

## Virginia Clubs

Canterbury Trails Nancy (540) 258-2233  
270 Hickory Hill Lane, Glasgow, VA 24555

Cavalier Volkssporting Club Erica (434) 924-3791  
450 Whitehead Road, Charlottesville, VA 22904

Ft Belvoir MWR Kristin (703) 805-2394  
9725 Harris Rd, Ste 101, Ft Belvoir, VA 22060

Gator Volksmarch Club Don (757) 430-0694  
P. O. Box 16953, Chesapeake, VA 23328-6953

Germanna Volkssport Assn Sharon (540) 809-6227  
P. O. Box 7674, Fredericksburg, VA 22404

Lee Lepus Volksverband Dee (804) 768-0055  
P. O. Box 2031, Petersburg, VA 23804

Loudoun Walking and Volkssport Club Bob (703) 737-2175  
43224 Cardston Place, Leesburg, VA 20176-6459

Northern VA Volksmarchers Pat (703) 971-6468  
P. O. Box 7106, Fairfax Station, VA 22039-7106

Peninsula Pathfinders Bill (757) 357-5355  
P. O. Box 7100, Hampton, VA 23666

The Bad Pennies Matt (703) 620-5892  
P. O. Box 2393, Merrifield, VA 22116-2393

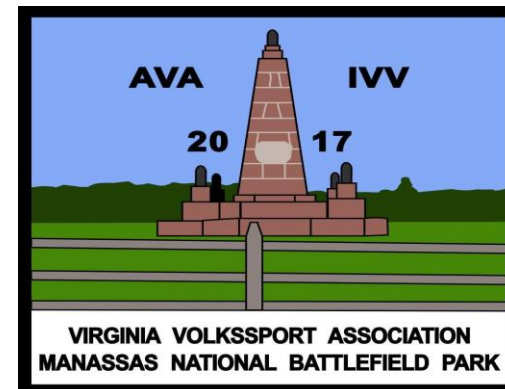
Virginia Vagabonds Art (757) 723-4934  
3 Delmont Court, Hampton, VA 23666

U.S. Freedom Walk Festival Club Dolores (703) 210-0174  
P. O. Box 17208, Arlington, VA 22216-2533

Wood & Dale Wanderers Tim (703) 583-2916  
P. O. Box 2422, Woodbridge, VA 22193-2422

## Virginia Volkssport Association

### 2017 Year Round Walking Events



January 16 - December 31, 2016



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

**Eligibility:** Everyone is welcome! These walks are open to all regardless of age, sex, creed, race, physical condition, or nationality. Participants may walk, jog, or run the trail. Children under 12 must be accompanied by an adult.

**Registration:** There is no preregistration. Request the VVA's walk box from our hosts. Please complete the registration for the event in accordance with the instructions in the box. Register by completing a start card, signing the registration book, and signing the waiver and release of liability form at the Start point. Each person must register and obtain a start card. The start card must be validated at checkpoints and mailed to the VVA in the addressed envelopes provided in the registration box.

**Awards/Fees:** There is no charge to participate in these walks. However, each participant must carry a start card. Award and Credit is \$10.00 for the Protect Pollinators patch and \$10.00 for the Civil War patch. Credit Only is \$3.00. The pollinators patch (for most of the events) is 4-1/2 x 4.inches. the patch for the Civil War Battlefields is 4-1/2 x 4-1/2 inches, and there are 20 of the pollinators patch and 20 of the Civil War patch available. There will be a reorder of the awards, if necessary. The awards for these four events are shown on the front of the brochure. Please pay by check. Fees (if any) and completed start cards are mailed to the VVA in the self-addressed envelopes provided. No refunds of any monies paid..

**IVV Credit:** The event stamp may be entered into your IVV Event Book for the trail each day you walk the event during the year. You may participate for DISTANCE credit without limit. The 10/11 trails may be completed no more than twice on the same day on one start card at no additional fee. Twice daily on the same start card does not include twice on the small trails (those less than 9 km). The applicable registration fee must be paid each day you walk for distance credit.

**IVV Books:** All participants of IVV walks are reminded to bring their IVV books. Insert pages are available if you forget to bring your books or they are full.

**Conditions:** Walk only during daylight hours. With registration for this event, the participant accepts the guidelines for AVA Volkssport walks and agrees to observe the principles of good sportsmanship.

