

**WHAT IS A VOLKSWALK?**

A volkswalk is a leisurely walk through a scenic and/or historic area with written directions. 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. A volkswalk is a great way to meet new friends and a fun way for individuals to receive exercise. The walking activity is not connected to any fund raising.

**Huffin' & Puffin' on the High Plains**

The Sunflower Sod Stompers of Topeka would like to invite all volkssporters to join them in their springtime, traditional events. A busy weekend of volkssporting is planned for the High-Plains of west central Kansas. Events will be held in the 5 counties of: Ellis, Graham, Ness, Rush, and Trego - walking in the 5 county-seat communities. One of these counties has been walked before but this was several years ago before the "Kansas County" program was started. These Kansas events are located west of Interstate 135 and along, and north or south of I-70. Almost all of these walks will be in smaller Kansas towns focused on farming & ranching, light industry, and government. Each event will be unique with some hidden finds. All 8 of the walking events are new Sod Stomper trails in these different communities with the possibility of five new Kansas counties – for those who are trying to walk all 105. Participants will find higher altitudes, lower humidity, and maybe a range of temperatures. And be prepared for the ever-blowing winds! Group meals have been arranged for Wednesday, Thursday, Friday & Saturday evenings. Motel blocks have also been established. There will be qualifiers for some of the AVA Special Programs. Come enjoy small-town Kansas on the central High Plains of the United States!



**Sod Stompers' Year-Round Events**

**This Sod Stomper walking weekend will provide you an opportunity to coordinate with their Year-Round Walks along the corridors of I-135 & I-70, in the eastern half of Kansas. You will have an opportunity for over 10 events this extended weekend!**

**Sunflower Sod Stompers'**  
**Huffin' & Puffin'**  
**On the**  
**High Plains**  
**Of Kansas**

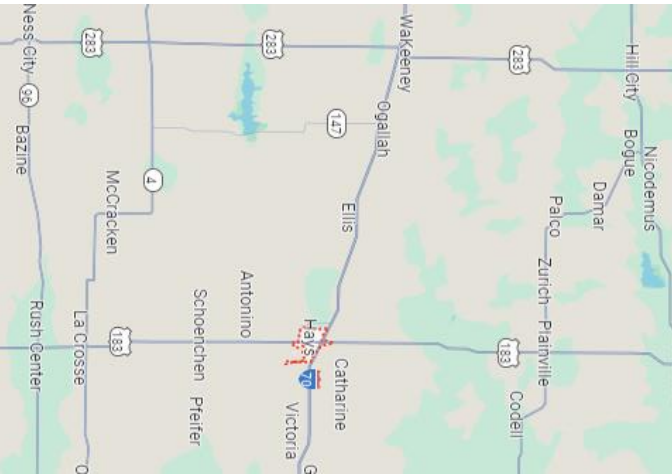
**Walks in the Kansas Counties of**  
**Ellis, Graham, Ness, Rush, and Trego**  
**8 - 10/5km Trails                      8-300m Swims**



**May 8, 9, 10, 11, & 12, 2024**



**Sunflower Sod Stompers**  
**P.O. Box 2576**  
**Topeka, Kansas 66601-2576**





## TRAVEL INFORMATION

Events are located west of Interstate 135/U.S. 81 corridor and along, or north or south of I-70. First event will be located in Hill City. Hill City is located 250 miles west from Topeka; 300 miles east of Denver; 390 miles north of Okla. City. Mileage is dependent upon routes taken.



**CAUTION** Some communities have no sewer systems. There will be dips for water runoff at street intersections which could damage your vehicles. Drive carefully. **CAUTION**



**WaKeeney to Hill City: 26 miles**

**Hill City to Nicodemus: 13 miles**

**WaKeeney to Ellis: 18 miles**

**WaKeeney to Ness City: 40 miles**

**Ness City to LaCrosse: 40 miles**

**LaCrosse to Hays: 25 miles**

**Hays to Victoria: 11 miles**

**Hill City to Nicodemus National Historic Site via US 24: 13miles**

*Please allow the Sod Stompers sufficient time to prepare for their events and to pack-up when finished. We will get you on the trails as soon as we are ready, and safe for walking.*

**Please patronize our start points and the businesses who have agreed to be check points and to provide restroom facilities.**



## EVENT INFORMATION



**Hill City, Kansas**  
**Thursday, May 9, 2024**

**Graham County**  
**SC-126794**

**Map Guided Walks** **Distance: 5km/10km**

**Location:** This walk event will start inside the Graham County Public Library, 414 North West Avenue. From I-70 Exits 127 or 128, go north on US 283 26 miles to Hill City. Cross Main Street (US 24) and continue north 3 blocks to Cherry. Turn right on Cherry & go east 4 blocks to North West Street. Turn left and Library will be on the right side. Please park away from the front of the Library – leaving space for local patrons. There is more parking behind the Library.

