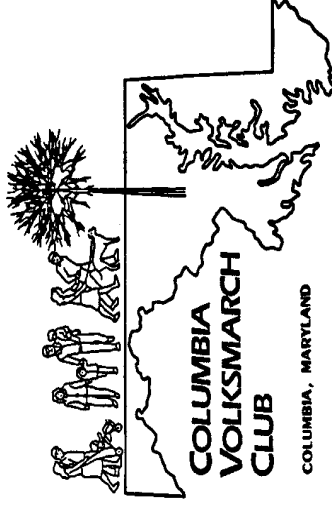


## 6 Year-Round Walks in Howard County Maryland



January 1 to December 31, 2017

# 2017 Y R E

1. **Hickory Ridge**  
5k/10k, rated 1A
2. **Columbia Mall Walk**  
5k/10k, rated 1A
3. **Kings Contrivance**  
5k/10k/16k Walk rated 2A
4. **River Hill**  
5k/10k, rated 2A
5. **Ellicott City / Oella**  
5k/10k, rated 2+B
6. **Centennial Lake / Estates**  
5k/10k/15k, rated 1A

With support from  
**Feet First,  
Howard County Recreation & Parks,  
Starbucks at Columbia Mall,  
McDonald's of Kings Contrivance**

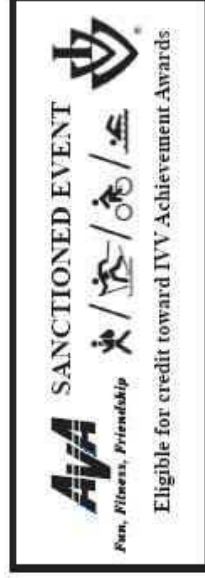


## America's Walking Club

**Sanctioned by:** The American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV).



The Columbia Volksmarch Club  
is a proud member of the  
**MARYLAND VOLKSSPORT ASSOCIATION**



**Eligibility:** All are welcome to participate without charge but must register at the registration point. Children under 12 must be accompanied by an adult throughout the entire trail. Some trails are stroller accessible (see the specific Trail Description for additional information). Dogs are permitted. Howard County laws require that pets be leashed at all times and pet owners must clean up after their pets.

**Registration:** There will be no pre-registration for these events. Employees at the registration point may not be familiar with volunteering or the event registration procedures. Please be considerate, keeping in mind that patrons of our co-sponsors come first. You register by completing a start card and the registration form, to include reading and signing the Amateur Athletic Waiver and Release of Liability on the registration form. The start card must be validated at each checkpoint and mailed or turned in at the finish. Trail directions are provided.

**Conditions:** Please walk only in reasonable weather conditions. Sections of the trails may become extremely treacherous during prolonged cold periods after ice or snowstorms. Littering along the trails is strictly prohibited. Restrooms are available at or near all registration locations or at establishments along the trails. Drinks and food are available for purchase at or near registration locations or along the walk routes.

**Disclaimer:** Neither the Columbia Volksmarch Club nor our co-sponsors, nor the Columbia Association shall be liable for accidents, thefts, or material damage. Every reasonable effort is made to make these walks safe, enjoyable, and memorable events. CVC accepts no responsibility for those who have not registered.

**Credit:** IVV event credit and distance credit are unlimited; an IVV credit fee of \$3 \*\* must be paid each time a course is walked, but you may complete the same course twice in one day for one fee. Walking for no credit is free.

\*\* Frequent Walkers: CVC offers a reduced rate of \$2.00 applicable the second time you walk the same CVC event in the same year.

\*\* Families: CVC offers a \$10 maximum rate for families with minor children living together.

**Award:** There are no awards for these walks.

## Ellicott City & Oella

2017/Y216; 5k/10k Walk, Rated 2+B

**Registration/Start Point:** Roger Carter Community Center, 3000 Milltowne Drive (formerly Mt. Ida Drive), Ellicott City, MD 21043; Open 7AM-9 PM.

