qualifiers for other AVA Special Programs besides those mentioned above. Come enjoy small-town Kansas!

The POCs for these events have tried to incorporate local history into these trails with special sites along the way. The Sod Stompers have made special arrangements for local museums to be open for our venues. **Walkers will even have a chance to visit an authentic Underground Railroad site very close to Wamego! It is inside a residential building & the property owners are doing this on a very limited time-frame. The club would like to encourage participants to enclose a \$10 donation for these various groups to show our appreciation.** The URR site definitely will expect a monetary contribution. Please remember that these people are volunteers & they are doing it for their love of their community & of history. Thank you, SSS