**Start/Finish:** Start from 9:00a.m. - 10:30a.m.; finish by 12:15 p.m.

**Course:** Trails will include the historic business area of Hill City, government buildings and residential areas. Walking surfaces will be streets & paved roads and sidewalks. Both distances will have open-sun areas. Trail rating: 1-A



Water stops will be available for the walkers on the trails. Feel free to bring your water containers. Pets are welcomed to take part with their masters but please consider the weather conditions of Kansas  
*Limited restroom availability in these smaller communities!*

**Nicodemus Nat’1 Historic Site** **Graham County**  
**Thursday, May 9, 2024** **SC-126795**

**Map Guided Walk** **Distance: 5km/10km**

**REMOTE START LOCATION:** Walk registration & financial transactions will take place inside the Graham County Public Library, 414 North West Avenue. The walk event will take place at the Nicodemus National Historic Site, 13 miles east of Hill City on US 24. IVV credentialing will take place at the Historic Site or the Best Western Plus WaKeeney Inn & Suites, after the dinner meal. Bring your National Parks Passport book!

**Start/Finish:** Registration ends at 12:45p.m.; off trails by 4:45 p.m.

**Course:** Nicodemus National Historic Site encompasses the extremely small community of present-day Nicodemus and its historic buildings. The route will be on the gravel streets and roads in town, and possibly some country roads for distance. 5km route may need to be walked twice for 10km. Some hills will be included and definite areas of full sun & wind. Trail rating: 2-B

**WaKeeney, Kansas**  
**Friday, May 10, 2024**

**Trego County**  
**SC-126796**

**Map-Guided Walk** **Distance: 5km/10km**

**Location:** This walk will start/finish inside the “community room” of the WaKeeney Public Library, 610 Russell Street. Left from the Best Western onto 1<sup>st</sup> Street for 0.3mile to Barclay (Old US 40). Right on Barclay 0.4 mile to 6<sup>th</sup> Street. Go left on 6<sup>th</sup> Street 0.3 mile to Russell Avenue. Right on Russell Avenue. Please park away from the front of the Library – leaving space for local patrons.

**Start/Finish:** Start from 9:00a.m. - 10:30a.m.; finish by 12:15 p.m.

**Course:** Both trails will include the business area of WaKeeney besides well-maintained residential areas. Fairly flat surfaces of paved & gravel roads and sidewalks. Definite areas of full sun & wind on both routes. Trail rating: 1-A



**Ellis, Kansas**  
**Friday, May 10, 2024**

**Ellis County**  
**SC-126797**

**Map Guided Walk** **Distance: 5km/10km**

**Location:** The walk event will start/finish inside Ellis Memorial VFW Post #9139, 813 Jefferson Street. From Wakeeney, drive 18 miles east on I-70 miles to Exit #145/Ks -247. Go south on Ks-247 (Washington Street) 1.0 mile to 9<sup>th</sup> Street. Right on 9<sup>th</sup> Street 1 block then another right turn on to Jefferson. The VFW is on the right side, near the middle of the block. Parking is available in the lot north of the VFW building.

**Start/Finish:** Start between 1:30 - 2:30p.m. & finish by 4:45 p.m.

**Course:** Both trails will include the business area of Ellis besides well-maintained residential areas. Fairly flat surfaces of paved & gravel roads and sidewalks. Both distances will have areas of full sun and some winds. The 10km route will have a few inclines. Trail rating: 1-A



**Ness City, Kansas**  
**Saturday, May 11, 2024**

**Ness County**  
**SC-126798**

**Map Guided Walk** **Distance: 5km/10km**

**Location:** The walk event will start/finish at Brent & Jean’s Guesthouse, 511 South Court Street. From Wakeeney, travel south on US 283 for 40 miles, actually driving through Ness City. Two blocks after crossing railroad tracks, turn right on Maple Street. Go 2 blocks to Court Street and turn left. Guesthouse is “mid-block” on the right side.