Date	Club	Location	Phone Number
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**LOOK FOR MORE INFORMATION ABOUT OTHER CLUBS' WALKS AT AVA.ORG.**

CT	Canterbury Trails
CVC	Cavalier Volkssporting Club
FBOR	Fort Belvoir Outdoor Rec
GVA	Germanna Volkssport Association
GVC	Gator Volksmarsch Club
LLV	Lee Lepus Volksverband
LWVC	Loudon Walking & Volkssport Club
NVV	Northern Virginia Volksmarchers
PP	Peninsula Pathfinders
USFWFC	U.S.Freedom Walk Festival Club
VV	Virginia Vagabonds
VVA	Virginia Volkssport Association
WAVC	Washington DC Area Volksmarching Club

## Virginia Club Walks

Date	Club	Location	Phone Number
January 1	GVC	Smithfield	(757) 576-0966
January 7	VV	Hampton	(757) 814-1417
March 25	GVC	Norfolk	(757) 576-0966
April 1	VV	Gloucester	(757) 814-1417
April 8	LLV	Amelia	(804) 768-0055
April 9	CVC	Charlottesville	(434) 924-3791
April 15	PP	Williamsburg	(757) 476-5789
May 6-7	GVC	Kiptopeke	(757) 576-0966
May 6-7	GVC	Onancock	(757) 576-0966
May 6-7	WAVC	McLean	(571) 405-4808
May 20	GVA	Montross	(540) 455-0772
May 20	LWVC	Sterling	(703) 737-2175
May 27	VVA	Goochland	(757) 814-1417
May 28	VVA	Louisa	(757) 814-1417
May 29	VVA	Nelson County	(757) 814-1417
September 2	VVA	Charlotte Cty	(757) 814-1417
September 3	VVA	Nottaway Cty	(757) 814-1417
September 4	VVA	Sussex Cty	(757) 814-1417
September 16	PP	Gloucester	(757) 357-5355
September 23	LWVC	Lovettsville	(703) 737-2175
Sept 30-Oct 1	FBOR	Fort Belvoir	(703)805-2394
October 13-15	USFWFC(4 events)	Arlington	(703) 209-0174
October 21	LLV	Richmond	(804) 768-0055
November 11	LWVC	Leesburg	(703) 737-2175
December 8-10	PP	Williamsburg	(757) 814-1417

All pets are to be kept on a leash (6 feet or less) at all times and owners are responsible for cleaning up after their pet. Water and restrooms are available at the Registration locations. As there is limited water available on the trails, you might want to carry water with you, especially during summer months. Litter must be deposited in the designated containers. Please exercise care when you are walking on the shoulders or roads.

**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.

**For Additional Information about Volksmarching contact any of the Virginia Volkssport Association officers:**

Annette Tollett, President, VVA, (757) 766-3065  
Email: ahtollett3@gmail.com

Bill Lowell, Vice President, VVA, (757) 357-5355  
Email: wlowell@mindspring.com

Helen Garamone, Secretary, VVA, (703) 360-5692  
Email: hkgaramone@hotmail.com

Treasurer, VVA,

VVA website: <http://www.walkvirginia.com>

***Volksmarching is:***

***Taking a different Path***

***Going somewhere New***

***Enjoying the Unknown and the Unexpected***

***every now and then***

## What is Volksmarching?

Volksmarching is the walking component of the international volkssport movement devoted to physical fitness. The other components are biking, swimming, and cross-country skiing. These organized activities are not a contest of speed or skill, but rather each participant sets his/her own pace and only needs to complete the event before the stated finish time. Thus, everyone is a "Winner."

Volksmarching is a family-oriented activity. Infants can be pushed in a stroller or carried in a backpack. Youngsters and senior citizens can regularly walk the 10 kilometer (6.2 miles) trail. Some trails are barrier-free and allow those with physical disabilities to participate in the walks.

One of the bonuses of volksmarching is that each participant who completes the trail may also purchase an attractive award. In addition to collecting commemorative awards, the participant may enroll in the IVV Achievement Awards program by purchasing an IVV event or distance book, or both. The books cost \$6.00 each and entitle the owner to a certificate, hat pin, and patch upon completion of milestones.

