

WHAT IS VOLKSMARCHING?

Volksmarch is a term that comes from Germany. It means "a walk of people," and that's just what it is--an organized walk that can appeal to all ages. It first appeared in the United States in 1976 as American Volkssport Association (AVA). A volksmarch is non-competitive and everyone who completes the event is a winner. You can walk by yourself, or you may walk with family members or friends. Participants walk at their pace. Groups of walkers are welcomed.

Volksmarches (events) are organized by local clubs. Volksmarch events are offered throughout the year, all around the country. These walks are called "Year-Round Event" (YRE). These walks are suited for personal schedules by individuals or groups. There are many Volksmarches that are weekend events on a Saturday and/or Sunday. Some volksmarch events are evening events during the summer. Some are during holiday seasons or during certain times of the year (Seasonal). The trails are laid out and marked or/and written directions/maps are provided.

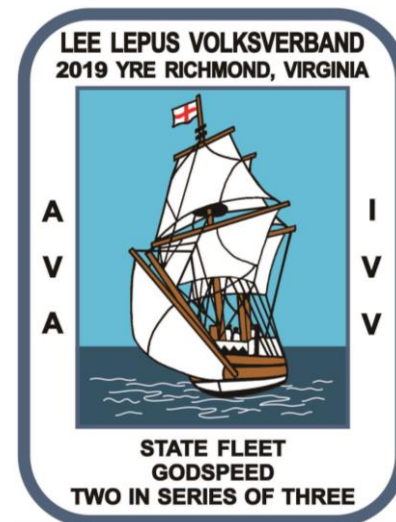
To participate in a volksmarch, a walker goes to the start point location, signs up for a walk and receives a start card and walk instructions. If it is a YRE there will be a file box inside a start location. Trails to choose from are usually 10 kilometers (6.2 miles) or 5 kilometers (3.1 miles). Trails are rated based upon the challenge of the trail. You may ask staff at the establishment to help locate the "Volksmarch Box" or "Walk Box". At the end of the walk, return to the start point location to complete the remaining steps.

Almost all events are free. Each participant who completes the trail may purchase an award, if available. Participants may enroll in the IVV Achievement Awards Programs by purchasing an IVV Event or/and Distance book. The books cost \$6 each and upon completion of a book a certificate, hatpin and patch are awarded. Upon completion of a walk a special event stamp is used to stamp each book. There is no time limit for completing the books. The books can be used worldwide.

Join us for a walk! For more information contact: **Dee Schrum**
(804 768-0055 or (804) 731-2863 or dschrum4@comcast.net

For information on other events go to www.ava.org

LEE LEPUS VOLKSVERBAND YEAR-ROUND WALKING EVENTS JAN 2 - DEC 31, 2019



The Capital Walk, Richmond VA

AT 19-Y1536 - 5/10 KM - TRAIL RATING 3B

Monument Ave/Hollywood Cemetery, Richmond VA

AT 19-Y591 - 5/10/14 KM - TRAIL RATING 1A

Maymont Park, Richmond VA

AT 19-Y1282 - 5/10 KM - TRAIL RATING 3B

Pocahontas State Park, Chesterfield County VA

AT 19-Y1281 - 5/10 KM - TRAIL RATING 3C

High Bridge Trail State Park, Farmville VA

AT-19-Y1575 - 5/10 KM - TRAIL RATING 1A

Petersburg National Battlefield Park

AT-19-2056 - 5/6/10/12 - TRAIL RATING 2B



GENERAL INFORMATION

IVV/AVA SANCTION: All events are sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV) and are open to the general public. These events count toward the acquisition of IVV Event and Distance Achievement Awards.

ELIGIBILITY: Everyone is welcome to participate. Children under 12 must be accompanied by an adult.

