

YORK

Pennsylvania

YORK WHITE ROSE WANDERERS

INVITE YOU TO OUR

YORK WINTER WALK & SWIM

Saturday - February 2, 2019

The Athletic Club of York, York, Pennsylvania

YORK COUNTY



10K and 5K Trails

Trail Rating 1A

Event Number: AT19/113385

Swim No. AT19/113386

DIRECTIONS

FROM HARRISBURG (NORTH):

Take I-83 South to Exit 22 (N. George St/I-83 Bus/PA-181) toward US-30 W. Turn right onto N. George St/Rt. 181 for .5 mile to Rt. 30 W, turning right onto 30W. Continue West approximately 2 miles on Rt. 30 to Kenneth Rd. where you will turn right. Then, turn left onto Loucks Rd. The Club is about ½ block on the Right. Look for the signs and AVA banner.

FROM LANCASTER (EAST):

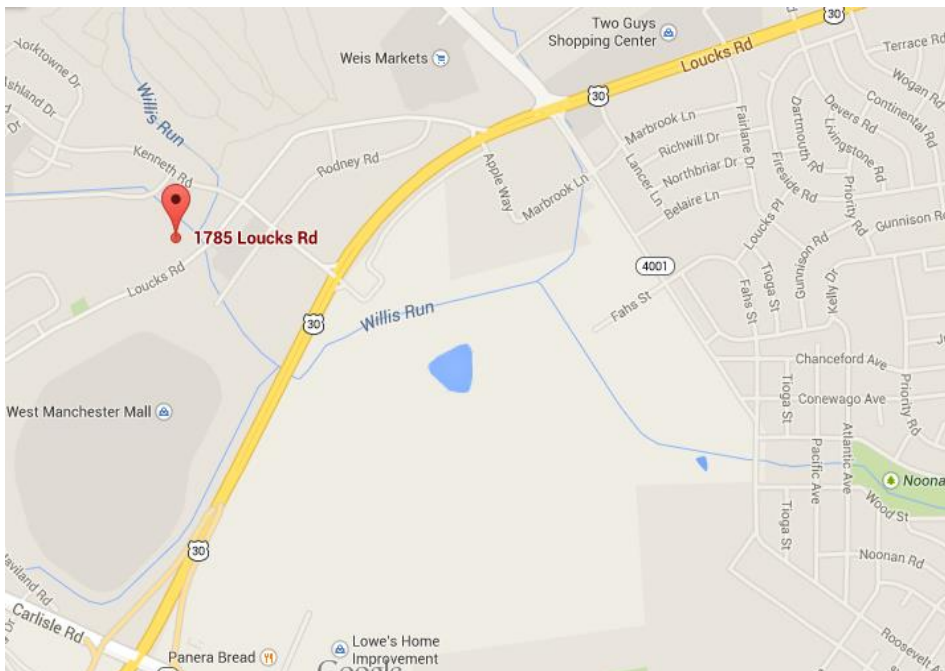
Take Route 30 West to Kenneth Rd. Continue as above.

FROM MARYLAND (SOUTH):

Rt. I-83 North to Exit 21B, US-30 W. Merge onto US-30 W. Go to Kenneth Rd. Continue as above.

FROM GETTYSBURG & POINTS WEST:

Take Rt. 30 E to Kenneth Road. Take a left onto Kenneth Rd. & follow above.



AVA: America's Walking Club



SANCTIONED EVENT

Eligible for credit toward IVV Achievement Awards

SANCTIONED BY: This event is 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.

DATE: Saturday, February 2, 2019

START AREA: The Athletic Club of York, 1785 Loucks Rd., York, PA 17408 Free parking is available. **START/FINISH TIME:** Walk: 8:30 a.m. – 12:00 Noon. Finish by 3:00 p.m. Swim: Start/Finish time – 10:30 a.m. – 1:00 p.m. Finish by 2:30 p.m.

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 walked a second time on the same day using the same start card at no additional cost.

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

FEES and CREDIT: This event is FREE to those who wish to participate without IVV credit. IVV credit is \$3.00. No Refunds Will Be Given. New Walker packets (a \$30+ value) will be available for those wishing to begin walking for credit. Swimmers must pay additional \$5 for use of the pool.

AWARD: There will be no special award for this event. IVV Credit only.

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

CONDITIONS: The event COULD be cancelled if it is determined winter weather conditions are unsafe. No refunds. Pets must be on a leash at all times and are not permitted in any buildings. Please clean up after your pet.

PARKING: Available at Start Area.

REFRESHMENTS AND RESTROOMS: Water will be available at the Start/Finish and Check Points. Restrooms are available at the Start and a few places along the trail.

COMMENTS: FITNESS FOR THE WHOLE FAMILY is offered by The Athletic Club of York. Equipment, classes, pool locker room are just some of the amenities. Senior Medicare memberships are FREE. These include all healthcare plans under the Silver Sneakers and Silver & Fit umbrellas. Call 717-764-8536 for more information. The website address is www.Theathleticclubofyork.com.

TRAIL DESCRIPTIONS: This winter walk is around and through the West Manchester Town Center and a West York neighborhood mostly on sidewalks and along the road. Main shops in the Town Center are: At Home, Burlington, Kohl's, Kirkland's, DSW Designer Shoes, and Walmart. There are many small shops, also. Main restaurants are Buffalo Wild Wings, Outback Steakhouse, and Firehouse Subs, plus Subway, pizza shops, and small diners. Remember this is a winter walk so sidewalks may be icy or snow covered.

SWIM EVENT: Swimmers should bring swim suit, goggles, and towel. The Athletic Club will provide a locker with a lock.

INFORMATION: For further information contact:

Julie Geyer
717-624-5627
YWRW@hotmail.com

SPECIAL PROGRAMS: Alternative Capitals (York), Walking USA A to Z (Y).

YORK WHITE ROSE WANDERER WALKS: Throughout the year check for brochures on our website <https://sites.google.com/site/yorkwhiterosewanderers/>. New items will be added when available. Look for our Shoehouse Walk YRE for 2019 and our Heritage Rail Trail YRE Bikes and Walks, including the Northern Extension at John Rudy Park. Other YRE walks nearby are our 3 Gettysburg walks, Hanover, and East Berlin.