

**Capitol Volkssport Club**  
**Wild and Woodsy in Washington**  
**Thursday, April 23, 2026 through Sunday, April 26, 2026**

Please complete both sides of this form. **One person per form.**

Descriptions of all the walks and dinner menus are available at [www.capitolvolkssportclub.org](http://www.capitolvolkssportclub.org)

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State/Province: \_\_\_\_\_

Zip/Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

**Please note: Friday night's casual dinner at the event start point and Saturday night's restaurant buffet dinner are limited to the FIRST 75 people to register and send payment. Registration forms must be received by April 12, 2026 to give the restaurant the total counts 2 weeks prior to the dinner.**

**Registration for all the walks will be available 4/20/26 – 5/01/26 using the Online Start Box (OSB) at my.ava.org. Registration is also available at the event start point (PSB) – 4/23/26 – 4/26/26**

Please use **either** the Online Start Box (OSB) **or** in-person event registration (PSB) to register and complete the event. Do NOT mix and match, for example, by registering using the OSB then completing your event using the PSB nor signing the PSB log sheet. The sponsoring club only receives credit for an OSB participation when an OSB registration has been completed online by entering your participation date, distances, and any special programs using the OSB.

**Please put an "X" next to all of the social activities you are registering for at this time.**

			<b>Total:</b>
<input checked="" type="checkbox"/>	Registration for Wild and Woodsy in WA	No charge	No charge
	Thursday Night Pub Crawl – group walk at 4:00 PM	\$3 walking fee (pub drinks extra)	
	Friday Night Pizza & Salad Dinner – 6:00 to 9:00 PM Please note any dietary restrictions here:	\$15 <b>ALCOHOL PROHIBITED</b>	
	Saturday Night Dinner Buffet – doors open at 6:00 PM <b>Please choose ONE of the following entrees:</b>	\$37 DRINKS AVAILABLE FOR PURCHASE	
	<input type="checkbox"/> Miso Glazed Grilled Salmon		
	<input type="checkbox"/> Marinated Flank Steak w/ Mushroom Demi Glaze		
	<input type="checkbox"/> Pan-Seared Rosemary Chicken w/ Cream Sauce		
	<input type="checkbox"/> Vegetable Pasta Cavatappi (Vegetarian option)		
	Sunday Group Walk at Billy Frank Jr. Nisqually National Wildlife Refuge in Olympia, WA – 10:00 AM (5K or 10K)	\$3 walking fee	
	<b>TOTAL PRICE FOR SOCIAL EVENTS:</b>	----->	

**For registration, please make checks (in US Funds) payable to: Capitol Volkssport Club**  
**Mail to: Pam Greig-Davis, 6623 Riviera Ct. SE, Lacey, WA 98513**

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**Amateur Athletic Waiver and Release of Liability**

In consideration of being allowed to participate in any way in American Volkssport Association (AVA) volkssporting programs and related events and activities, the undersigned:

1. Agrees that before or during my or my minor child's participation, if I believe anything is unsafe, I will immediately advise the event supervisor or other person in authority at the volkssporting program and the related events and activities of such conditions and refuse to participate;
2. Acknowledges and fully understands that each participant will be engaging in activities that could involve risk of serious injury, including permanent disability and death and severe social and economic losses which might result not only from my own or my minor child's actions, inactions or negligence of others, or the condition of the premises, the trail or any equipment used. Further, that there may be other risks not known or not reasonably foreseeable at this time;
3. Assumes all the foregoing risks and accepts personal responsibility for the damages following injury, permanent disability or death;
4. Releases, waives, discharges and promises not to sue AVA, its affiliated clubs, their respective administrators, directors, agents, volunteers or employees, other participants, sponsoring agencies, sponsors, and advertisers, and if applicable, owners and lessors of premises used to conduct the event from demands, losses or damages on account of injury, including serious injury, permanent disability, or death, or damage to property, caused or alleged to be caused in whole or in part by the negligence of any such person or organization, or otherwise.
5. Members, please be aware that when you share photos, via digital image or otherwise, with AVA, such photos or images become the property of AVA and AVA, its legal representatives and assigns, retain the right and permission to publish any such photo or image in any written or electronic publication, including Checkpoint or TAW, on social media, websites or in audiovisual presentations, promotional literature, advertising or in any similar method.

The undersigned has read the above waiver and release, understands that I have given up substantial rights by signing it and sign it voluntarily. I further understand that if I place my name on the form upon which this waiver and release is printed, that I voluntarily agree that I understand that I have given up substantial rights.

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Signature

Date

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Printed Name