

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

SPONSOR: Virginia Volkssport Association

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

AWARD/FEES: IVV Credit Only and Non-IVV Participant Fee: \$3.00 each event. A Non-IVV Participant is one who is not stamping their IVV walk books. No refunds.

IVV CREDIT: You may enter event credit for each day that you walk the trail into your IVV event book for the trail. You may participate for DISTANCE credit WITHOUT LIMIT. All participants of IVV events are reminded to bring their IVV books to this event. There will be insert cards in the box if you need them.

PROCEDURES: At the start point, each participant will register in the log book and get their own start card, which must be signed and carried along the trail. The individual start cards will be mailed in after completing the event.

CONDITIONS: Pets are permitted on these; however, they must be on a 6-foot leash. No pets will be allowed in the start points. Water and restrooms are available at the start points. No water on the trail at Bluemont. Some restaurants along the trail in Damascus where you might use restrooms and get water. Litter must be deposited in designated containers. All walks must be completed during daylight hours only.

FOR FURTHER INFORMATION: For Damascus, please call Sandy Croushore at 757-532-3468, email szcroushore@verizon.net. For Bluemont, please call Dale Sours at 540-550-4973, email dlsours147@aol.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.

INFORMATION: Information about volksmarching and location of events is available at www.ava.org.

DAMASCUS, VIRGINIA

Event number AT 19-Y2182

START POINT: Damascus Old Mill Inn, 215 West Imboden Street, Damascus VA. GPS: N36° 38.1817', W081° 47.3916'

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

START AND FINISH TIMES: The trail is available from January 16 thru December 31. Hours are 10 am to 9 pm. May open earlier in the summer. Call 276-475-3745 for up to date information about opening.

COURSE DESCRIPTION: The trail is on paved sidewalks and walks, with the exception of about six blocks which are dirt. The trail uses the Virginia Creeper and the Appalachian Trail sections located in the Town of Damascus. The trail is suitable for wheelchairs and strollers. Trail Rating: 1A.

DIRECTIONS: From I-81 at Abingdon VA, take Exit 19. From the north, turn left on US 58 East (Jeb Stuart Highway). From the south, turn right on US 58 East (Jeb Stuart Highway). Follow US 58 East for approximately 10.8 miles. Turn left on East Laurel Avenue in Damascus. After crossing the creek, turn left at the second road on North Reynolds Street. At the T-intersection, continue straight into the parking lot to park. Damascus Old Mill Inn is on the left as you enter the parking lot. Box will be in the lobby.

SPECIAL PROGRAMS: Appalachian Trail, Bridges (10 km only), Ice Cream Parlors, National Parks Centennial Challenge, Take a Walk in a City Park, United States Post Offices, Walk the USA - Street by Street - AL, AK, AR, AZ, DE, FL, GA, IA, ID, IL, IN, MA, MD, MI, MO, MT, MS, ND, NE, NY, OK, WV, WY. Virginia County Program and The Crooked Road - Washington County



BLUEMONT

Event number AT 19-Y2116.

START POINT: The Village Market Restaurant, 45 Pine Grove Road, Bluemont, VA. You will have to drive approximately 1.2 miles from the registration to the parking lot for the Walk. . GPS Coordinates: N39° 7.2384', W077° 52.3275'

DISTANCE: There is one 5-kilometer (3.2 mile) trail, one 10-kilometer (6.2 mile) trail, and one 12-kilometer (7.4 mile) trail. The 10-kilometer walk may be completed a second time for credit at no additional fee.

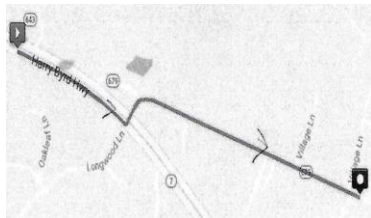
START AND FINISH TIMES: Hours of operation for the start point are: Monday thru Saturday 11:00 AM to 8:00 PM, closed on Sunday. If you want to start earlier or walk on Sunday, you must register the day before.

COURSE DESCRIPTION: The trail will be on the Appalachian Trail in Clarke County. There are no restrooms on the Appalachian Trail. The trail may not be suitable for strollers and the handicapped without assistance. Trail Rating: 3C.

DIRECTIONS: From the West (Winchester/Berryville): Take VA Route 7 East. After crossing the bridge over the Shenandoah River drive approximately .8 miles and turn left on Pine Grove Road Route 679. Drive approximately .4 miles to The Village Market Restaurant at 445 Pine Grove Road on the left.

From the East (Leesburg): Take VA Route 7 West. After topping the Blue Ridge Mountains at Snickers Gap drive approximately .2 miles and turn right on Pine Grove Road Route 679. Drive approximately 1 mile to The Village Market Restaurant at 445 Pine Grove Road on the right.

SPECIAL PROGRAMS: Appalachian Trail, Border Crossings (10- and 12-km trails only), National Parks Centennial Challenge, Points of Reference, Treasure Hunt - A way to walk our precious trails, Virginia County Program - Clarke County



From Winchester



From Leesburg

VIRGINIA VOLKSSPORT ASSOCIATION

YEAR ROUND AND SEASONAL WALKS ON THE APPALACHIAN TRAIL

**JANUARY 16 - DECEMBER 31,
2019**

DAMASCUS, VIRGINIA

**APRIL 1 - SEPTEMBER 30,
2019**

BLUEMONT, VIRGINIA

**CREDIT AND NON-IVV
PARTICIPATION ONLY**

NO FREE WALKERS

