

Saturday Dinner & Entertainment: Join us at 6:00 PM for a KY Bourbon Tasting and at 7:00 for a buffet style dinner at the conference hotel. There will be a cash bar at the bourbon tasting. The dinner consists of a two piece fried chicken, sliced roast beef, loaded mashed potatoes, sautéed vegetables, garden salad, carrot & raisin cole slaw, accompanied by dinner rolls, coffee, ice tea, water and a chef's choice of dessert. Entertainment will be announced later. There is limited seating for 75, so reserve early. **No dinner reservations can be taken after Oct. 24.**

Hotel Information: A block of rooms is reserved at Hilton Garden Inn, 2735 Crittenden Drive, Louisville, KY 40209. Room cost is \$94.00 + tax. Suites are \$124.00. **No pets.** Each room has a refrigerator, microwave, coffee maker, iron, ironing board, hair dryer, complimentary safe that will hold a laptop, and complimentary wireless high-speed internet access throughout hotel. There is a complimentary 24 hour business center, free parking, airport shuttle, indoor heated swimming pool, hot tub, and restaurant. Other restaurants and hotels are within walking distance. For reservations, use our 3 letter reservation code **DCW.** Call 502-637-2424 or go to www.louisvilleairport.stayghi.com

Registration

Conference package: This package includes Sat. & Sun. walks & awards, header and ribbon, Meet & Greet, bourbon tasting, dinner & entertainment.

Early bird rate – Registration must be received by Oct. 16. Cost \$55.00

Pre-registration rate – Reg. must be received by Oct. 24. Cost \$60.00

To include Friday walk in conference package, add \$3.00 for credit & award.

Individual events: If you do not wish to purchase a total conference package, you can pay for just the individual events you want to attend.

	Qty		Total
Friday Night Meet & Greet	_____	@\$20.00	_____
Saturday Night Dinner	_____	@\$35.00	_____
Saturday Walk - IVV credit & award	_____	@\$ 4.00	_____
Sunday Walk - IVV credit & award	_____	@\$ 4.00	_____
Friday Walk - IVV credit & award	_____	@\$ 4.00	_____
Award Header with ribbon	_____	@\$ 1.00	_____

All walks - IVV credit only \$3.00

Total enclosed: _____

Name _____

Address _____

Phone # _____ Email _____

Make checks payable to Derby City Walkers. Mail to: Robert Miller, 3616 Fincastle Rd., Louisville, KY 40213

Mid-America Region Conference

A Weekend of

Fun, Fitness & Friendship

November 1 – 3, 2013



Big 4 Pedestrian Bridge



**KY Derby Museum
Barbaro Statue**



**Univ. of Louisville
Grawmeyer Hall**

Friday
Nov. 1, 2013
Jeffersonville, IN
10K/5K Volksmarch
Sanction #
MA13/95523

Saturday
Nov. 2, 2013
Louisville, KY
11K/6K Volksmarch
Sanction #
MA13/95611

Sunday
Nov. 3, 2013
Louisville, KY
10K/5K Volksmarch
Sanction #
MA13/95612



Derby City Walkers #0644

Indiana Volkssport Assoc. #158

Jeffersonville, IN, Friday Walking Event

Sponsoring club: Indiana Volkssport Association.

Start/Finish: Southern Indiana Visitor Center, 305 Southern Indiana Ave., Jeffersonville, IN. (812) 282-6654

Time: 10:00 AM – 2:00 PM, finish by 4:30 PM EDT.

Trail Description: The walk wanders along historic downtown and riverfront areas of Jeffersonville, IN, and crosses two bridges over the Ohio River to Louisville, KY., which includes the new Big Four Bridge (open to pedestrians & bicycles only), Waterfront Park and the “Falls of the Ohio State Park”.

Louisville Saturday & Sunday Walking Events

Sponsoring club: Derby City Walkers.

Start/Finish: Hilton Garden Inn Louisville Airport, 2735 Crittenden Dr., Louisville, KY 40209. (502) 637-2424

Saturday Walk Time: 9:30 AM – 12:30 PM, finish by 3:30 PM EDT.

Trail Description: City streets, sidewalks, slight inclines, and one set of steps. It goes through the Beechmont Neighborhood and Churchill Downs area.

