Start/Finish Times

Friday			
Start - Welcome Walk	12:00 noon – 3:00 pm		
Finish by	6:00 PM		
Opening Ceremony	4:00 PM		
Social	5:00 pm – till ??		
Saturday			
Start - Marathon	7:00 am – 7:30 am		
Start – 21 +/- km	8:00 am – 11:00 am		
Start – 6/12 +/- km	8:00 am – 11:00 am		
Finish by	5:00 PM		
International Dinner	6:00 PM		
Sunday			
Start – 32 +/- km	7:00 am – 8:00 am		
Start – 21 +/- km	7:00 am – 10:00 am		
Start - 6/12 +/- km	8:00 am – 11:00 am		
Finish by	4:00 PM		
Closing/Awards Ceremony	3:00 PM		

Certificate of) U.S. Freed	Athletic Achie IomWalk Med	
9	s awarded to	
for successful partie	gration in the fourtaceath as	assaf
U.S. Freed Arlington, Virginia	omWalk Festival [®] and Washington, D	C USA
	s attented by	
Description	Salara Gresser	May Muller Tyrodesi

The Freedom Walk Award is a certificate signed by officials from the IML and AVA. This certificate along with the Event Patch is awarded to any participant who completes the event walk on Saturday and/or Sunday. Marathon participants

will receive a special Marathon Patch in place of the Event Patch. Any participant who completes both Saturday and Sunday will receive an additional award: a medal (first-time participants) or numeric pin (repeat participants). In addition, all Friday participants (excluding IVV Credit Only) receive a commemorative Welcome Walk Patch.

This walking weekend is hosted by *Arlington County, Virginia and AVA Club 901*.

Event	2017
Gilboa, Israel	24-25 March
Borås, Sweden	22-23 April
Blankenberge, Belgium	6-7 May
Wellingborough, England	13-14 May
Chantonnay, France	25-28 May
Diekirch, Luxembourg	10-11 June
Bern-Belp, Switzerland	20-21 May
Viborg, Denmark	24-25 June
Castlebar, Ireland	29 June - 2 July
Nijmegen, Netherlands	18-21 July
Jurbarkas, Lithuania	5-6 August
Vaasa, Finland	11-13 August
Verdal, Norway	26-27 August
Arenzano, Italy	9-10 September
Seefeld, Austria	15-17 September
Brno, Czech Republic	23-24 September
Fulda, Germany	30 September - 1 October
Barcelona, Spain	7-8 October
Rotorua, New Zealand	18-19 March
Canberra, Australia	1-2 April
Yatsushiro, Japan	12-14 May
Dalian, China	20-21 May
Beijing, China	9-10 September
Arlington VA, USA	13-15 October
Won-Ju, Korea	28-29 October
Higashimatsuyama, Japan	3-5 November
Taipei, Taiwan	11-12 November
Yogyakarta, Indonesia	18-19 November

IVV Olympiad Koblenz, Germany -June 8-10-2017





AVA DISCLAIMER: The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property.

IML DISCLIAMER: USFWF and its sponsors are not liable for accidents, injury, thefts, and/or material damage. Every reasonable effort will be made by the host and sponsors to make these walks safe, enjoyable and memorable. This is not a charity walk.

16[™] Annual International

U.S. FreedomWalk Festival® (USFWF)

October 13-15, 2017 Arlington, Virginia Washington, DC USA



Walking the World One Country at a Time

Three days
Trails from 3 to 27 miles
(6 to 44 kilometers)

One Swim Event

Walk for the FreedomWalk Medal









Registration: US FreedomWalk Festival 2017

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	dressy/State/Zip	
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Em	Email Age	
Ph	one	
	ADULT FEE***	
	Walk Friday+Saturday+Sunday	\$32
	Friday Only	\$9

Walk Friday+Saturday+Sunday	\$32
Friday Only	\$9
Walk Saturday + Sunday	\$24
Walk Saturday OR Sunday	\$12
YOUTH FEE (age 12 or younger)***	
Walk Friday+Saturday+Sunday	\$24
Walk Saturday + Sunday	\$22
Walk Saturday OR Sunday	\$11
International Dinner	\$40
IVV Credit Friday(5/10/12 km only)	\$3
IVV Credit Saturday(5/10/12 km only)	\$3
IVV Credit Sunday(5/10/12 km only)	\$3
Swim event-Friday-IVV Credit only	\$3
Swim event-Saturday-IVV Credit only	\$3
Swim event-Sunday-IVV Credit only	\$3
*** includes IML registration and/or IVV/AVA A Award	

T-Shirt: S-XL/\$15 - XXL/\$17 - XXXL/\$20

Polo: S-XL/\$30 - XXL-XXXL/\$35

***IVV Credit Only fee is included in these registration categories.

Distances in kilometers (+/-) plan to walk (Please Circle):

Friday: 5 10

Saturday: 12 21 44 12 21 32 Sunday:

How many times have you walked this event?