**NOTE:** Closed in 2017 on Jan 1, Apr 16, Nov 23-24, and Dec 25.

**Directions From the Baltimore Beltway (I-695),** take Exit 16, I-70 West toward Frederick. Follow I-70 about 4.5 miles and take Exit 87-A, Route 29 South toward Columbia.

Follow directions "From Route 29" below.

**From the South and East:** From I-95, take Route 100 West toward Ellicott City (Exit 43B). At end of Route 100, take Route 29 North toward Ellicott City. Follow directions "From Route 29" below.

**From Route 29,** Follow Route 29 to the Route 40 East, Ellicott City exit. Exit Route 29 and follow Route 40 East to the traffic signal at Rogers Ave. Turn RIGHT on Rogers Ave and follow for ½ mile to intersection of Rogers Ave and Court House Drive. Keep LEFT and follow Court House Drive. Turn RIGHT just past the Howard County Office Complex toward "Ellicott City Historic Dist." on Ellicott Mills Drive. Turn RIGHT onto Milltowne Drive.

**Trail Description:** These trails go through downtown Ellicott City primarily on sidewalks. The 10 km trail continues into Oella along road shoulders and uses a converted Trolley Trail. While strollers may do this trail, it is not recommended for wheelchairs. Pets are allowed but must be leashed.

## Centennial Lake / Estates

2017/Y370; 5k/10k/15k Walk, Rated 1A

**Registration Point:** Roger Carter Community Center, 3000

Milltowne Drive (formerly Mt. Ida Drive), Ellicott City, MD 21043;

Open 7AM-9 PM.

**NOTE:** Closed in 2017 on Jan 1, Apr 16, Nov 23-24, and Dec 25.

**Directions:** See Ellicott City Directions.

You will drive 5 miles from Registration at Roger Carter Center to walk route start point.

**Trail Description:** These trails are along asphalt paths around Centennial Lake. The 10 km extends on residential roads into Centennial Estates. The 15 km goes into Burleigh Manor and the Preserve. Suitable for strollers but not wheelchairs. Pets are allowed but must be leashed. Restrooms are available at the Registration Point and in Centennial Park.

## River Hill

2017/Y1757, 5k/10k Walk, Rated 2A

**Registration Point:** Feet First Athletic Footwear, Hickory Ridge Village Center, 6420 Freetown Road, Columbia, MD 21044.

See Hickory Ridge for details.

You will drive 5 miles from Registration at Feet First or Sunoco to walk route.

**Trail Description:** These trails are along sidewalks and asphalt paths within the Columbia Village of River Hill. They are predominantly shaded; Suitable for strollers but not wheelchairs. Pets are allowed but must be leashed. Restrooms and refreshments are available at Registration Points and the Start and adjacent Village Center.

## Points of Contact:

**Mail:** 6887 Garland Lane, Columbia MD 21045

**Phone:** John or Karen Dye (410) 290-6510;  
Tony Willoughby (410) 461-5758

**e-mail:** johndye@comcast.net  
arwill7@msn.com  
karendye@comcast.net

## Hickory Ridge

2017/Y1042, 5k/10k Walk, Rated 1A

**Registration/Start Point:** Feet First Athletic Footwear, Hickory Ridge Village Center, 6420 Freetown Road, Columbia, MD 21044. Phone: (410) 992-5800.

Open Mon-Fri 10am-9pm; Sat 10am-6pm; Sun 11am-5pm.  
Closed New Years, Easter, Thanksgiving, and Christmas.

**Note:** Walkers must finish walk during Feet First operating hours to receive credit and stamp books. You must start the walk 3 hours before store closing or sunset (whichever is earlier).

**Directions: From Baltimore, MD,** take I-95 South.

**From Washington D.C.,** take I-95 North.

**From Interstate 95,** take Route 32 West (Exit 38) toward Columbia for 4 miles.

Exit at Cedar Lane (Exit 17)

Proceed approximately  $\frac{3}{4}$  mile to the light at Freetown Road just past the Hickory Ridge Village Center, and turn right. Enter the second entrance to the Village Center on the right (Sunoco station on the left).