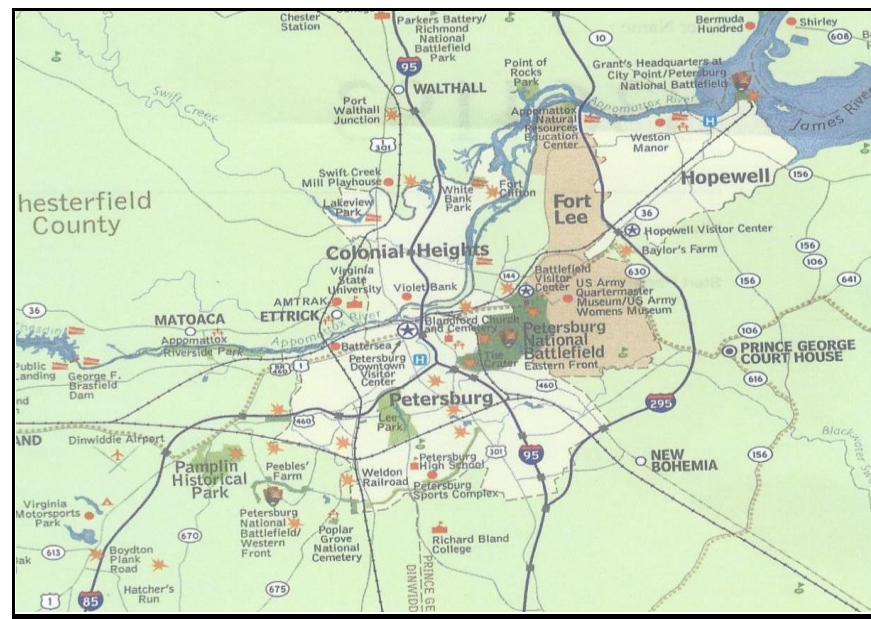
IVV RECORD BOOKS: The IVV issues awards for participants who complete a number of events and/or distances walked. The events are recorded in IVV achievement books (Event books and/or Distance books). The books are \$6 each. Credit is given in each book by stamping the books as each event is completed. Insert pages are available if you forget to bring your books or completed books have not been replaced.

REGISTRATION AND FEES: Awards for completing the IVV books consist of a lapel pin, patch and certificate at each level. Registration fee for the IVV/AVA stamp is \$3 which gives credit in both books. There is no fee just to walk the trail; however, everyone must carry a start card and sign the waiver. The trail may be completed twice on the same day with no additional fee. You must pay the \$3 fee each day you walk.

CONDITIONS: With registration for these events, the participant accepts the AVA guidelines and agrees to observe the principles of good sportsmanship. 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 pets. Litter must be deposited in designated containers. Please exercise care when crossing streets or walking on roads. Carry water regardless of weather conditions. Walk during daylight hours only.

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. Every reasonable effort has been expended by the sponsor to make these walks safe, educational and enjoyable.

PETERSBURG NATIONAL BATTLEFIELD PARK GPS COORDINATES: N37.218681 W77.382797



SPECIAL PROGRAMS

WALKING THE USA A-Z
PRINCE GEORGE COUNTY (VVA -VA COUNTIES) all trails
CITY OF PETERSBURG (VVA - VA CITIES) 6/10/12 KM only



PETERSBURG NATIONAL BATTLEFIELD PARK

GPS: N 37.218681 W77.382797

EVENT: AT-19-Y2056 5/6/10/12 KM Trail Rating 2B

START/FINISH: Petersburg National Battlefield Eastern Front Visitor's Center, 5001 Siege Road, Petersburg, VA. **Do NOT use this address for GPS.** Phone (804) 732-3531.

HOURS: Open 9:00 am – 5:00 pm every day except Thanksgiving, Christmas Day and New Year's Day. The park grounds are open from 8:00 am till sunset except for the holidays previously mentioned. **NO entrance fees.**

TRAIL DESCRIPTION: Rated 2B. The trail is on natural surfaces and completely within the park. There will be times you will be walking on the Battlefield. Due to rooted/gravel paths, the trail is not suitable for wheelchairs and may be difficult for strollers. Deer population is high in hiking areas, spraying for ticks is recommended.