Sunday Walk Time: 9:00 AM – 1:00 PM, finish by 4:00 PM EDT.

Trail Description: City streets, sidewalks, and a paved path and has slight inclines. The trail goes through Old Louisville, Central Park, around the U of L Campus and sports complexes.

Information related to all walks

Water & Restrooms: located at the start/finish and checkpoints of all walks.

Pets: Pets are welcome but must be kept on a leash at all times and cleaned up after. Pets are not allowed in buildings.

Trail ratings: All walks are rated 1A and are stroller friendly but not wheelchairs.

Procedure: Due to AVA regulations, each participant must fill out and sign a start card before starting to walk. Carry this card with you and present it at checkpoints. Start cards remain the property of the AVA and must be turned in when the walk is finished. Children under 12 must be accompanied by an adult.

Awards: 2¼ inch buttons, \$1.00 each, depicting scenes from each walk. Header & ribbon \$1.00.

Registration: These events are free and all are welcome. IVV Credit is \$3.00 for each walk. The award is an additional \$1.00. These events will be held regardless of weather. There will be no refunds given for any reason.

Disclaimer: The sponsors of these events are not liable for accidents, theft, and/or material damage. Every effort will be made to ensure these events are safe, enjoyable and memorable.

Contacts

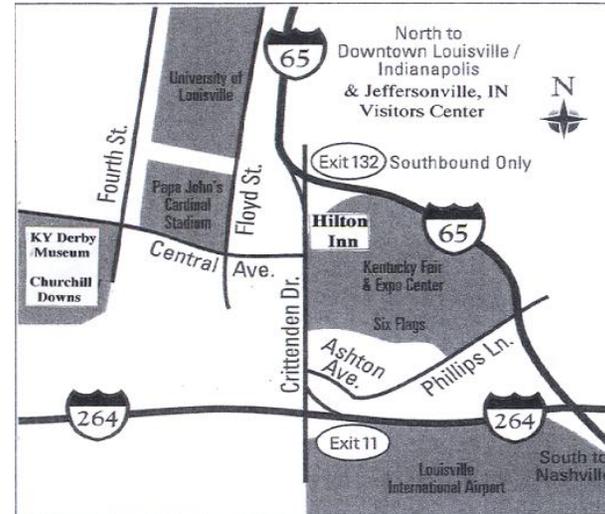
Bob and Carol Miller, (502) 459-4929, email: carolbobm@aol.com

Cliff Terry, (317) 776-1848, email: clifferry@sbcglobal.net

Directions: Hilton Hotel: Southbound I-65: Take Exit 132, to Crittenden Drive south. Turn left at first traffic light. Hotel is second driveway on left.

Northbound I-264: Take Exit 11, Crittenden Dr. North. Turn right at third traffic light at Central Ave. Hotel is second driveway on left.

Southern IN Visitors Center: Take I-65 north or south to exit 0 at the Ohio River Bridge. Follow signs to the Visitors Center on Southern Indiana Ave.



Distance from Hotel to Museum, 1 mile.

Distance from Hotel to Visitors Center, 6 miles.

The Mid-America Region is composed of walking clubs from the states of Kentucky, Indiana, Ohio, Illinois and Michigan, which is one of the 10 regions that comprise The American Volkssport Association (AVA). For more information about these clubs, their walks or volkssporting in general, please visit our national website at: www.ava.org

Local Year-round Walks: Louisville downtown YMCA, Oxmoor Mall (The Walking Company), and Clermont KY Bernheim Forest Visitor Center.

A Regional Meeting will be held at 2:00 – 4:00PM, Saturday afternoon, at the hotel in the same room as the start/finish. Everyone is invited to attend.

Friday's Meet & Greet gathering will be set up in The Great Hall of the KY Derby Museum on Nov. 1, for fellowship and light refreshments. It will include a cheese board, crudités & dip, bourbon meat balls, miniature desserts, and soft drinks, from 6:00 to 9:30 PM. There will be a cash bar. Participants will have access to Museum exhibits where you can practice your betting & jockey skills, a circle vision video “The Greatest Race”, and a guided walking tour of Churchill Downs (weather permitting). The Gift Shop will be open from 6:00 to 7:00 PM. Bring your cameras for photo ops. Visit the museum website: www.derbymuseum.org