**Start/Finish:** Start from 8:30a.m. - 10:00a.m.; finish by 12:00p.m.

**Course:** The routes will lead through some tree-lined, residential areas of Ness City & the main business district. Surfaces will vary from dirt roads to streets & sidewalks. Small inclines. Rating: 1-A



**LaCrosse, Kansas**  
**Saturday, May 11, 2024**

**Rush County**  
**SC-126799**

**Map Guided Walk** **Distance: 5km/10km**

**Location:** The walk event will start/finish inside the Barnard Library, 521 Elm Street – in the conference room. From Ness City, go east on K-96 33 miles, then turn left on US 183 in Rush Center. Go north 4 miles to LaCrosse. Turn left on 7<sup>th</sup> Street, then left onto Elm Street. Library will be mid-block on the right side.

**Start/Finish:** Start between 1:30 - 2:30 p.m. & finish by 4:45 p.m.

**Course:** The courses will go through tree-lined residential areas and along businesses located on Main Street. Fairly flat surfaces of gravel & paved roads and sidewalks, & a ¼ mile walking trail. Some areas of full sun. Trail Rating: 1-A



**Hays, Kansas**  
**Sunday, May 12, 2024**

**Ellis County**  
**SC-126800**

**Map Guided Walk** **Distance: 5km/10km**

**Location:** The walk event will start/finish inside the Kansas National Guard Recruiting building, 200 Main Street. From avid Hotel/I-70, go 3 miles south on US 183 to 183 Bypass. Go right on Bypass 1 mile then turn right on Main Street for 0.3 mile to KNG Recruiting building. KNG will be on the right side, set back from Main Street, adjacent to the Aquatics Center.

**Start/Finish:** Start from 9:00a.m. to 10:30a.m.; finish by 12:15 p.m.

**Course:** The routes will lead through residential areas of Hays, Fort Hays University & the main business district. Courses will include the cemented-surface Big Creek Trail, paved roads, streets & sidewalks. Areas of full sun and wind. Trail Rating: 1-A



**Victoria, Kansas**  
**Sunday, May 12, 2024**

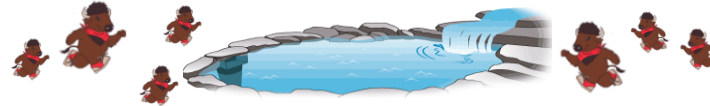
**Ellis County**  
**SC-126801**

**Map Guided Walk** **Distance: 5km/10km**

**Location:** The walk event will start/finish inside the Victoria Elementary School, 602 10<sup>th</sup> Street. Travel 11 miles east from Hays on I-70 to Victoria Exit #168. Go south on Ks-255/Cathedral Street 1.5 miles to 10<sup>th</sup> Street. Turn left on 10<sup>th</sup> & drive about 500 feet; the school will be on the right side. Use the Basilica parking lot.

**Start/Finish:** Start between 1:30 - 2:30 p.m. & finish by 4:45 p.m.

**Course:** The routes will lead through residential areas of Victoria and the main business district. Fairly flat surfaces will be varied to include streets & roads and sidewalks where available. Areas of full sun and wind exposure on the trails. Trail Rating 1-A



**WaKeeney, Kansas** **Trego County**  
**Wednesday - Saturday May 8-11** **SC-126802 & 803**

**2 Indoor Swims** **Distance: 300 meters @**

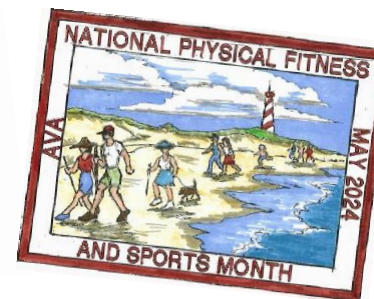
**Location:** The swim events will be in the pool area of the Best Western WaKeeney Inn & Suites, 525 1<sup>st</sup> Street, at Interstate 70 Exit #127.

**Start/Finish:** Registration will be after our evening meals approximately 8:45 -9:15pm. You may swim only during the Best Western's established pool hours.

