



AVA: America's Walking Club

Liberty Bell Wanderers

AVA 238

Invite you to a

**10K/5K GUIDED WALK
and Remembrance Ceremony**

In

**LORIMER PARK
Huntingdon Valley, PA
(Montgomery County)**

**Saturday
May 6, 2017**

AT17/107823



DATE: Saturday, May 6, 2017
SPONSOR: Liberty Bell Wanderers
START POINT: Picnic area in Lorimer Park
183 Moredon Road
Huntingdon Valley, PA

START TIMES:

The **Guided Walk** will leave the Start Point at **10:15 am** after a brief remembrance ceremony at **10:00 to honor the deceased LBW members. Come a few minutes early** to complete paperwork. Registration will begin at 9:30 am.

SELF-GUIDED WALK START TIME: 9:30 am to 11:30 am

FINISH TIME: Walkers must be off the trail by 2:00 pm

DISTANCE: 10K or 5K

TRAIL DESCRIPTION: AVA trail rating is 2-B

The trail follows natural trails within Lorimer Park and a rails-to-trails segment. As we start out along the trail, we will pause at our "Tree of Remembrance" to honor deceased members of the Liberty Bell Wanderers.

The trail traverses some open fields as well as heavily wooded sections with some hills and uneven terrain, offering beautiful scenery alongside creeks and huge trees. The rails-to-trails segment is flat with a crushed stone surface. The trail is not suitable for wheelchairs or strollers.

SPECIAL PROGRAMS: Bridges – Spanning the USA, Honoring Our Flag, Points of Reference, Take a Walk in a City Park, Trekking with the Trees, You'll Never Walk Alone

FEES: IVV Credit is \$3.00. There is no award for this event. This event is **free** to those who wish to participate without IVV Credit.

RECORD BOOKS: Participants in the IVV/AVA incentive program are reminded to bring their IVV record books. Additional books will be available for purchase at \$6.00 each. New Walker Starter Kits are available for \$5.00 and includes a free one year membership in the Liberty Bell Wanderers

ELIGIBILITY: This event is open to the public. You do not need to be a member of the Liberty Bell Wanderers in order to participate.

CONDITIONS: Dogs are permitted on the trails only. Park rules prohibit dogs in the Picnic Area where the start point is located and the Activity Area where the remembrance ceremony takes place.

MISCELLANEOUS: Water and restrooms will be available at the Start Point.

Participants will be treated to hoagies and beverages after the walk compliments of the Liberty Bell Wanderers.

This event will not be cancelled due to weather. There will be no refunds.

CONTACT PERSON: Nancy Parkton – 215-674-1910
215-498-1398 (Start Point Cell No.)
Email: nancyparkton@aol.com
www.libertybellwanderers.net

DISCLAIMER: The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property. All participants must sign a waiver.

This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports and counts towards the acquisition of IVV Achievement Awards. For more information on the American Volkssport Association, go to www.ava.org

DIRECTIONS TO START POINT

From the **WEST:** Take the PA Turnpike East to Exit 343 (Willow Grove) and get on PA-611 South. Go 3.6 miles and turn left on Susquehanna Rd. Go 1.5 miles and turn left on Meeting House Rd. Go 0.6 miles and turn left on Huntingdon Pike. Go 0.1 mile and turn right on Moredon Rd. Go 0.8 miles and turn right into Lorimer Park parking lot. From the parking lot, cross the road and walk to the picnic area for the Start Point.

From the **NORTH or SOUTH** (using I-95): Exit I-95 in Philadelphia at Exit 30 (PA-73 West). Go 1.6 miles and cross US-1. Go 1.9 miles further and turn half right on Oxford Ave. Go 0.2 miles and turn half right on Veree Rd. Go 2.2 miles and turn left on Bloomfield Ave. (which becomes Moredon Rd.). Go 0.8 miles and turn left into Lorimer Park parking lot. From the parking lot, cross the road and walk to the picnic area for the Start Point.