



WESTMINSTER BREAKFAST WALK

10 km (6.2 miles) or 5 km (3.1 miles) walk

Saturday – April 7, 2018

Credit only event #110642 -- AVA trail rating 2A

Sponsor: Seneca Valley Sugarloafers Volksmarch Club, Inc. (AVA 419), a member of the Maryland Volkssport Association.

Sanction by: The Maryland Volkssport Association and The American Volkssport Association, a member of the International Volkssport Verband, to promote leisure sports in the interest of family health, recreation, fun, and companionship.

Start/Finish: Church of the Ascension, 23 North Court St., Westminster, MD.

Start Time: Registration 8-10:30 am; finish by 2 pm.

Parking: Follow signs to free Volksmarch parking in the lot at back of cemetery or Courthouse parking lot. **DO NOT PARK in the lot at the church.**

Refreshments: The Church of the Ascension will serve an All You Can Eat Breakfast from 7 to 11 am. Walkers will pay \$7 (a \$1 discount from the general admission price) by showing their start card.

Fees/Awards: Our walk is free. IVV credit is \$3.00. Children under 12 may earn IVV credit for no charge at all events sponsored by the Seneca Valley Sugarloafers. Record books will be available for sale.

Trails: There are two 5 km trails which begin and end at the Start Point. **Trail #1** goes to McDaniel College. **Trail #2** goes to the Carroll County Farm Museum. 5 Km walkers can select either trail. The trails are on sidewalks and roadsides.

AVA Special Programs: Both Trails - Walking the United States, Points of Reference, Walking the USA A-Z. **Trail 1 -** Make a Wish at a Water Fountain, Take a Walk in a City Park, Walk the USA - Street by Street.

Event Information: For more information about this event, please contact:
Ward Parr 301-337-5764 parrw@comcast.net
Jone Parr 301-385-0054 jone.p@comcast.net



Conditions: Restrooms and water are available at the start point. Trail instructions will be available. Pets may be taken on the trail, but they must be leashed. You must clean up after your pet. Pets are not allowed in Church of the Ascension. This walk will be held, unless conditions cause the sponsor to close the trail for safety reasons. If in doubt, call Ward Parr 301-337-5764

Eligibility: We welcome everyone to walk with us. All participants must register and sign a waiver of liability. Each participant must carry a start card throughout the walk. Please turn the card in at the end of your walk so we know that you are safely off the trail. An adult must accompany children under 12 throughout the entire walk. Parents of minor children must sign a waiver of liability for the children.

Disclaimer: Neither the Seneca Valley Sugarloafers Volksmarch Club, Inc. nor the Church of the Ascension shall be liable for accidents, theft, or material damage. Every reasonable effort will be made to make this a safe, enjoyable, and memorable event.

Membership: Membership in the Sugarloafers is open to everyone interested in walking for fitness, fun, and fellowship. Members are encouraged to walk our volksmarch trails and to help with events and other club activities. Dues are \$10.00 per year and include the club newsletter which keeps members informed about volkssporting activities and news. To join, send your name, address, email address, and phone number (or membership form from our website, www.sugarloafers.org) with a check for \$10.00 payable to SVSVC to: Carolyn Thurber, 17616 Mill Creek Dr., Derwood, MD 20855-1015

Club Info: contact Carolyn at 301-926-0915 or cbthurber@verizon.net

Volksmarch Info: www.sugarloafers.org; www.ava.org; www.mdvolks.org

DIRECTIONS TO START POINT

From the Baltimore Beltway I-695: Take I-795 (exit 19) to the Westminster Pike (exit 9B), Rt. 140. Proceed 10.5 miles, and after passing McDonalds, turn left on Ralph St. and proceed * to the Courthouse parking lot or lot at back of cemetery. Enter the Church at the double red doors.

From the north: Go south on Rt. 97 to Rt. 140 east. Turn right on Ralph St. and proceed from * above.

From the west: Take I-70 east to Rt 27 (exit 68); turn left to Westminster. At Main Street, turn right passing Center Street and N. Court Street. Turn left on Ralph Street. Proceed from * above.

From the Washington Beltway I-495: Take Rt. 97 (Georgia Avenue) north to Westminster. Rt. 97 turns left at Rt. 140. Turn left on Ralph St. and proceed from * above.