

DIRECTIONS:

Meadowbrook Park

Start: Pavilion behind Meadowbrook Athletic Complex

Address: 5001 Meadowbrook Lane, Ellicott City, MD 21043

From I95 take Rt100, Exit 1A, Left on Long Gate Parkway. Right onto Meadowbrook Lane

From I95 take Rt100, Exit 1A, Cross Long Gate Parkway onto Meadowbrook Lane

Pass First Meadowbrook Parking; Left into Meadowbrook Park.

Continue around Meadowbrook Athletic Complex.

COURSE DESCRIPTIONS: There is only one event with two trail choices. The basic 5km trail will be on hard surfaces through Meadowbrook Park. The 10km will extend into neighborhood streets and sidewalks. Wheelchairs and strollers should not have difficulty on the 5km trail.

SPONSORED BY: The Columbia Volksmarch Club (AVA 264).



A proud member of the
MARYLAND VOLKSSPORT ASSOCIATION

SANCTIONED BY: The American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV), promoting leisure sports in the interest of family health, recreation, fun and companionship.

PARTICIPATION FEES:

- The participation fee for IVV Credit Only is \$3. (maximum \$10 for families with minor children living together).
- *There is no fee to walk the trail without receiving the IVV credit.*

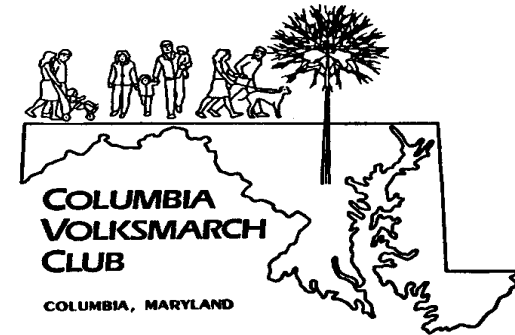
Our Six **Year Round Events** are open dawn to dusk.

From Roger Carter Center - Ellicott City/Oella & Centennial Lake

From Feet First Wilde Lake Village Center – Wilde Lake & River Hill

From Starbucks in the Columbia Mall - Columbia Mall Walk

From McDonalds in Kings Contrivance – KC & Patuxent Branch Trail



AVA-264

Presents a Saturday

Spring Walk

Meadowbrook Park

Howard County, Maryland

April 14, 2018

AT2018/110650 ; 5km & 10km

Trail Rated 2A

These non-competitive walking events are open to all.
Start anytime from 8:00 a.m. to 11:00 a.m.; finish by 2:00 p.m.

INFORMATION: call (410) 290-6510 or
e-mail johndye@comcast.net

CVC Web Page: <http://www.mdvolks.org/CVC/>

DISCLAIMER: Neither the Columbia Volksmarch Club nor Howard County Recreation & Parks shall be liable for accidents, theft, or material damage. Every reasonable effort will be made to make these safe, enjoyable, and memorable events.



PROCEDURE: Each participant will be issued a start card. It must be carried on the walk and presented for validation at each checkpoint. Only one start card will be validated per participant. Start cards must be turned in at the Finish Table after completing the event. Only those participants with a properly validated start card will be eligible for IVV credit. The trail may be walked two times per start card on the same day at no additional cost.

REFRESHMENTS: Restrooms will be located at the start points. Water and candy will be available at the checkpoints on the trail.

CONDITIONS: The events are open to all. The events will be held during all reasonable weather conditions, including rain. Littering along the trails is prohibited. Dogs are permitted on the trail but not inside buildings.

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From Roger Carter Center

Two events: Ellicott City/Oella & Centennial Lake

From Feet First Hickory Ridge Village Center

Two events: Hickory Ridge & River Hill

From Starbucks in the Columbia Mall

Columbia Mall Walk

From McDonalds in Kings Contrivance

Kings Contrivance and Patuxent Branch Trail