START FEE: Credit only is \$3. No refunds.

CONDITIONS: Pets must be kept on a leash at all times. Littering is forbidden. There are restrooms at the Start/Finish and along the trail. Carry water with you.

DIRECTIONS: From: Southbound I-95 Exit 52; Northbound I-95 Exit 50D; Northbound I-85 Exit 69 E Wythe Street (VA Rt 36 East). Turn onto this one-way road and follow it 2.5 miles to the park entrance on the right. Drive straight pass the booth into the parking lot of the Visitor Center.

From I-295: Exit 9B onto VA Rt 36 West to park entrance on the right just past Fort Lee.

From the Norfolk area: Take US 460 West to Petersburg and take the Crater Road (US 301) North exit. Follow Crater Road to Wythe Street, turn right and follow for 2.5 miles to the park entrance on the right.

FOR FURTHER INFORMATION:

Monica Gowin (804) 721-6321

Dee Schrum (804) 768-0055 (home) **OR** (804) 731-2863 (cell)

WHAT DO THE TRAIL RATINGS MEAN? Trails are rated for difficulty so you can more easily choose which one will suit your walking style.

	Part 1 – INCLINE/ELEVATION		Part 2 - TERRAIN
1	Very small hills or very little stair climbing.	A	Almost entirely on pavement.
2	Some moderate hills or stair climbing.	B	A significant part of the route is on well-groomed trails with very few obstacles.
3	Some significant hills or stair climbing.	C	A significant part of the route is on somewhat difficult terrain (rocky/rooted paths or soft sand.)
4	Lots of significant hills or stair climbing.	D	A significant part of the route is on very difficult terrain.
5	Many steep hills.	E	The majority of the route is on very difficult terrain.

ALL ROADS LEAD TO

LEE LEPUS VOLKSVERBAND



THE CAPITAL WALK
GPS: N37.526298 W77.443008

EVENT: AT-19-Y1536 **THE CAPITAL WALK (5/10 KM)**
Trail Rating 3B

START/FINISH: The Legend Brewery: 321 W 7th St, Richmond, VA, Phone: (804) 232-3446. **HOURS:** Mon-Sat 11:30 am -11:00 pm; Sun 11:00 am -10:00 pm. Closed on Thanksgiving, Christmas and Jan 1st-3rd. A red/orange start box is located on the restaurant veranda for early starters. The box contains trail directions and start cards. Finish box containing stamp is located inside restaurant, recommend you plan to complete the walk when the pub is open for business and prior to dusk.

TRAIL DESCRIPTION: Rated 3B. Visit downtown Richmond on city streets crossing the James River. The 5/10 KM routes pass the State Capitol, Governor's Mansion, includes Brown's Island and the Canal Walk. The 10 KM goes along the top of the floodwall. Because Brown's Island is occasionally closed for special (paid) events, an alternate route is available. Steps make these walks impossible for wheelchairs and difficult for strollers.

START FEE: "A" award and credit is \$10. Credit only is \$3. No refunds.

AWARDS: The State Fleet consists of three ships. Each ship will be featured on an individual patch: The Susan Constant in 2018, Godspeed in 2019 and Discovery in 2020. There are 20 patches available and we will reorder as necessary. Size: 5" X 3 ¼".