Unlike other volksmarching walks, which are usually limited to one or two days with set start/finish times, a year-round volksmarch may be walked almost any time.

If you would like a more detailed explanation of volksmarching, a list of clubs in your area, a list of walks in Virginia, and membership information, please contact the Virginia State Volkssport Association, c/o Bill Lowell, 18055 Morgarts Beach Road, Smithfield, VA 23430 or call (757) 357-5355, email: wlowell@mindspring.com.

More information about volksmarching and location of events is available at [www2.ava.org](http://www2.ava.org).

## Manassas National Battlefield Park, Virginia AT 2017 - Y1845

Start Location: Visitor Center, Manassas National Battlefield Park, 6511 Sudley Road, Manassas, Virginia 20109. (703) 361-1339. GPS Coordinates: N38° 48.8976', W077° 31.5088'

Registration Box: Located at Visitor Center front desk.

Start/Finish Times: Daily, 8:30 a.m. to 5:30 p.m. Closed: Thanksgiving and Christmas.

Course Description/Rating: This trail is 11 km (6.8 miles). Rating is 1B. The trail is along established park trails where the First Manassas [First Bull Run] was fought in 1861. Carry water and wear a hat. Trail has very little shade. Today the battlefield park provides the opportunity for visitors to explore the historic terrain where men fought and died for their beliefs a century ago. The trail is not suitable for strollers or wheelchairs. You might want to pack a snack/lunch. There is a bench under a tree with a great view.

Point of Contact: Jay Oakley, 10809 Pinnacle Dr. Spotsylvania, VA 22551, (540) 412-2247, email: oakleyjay@aol.com

Directions: From Washington, DC: Travel west on I-66 to Exit 47B, State Route 234 North. Proceed through the first traffic light. The Henry Hill Visitor Center is located at the top of the hill on the right. From Points West: Travel east on I-66 to Exit 47, State Route 234 North. Turn left onto Route 234. Proceed through the first traffic light. The Henry Hill Visitor Center is located at the top of the hill on the right.

Special programs: Bridges - Spanning the USA, Cities in Song, Honoring Our Flag, National Parks Centennial Challenge, National Register of Historic Places, Trekking with the Trees. Virginia County Program - Prince William County.

## Charlottesville, Virginia

AT 2017 - Y 0742

Start Location: The Charlottesville/Albemarle Convention & Visitors Bureau, located at the Charlottesville Visitor's Center, 610 Main Street, Charlottesville, Virginia. GPS Coordinates: N38° 1.7835', W078° 28.688'

Start and Finish Times: Hours of the Charlottesville Visitors Bureau are: 9:00 a.m. to 5:00 p.m. The Visitors Bureau is closed major holidays and occasionally holiday eves. Please call to confirm hours.

Course Description/Rating: The 05/10 km (3.1/6.2 miles) trail is rated 1A. The trail is suitable for strollers since you walk along city and residential streets and parks. Wheelchairs may have difficulty. Many historical buildings, shops, restaurants, and delicatessens are along the route.

This trail begins in the Historic District and goes through the campus of the University of Virginia; permit parking only in the historic downtown area. Recommend you use the parking garage facility that allows free parking for the first two hours.

Point of Contact: Terry Sullivan, 1910 Carr's Hill Road, Charlottesville, VA 22903, (434) 295-1537, email: lemon2pie@yahoo.com

Directions: From I-64 in Virginia, take Exit 120 (Route 631, 5th St, Charlottesville). Turn toward Charlottesville. After approximately 1.7 miles, road name changes to Ridge Street. Continue straight on Ridge Street for 0.6 miles. At the traffic light at the bottom of the hill, turn right on Preston Avenue. Name changes to Market Street in about one block. Just past Fifth Street, turn right into the parking garage. After parking, exit the parking garage on Market Street and turn right on E. Market Street. Walk approximately one block to the traffic light (Note Police Memorial on right as you are walking). Turn right on Seventh Street NE. Turn right on the brick sidewalk. The Visitors Center is in the Town Transit Station (brick and glass building at 610 Main Street).

Special Programs: Amphitheatres, Animal Safari, Bridges - Spanning the USA, Food for Thought, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Trekking with Trees, United States Post Offices, Take a Walk in a City Park, Vice Presidential Walks, Walking the Path of Inventions, Walking the USA - Street by Street (CT, GA, ID, MD, MI, NC, NH, NY, SC, UT, WI), You'll Never Walk Alone, Virginia City Program - Charlottesville.

