

Max Meadow, VA – New River Trail – Wythe/Pulaski Counties
Friday, Sep 28, 2018 - Arrive by 9:30 am for a 10:00 am departure

START LOCATION: Bike Rentals, 176 Orphanage Dr, Max Meadows, VA 14360 (276) 699-6778. This is the Foster Falls area of New River State Park.
RESTROOMS: Facilities are available at Foster Falls, New River State Park.

BIKE ROUTE DESCRIPTION: The ride will be an out and back on the New River Trail from Foster Falls to Hiwassee. The trail has a fine crushed gravel surface. Bicycles with a wider tire (i.e. hybrid or mountain bike) are recommended.

SPECIAL PROGRAMS: Bridges – Spanning the USA

LUNCH: Bring lunch with you. We will stop to eat lunch at a picnic area on the trail. Most participants will buy lunch at the Subway at 1025 Peppers Ferry Rd, Wytheville and bring with them.

BIKE RENTALS AND SHUTTLE: Bike rentals are available at Foster Falls for \$12 for a half day. Call (276) 699-1034 to reserve a bike.

PARK ENTRANCE FEE: There is a \$5 fee per vehicle to enter the park.

DIRECTIONS: Take Exit 24 of I-77 and take the ramp towards Poplar Camp/Shot Tower Historical Park. Turn left onto VA-69/Lead Mine Rd. Turn left onto US-20/Ft Chiswell Rd. Turn right onto VA-608 and follow to Foster Falls at New River Trail State Park. After passing the fee station, parking and bike rentals are down the hill and to the left at the same place as canoe and kayak rentals.

Marlinton, WV – Greenbrier River Trail – Pocohontas County
Saturday, Sep 29, 2018 - Arrive by 9:00 am for a 9:30 am departure

START LOCATION: Trailhead across the street from 309 8th St.
RESTROOMS: Facilities are available nearby at the Visitor Center.

BIKE ROUTE DESCRIPTION: We will do an out and back ride on the Trail going south to a bridge over the Greenbrier River. The Greenbrier River Trail in this area has a fine gravel surface. A bike with wider tires (i.e. hybrid or mountain bike is recommended).

SPECIAL PROGRAMS: Bridges – Spanning the USA
LUNCH: Lunch will be in Marlinton after the ride.

BIKE RENTALS AND SHUTTLE: Bicycle rentals are available at Appalachian Sports at the rate of \$20 for 4 hours. You must call (304) 799-4050 and make a reservation.

DIRECTIONS: From Exit 169 of I-64, take US 219N towards Lewisburg/Roncervete. Go 33 miles to Marlinton where US-219 is named Seneca Trail. Turn left onto 8th St and cross the Greenbrier River. The trailhead is on the right just before the rail trail crosses 8th St.

York White Rose Wanderers

Invites you to three

“Guided Bike” Events

Rated 1B



Thursday, September 27, 2018
Damascus, VA - Virginia Creeper Trail

AT18/110791 – 27K with Asheville Amblers
http://clubs.ava.org/gen3/data/event_details.asp?eventid=110791

Friday, September 28, 2018

Max Meadow, VA – New River Trail

AT18/110810 – 13K & 29K
http://clubs.ava.org/gen3/data/event_details.asp?eventid=110810

Saturday, September 29, 2018

Marlinton, WV – Greenbrier River Trail

AT18/110872 – 13K & 29K
http://clubs.ava.org/gen3/data/event_details.asp?eventid=110872



Three “Guided Bike” Events

SPONSOR: York White Rose Wanderers, AVA-236

“GUIDED BIKE” EVENTS: These are group bike rides with one person leading and another bringing up the rear. Ride at your own pace – the guides will stay with you.

SANCTIONED BY: These events are sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports. This event counts towards the acquisition of IVV Achievement Awards.

PROCEDURE: AVA policy requires that every participant, fee or non-fee, sign the insurance waiver and obtain a numbered start card which is stamped at control points along the course. At the Finish, the validated card is turned in and IVV books are stamped for official credit, if the credit fee has been paid. The trail may be biked a second time on the same day using the same start card at no additional cost.

DISCLAIMER: The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property. Reasonable efforts will be made by the sponsors to make these safe, enjoyable and memorable events.