Park at the Village Center parking lot to the right.

**Trail Description:** These trails feature the Village of Hickory Ridge. The 10 km trail goes through the ever changing Howard Community College. It is along sidewalks and asphalt paths; Suitable for strollers but not wheelchairs.

## Columbia Mall

2017/Y1663; 5k/10k Walk; Rated 1A / 2A (outdoor)

**Registration/Start Point:** Starbucks Coffee Columbia Mall, 10300 Little Patuxent Parkway, Columbia, MD 21044. Phone: (410) 992-5974.

Open Mon-Fri 6:30am-9:30pm; Sat 7am-10pm; Sun 8:30am-7pm.

**Directions:** From Washington, DC, take I-95 North. From Baltimore, take I-95 South. From I-95, take Route 175 West toward Columbia (Exit 41B). Follow approximately 5 miles. After crossing MD Rte 29, Route 175 becomes Little Patuxent Parkway. Continue towards the Mall in Columbia for two traffic lights and turn right onto Governor Warfield Parkway. At first traffic light, turn left toward Mall. Turn right past Nordstrom's & theatres. Starbucks is in the Mall on the second level by Sears and Carousel.

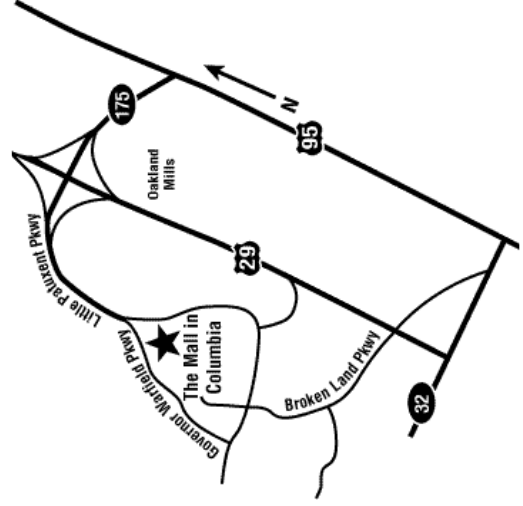
The Gray Walk Box is by the outside door.

Please look there before asking an employee for it.

**Trail Description:** Two 5k/10k trails. One completely inside; one completely outside. You may walk either or both.

**Inside Trails:** are completely inside the Mall in Columbia. It is suitable for strollers and wheelchairs. Pets are not allowed.

**Outside Trails:** are on sidewalks and paths. It goes around Lake Kittamaquandi and past Wilde Lake.



## Kings Contrivance

2017/Y740, 5k/10k/16k Walk, Rated 2A

**Registration/Start Point:** McDonald's of King's Contrivance, 8600 Guilford Road, Columbia MD 21046. Phone: (410) 381-7938. Hours: Mon-Sat 6am-10pm; Sun 7am-10pm. Closed Thanksgiving and Christmas.

**Directions:** From Baltimore, MD, take I-95 South. From Washington D.C., take I-95 North. From I-95 take Exit 38B (Route 32 West) to the second exit (Shaker Drive) and turn right to cross over Route 32. Go past two traffic lights and turn left into the King's Contrivance Village Center. Park near McDonald's.

**Trail Description:** These trails are along sidewalks, asphalt and hard packed paths through housing areas and park-like settings in the Columbia Village of King's Contrivance. The 10 km/16 km trails include a two kilometer section of the Patuxent Branch Trail that CVC has adopted. The 16 km trail goes around Lake Elkhorn. Some parts of the trail have slight to moderate inclines. It is suitable for strollers but not wheelchairs. Pets are allowed but must be leashed. Restrooms and water are available at the start.

## Web Sites of Interest

Columbia Volksmarch Club:  
<http://www.mdvolks.org/CVC>

Maryland Volkssport Association  
<http://www.mdvolks.org>

American Volkssport Association  
<http://www.ava.org>