Make check payable in US\$ to "US FreedomWalk Festival" Mail by 1 October 2017 to

US FreedomWalk Festival PO Box 17208 Arlington, VA 22216 U.S.A.

GROUPS contact the organizers for special group registration procedures.

Fees increase \$5 on day of event [n/a IVV Credit Only].

This non-competitive walking sport event is called volksmarching. It is a walk for fitness, fun, and fellowship ... with the chance to learn something about the US and about other walkers from around the world.

TRAILS: Each day features different trails and actual distances may vary. Friday's 5/10 km (3 /6 miles) walk...come experience Arlington, Virginia hospitality with a Welcome Walk west of the Potomac River. Arlington is a Gold Level Walk Friendly Community (AT17-107413).

Saturday's 6/12/22/42 km (3 / 6 / 12 / 26 mile) walk explores Washington, DC. The 42 km marathon also travels around some of the best trails in Arlington (AT17-107414).

Sunday's 6/12/21/33 km (3 / 6 / 12 / 18 mile) walk goes on the C & O Canal. The longer trails also visit Arlington neighborhoods and parks, and the longest explores Glover-Archbold Park and the Capitol Crescent trails (AT17-107415).

All trails are primarily on sidewalks with occasional natural surfaces, which may be difficult for strollers and wheelchairs. Trail ratings range from 1A-3C, depending on the day and distance walked.

SWIM: IVV credit only \$3.00. Hours: Friday: Noon-6 p.m.; Saturday: 10 a.m. - 5 p.m.: Sunday: 10 a.m. - 4 p.m. (AT 17-107416).

SPECIAL PROGRAMS: Bridges - Spanning the USA, Border Crossings, Make A Wish - Water Fountains, National Parks Centennial, , Take a Walk in a City Park, Walking the USA Street by Street, Not all special programs will be on all trails.

STIPULATIONS

- -Everyone is welcome!
- -Water/candy available at start and at control points, but you may want to carry additional water.
- -Food available at establishments along the routes.
- -Restrooms at start and at or near control points.
- -For your safety, carry only unit flags or flags of your country, state, or city. Please no political signs or banners at this event.
- -Children under 16 must be accompanied by an adult.
- -Pets welcome, on a leash, but not in buildings. Poop & Scoop.
- -Some trails wheelchair and stroller accessible.
- -Event will be held regardless of conditions unless safety is threatened by dangerous weather or a national emergency.
- -Everyone must sign an athletic waiver.
- —No littering—ever.
- —Refunds are not available.
- -This event is sanctioned by the American Volkssport Association (AVA), the International Federation of Popular Sports (IVV) ® and the IML Walking Association.

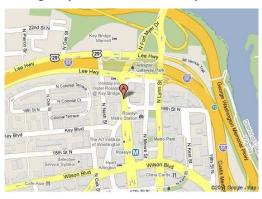
LOCATION: All walks begin and end at the official event hotel: Holiday Inn, Rosslyn at Key Bridge, 1900 N Fort Myer Drive, Arlington, VA 22209 N38° 53' 50" W077° 4' 17". The hotel is located three blocks from the Rosslyn Metro station which is part of the Washington Metrorail system (www.wmata.com). There is free parking at the hotel, but parking is not allowed in the spaces marked RESERVED.

The hotel has a block of rooms [Code FW7] available for weekend [Friday and Saturday] rate of \$109 plus tax per night; weekday [Thursday and Sunday] rate of \$149 plus tax per night. Make your reservations at the following phone number: (703) 807-2000 or info@hirosslyn.com

The Rosslyn Metro is the best way to get to this event. You can park free on weekends at any Metro commuter lot. If you plan to drive know that traffic and parking can be a problem. Please arrive early and pay attention to parking restrictions on meters.

WALKING DIRECTIONS: Head North on Fort Myer Dr towards N Nash St. Start will be on your left

DRIVING DIRECTIONS: From I-95 in Virginia, travel north on I-395 to exit 8B and merge onto Washington Blvd towards the PENTAGON. Travel north on Route 27 to Route 50 and take the right exit onto Route 50. Immediately take the Lynn Street ramp and turn right. Turn left at Lee Highway and next left on Ft Myer Drive



www.usfreedomwalk.org

www.ava.org Register online through active.com, by mail, or at the door

WALK RAIN or SHINE!

POINT OF CONTACT: Dolores @ (703) 209-0174; usfwf@yahoo.com; www.ava.org