ELIGIBILITY: Everyone is welcome to participate. Children 12 and under must be accompanied by an adult. Ride at your own pace. Bike helmets must be worn.

REGISTRATION and FEES: IVV credit is \$3.00.

CONDITIONS: The event will be held regardless of the weather. There will be no littering. Wildlife and plant life are not to be disturbed. No refunds. Pets are not allowed.

AWARD: IVV Credit only.

BRING: Bring a water bottle that is filled when you depart. Bring some way of carrying lunch. Bike helmets are mandatory.

MEET THE POC: Look for a green Toyota van to register for the “Guided Bike” event and to have IVV books stamped.

FOR MORE INFORMATION: Contact Tom Jackson. Home phone: (717) 677-6511. Email: thomasjackson@embarqmail.com On the day of the event, use cell phone (717) 309-6088.

Members of the Asheville Amblers should contact Dennis Michele at DMichBlue@aol.com, (home) 828-628-4343, (cell) 828-708-3643.

Damascus, VA – Virginia Creeper Trail – Grayson/Washington Counties

Thursday, Sep 26, 2018 - Arrive by 10:00 am for a 10:30 am departure

START LOCATION: Blue Blazes Bicycle and Shuttle Service, 226 W Laurel Ave, Damascus, VA 24236 (276) 475-5095. GPS: N36° 38.1311', W081° 47.5189'. Park next to Blue Blazes.

RESTROOMS: Facilities are available at Blue Blazes, Whitetop, and several places on the trail.

BIKE ROUTE DESCRIPTION: The route we will be riding goes downhill the entire way. The Virginia Creeper Trail has a packed earth surface and is considered the premier mountain bike rail trail in Virginia. We will be riding downhill from Whitetop to Damascus. The trail can be ridden using a hybrid bike if you are careful; however, there are just enough rocks and uneven surfaces to warrant a mountain bike

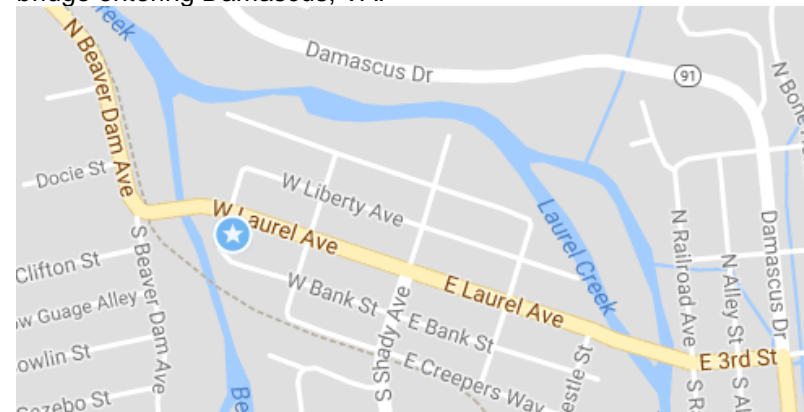
LUNCH: Bring lunch with you. We will stop to eat lunch at an old railroad depot. Most participants will buy lunch at the Subway off of Exit 19 of I-81 in Abingdon and bring it with them. Further down, we stop for a delicious slice of chocolate cake.

BIKE RENTALS AND SHUTTLE: Most participants will rent a mountain bike and take the shuttle to Whitetop. We will then cycle 27K downhill back to Damascus.

The cost for bike rental and shuttle is \$27. The shuttle is \$16 if you have your own bicycle. You will need to make a reservation NLT September 23. Phone number for Blue Blaze is 1-800-475-5095

SPECIAL PROGRAMS: Bridges – Spanning the USA, Ice Cream Parlors

DIRECTIONS: Take Exit 19 from I-81 south on US 58 east. Stay on US 58 approx 16 miles to Damascus. Blue Blaze is located on the RIGHT just after you cross the bridge entering Damascus, VA.



YEAR ROUND VOLKSWALKS: The Virginia Volksmarch Association (VVA) sponsors a Year Round walk in Damascus. The start box is at the Old Mill Inn. This walk is one of two in Virginia that qualifies for the AVA Appalachian Trail Special Program.