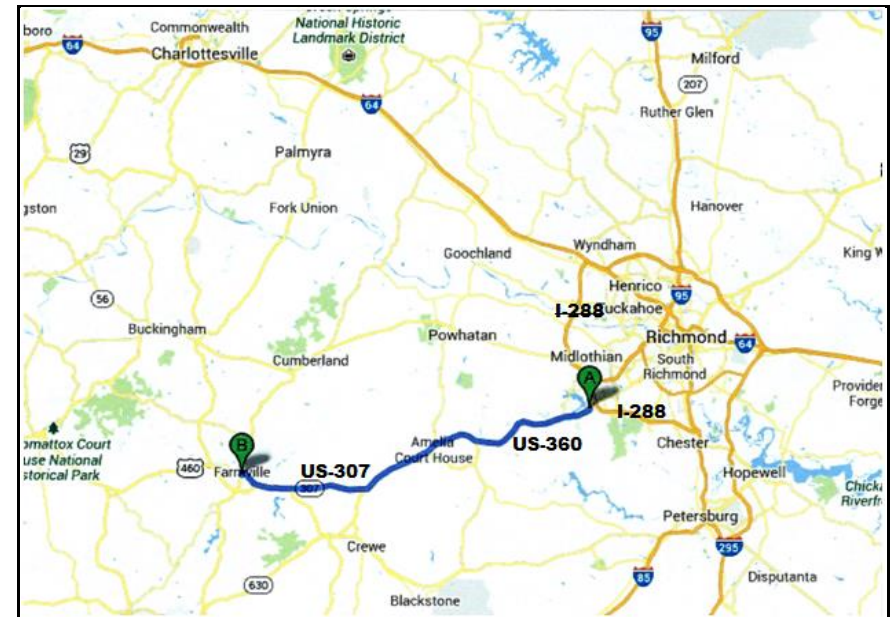
CONDITIONS: Pets are not allowed in the restaurant area (inside building and veranda area). Water and restrooms are available at the Start/Finish when the facility is open. Early participants may utilize McDonalds on E. Commerce Street near the Start/Finish. Businesses along the route can supply water or other refreshments.

DIRECTIONS: **From I-95: Exit 73 (Maury Street).** Follow exit ramp to traffic light which is Maury Street, turn left. At traffic light, turn right onto E. Commerce Street. At the 4th traffic light, Bainbridge Street, turn right. Drive 1 block to 7th Street, turn left. Drive 2 ½ blocks to Legend Brewery which is on the right.

FOR FURTHER INFORMATION:

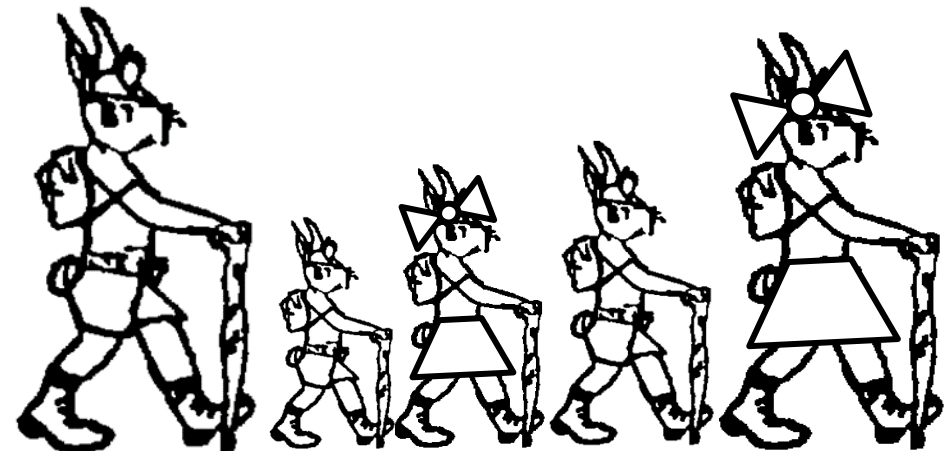
Dee Schrum (804) 768-0055 (home) **OR** (804) 731-2863 (cell)
Mary Ann Gries (804) 353-5087

HIGH BRIDGE STATE PARK
Farmville, Virginia
GPS: N37.303924 W78.391324



SPECIAL PROGRAMS

WALKING THE USA A-Z
COUNTY OF CUMBERLAND (VVA - VA COUNTIES)



HIGH BRIDGE STATE PARK

Farmville, Virginia

GPS: N37.303924 W78.391324

EVENT: AT-19-Y1575 5/10 KM Trail Rating 1A

START/FINISH: McDonalds Restaurant 306 South Main Street, Farmville VA. Phone (434) 392-3406. **HOURS:** 24 hours daily. Walk during daylight hours. Closed on Christmas Day.

