

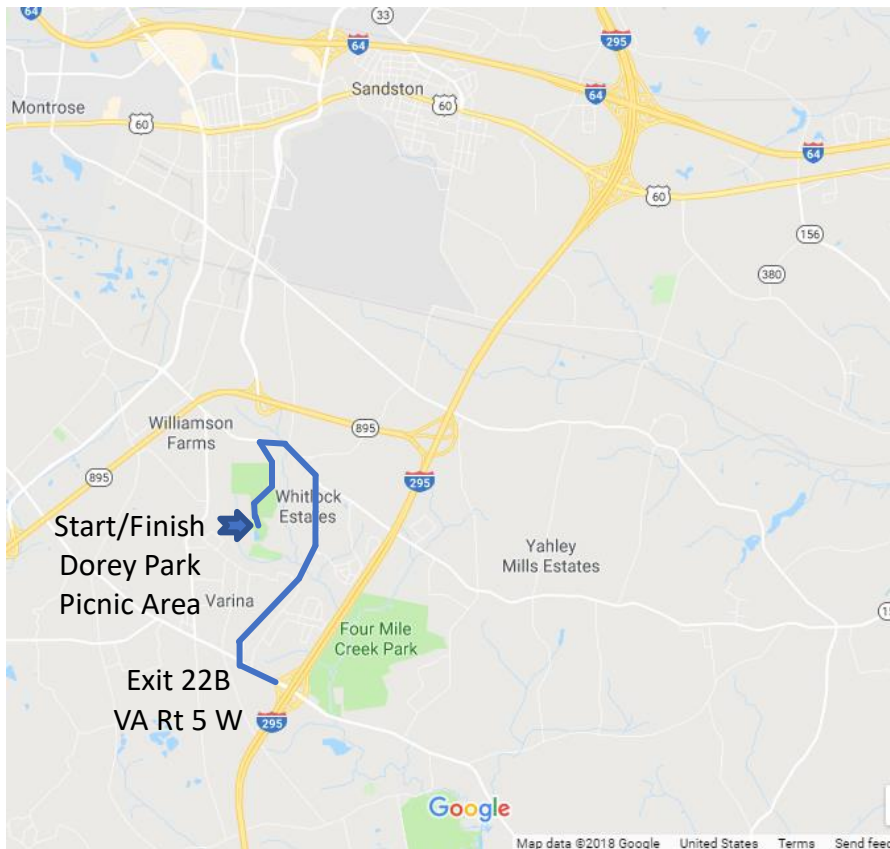
**Directions to Dorey Park Picnic Area,
7375 Dorey Park Dr., Henrico, Virginia 23141**

N 37.461543, W 77.3430302

From the North or West, or South: Follow I-295 to Exit 22B, VA 5 West toward Varina. *Continue from * below.*

From the East: Follow I-64 W to Exit 200, I-295 toward US-60/Rocky Mt NC. Follow I-295 S to Exit 22B, VA 5 West toward Varina. *Continue from * below.*

* Proceed on VA 5 West for 0.4 mile. Turn right on Doran Rd. Continue 2.1 miles on Doran Rd to end at Darbytown Rd. Turn left on Darbytown Rd for 0.7 mile then turn left onto Dorey Park Dr. Proceed 0.9 mile on Dorey Park Dr to parking area on right. After parking, follow signs to picnic shelter for Start/Finish.



LEE LEPUS VOLKSVERBAND
(Walking Club)

86TH IVV/AVA INTERNATIONAL VOLKSMARCH

WALK AND BIKE EVENTS



April 13, 2019

**Henrico, VA – Dorey Park
Henrico County**

Virginia Capital Trail

WALK: AT 19-113523 5 and 10 KM TRAIL RATING 2A

BIKE: AT 19-113524 10 and 25 KM TRAIL RATING 2A



START/FINISH: Picnic Area, Dorey Park, 7375 Dorey Park Dr., Henrico, VA 23231

START: Start between 9:00 am and 12:00 noon.

FINISH TIME: 3:00 p.m.

DISTANCE: WALK: 5 and 10k trail (3.1 & 6.2 miles). 10k route can be repeated one time at no additional fee.

BIKE: 10 and 25k trail (6.2 & 15.5 miles). 25k route can be repeated one time at no additional fee.

TRAIL DESCRIPTION/RATING: WALK: Rated 2A – On park roads and trails, and the paved Virginia Capital Trail, with moderate hills for both the 5 and 10k. Okay for strollers and wheelchairs.

BIKE: Rated 2A - On park roads and the paved Virginia Capital Trail, with moderate hills for both the 10 and 25k.

FEES/AWARDS: IVV credit only is \$3.00. Participants may walk/bike for a “B” award for an additional \$2 each. Free walkers welcome, but all participants must register at the Start.

SANCTIONED: This event is sanctioned by American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). Additional events can be located at the AVA website, www.ava.org.

SPECIAL PROGRAMS: Henrico (Virginia Counties Program), Walking the USA A-Z (H).

REFRESHMENTS: Water will be available at start and control points. Restrooms are available at start point.

CONDITIONS: The walk/bike will be held regardless of most weather conditions. Participants are requested to observe all traffic laws and to place all litter in proper receptacles. No pets allowed in Dogwood Room starting point. **PETS MUST BE LEASHED!**

ELIGIBILITY: This event is open to all; everyone is welcome regardless of sex, creed, race, or nationality. An adult must accompany children under the age of twelve.

IVV BOOKS: This event counts toward acquisition of IVV Achievement Awards. IVV event/distance books and new walker packets are available at the finish point at a cost of \$6.00 each.

DISCLAIMER: The American Volkssport Association and its subsidiary clubs are not responsible for theft or loss of personal belongings or property. All participants must sign a waiver. Every reasonable effort will be expended by the sponsors to make the event safe, enjoyable, and memorable.

FOR FURTHER INFORMATION: Gin Armacost 703-201-1987
Dee Schrum 804-731-2863
armacostg@cox.net



LEE LEPUS VOLKSVERBAND sponsors three Year Round Events in Richmond. We also sponsor Year Round Events at Pocahontas State Park, at High Bridge Trail State Park near Farmville, and at Petersburg National Battlefield Park.

All trails are 5 and 10 km. Pick up our brochures at the walk or contact Dee Schrum, 804-768-0055, 804-731-2863, or email dschrum4@comcast.net for additional information.



What is Volkssporting?

Volkssporting started in Germany and simply defined, is a personal fitness sports and recreation program offering noncompetitive walks, hikes, bike rides, swims, and in some regions cross-country skiing. You may choose your time to start within the start/finish “window” and participate in the sport at your own pace. Walking – also called “volksmarching” – is the most popular of all the volkssporting activities.

Volkssporting in the United States is sponsored by the American Volkssport Association (AVA) which has a nationwide, grassroots network of about 300 active clubs presenting more than 3,000 volkssporting events each year. Founded in 1976, AVA is an educational nonprofit 501(c)3 corporation dedicated to promoting fun, fitness and friendship.



The Virginia Capital Trail is a 52-mile dedicated multi-use trail connecting Richmond and Williamsburg along the beautiful and historic Route 5 corridor.