

**SANCTION:** This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). This event counts for acquisition of IVV achievement awards. Event number AT19-113445.

**SPONSOR:** Virginia Vagabonds (AVA 365)

**DATE:** January 12, 2019

**START POINT:** Mango Mangeaux, 33 E. Mellen St, Hampton, VA. GPS Coordinates: N37° 1.0736', W076° 19.2779'

**DISTANCE:** There is one 5-kilometer (3.1 mile) trail and one 10-kilometer (6.2 mile) trail. The 10-kilometer trail may be completed a second time for credit at no additional fee.

**ELIGIBILITY:** Everyone! Children under 12 must be accompanied by an adult. Groups are welcome.

**START AND FINISH TIMES:** The walk will start between **9:00 AM and 10:00 AM**. Finish by **1:00 PM**. **Lunch will be at 11:30** (so plan your start time for the walk accordingly) with the club meeting and social time to follow.

**WALK FEES:** Credit only fee is \$3. B medals will be available for an additional cost. There will be no refund of any fees paid.

**PROCEDURES:** At the start point, each participant will be issued their own start card, which must be signed and personally presented at the control points for stamping. The individual start cards will be turned in at the finish table after completing the event.

**IVV CREDIT:** All volksmarchers are reminded to bring their IVV books to this event. New walker kits and IVV event/distance books are available for purchase at the walk.

**CONDITIONS:** Pets are permitted on this event; however, they must be on a 6-foot leash. Pets are **NOT** permitted in the Start Point. Water will be available at the start point and at the checkpoint. Restrooms will be available at start. Litter must be

deposited in the designated containers. This event will be held regardless of most weather conditions.

**COURSE DESCRIPTION:** Trail rating 1A. The trail is along sidewalks in the Phoebus section of the City of Hampton. The trail is flat and is suitable for wheelchairs, wagons, and baby strollers. The trail will take you onto Fort Monroe National Monument (no entrance fee). On Fort Monroe National Monument, there will be some areas where you will be walking on shoulders of roads that aren't busy. Also, there will be a short section where the road might be busy, but there is plenty of room on the shoulder.

**FOR FURTHER INFORMATION:** Please call - Annette Tollett, 757-81-41417 or email: ahtollett3@gmail.com.

**DISCLAIMER OF LIABILITY:** 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.

**LUNCH:** Today, we will order lunch directly from the menu at Mango Mangeaux. Mango Mangeaux is a Simply Panache Bistro which is open daily.

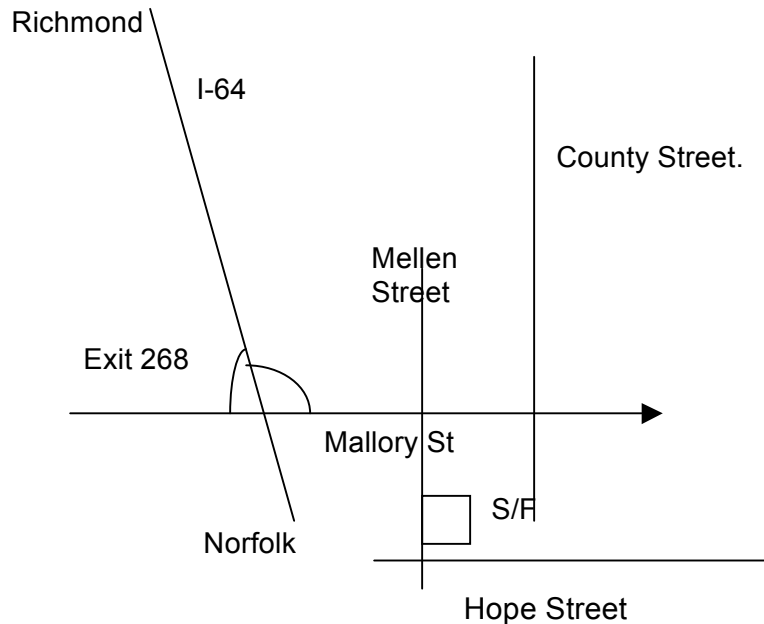
### **WHAT IS A VOLKSMARCH?**

A non-competitive outdoor event where a participant follows a marked trail at his/her own pace, stopping at points for a "control stamp", rest, and refreshments. Volksmarches are aimed at getting all people, regardless of age, out-of-doors to exercise non-competitively. Many senior citizens participate regularly. Many parents bring their children with them, carrying infants (or use strollers or wagons where the terrain allows). More information about volksmarching and location of events is available at [www2.ava.org](http://www2.ava.org).

**Walking the US - Street by Street - BOTH - AR, AK, FL, ID, IL, IN, KY, KS, ME, MI, MN, NE, NJ, NV, OK, SD, WI, WV**  
**10 KM ONLY - AL, CO, GA, IA, LA, MA, MO, MS, MT, NC, ND, NM, NY, OH, PA, SC, TX, UT, WI, WY**

## DIRECTIONS:

From I-64 East or West, take Exit 268 (Mallory Street). At the top of the ramp (traffic signal), turn left on Mallory Street. At the second traffic signal (third if you are coming from Hampton, Newport News) on Mallory Street (approximately 0.38 miles), turn right on East County Street. After approximately 0.04 km, turn right into the parking lot. Continue left thru the parking lot. Park close to East County Street in the parking lot. Mango Mangeaux is located on the right just before the next street (Hope Street). Enter by the back door. Restrooms on the left in the hallway.



**SPECIAL PROGRAMS:**  
**BRIDGES - SPANNING THE USA**  
**CITY OF HAMPTON**  
**LITTLE FREE LIBRARIES**  
**MAKE A WISH AT A WATER FOUNTAIN**  
**NATIONAL PARKS CENTENNIAL**  
**UNDERGROUND RAILROAD**  
**U S POST OFFICES**  
**WALKING THE US - STREET BY STREET**

# VIRGINIA VAGABONDS

## WALK, EAT, MEET

## MANGO MANGEAUX

### JANUARY 12, 2019

**CREDIT ONLY EVENT**

**WALK: 9 – 10 AM START**

**LUNCH: 11:30**

5 Kilometer Walk (3.1 miles)

10 Kilometer Walk (6.2 miles)

Trail Rating: 1A

