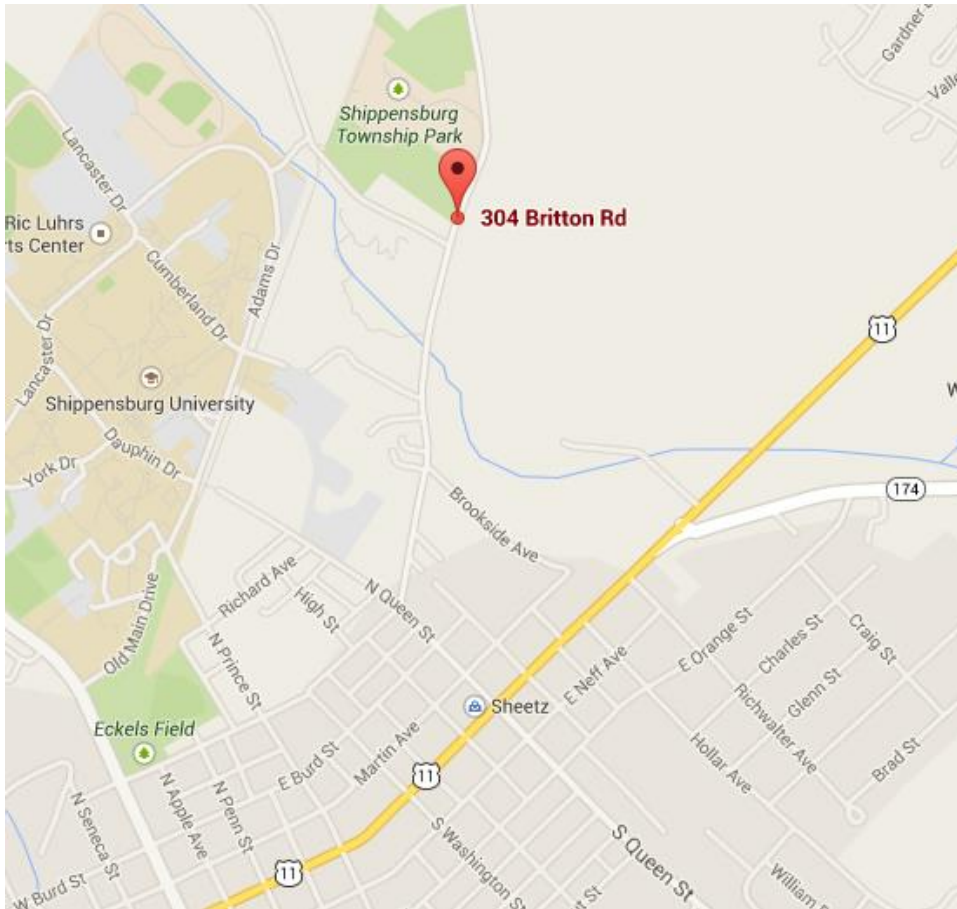


Directions to Shippensburg Township Park: 304 Britton Rd,
Shippensburg, PA 17257

From the north use I-81 exit 29, turn right onto Walnut Bottom Rd. Left onto King Street (US 11). Turn right onto North Queen Street at Sheetz, then right onto Britton Road; approximately 1/2 mile to the park.

From the south use I-81 exit 24, turn left onto Olde Scotland Rd. Left onto Fayette Street. Right onto King Street (US 11). Turn left onto North Queen Street at Sheetz then right onto Britton Road; approximately 1/2 mile to the park.



Shippensburg, PA

York White Rose Wanderers

Invites you to a

“Guided Bike” Event



in conjunction with the
“Race, Run, Ride, & Ramble” sponsored by the
Cumberland Valley Rails-to-Trails Council

Shippensburg Township Park

17K & 30K “Guided Bike” Event
AT17/107702

Sunday, April 23, 2017
Cumberland County



Shippensburg, PA

“Guided Bike” Event

DATE: Sunday, April 23, 2017

SPONSOR: York White Rose Wanderers, AVA-236

“RACE, RUN, RIDE & RAMBLE”: This “guided bike” event is being done in conjunction with this fundraiser sponsored by the Cumberland Valley Rails-to-Trails Council. Funds raised from this event go towards trail maintenance and the expansion of the rail trail from Newville to Carlisle. Volkssporters must be registered for the “Race, Run, Ride & Ramble”.

SANCTIONED BY: This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports. This event counts towards the acquisition of IVV Achievement Awards.

PROCEDURE: AVA policy requires that every participant, fee or non-fee, sign the insurance waiver and obtain a numbered start card which is stamped at control points along the course. At the Finish, the validated card is turned in and IVV books are stamped for official credit, if the credit fee has been paid. The trail may be biked a second time on the same day using the same start card at no additional cost.

ELIGIBILITY: Everyone is welcome to participate. Children 12 and under must be accompanied by an adult. Ride at your own pace.

REGISTRATION and FEES: Participants must be registered for the “Race, Run, Ride, & Ramble” A link to the registration form for the event is at <https://www.cvraceseries.us/Events/Files/R4Flyer.pdf> Cost for the fund-raiser is \$20 if registered by mail by April 10 (or if registered online by April 22). Registration must be received by April 10 to be guaranteed T-shirt size. Cost is \$25 if registration is received by mail between April 11 and April 22. Registration costs \$30 on the day of the event. Participants will receive a t-shirt, snacks at the rest stop, and a chicken BBQ dinner. IVV credit is an additional \$3.00.

CONDITIONS: The event will be held regardless of the weather. There will be no littering. Wildlife and plant life are not to be disturbed. No refunds. Pets are not allowed.

PARKING: There is plenty of free parking at the start.

AWARD: IVV Credit only.

AVA Event AT17 /107702

17K & 30K Trails, Rated 1B

Arrive by 10:00 am for a 10:45 am departure

http://clubs.ava.org/gen3/data/event_details.asp?eventid=107702

START LOCATION: Shippensburg Township Park

REFRESHMENTS: The “Race, Run, Ride, & Ramble” will provide water at the start and snacks at the turn around in Newville. There will be a chicken BBQ dinner at the finish.

RESTROOMS: Restrooms are available at the start, about a 1/2K off the trail in Oakville, and at the turn around in Newville.

DISCLAIMER: The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property. Reasonable efforts will be made by the sponsors to make this a safe, enjoyable and memorable event.

SPECIAL PROGRAMS: Take a Walk in a City Park, Trekking with the Trees and You’ll Never Walk Alone.

FOR MORE INFORMATION: contact Tom Jackson. Home phone: (717) 677-6511. Email: thomasjackson@embarqmail.com On the day of the event, contact David Freshwater at (301) 717-6501.

LET US KNOW YOU ARE COMING: If you plan to participate, please inform Tom Jackson at thomasjackson@embarqmail.com

VOLKSBIKE REGISTRATION: Look for David Freshwater after 10:00 am in the parking lot to register for the “Guided Bike” event and to have IVV books stamped.

BIKE ROUTE DESCRIPTION: This route will be on the Cumberland Valley Rail-Trail which has a smooth, crushed stone surface and runs through the beautiful farmland of the Cumberland Valley. The 30K route is an out and back from Shippensburg to the rest stop at the Newville trailhead; the 17K is an out and back to Oakville. Bicycles with a wider tire (hybrid or mountain bike) are recommended; road bikes will have difficulty. Bike helmets must be worn.

“GUIDED BIKE” EVENTS: These are group bike rides with one person leading and another bringing up the rear. Ride at your own pace – the guides will stay with you.