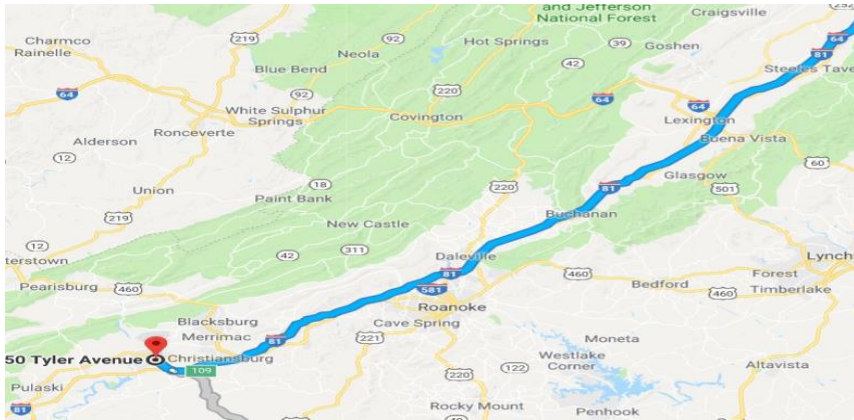


Qualifies for AVA Special Programs: Walk the USA – Street By Street: AL, AK, AR, CA, FL, GA, IA, KY, LA, ME, MI, MS, MO, MT, NE, NH, NJ, NY, OH, OK, OR, PA, SC, SD, TN, TX, UT, VA, WI, WY; Walking the USA A-Z. Also qualifies for Virginia Counties program: Montgomery County.

Driving Directions to Hotel Registration Point:

Take I-64 to I-81 South. Take Exit 109 for VA-177 toward Montgomery 600/Radford. Turn onto VA-177N/Tyler Ave (signs for Rte 177). Make a U-turn at Auburn Ave (on the left) after passing the hotel. Hotel will be on the right. Registration will be in the lobby or breakfast room.



PRE-REGISTRATION: Mail to VVA, 302 Queens Crescent, Williamsburg VA 23185 by August 15, 2015:

Name	Bland County Award		New Castle Award		The Cascades Award		Blacksburg Award	
	Award	Credit	Award	Credit	Award	Credit	Award	Credit

Address _____

VIRGINIA VOLKSSPORT ASSOCIATION WALKING WEEKEND

September 1-3, 2018

LABOR DAY WEEKEND



Bland County (Appalachian Trail) (AT 18/111081)

Craig County (New Castle) (AT 18/111079)

Giles County (The Cascades) (AT 18/111080)

Montgomery County (Blacksburg) (AT 18/111078)



General Event Information

Sanctioned: All events in this brochure are sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). These events count for acquisition of IVV achievement awards.

Disclaimer: 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.

Distances: 5 and 10 kilometers for all three events. There is also a 7 kilometer trail for The Cascades.

Sponsor: Virginia Volkssport Association (AVA-VA)

Registration Point: Registration for all four events is at La Quinta Inn, 1450 Tyler Ave, Radford, VA 24141. (N37° 7.5857', W080° 32.4313') You will have to drive between 21 and 87 miles to the starting point for each event. After you finish the walks, you will need to drive back to the Registration hotel to turn in your start card and stamp your books.

Registration Times: Registration times on Saturday, Sunday, and Monday from 9 am to 4 pm. All walks must be finished by 4 pm Monday.

Eligibility: All are welcome. Everyone must register and sign the insurance waiver at the start, fill out and carry a start card, and turn it in upon completing the walk. Children under 12 must be accompanied by an adult.

Distances: All events are 5 or 10 kilometers. There is also a 7 kilometer trail for The Cascades.

Awards: There are A Awards (similar to the pictures on the front) for all events. Each of the awards is 4x3. Twenty of each award are available and will be not be reordered.

Fees: There is no charge to participate. The cost of each award and credit will be \$8 for Pre-Registered, and \$9 after August 15, 2018. Credit only is \$3. There will be no refund of any monies paid. There is a \$3.00 parking fee at The Cascades, unless you have an America the Beautiful Interagency Pass or GW/Jefferson National Forest Pass.

Conditions: These events will be held regardless of most weather conditions. Carry water regardless of weather conditions. IVV Books and New Walker packets will be available for sale at all events. Some trails may be difficult for wheelchairs and strollers. Pets are welcome. La Quinta Inn is pet friendly.

Refreshments: Water and candy will be available at the registration. Restrooms will be available at some start points, but may not be available on the trail. Restaurants are available on the town trails.

Year Rounds: There are several year round and seasonal events in the area that will help you fill out your day: Hungry Mother State Park year round and seasonals Radford, Salem, and Vinton.

Point of Contact: Sandy Croushore, 302 Queens Crescent, Williamsburg VA. Email: szcroushore@verizon.net. Telephone: (757) 532-3468. More information about volksmarching and location of events is available at ava.org.

Special Room Rates: La Quinta Inn is offering a special room rate. A single or double room will be \$89. This includes a hot continental breakfast. You can call for reservations at (540) 633-6800. Ask for the "Virginia Volkssport Association" rate.

Bland County—Appalachian Trail (near Burke's Garden)

Trail Description: Rated 3C: This trail will be along the Appalachian Trail in Bland County. It starts at the top of Garden Mountain and walks along the ridge line. This part of the trail is somewhat rocky with small hills, so you might want to use a walking stick. It is not wheelchair or stroller friendly. You will drive several miles of winding, dirt roads to reach the parking area for the walk. There are no restrooms available at the start or along the trail.

Qualifies for AVA Special Programs: Appalachian Trail. Also qualifies for Virginia Counties program: Bland County.

Craig County—New Castle

Trail Description: Trail rating: 1A. This walk will be on sidewalks and shoulders of roads in the town of New Castle. Wheelchairs and strollers are okay.

Qualifies for AVA Special Programs: U.S. Post Offices; Walk the USA - Street by Street: AL, AK, AR, CA, CO, DE, GA, IL, IN, IA, KS, KY, LA, MA, MN, MS, MO, MT, NE, NJ, NY, NC, ND, OH, OK, PA, SD, TX, VA, WA, WI; Walking the USA. Also qualifies for Virginia Counties program: Craig County.

Giles County—The Cascades

Trail Description: Trail rating: 3C. There is a \$3 parking fee, unless you have a National Park pass. The trail will go along the shoulder of roads for a very short distance. Most of the trail will be dirt up to and past Cascade Falls. Part of the trail is rocky and is not suitable for wheelchairs or strollers. There are also stairs located on the trail.

Qualifies for AVA Special Programs: Bridges, Points of Reference, Treasure Hunt. Also qualifies for Virginia Counties program: Giles County.

Montgomery County—Blacksburg

Trail Description: Trail rating: 1A. Trail will be through the campus of Virginia Polytechnical Institute (Virginia Tech) and the town of Blacksburg. The 5 kilometer trail will be completely on the campus of Virginia Tech, except for a small amount at the start and finish. The trail is suitable for wheelchairs and strollers. You will pass many of the Virginia Tech buildings which are finished with Hokie Stone. Information about many of the buildings will be provided on the instructions.