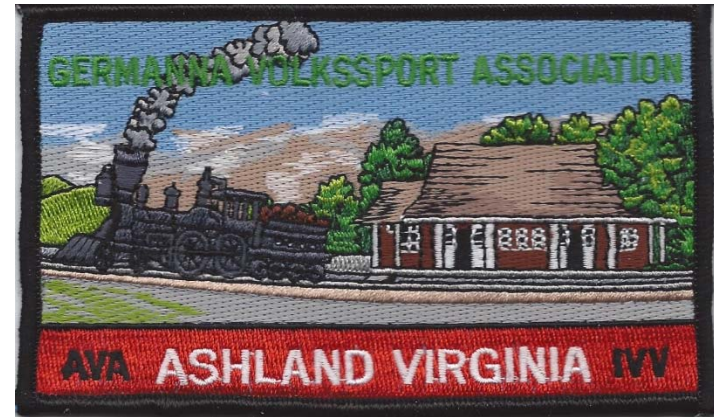


GERMANNA VOLKSSPORT ASSOCIATION

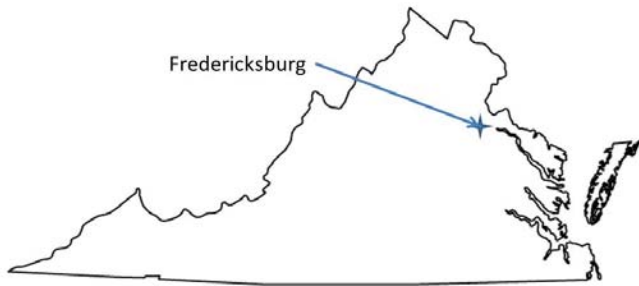
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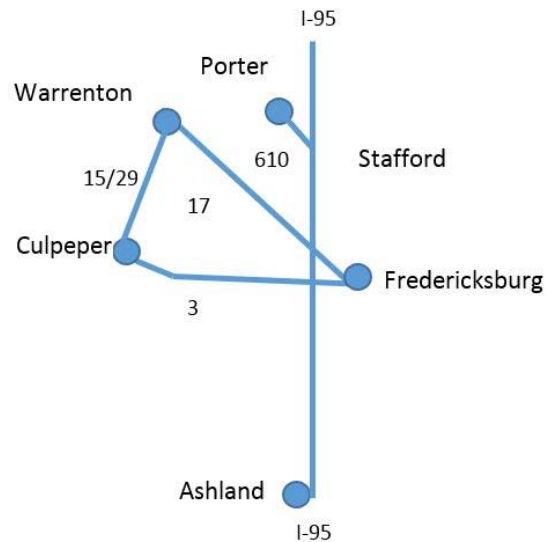
6 SELF-GUIDED WALK EVENTS 2017

- Ashland, VA** – Center of the Universe Jan 2 – Dec 31
- Culpeper, VA** – Historic Streetscapes Jan 1 – Dec 31
- Fredericksburg, VA** – Historic Jan 2 – Dec 31
- Fredericksburg, VA** – Rappahannock Rambles Jan 2 – Dec 31
- Stafford, VA** – Porter Fitness Walk Jan 2 – Dec 31
- Warrenton, VA** – Brick Sidewalks Jan 2 – Dec 31

These events are sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV)



LOCATOR MAPS



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.

AVA: America's Walking Club



Eligible for credit towards IVV Achievement Awards



GENERAL INFORMATION



Volkssporting is an adventure in health, recreation, fellowship and fun. Events are designed to appeal to people of all ages. These are non-competitive, self-paced events. Participation is open to everyone.

To Participate in a volksmarch, a walker goes to the start point location, signs up and receives a start card and walk instructions.

The materials for these events are contained in plastic file boxes inside the start point location. If you have trouble finding the box, ask the staff for the "Walk Box". Instructions for registration are inside. Start Cards are carried during the walk and turned in upon completion.

STIPULATIONS – all events

- Walk only during daylight hours
- No Littering – ever
- Pets permitted but not in buildings. Clean up after them.
- No pre-registration needed
- Anyone is welcome to participate
- Start points may close during severe weather.
- There are no refunds so we recommend walking on nice days
- Children under 16 to be accompanied by an adult.
- Unless noted otherwise, water and restrooms at start and along trail.
- There are enough patches for 2017 with expected participation. They will not be reordered this year.

