Everly's Angels Volksmarch FAQ's

What is a Volksmarch?

/volks·märCH/ is a German word that means "people's march" and is a fun walking sport encouraging participants of all age ranges and physical activity levels to participant. Medallions are fun souvenirs that walkers can add to their staffs or hiking poles following a volksmarch.

Why a Volksmarch?

Everly, the baby for whom the foundation was created in honor of was a frequent "hiker," traveling in a sling, all-terrain stroller, or held mile after mile. Hiking is very much a part of the family's regular activity, even taking baby Everly to hike a small portion of the Appalachian Trail, oxygen tank and all. So, this seemed like a perfect fit!

How far is the hike and where will we be walking?

A typical "volksmarch" is 3.1 miles (or 5K); however, our inaugural event will be 2.2 miles. We expect many families to participate and would like to make it as family-friendly as possible. It is one loop around picturesque Lake Park (a Hillsborough County Park).

What amenities are at Lake Park?

There's tons to do at this county park! Participants are invited to come for the volksmarch and then stay for the day as well if they choose. Feel free to visit the following website for more information: <u>http://www.hillsboroughcounty.org/Facilities/Facility/Details/7935</u>

What time should I arrive for the Volksmarch?

We encourage those who have picked up their packets in advance to arrive no later than 9:15 a.m. This will allow ample time to park and proceed to the starting area. If you have not picked up your packet, please arrive by 8:45 to do so.

Is parking available on site?

Yes! Parking will be available inside the park and right next to starting area.

Are restrooms available?

Yes! A brick and mortar restroom is available at the starting area.

Are there additional fees expected day of volksmarch?

There is a \$2 parking fee collected by Hillsborough County Parks & Recreation upon entering the park. A hot dog lunch will be offered following the hike for a nominal fee. Donations to the foundation are always welcome as well.

What should I bring to the volksmarch?

Hike sticks are ideal if you have them! A limited number will be available for purchase at advance packet pick up and the remainder will be available day of volksmarch. In addition, if the weather is questionable, an umbrella/rain jacket and shoes that can get wet might be a great idea.

Are strollers allowed?

Yes! It might be best to have an all-terrain stroller, however, as the volksmarch will take place on unpaved ground. If it has rained heavily prior to the day of the event, please call Lake Park to check ground conditions for a stroller.

Are pets allowed?

Yes, child-friendly leashed pets ARE invited and welcome! Please be mindful of this particular request, however, as we expect a large number of families with all ages of children. As much as we love our pets, it is important to know their limits and some might not enjoy groups of groping kiddos. You are solely responsible for your pet's behavior while participating in the Everly's Angels Volksmarch. Please bring doggie bags so you can pick up after your furry friend.

What will take place after the volksmarch?

After the volksmarch, participants will be offered an opportunity to have lunch and fellowship with other volksmarchers! There will be a nominal fee for the hot dog lunch. The silent auction will be available until most hikers are finished. Then auction winners will be announced.

Are there awards?

A volksmarch is non-competitive and just for fun, so no awards will be presented. The event medallions, however, will be a great commemorative keepsake!

If I have questions about the volksmarch, who do I contact?

Crystal Hopkins at <u>everlysangels@gmail.com</u>. Please allow 24 hours for a response.