Driving directions to start point are included on the walk instructions. Drive to start point is approximately 3 ½ miles.

Parking Fee: Per vehicle \$3 weekdays & \$4 holidays. Virginia State Park Pass honored

START FEE: Credit only is \$3. No refunds.

TRAIL DESCRIPTION: Rated 1A. This trails to trail route is on natural surfaces. Wheelchair and stroller accessible. You will cross the High Bridge which offers a scenic view. Photo Op!

CONDITONS: Participants are requested to place all litter in proper receptacles. There is a restroom available at the start of the trail and shortly after the end of bridge. Carry water with you. **PETS MUST BE LEASHED!**

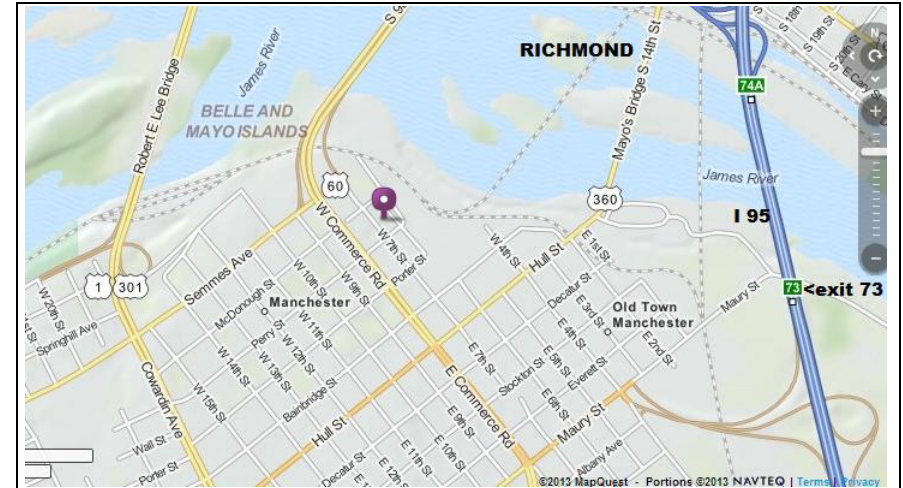
DIRECTIONS: From: I-295, I-95 and I-64: Take your favorite route to US 360 West approximately 31 miles to VA Rt 307 West (Farmville). Travel nine miles on VA Rt 307 which will end at US 460. Continue right on US 460 about 3 miles to US 460 Business (first Farmville Exit), this will place you on 3rd St. At the intersection of 3rd & Main Streets (6th traffic light) (US 15 Business) turn left onto Main St. Travel about a quarter of a mile to McDonald's on the left (corner of Main and Putney Streets).

Those coming from the Portsmouth/Chesapeake/ Virginia Beach area will find traveling on US 460 to be a more direct route.

FOR FURTHER INFORMATION:

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Ann Zahn (804) 921-9028

THE CAPITAL WALK GPS: N37.526298 W77.443008



SPECIAL PROGRAMS

STATES/CAPITALS (Richmond)
WALKING THE USA A-Z
CITY OF RICHMOND (VVA - VA CITIES)



MONUMENT AVE/HOLLYWOOD CEMETERY

GPS: N37.55772 W77.472839

EVENT: AT-19-Y0591 Monument Ave (5/10/14 KM) Trail Rating 1A

START/FINISH: Virginia Museum of History & Culture (formerly the Virginia Historical Society): 428 N Boulevard, Richmond Phone: (804) 358-4901 **HOURS:** Daily 10:00-5:00. Closed on Federal Holidays. Plan to complete walk 15 minutes prior to closing, allowing time to stamp books. No admission charged to view exhibits.

