

**For additional information – Please contact**

Teena Ligman  
812-278-0139  
www.ava.org

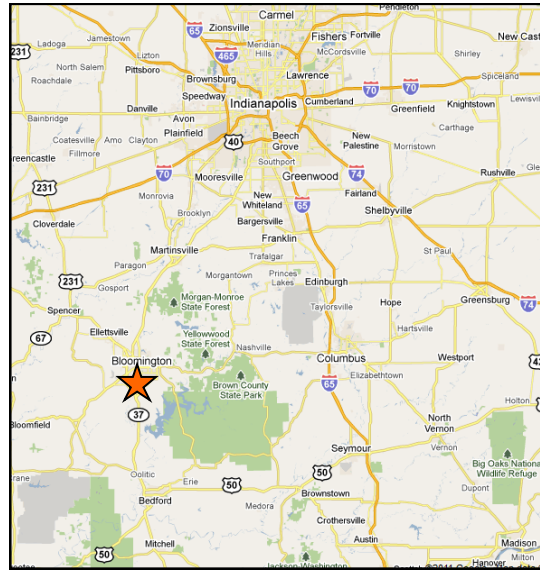
**Directions –**

From Indianapolis: 37 South to the second Bloomington exit (Hwy 46). Take 46 East to College Ave. Turn right on College Ave. Continue south on College Ave until you pass 3rd St. The Courtyard by Marriott will be on your right just past the Convention Center.

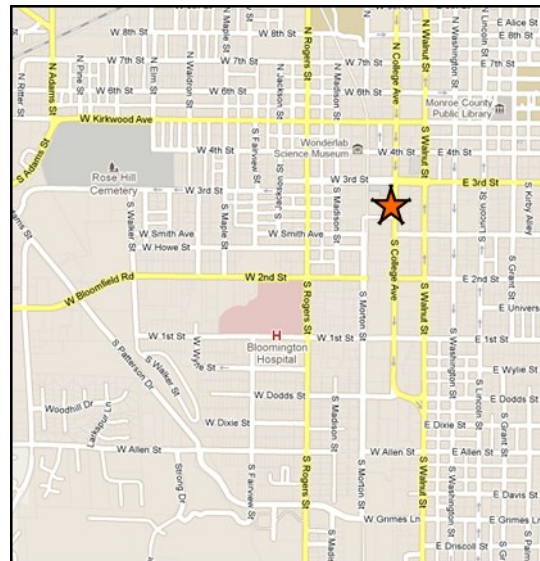
From I-65: Take exit #68 Columbus / Nashville. Follow 46 West into Bloomington which is also 3rd St. Follow 3rd St through the IU campus to College Ave. Turn left on College Ave and the Courtyard by Marriott will be on your right.

From Bedford: 37 North to 2nd St. Exit right off 37 heading east to Walnut St. Turn left onto Walnut St. Turn left onto 3<sup>rd</sup> St Street and go one block to College Ave. Turn left on College Ave. The Courtyard by Marriott will be on your right.

Bloomington is located approximately 50 miles south of Indianapolis.



The Courtyard by Marriott is located at 310 S. College Ave. in Bloomington.



The Bedford Hiking Club Volkssport Association is proud to host the

**Hoagy Carmichael Tour**  
a Year-Round Volksmarch featuring downtown Bloomington, Indiana and points of interest honoring Bloomington native and legendary musician Hoagy Carmichael.



5K or 10K  
Trail Rating: 1A



Sanction #131022/Y0897/INVA #932

**Welcome to Bloomington!** Located in beautiful southern Indiana, Bloomington has a rich history and is the home of Indiana University.

**What is a Volksmarch?** A volksmarch is a non-competitive walk along a pre-scribed trail and is designed to encourage physical fitness, promote camaraderie and to enjoy nature. It is not a contest of speed or endurance. Each participant is encouraged to walk at a pace that is comfortable and enjoyable.

**The Hoagy Carmichael Year-Round Volksmarch** is a self-guided walk along a permanent trail using a set of printed instructions and a map obtained at the start/finish point. This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV).

**Start/Finish Point** - Begin the walk at the Courtyard by Marriott, 310 S. College Ave. in Bloomington. Ample free parking is available in the hotel's parking lot. For your safety, please complete the walk during daylight hours only, as some portions of the trail will not be well lit. Children under 12 must be accompanied by an adult at all times and should be watched carefully, especially near busy streets.

**Trail Rating** - The trail is rated 1A and mostly runs along city sidewalks and streets and includes some curbs, steps, and stairs. Strollers and wheelchairs may have some difficulty.

**Trail Description** – The walk consists of two different 5K loops, each passing by points of interest honoring legendary musician Hoagy Carmichael. Do both loops for a full 10K.



*On the East Loop, you'll pass by the bronze Hoagy Carmichael statue on the IU campus.*

Pets are not allowed in the buildings and must be kept on a leash and be under control at all times. Restrooms are available at the start/finish point and in numerous buildings and local businesses along the trail. Walkers may want to carry water.

**Special Event Categories** - This walk qualifies for these special event categories:

- Walking the USA A-Z
- Walking with Veterans
- Par for the Course
- Rails to Trails
- Step to the Beat

**Fees** - Everyone is welcome, and the event is FREE to persons walking for fun, fitness, & friendship. The fee is \$4.00 for IVV credit. The fee for IVV credit and a "B" award is \$4.00. There are no refunds.

**Registration** - At the start/finish point, ask for the Volkswalk Box that is kept at the front desk. Follow the instructions and complete all information in the log book. Each participant must provide a signature acknowledging the waiver at the top of the log. Place start card(s) and appropriate fees in a sealed envelope and place in the "Completed" folder. Make checks payable to the Bedford Hiking Club. Be sure to stamp your AVA/IVV books if you are walking for credit. Find the appropriate maps & instructions and enjoy your walk!

**Large Groups** - Please let us know in advance if you plan to walk this event as a group. We may be able to have a club member meet you and can help you get started or give you a guided walk.

**Credit** - This is a sanctioned event and counts toward IVV Achievement Awards. Participation for credit is unlimited, but the fee must be paid each time a walk is completed. A participant may walk the course a second time on the same day using the same walk card.

**Disclaimer** - The American Volkssport Association, Bedford Hiking Club Volkssport Association, and the Bloomington Courtyard by Marriott cannot be held responsible for accidents, injuries, theft, or material damage. Every effort will be made to make this event safe and enjoyable. By registering for this event, the participant agrees to these conditions.