FEES: "A" Award (where available), including IVV credit, \$7

IVV Credit only \$3; Neither Award or credit, FREE (a \$2 donation helps cover costs)

Contact: Germanna Volkssport Association 540.809.6227

www.walkfredericksburg.com gvasurveyors@gmail.com

More information on volkssports at: www.ava.org

Special Programs (SP Codes): Special programs to earn added awards (see ava.org for details). Events in this brochure use the following abbreviations: A= Animal Safari, AM= Amphitheaters, AZ= A-Z, B= Boardwalks, BR= Bridges, C= City Park, FO= Food for Thought, I=Ice Cream, MW= Make a Wish Fountains, P= Points of Reference, PC= Ports of Call, PO= Post Offices, TR=Treasure Hunt, U=Underground Railroad, WS= Walk the USA Streets

WARRENTON (Fauquier County)

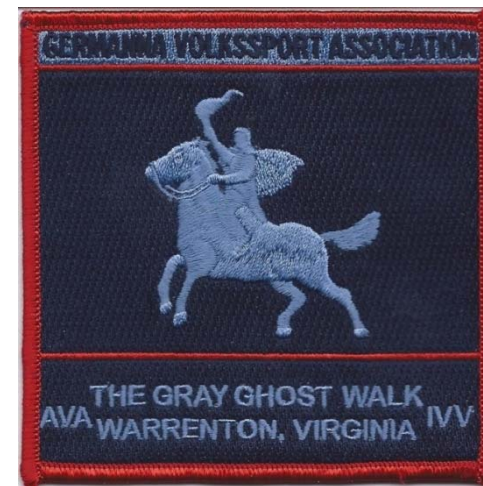
Start from Visitor Center 33 North Calhoun St. Ph.: 540-341-0988

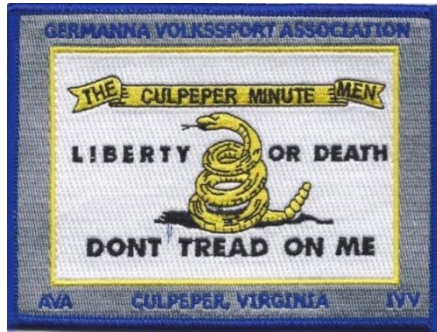
Directions: Warrenton is 12 miles west of Manassas. From the north or south take US Highways 15, 17, or 29 towards Warrenton. Follow eastern bypass 17/29 to East Lee St. exit (Co. 643). Go West. Right on Falmouth St. Right on North Calhoun to Visitor Center. Open 9-5 Daily GPS: 38.712128, -77.79066

Brick Sidewalks (AT 17-Y1544)

6K or 10K

Walk along brick sidewalks in this well preserved town reflecting the historical role as an agricultural crossroads. Route passes the post-Civil War home of Col. Mosby, The Gray Ghost. 10K also goes along greenway rail trail. There is an "A" award for this event which is a patch depicting Col. Mosby, the Gray Ghost. The patch measures 3"x2.5". Rated 1A (a few hills, mostly sidewalks; suitable for wheelchairs and strollers) SP codes: BR, P, WS





Culpeper patch

STAFFORD

Start from the Porter Library at 2001 Parkway Blvd. Ph.: 540-659-4909
 Directions: Stafford is north of Fredericksburg. Exit I-95 at the Garrisonville exit, north of Fredericksburg (143 B) and south of Washington D.C. (143 B). Follow Route 610/Garrisonville Rd west about 3 miles. At the stoplight for Parkway Boulevard, turn left into the Park Ridge subdivision. Drive about 0.5 mile on Parkway Boulevard, and you will see the Porter Branch on the left.
 Open 9 am -- 9 pm M-Th. 9 am -- 5:30 pm F-Sa, and 1 pm -- 5:30 pm Su.
 Closed Jan 1 and on most federal/state holidays. GPS: 38.464376, -77.446944

Porter Fitness Walk (AT 17-Y1344) 5K, 10K, 15K

Walk through neighborhoods in Stafford County. Both of which follow sidewalks and bike paths along local residential streets and already enjoy a great deal of use by fitness walkers and runners.
 Rated 1A (very small hills, mostly on pavement; suitable for strollers and wheelchairs) SP codes: AZ, TR

