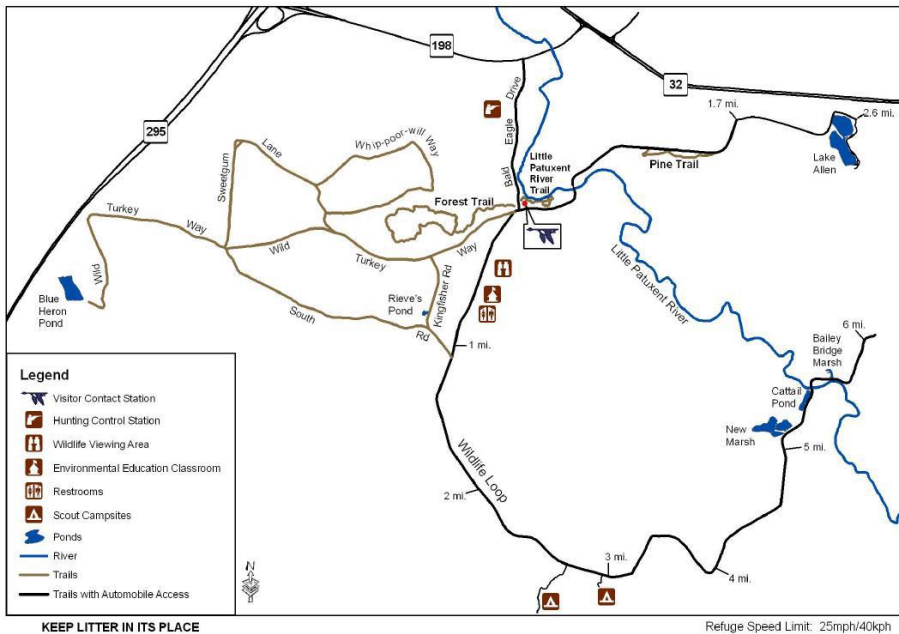


Driving Directions to the Start/Finish: 230 Bald Eagle Dr, Laurel, MD 20724

From Baltimore/Washington Parkway: Leave the Parkway at exit for Route 198. Follow Route 198 east toward Fort Meade 1.7 miles. Turn right at large brown sign for Patuxent Research Refuge. This is Bald Eagle Drive. Proceed (past the baseball field on your left) about one mile. Turn left into parking lot. Start/finish is the Visitor Contact Station, where you must sign in. Flush toilets and a water cooler are available at the Contact Station.

From Maryland Route 32: Leave Route 32 at the exit for Route 198. Proceed around a confusing traffic circle. Follow Route 198 west, crossing a bridge over the Little Patuxent River, then immediately turn left at large sign for Patuxent Research Refuge. This is Bald Eagle Drive. Proceed (past the baseball field on your left) about one mile. Turn left into parking lot. Start/finish is the Visitor Contact Station, where you must sign in. Flush toilets and a water cooler are available at the Contact Station.

 **U.S. FISH & WILDLIFE SERVICE**
Patuxent Research Refuge - North Tract Trails



Laurel, MD

Patuxent Research Refuge North Tract

York White Rose Wanderers
Invites you to a

"Guided Bike" Event



13K & 25K "Guided Bike" Event
AT17/108577

Sunday, September 17, 2017

AVA
Fun, Fitness, Friendship

Icons for walking, running, cycling, and swimming.

SANCTIONED EVENT

Eligible for credit toward IVV Achievement Awards

Laurel, MD

“Guided Bike” Event

AVA Event AT17/108577

13K & 30K Trails, Rated 1B

Arrive by 9:30 am for a 10:00 am departure

http://clubs.ava.org/gen3/data/event_details.asp?eventid=106926

DATE: Sunday, September 17, 2017

SPONSOR: York White Rose Wanderers, AVA-236

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.

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

REGISTRATION and FEES: IVV credit is \$3.00. We are not allowed to collect money on Refuge property. To obtain credit, you must pre-register by using PayPal, or mail check made to “MVA” to Maryland Volkssport Association, c/o Darrell Neily, Treasurer, 3223 Cherry Mill Drive, Adelphi, MD 20783. The PayPal address is www.paypal.com. Send \$3 per credit to the following PayPal account: marylandvolks@gmail.com.

CONDITIONS: The event will be held in reasonable weather conditions. There will be no littering. Wildlife and plant life are not to be disturbed. Pets are not allowed.

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

AWARD: IVV Credit only.

“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.

START LOCATION: The Visitor Contact Station in the Patuxent Wildlife Refuge North Tract. See Driving Directions and map on last page.

REFRESHMENTS: A water cooler is available at the Start/Finish. After the ride, we will drive a very short distance to Casey’s Crab Company for lunch.

RESTROOMS: Restrooms are available at the start, and at one location on the trail.

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.

FOR MORE INFORMATION: contact Darrell Neily. Email: dneily333@gmail.com . Mobile phone: (301) 466-4547.

MEET THE STARTER: Look for a green Toyota van to register for the “Guided Bike” event, and pay to have IVV books stamped if pre-registered.

BIKE ROUTE DESCRIPTION: This route will be entirely on paved road, with little or no vehicular traffic. The road is poorly maintained, so caution is advised to avoid potholes, tree limbs and other obstacles (hence the 1B rating). A 13K option, also entirely on paved road, is offered. Bike helmets must be worn.

HIGHLIGHTS ON THE ROUTE: Patuxent Research Refuge supports a wide diversity of wildlife in forest, meadow and wetland habitats. The land is managed to maintain biological diversity for the protection and benefit of native and migratory species. During the fall and spring migrations, many waterfowl species stop to rest and feed. Approximately 270 species of birds have been documented on the refuge. Increasing forest fragmentation in the area due to urban development has damaged many populations of neotropical migratory birds. The refuge is one of the largest forested areas in the mid-Atlantic region and provides critical breeding habitat and an important nesting area for these species.

At the North Tract, approximately 20 miles of roads and trails exist for hiking, bicycling, and horseback riding. A wetland and wildlife viewing area allows visitor to see waterfowl, shorebirds, raptors and songbirds.