TRAIL DESCRIPTION: Rated 1A. Walk through the heart of Monument Avenue's Historic District along a tree lined boulevard passing grand homes, churches and monuments. The 10 KM walk includes a variety of shops, boutiques and restaurants in Carytown. The optional 4 KM loop on the 10 KM walk includes Hollywood Cemetery (**Pets must be on leash**), making that a 14 KM walk. Both walks are suitable for strollers and wheelchairs.

FACILITIES: Water and restrooms are available at The Virginia Museum of History & Culture. Restrooms are available at various points along the trail.

START FEE: Credit only is \$3. No refunds.

AWARD: There are "B" awards available for \$2 upon completion of the walks.

DIRECTIONS: From I-95: Exit 78. Follow signs to The Virginia Historical Society at 428 N. Boulevard (corner of Boulevard and Kensington Avenue). Parking is available at the rear of the building.

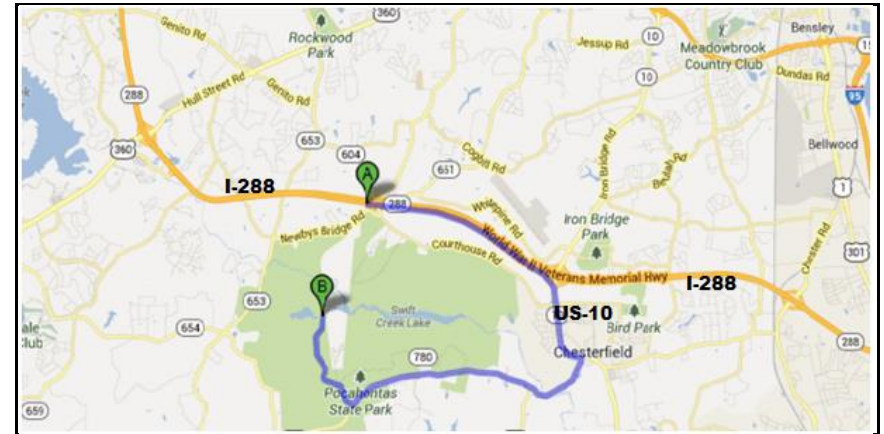
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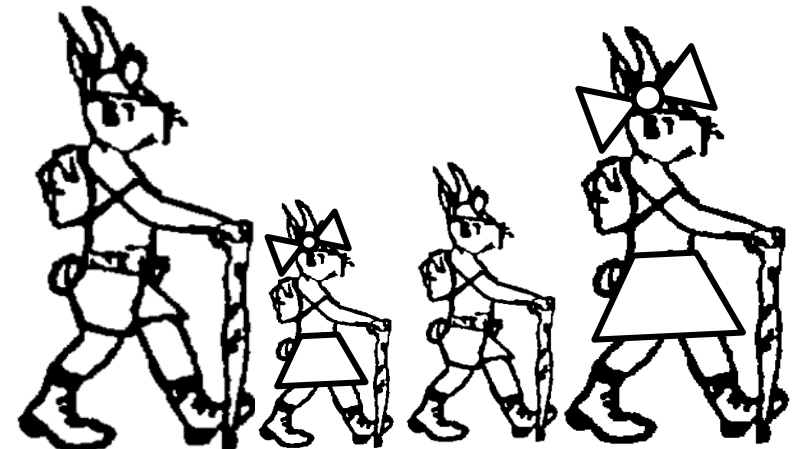
POCAHONTAS STATE PARK

GPS: N37.3662 W77.57374



SPECIAL PROGRAMS

WALKING THE USA A-Z
CCC VIRGINIA STATE PARKS (VVA PROGRAM)
CHESTERFIELD COUNTY (VVA - VA COUNTIES)



POCAHONTAS STATE PARK

GPS: N37.3662 W77.57374

EVENT: AT-19-Y1281 5/10 KM Trail Rating 3C

START/FINISH: Park Office/Contact Station in Pocahontas State Park. 10301 State Park Rd, Chesterfield. Phone (804) 732-3531 The park office is open year round: Monday-Friday 8:00 am - 4:00 pm. You **MUST** be finished by 4:00 pm in order to stamp your book at the park office. You must walk during daylight hours only.