FREDERICKSBURG

2 Events

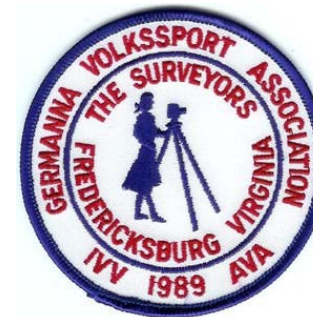
All start from Visitor Center, 706 Caroline St. Ph. 540-373-1776
 Directions: I-95 exit 130, Rt 3 East. Left on William St. following signs for Historic Downtown. Right on Princess Anne. Left on Charlotte St 1 block to Visitor Center on left at Caroline St. Free parking on Sophia, one block further toward river or pay parking in garage on Wolfe St between Sophia and Caroline.
 GPS: 38.300973, -77.457907
 Visitor Center open daily 9 am – 5 pm Monday-Saturday, and 11 am – 5 pm Sunday. Closed Thanksgiving, Christmas, and New Year's Day.

Historic (AT 17-Y0115) 5K or 10K

Walk through Fredericksburg, one of the most historic towns in America. Visit the battlefield, along the Rappahannock River and University of Mary Washington campus.
 Rated 1A (very small hills, mostly on pavement; suitable for strollers and wheelchairs) SP codes: AM, BR, C, I, MW, P, U,

Rappahannock Rambles (AT 17-Y1301) 6K or 10K

The City of Fredericksburg recently completed a new paved trail along the banks of the Rappahannock. The route will use this trail to go to the site of the Embrey Dam and also along a canal path by the Snowden wetlands.
 Carry water.
 Rated 1A (very small hills, mostly on pavement; suitable for strollers and wheelchairs) SP codes: AZ, BR, C, I, PC, U, WS





Your membership supports our mission to provide local, non-competitive walks for everyone!

Individual \$10 /// Family \$15

Send us your name(s), phone, address, and email, along with your check payable to GVA:

GVA Membership
PO Box 7674
Fredericksburg, VA 22404

Contributions are tax deductible to the extent permitted by law.

ASHLAND

Start from Visitor Center, 112 N. Railroad Ave. Ph.: 800-897-1479
Directions: Ashland is about 12 miles north of Richmond. I-95 exit 92 to Rt 54 (England St.) West into downtown Ashland. Visitor Center is located in Train Station at intersection of England St and Railroad Ave.
Open daily 9-5. Closed New Year's Day, Thanksgiving, and Christmas.
GPS: 37.759468, -77.481208

Center of the Universe (AT 17-Y0673) 5K or 10K

Route visits historic Ashland with its serene landscapes, historic architecture and trains that rumble through downtown following the main street. Beautiful campus of Randolph-Macon College is on the route. There is an "A" award for this event which is a 3"x5" patch depicting a steam locomotive pulling out of the Ashland Train Station as shown on front cover.
Rated 1A (very small hills, mostly on pavement; suitable for wheelchairs and strollers) SP codes: A, C, FO, MW, WS

CULPEPER

Start from Visitor Center, 109 S. Commerce St Ph.: 540-825-8628
Directions: From Fredericksburg I-95 exit 130, Rt. 3 west 35 miles to Culpeper. At 2nd traffic signal in Culpeper, right on Main St. then right on Davis to visitor center. From D.C.: I-66 West to exit 43A, Rt. 29 South. Follow Rt. 29 for 45 miles thru Warrenton to first Culpeper exit – business 29. Follow business 29 for 3 miles into Town of Culpeper – Main St. Left at 3rd light on Davis to visitor center at end.
Open daily, weekdays 8:30-5, weekends 9-5 Closed Thanksgiving, Christmas and New Year's Day. GPS: 38.472297, -77.993606

Historic District Street Scapes (AT 17-Y2061) 5K or 10K

The uniqueness of this walk results from the emphasis Culpeper places on preserving historic buildings and landmarks from each era of its history. The route includes National Cemetery and Yowell Meadow Park. Many restaurants near start/finish make this an excellent choice for walk, then lunch. There is an "A" award for this event, which is a 3.75"x5" patch. Rated 2A (medium hills, mostly on pavement; probably suitable for strollers but not for wheelchairs) SP codes: A, AM, B, BR, C, FO, I, MW, P, PO, WS