## Winchester, Virginia

AT 2017 – Y0590

Start: The Winchester-Frederick County Visitor Center, 1400 S. Pleasant Valley Road, Winchester, VA 22601, (540) 542-1326. Toll free number is (877) 871-1326. GPS Coordinates: N39° 10.1555', W078° 9.6982'

Start and Finish Times: The hours of the Winchester-Frederick County Visitor Center are: daily 9:00 a.m. to 5:00 p.m. Closed on major holidays.

Course Description/Rating: 5/10 km, Rating 1A. The trail is suitable for strollers and wheelchairs. The trail is along city and residential streets and parks and through many famous historical areas of Winchester.

Point of Contact: Dale Sours, 4973 Middle Rd., Winchester, VA 22602, (540) 550-4973, email: dlsours147@aol.com

Directions: From Northern Virginia, Maryland and points East: Take the Washington Beltway (I-95/495) to I-66 West. Travel on I-66 West to I-81 North to Winchester, Exit 313. Follow signs to Visitor Center.

From East: At the first light, turn right. Upon entering Winchester, watch for and follow signs to Visitor Center.

From Pennsylvania and points North: Take I-81 South to Exit 313, Route 50 East. At the first light, turn right. Upon entering Winchester, watch for and follow signs to Visitor Center.

Special programs: Alternative Capitals, Animal Safari, Bridges - Spanning the USA, Food for Thought, Fraternal Organization, Honoring Our Flag, Ice Cream Parlors, a Wish at a Water Fountain, National Parks Centennial Challenge, National Register of Historic Places, Points of Reference, Take a Walk in a City Park, Vice Presidential Walks, Walking the USA-Street by Street (AL, CA, CT, IL, IN, LA, MA, ME, MS, MN, NC, ND, NH, NY, PA, SC, TN, TX, VA, VT, WA, WI, WV), Vice Presidential Walks, You'll Never Walk Alone. Virginia City Program - Winchester.

## Danville, Virginia

### AT 2017 - Y0221 Town & AT 2017 - Y1214 Riverwalk

Start Location: Danville Science Center, 677 Craghead Street, Danville, Virginia. Phone: (434) 791-5160. GPS Coordinates: N36° 35.0591', W079° 23.128'

Start and Finish Times: Hours of the Science Center are: Tuesday - Saturday: 9:30 a.m. to 5:00 p.m. Sunday 1:00 to 5:00 pm. Open holiday Mondays after Labor Day-9:30am - 5:00pm. Closed Thanksgiving, Christmas Eve and Christmas Day.

Course Description/Rating: The town trail is 05/10 km (3.1/6.2 miles) and is rated 2A Trail is through the town on sidewalks. There is one long hill. This trail is suitable for strollers, but not for wheelchairs. The riverwalk trail is 10 km (6.2 miles) and is rated 1A. The trail is a paved rails-to-trails and follows along the Dan River. This trail is suitable for strollers and wheelchairs.

Point of Contact: Helen Swanson, 673 Westridge Drive, Danville, VA 24541, (434) 489-2668, email: helenswanson2012@yahoo.com

Directions: **Approaching from the North:** Take 29S (Danville Expressway/Bypass). Take the exit for 58W (follow the brown Danville Science Center signs). After approximately 2 miles, take a left at the second stoplight onto the Main Street Bridge. After you cross over the bridge, take a left onto Craghead Street at the stoplight. The Science Center will be approximately 1 mile on the left at the "Crossing at the Dan."

**Approaching from the South:** Take 29N to Danville to the 29N Expressway (also called the Rte. 265 Bypass). Take the exit for 58W (follow the brown Danville Science Center signs). After approximately 2 miles, take a left at the second stoplight onto the Main Street Bridge. After you cross over the bridge, take a left onto Craghead Street at the stoplight. The Science Center will be approximately 1 mile on the left at the "Crossing at the Dan."

**Approaching from the East:** Take 58W into Danville (follow the brown Danville Science Center signs). At the second stoplight past the exits for US29, take a left at the second stoplight onto the Main Street Bridge. After you cross over the bridge, take a left onto Craghead Street at the stoplight. The Science Center will be approximately 1 mile on the left at the "Crossing at the Dan."