**Course:** Participants may swim or water walk & can rest at the ends of the pool but cannot leave the pool area during the swim events. Appropriate swim attire.



**May is National Physical Fitness Month. The award patch should be available**



## **THINGS YOU NEED TO KNOW**



**Walking Events:** These walking events will be map guided. Participants will be given directions with written descriptions and a map. Walk events are **CANCELLED** if there is severe weather and/or dangerous conditions in the area. Return to the start/finish area ASAP. Event credit will be stamped into your IVV Record Books

**Registration: IVV Credit will be \$4.00 per event.** Signing the AVA liability waiver is required of all participants. No free walkers. IVV Record Books may be purchased for \$6.00 each.

**Event Comments:** Although many streets are tree-lined, be prepared for walking in full sun and winds.

**Weather:** Weather conditions can quickly change in this part of the U.S. Be aware of the county that you are in as weather warnings are issued by counties.

**Disclaimer:** The American Volkssport Association, Sunflower Sod Stompers, and their officers, members, and agents shall not be liable or responsible for, and shall be saved and held harmless for and against any and all claims and damages of every kind, for injury to or death of any person or persons and for damage to or loss of property arising out of or attributable to the operators or events conducted by the AVA.



*There are numerous high school graduations in the area this weekend besides the ceremonies taking place at Fort Hays State University both Friday and Saturday. Accommodations might be very expensive. Please take advantage of the motel blocks for our walking events.*



**Overnight accommodations in our Kansas small towns can be limited. The Sunflower Sod Stompers have rooms blocked for their volkssporting friends on appropriate nights at the following establishments on the next page:**

Wednesday, Thursday & Friday - May 8, 9, 10



**Wakeney Inn & Suites**  
525 1<sup>st</sup> Street  
Wakeney, Kansas  
785-743-2700

Rates: \$93.18 + taxes prior to April 15  
\$103.53 + taxes after April 15

Hot breakfast buffet is available daily  
Above rates will also apply for a Saturday stay  
Mention Sunflower Sod Stompers



Saturday Night - May 11



West 43<sup>rd</sup> Street  
North of I-70; Exit #159  
Hays, Kansas  
785-625-1101

Room rate with breakfast: \$134.99+taxes  
Code: Sunflower Sod Stompers - Cutoff April 30



Restaurants can be scarce in this area of Kansas. Some places cannot handle larger groups. Group meals have been arranged for us at the following establishments:



Wednesday Night - May 8  
6:30 p.m.  
320 South Avenue  
WaKeeney

Thursday's lunch suggestion at locally owned:



**Average Joe's Bar & Grill**  
222 North Pomeroy  
Hill City

Daily special, full meals, hot and cold sandwiches with a variety of side dishes, along with beverages. Special seating will be available for the walkers!



Thursday Evening - 6:30pm

**The Brazen Bull**  
717 South 2<sup>nd</sup> Street  
South of I-70 in WaKeeney

Amazing Steaks, Burgers, Sandwiches, and Salads and its Fried Chicken Thursday!

Friday's lunch possibilities in WaKeeney



**WESTERN KANSAS SALOON & GRILL**  
121 NORTH MAIN



521 Barclay (old US 40)



Friday Evening - 5:00p.m.

814 Washington Street in Ellis, Kansas  
Diner backs up to the VFW on Jefferson Street

Saturday Lunch in Ness City

**Cactus Club Restaurant**

124 South Pennsylvania  
On the corner  
Intersection of US 283 & Ks 96



A variety of menu selections - Coco will appreciate your business



Saturday evening  
6:30 p.m.

117 East 11<sup>th</sup> Street in Hays



**More Information:** Publicity Chair: Trudy Duffman [trudyduffman@yahoo.com](mailto:trudyduffman@yahoo.com) 618-670-6920  
Terri Tyler [ttyler50@gmail.com](mailto:ttyler50@gmail.com) 785-233-4385  
or Sarah Long [sarahslong@gmail.com](mailto:sarahslong@gmail.com) 785-271-1056  
E-mails are preferred due to the "robo" calls



Remember----

**Hoofin' It On Halloween**

aka

**South Central Regional Roundup**



October 24-27

Walks in the Kansas Counties of:  
**Harvey, Marion, Reno, Rice, & Saline**  
Tentative 6 scheduled walking events with other planned activities

