

**Seneca Valley Sugarloafers Walking Club
And
Rockville Sister City Corporation
Invite you to a walk in honor of the
Rockville – Pinneberg 60th Sister City Anniversary**

10 km (6.2 miles) AVA trail rating 1A
5 km (3.1 miles) AVA trail rating 1A

**SATURDAY, APRIL 22, 2017
Rockville Outdoor Municipal Swim Center
Rockville, Maryland
Event AT – 105477**

Sponsors: Seneca Valley Sugarloafers Volksmarch Club, Inc. (AVA 419), a member of the Maryland Volksmarch Association, and Rockville Sister City Corporation.

Sanctioned by: The Maryland Volkssport Association and the American Volkssport Association, a member of the International Volkssport Verband, to promote leisure sports in the interest of family health, recreation, fun and companionship.

Special Programs: Bridges, City Parks, Fountains, Point of Reference, Street by Street, VPs, Underground Railroad, Walking the USA A-Z.

Start/Finish: Rockville Outdoor Municipal Swim Center, 355 Martins Lane, Rockville, Maryland 20850. Parking is available in the Swim Center Parking lot.

Start time: Start time is anytime between 8:00 and 11:00 AM. Finish by 2:00 PM.

Walk Information:

Carolyn Thurber, 301-926-0915, cell 240-273-2141 or
Anna Nevius, 301-258-0565, cell 240-994-1748

Volksmarch Information: www.ava.org and www.mdvolks.org



Trails: Walk is on sidewalks and asphalt trails with no significant hills. It goes through the Historic District of Rockville and passes many landmarks of historical importance. The instructions provide commentary about the history of the city.

Conditions: Restrooms are available at the Start Point. Pets are allowed but must be leashed at all times during the walk. This walk will be held regardless of the weather, unless conditions cause the sponsors to close the trails for safety reasons. Water and candy will be available at the Start Point.

Fee: Our walk is free. If you wish to receive IVV credit, you must pay \$3.00. Children 12 and under may earn IVV credit for no charge at all events sponsored by the Seneca Valley Sugarloafers. IVV record books and New Walker Packets will be available for sale.

Eligibility: We welcome everyone to walk with us. All participants must register and sign a waiver of liability. Each participant must carry a start card throughout the walk. Please turn the card in at the end of your walk so we know that you are safely off the trail. An adult must accompany children under 12 throughout the entire walk. Parents of minor children must sign a waiver of liability for the children.

Disclaimer: Neither the Seneca Valley Sugarloafers Volksmarch Club, Inc., Montgomery County, nor the city of Rockville shall be liable for accidents, theft, or material damage. Every reasonable effort will be made to make this a safe, enjoyable and memorable event.

Membership: Membership in the Sugarloafers Volksmarch Club is open to everyone interested in walking. For questions concerning membership, contact Carolyn Thurber, 301-926-0915 or cbthurber@verizon.net. Check our website www.sugarloafers.org.

DIRECTIONS TO START POINT:

FROM I-270 GOING NORTH: EXIT 6A, (Rt. 28) East, W. Montgomery Ave., Rockville, Cross over Rt. 28 onto Nelson St. *Just after light at Mannakee, turn right into Municipal Swim Center OUTDOOR entrance. Start point in OUTDOOR parking area. Look for AVA banner.

FROM I-270 GOING SOUTH: EXIT 6, (Rt. 28) East, ROCKVILLE TOWN CENTER, W. Montgomery Ave. After exiting I-270, left at light onto 28E; left at next light onto Nelson St. Continue from * above.

FROM Rt. 355, ROCKVILLE PIKE/HUNGERFORD DR., GOING NORTH: Just beyond Rockville metro station on your right, turn left onto Middle Ln. Turn right on Washington St. and continue to left on Martins Ln., to 2nd entrance on left, into Municipal Swim Center OUTDOOR parking area. Look for AVA banner.