Parking Fee: Per vehicle: \$4 weekdays, \$7 weekends and \$5 holidays. Virginia State Park Pass honored.

Alternate Start Point: Spencer's Store, 11200 Bundle Road (corner of Bundle & Beach Rd), Chesterfield, VA. Mon-Sat: 6:00 am -10:00 pm. Sun: 7:00 am -10:00 pm. **Stamp at both locations.**

TRAIL DESCRIPTION: Rated 3C. The trail is on natural surfaces completely within the park. Because of the narrowness of some parts of the trail it would be very difficult for certain types of strollers. No wheelchairs.

START FEE: Credit only is \$3. No refunds.

CONDITIONS: Pets **MUST** be kept on a leash at all times. Littering is forbidden. There is a port-a-john available at the start point. Carry water with you.

DIRECTIONS: Park is southwest of Richmond. **From I-95: Exit 62** onto VA Rt 288. Exit at VA Rt 10 East (Ironbridge Road - Chesterfield). Drive East on VA Rt 10 to Beach Road, VA Rt 655. Right on Beach Road to park entrance.

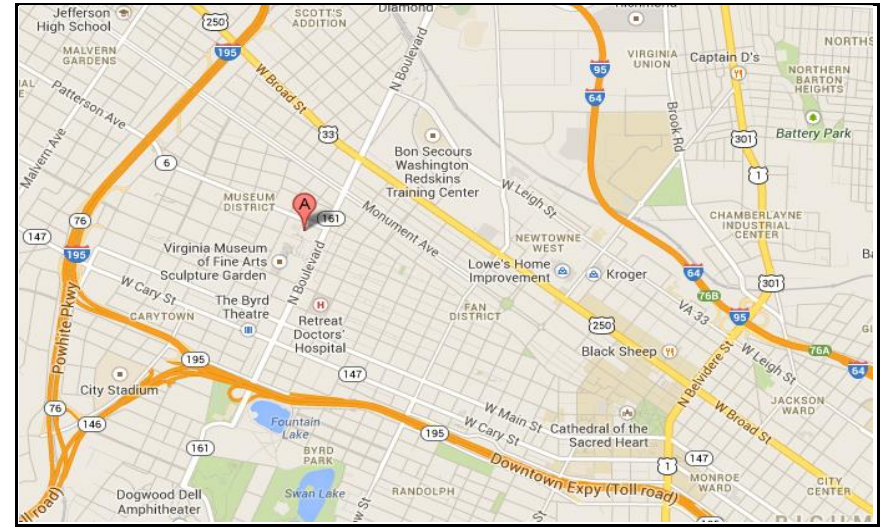
Alternate Start Point Spencer's Store is located 1 ¾ mile past park entrance on left at the corner of Beach and Bundle Roads. Store has no identifying sign.

FOR FURTHER INFORMATION:

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MONUMENT AVE/HOLLYWOOD CEMETERY

GPS: N37.55772 W77.472839



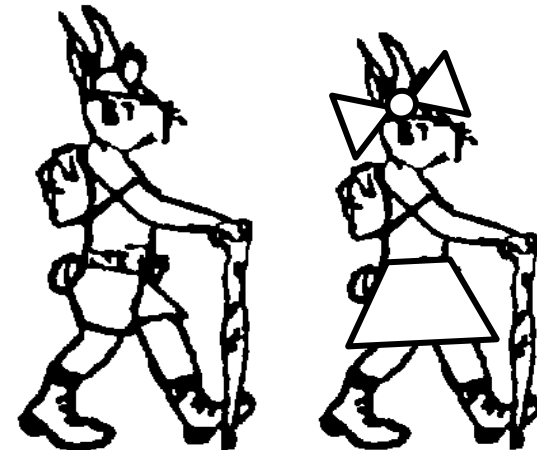
SPECIAL PROGRAMS

WALKING THE USA A-Z

ICE CREAM PARLORS (10/14KM)