**Approaching from the West:** Take 58E to Danville. Then take the exit for Downtown/86S/29S-Business (Central Boulevard). Take the 2<sup>nd</sup> Exit Memorial Drive. This street will become Craghead Street once you cross over Main Street. After this intersection, the Science Center will be approximately 1 mile on the left at the "Crossing at the Dan."

Special Programs: Town trail: Alternative Capitals, Animal Safari, Cities in Song, Food for Thought, Honoring Our Flag, Make a Wish at a Water Fountain, National Register of Historic Places, United States Post Offices, Vice Presidential Walks, Walking the USA - Street by Street (AZ, CT, MA, MO, NC, NH, NY, PA, VA, WI), Water Towers  
Riverwalk trail: Alternative Capitals, Boardwalks, Bridges - Spanning the USA, Food for Thought, Honoring our Flag, National Register of Historic Places, Treasure Hunt, Water Towers.

Both are Virginia City Program - Danville

## Harrisonburg, Virginia

### AT 2017 - Y1315

Start Location: The Harrisonburg Tourism and Visitor Services, 212 South Main Street, Harrisonburg, Virginia, (540) 432-8935. GPS Coordinates: N38° 26.8309', W078° 52.1489'

Hours of Operation: Daily, 9:00 a.m. - 5:00 p.m. Closed holidays and Easter.

Course Description/Rating: The 05/10 km (3.1/6.2 miles) trail is rated 1A (several inclines) and is on a combination of hardtop, natural park and city sidewalks. The trail consists of a loop through Historic Woodbine Cemetery; through James Madison University; and, the Edith J. Carrier Arboretum. The 10 km is not suitable for strollers or wheelchairs.

Point of Contact: Dale Sours, 4973 Middle Rd., Winchester, VA 22602, (540) 550-4973, email: dlsours147@aol.com

Directions: From 1-81, Exit 247B towards Harrisonburg. Follow US 33 West [East Market Street] following the blue Tourist Info signs to S. Federal Street [1.5 miles]. Turn left onto S. Federal Street, travel one block and turn right onto E. Water Street. Turn right onto E. Water Street and travel two blocks to S. Liberty Street. Turn left onto S. Liberty Street and then left into the Parking Deck. Walking from the Parking Deck: Exit to S. Liberty Street, turn left to the corner. Turn left onto W. Bruce Street to S. Main Street. Visitor Center is a red brick building at the corner of S. Main and E. Bruce Street.

Special Programs: Amphitheatres, Animal Safari, Boardwalks, Bridges - Spanning the USA, Food for Thought, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, Points of Reference, Take a Walk in a City Park, United States Post Offices, Walking the USA - Street by Street (NC, MA, ME, MS, NH, NY, OH, OK, SC, TN, TX, WA, WI, WV), You'll Never Walk Alone. Virginia City Program - Harrisonburg.

**Staunton, Virginia**  
AT 2017 – Y0832

Start Location: Staunton Visitors Center at the New Street Parking Garage, 35 S. New Street, Staunton, Virginia; (540) 332-3971. Toll free (800) 342-7982 GPS Coordinates: N38° 8.9346', W079° 4.2883'

Hours of Operation: April – October: 9:00 a.m. to 6:30 p.m.; November – March: 9:30 a.m. to 5:30 p.m. Call to confirm time on holidays.

Course Description/Rating: The 05/10 km (3.1/6.2 miles) trail is rated 2A. The walk route is mostly on city sidewalks passing Woodrow Wilson Library, his birthplace, through Mary Baldwin College campus, Gypsy Hill Park and Thomrose Cemetery. The trail is suitable for strollers. Wheelchairs may have difficulty.

Point of Contact: Dale Sours, 4973 Middle Rd., Winchester, VA 22602, (540) 550-4973, email: dlsours147@aol.com

Directions: From I-81 in Virginia, take Exit 222 onto US 250 West toward Staunton. Travel approximately 2.7 miles. The Visitor Center is located on the corner of Greenville and New Street. There is a parking garage (fee) on the right before New Street. Parking is also available on the street.

