

SANCTION: This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). This event counts for acquisition of IVV achievement awards. Event number 2017/AT/108404

SPONSOR: Virginia Vagabonds (AVA 365)

DATE: Saturday, October 7, 2017

START POINT: Cypress Creek Golfers' Club, 600 Cypress Creek Parkway, Smithfield, VA. GPS: N36° 57.5471', W076° 37.4952'

DISTANCE: There is a 5-kilometer (3.1 mile) trail and a 10-kilometer (6.2mile) trail. The walk may be completed a second time for credit at no additional fee.

ELIGIBILITY: Everyone! Children under 12 must be accompanied by an adult. Groups are welcome.

START AND FINISH TIMES: The walk will start between **9:00 a.m. and 10 a.m.** Finish by **1:00 p.m.** **Lunch will be at approximately 11:30 a.m.** (so plan your start time for the walk accordingly) with the club meeting and social time to follow. Order off the snack bar menu.

WALK FEES: This is a credit only event. The Credit only fee is \$3.00. There is no fee just to walk the trail. There will be no refund of any fees paid.

PROCEDURES: At the start point, each participant will be issued their own start card, which must be signed and personally presented at the control points for stamping. The individual start cards will be turned in at the finish table after completing the event.

CONDITIONS: Pets are permitted on this event, however, they must be on a 6-foot leash and are not permitted in the start point. Water will be available at the start point and at the checkpoint. Restrooms are available at the start/finish point. Litter must be deposited in the designated containers. This event will be held regardless of most weather conditions.

IVV CREDIT: All previous participants of IVV events are reminded to bring their IVV books to this event. You may purchase new books at the event.

COURSE DESCRIPTION: Trail rating: 1A. The trail will be along sidewalks and shoulders of roads in the Cypress Creek neighborhood of Smithfield. Trail is suitable for wheelchairs and strollers and is mostly flat.

FOR FURTHER INFORMATION: Please call Annette Tollett at 757-814-1417, email ahtollett3@gmail.com.

DISCLAIMER OF LIABILITY: 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.

SPECIAL PROGRAMS: Honoring Our Flag, Walking the USA - Street by Street (CA, MD, NC, NJ, SC, SD, TX, WA). Virginia Counties - Isle of Wight.

WHAT IS A VOLKSMARCH?

A non-competitive outdoor event where a participant follows a marked trail at his/her own pace, stopping at points for a "control stamp", rest, and refreshments. Volksmarches are aimed at getting all people, regardless of age, out-of-doors to exercise non-competitively. Many senior citizens participate regularly. Many parents bring

their children with them, carrying infants (or use strollers or wagons). See www2.ava.org for more information.

DIRECTIONS:

Take I-64 to Exit 263A in Hampton VA. Merge onto US-258 S/W Mercury Blvd via EXIT 263A toward James River Bridge. Follow US 258 S for approximately 11.04 miles, crossing over the James River. Turn right onto Brewers Neck Blvd/US-258 S/VA-32 for 2.83 miles. Turn right onto Bennis Church Blvd/US-258 S/VA-10. Continue to follow US-258 S/VA-10 for 3.39 miles. Stay straight to go onto ramp. (If you go past the overpass, you have missed this turn.) Turn left onto Shady Dr. for 0.24 miles. Turn left onto Cypress Creek Pkwy. for 0.69 miles. Turn right to stay on Cypress Creek Pkwy. Then, turn left into the parking lot for the Club House.

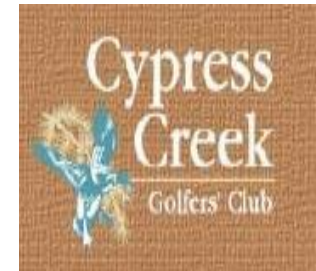
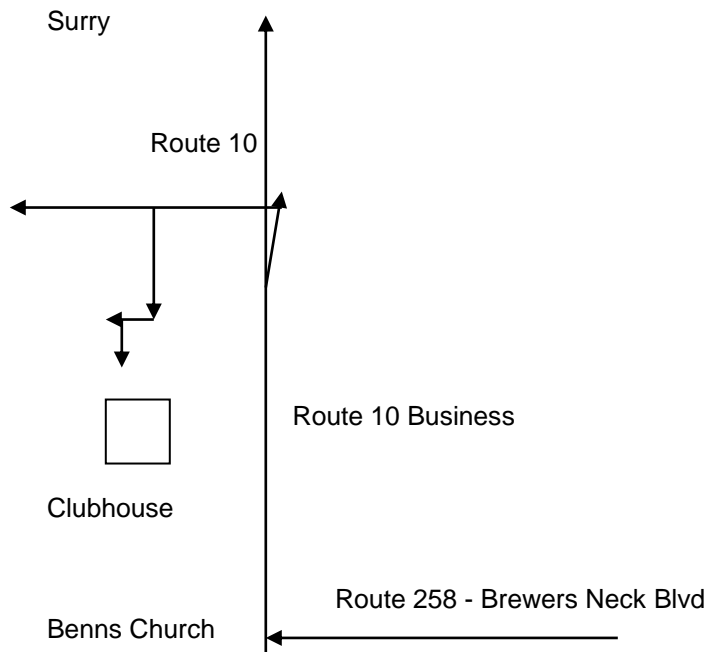
VIRGINIA VAGABONDS

CREDIT ONLY EVENT

WALK, EAT, MEET

SMITHFIELD VA

OCTOBER 7, 2017



5 Kilometer Walk (3.1 miles)/ 10 Kilometer Walk (6.2 miles)
Trail Rating: 1A