LITTLE FREE LIBRARIES (5/10/14KM)

CITY OF RICHMOND (VVA - VA CITIES)



MAYMONT PARK, RICHMOND

GPS: N37.55772 W77.472839

EVENTS: AT-19-Y1282 Maymont Park (5/10 KM) Trail Rating 3B

START/FINISH: Virginia Museum of History & Culture (formerly the Virginia Historical Society): 428 N Boulevard, Richmond. Phone: (804) 358-4901 **HOURS:** Daily 10:00-5:00. Closed on Federal Holidays. Plan to complete walk 15 minutes prior to closing, allowing time to stamp books. No admission charged to view exhibits.

TRAIL DESCRIPTION: Rated 3B. The 5 KM walk is mostly on paved paths throughout Maymont Park; a 100-acre Victorian estate that contains a historic museum, gardens, wildlife exhibits and a petting zoo. **Driving directions to the 5 KM start point are included on the walk instructions.** The 10 KM walk is on residential streets and paved paths throughout Maymont Park. The trail passes the Carillon (bell tower) which is a 1918 War Memorial. Steps make these walks impossible for wheelchairs and difficult for strollers.

PETS ARE NOT PERMITTED IN MAYMONT PARK.

FACILITIES: Water and restrooms are available at the Virginia Museum of History & Culture. Restrooms are available at various points along the trail.

START FEE: Credit only \$3. No refunds.

AWARD: There are “B” awards available for \$2 upon completion of the walks.

DIRECTIONS: From I-95: Exit 78. Follow signs to the Virginia Historical Society at 428 N. Boulevard (corner of Boulevard and Kensington Avenue). Parking is available at the rear of the building.

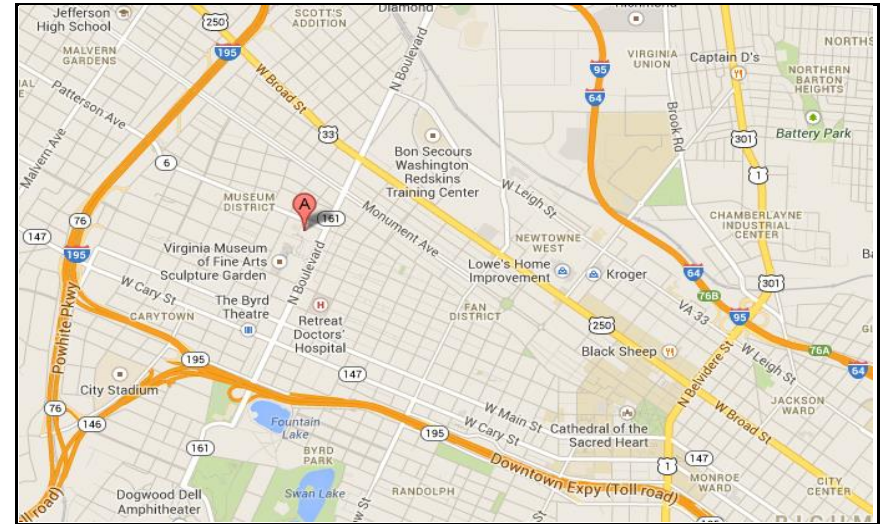
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MAYMONT PARK, RICHMOND

GPS: N37.55772 W77.472839



SPECIAL PROGRAMS

**WALKING THE USA A-Z
LITTLE FREE LIBRARIES (10KM)
CITY OF RICHMOND (VVA - VA CITIES)**