Special Programs: Animal Safari, Food for Thought, Fraternal Organizations, Honoring Our Flag, Ice Cream Parlors, Lakes and Reservoirs, Make a Wish at a Water Fountain, National Register of Historic Places, State Street Sashay, Trekking with Trees, United States Post Offices, Vice Presidential Walks, Walking the US - Street by Street (CO, CT, GA, KS, LA, MA, MD, ME, MI, MN, MO, MT, NC, NH, NY, PA, VA, VT, WI), Water Towers, You'll Never Walk Alone. Virginia City Program - Staunton.

**Lexington, Virginia**  
AT 2017 – Y0589

Start Location: The Lexington Visitor Center, 106 East Washington Street, Lexington, Virginia, (540) 463-3777. GPS Coordinates: N37° 47.0472', W079° 26.4336'

Start and Finish Times: Hours of the Lexington Visitors Center are: 9:00 a.m. - 5:00 p.m. The Visitors Bureau is closed Thanksgiving, Christmas and New Year's Day.

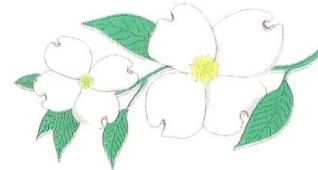
Course Description/Rating: This 5/10 km (3.1/6.2 miles) trail is rated 2A (several significant hills) and is on historic business and residential streets and also on natural surface paths along the Woods Creek Trail. You will walk on the campus of Virginia Military Institute, as well as the Washington and Lee University. The trail is not suitable for strollers or wheelchairs.

Point of Contact: Annette Tollett, 3 Delmont Court, Hampton, VA 23666, (757) 814-1417, email: ahtollett3@gmail.com

Directions: From I-81, Exit 188 and follow Route 60 West to Lexington. Follow the signs to the Visitor Center. From I-64, Exit 55 and follow Route 11 South into Lexington. Follow signs to Visitor Center. Public parking is available at the Visitor Center.

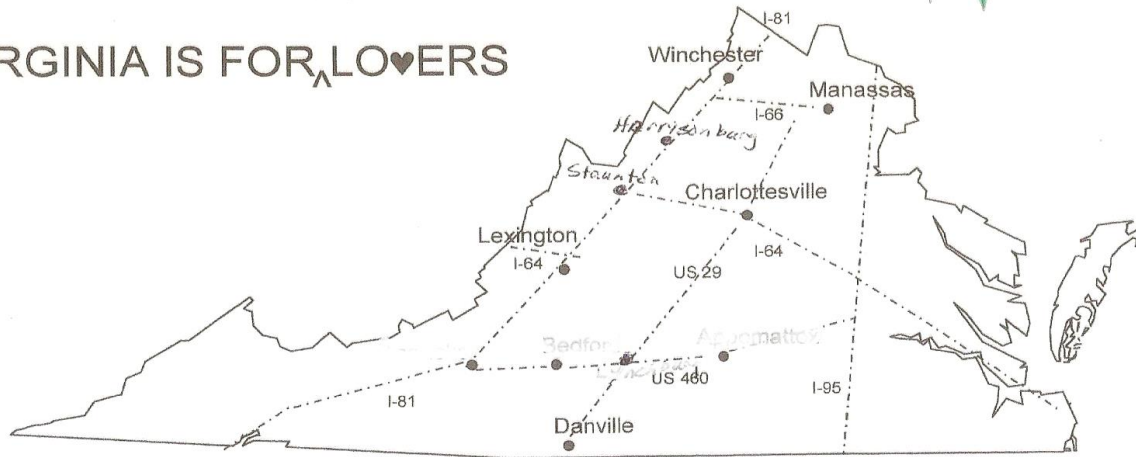
Special programs: Bridges - Spanning the USA, Honoring Our Flag, Ice Cream Parlors, National Register of Historic Places, Points of Reference, Take a Walk in a City Park, United States Post Offices, Vice Presidential Walks, Walking the USA - Street by Street (AR, CT, FL, IN, LA, MA, MD, MS, MO, NC, NH, NV, NY, SC, SD, VA, WA, WI, WV, WY), You'll Never Walk Alone. Virginia City Program - Lexington.

LOCATION OF OUR YEAR ROUND WALKING EVENTS:



VOLKSSPORT

VIRGINIA IS FOR <sup>^</sup>LOVERS



IT'S A YEAR ROUND ADVENTURE!

