

Virginia Clubs

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

Ft Belvoir MWR Hwan (703) 806-3100
5960 12th St, Bldg 1023, Ft Belvoir, VA 22060

Gator Volksmarch Club Don (757) 576-0966
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 23803

Northern VA Volksmarchers Helen (703) 360-5692
P. O. Box 7096, Fairfax Station, VA 22039

Peninsula Pathfinders Sandy (757) 532-3468
302 Queens Crescent, Williamsburg, VA 23185

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

Virginia Vagabonds Annette (757) 814-1417
3 Delmont Court, Hampton, VA 23666

U.S. Freedom Walk Festival Club Dolores (703) 582-9066
P. O. Box 17208, Arlington, VA 22216-2533

Wood & Dale Wanderers Tim (571) 212-0804
P. O. Box 2422, Woodbridge, VA 22195

Virginia Volkssport Association

2019 Year Round Walking Events

Charlottesville

Danville

Harrisonburg

Lexington

Manassas National Battlefield Park

Staunton

Winchester

**B AWARDS, CREDIT ONLY, OR NON-IVV
PARTICIPATION ONLY
NO FREE WALKERS**

January 16 - December 31, 2019



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: Each participant must carry a start card. B-Award and Credit is \$5.00 for the 2017 and 2016 awards. Various other B-Awards are available and costs are listed in the registration book for the walks. Credit Only and Non-IVV Participation is \$3.00. Fees 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.

LOOK FOR MORE INFORMATION ABOUT OTHER CLUBS' WALKS AT AVA.ORG.

CVC	Cavalier Volkssporting Club
FBOR	Fort Belvoir Outdoor Rec
GVA	Germannia Volkssport Association
GVC	Gator Volksmarsch Club
LLV	Lee Lepus Volksverband
NVV	Northern Virginia Volksmarchers
PP	Peninsula Pathfinders
USFWFC	U.S.Freedom Walk Festival Club
VV	Virginia Vagabonds
VVA	Virginia Volkssport Association
WDW	Wood & Dale Wanders
YWRW	York White Rose Wanderers - PA

Virginia Club Walks

Date	Club	Location	Phone Number
January 1	GVC	Smithfield	(757) 576-0966
January 12	VV	Hampton	(757) 814-1417
March 9-10	USFWFC	Washington DC	(703) 209-0174
March 30	VV	Newport News	(757) 814-1417
April 6	VV	Gloucester	(757) 814-1417
April 13	LLV	Henrico	(703) 201-1987
May 4	PP	Hampton	(757) 532-3468
May 11	USFWFC	Washington DC	(703) 209-0174
May 25-27	VVA	TBD (4 walks)	(757) 532-3468
Aug 31- Sept 2	VVA	TBD (4 walks)	(757) 532-3468
September 21	PP	Williamsburg	(757) 532-3468
October 5	VV	Newport News	(757) 814-1417
October 19-21	USFWFC(4 events)	Arlington	(703) 209-0174
Dec 13-15	PP	Williamsburg	(757) 532-3468
December 31	GVC	Smithfield	(757) 576-0966
January 1	GVC	Smithfield	(757) 576-0966

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:

Chris Kelly, President, VVA, (804) 909-9916
Email: ce_kelly@comcast.net

Sandy Croushore, Vice President, VVA, (757) 532-3468
Email: szcroushore@verizon.net

Celia Miner, Secretary, VVA, (571) 212-0329
Email: celiaminer@aol.com

Jim Geith, Treasurer, VVA, (703) 244-3515
Email: jgeith0346@cox.net

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 Volkssport Association, c/o Sandy Croushore, 302 Queens Crescent, Williamsburg, VA 23185 or call (757) 532-3468, email: szcroushore@verizon.net.

More information about volksmarching and location of events is available at www.ava.org.

Manassas National Battlefield Park, Virginia

AT 2019 - 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. Park in the Visitor Center parking lot.

Special programs: Bridges - Spanning the USA, National Parks Centennial Challenge. Virginia County Program - Prince William County.

Charlottesville, Virginia

AT 2019 - 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 434.293.6789 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: Chris and Kathy Kelly, 12311 Ridgefield Parkway, Henrico, VA 23233, (804) 909-9916, email: ce_kelly@comcast.net

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: Bridges - Spanning the USA, Ice Cream Parlors, Points of Reference, United States Post Offices, Take a Walk in a City Park, Walk the USA - Street by Street (CT, GA, ID, MD, MI, NC, NH, NY, SC, UT, WI), Virginia City Program - Charlottesville.

Winchester, Virginia

AT 2019 – 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. Park in the Visitor Center parking lot. From East: At the first light, turn right. Upon entering Winchester, watch for and follow signs to Visitor Center. Park in the Visitor Center parking lot. --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. Park in the Visitor Center parking lot.

Special programs: Bridges - Spanning the USA, Ice Cream Parlors, Little Free Libraries, Make a Wish at a Water Fountain, National Parks Centennial Challenge, Points of Reference, Take a Walk in a City Park, Walk 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). Virginia City Program - Winchester.

Danville, Virginia AT 2019 - Y0221 Town

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.

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." Park in the Science Center parking lot.

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." Park in the Science
Center parking lot.

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." Park in the
Science Center parking lot.

Approaching from the West: Take 58E to Danville. Then take the exit for
Downtown/86S/29S-Business (Central Boulevard). Take the 2nd 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." Park in the Science Center parking lot.

Special Programs: Town trail: Make a Wish at a Water Fountain, United States
Post Offices, Walk the USA - Street by Street (AZ, CT, HI, MA, NH, PA, VA),
Virginia City Program - Danville

Harrisonburg, Virginia AT 2019 - 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: Bridges - Spanning the USA, Ice Cream Parlors,
Little Free Libraries, Make a Wish at a Water Fountain, Points of
Reference, Take a Walk in a City Park, United States Post
Offices, Walk the USA - Street by Street (NC, MA, ME, MS,
NH, NY, OH, OK, SC, TN, TX, WA, WI, WV). Virginia City
Program - Harrisonburg.

Staunton, Virginia
AT 2019 – 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: Ice Cream Parlors, Little Free Libraries, Make a Wish at a Water Fountain, State Street Sashay, United States Post Offices, Walk the US - Street by Street (CO, CT, GA, KS, LA, MA, MD, ME, MI, MN, MO, MT, NC, NH, NY, PA, VA, VT, WI). Virginia City Program - Staunton.

Lexington, Virginia
AT 2019 – 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 2B (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 Chris and Kathy Kelly, 12311 Ridgefield Parkway, Henrico, VA 23233, (804) 909-9916, email: ce_kelly@comcast.net

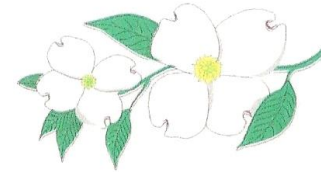
Directions: From I-81, Exit 188 and follow Route 60 West to Lexington. Follow the signs to the Visitor Center. From I-64, Exit 55 and follow Route 11 South into Lexington. Follow signs to Visitor Center. Public parking is available at the Visitor Center.

Special programs: Bridges - Spanning the USA, Ice Cream Parlors, Points of Reference, Take a Walk in a City Park, United States Post Offices, Walk 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). Virginia City Program - Lexington.

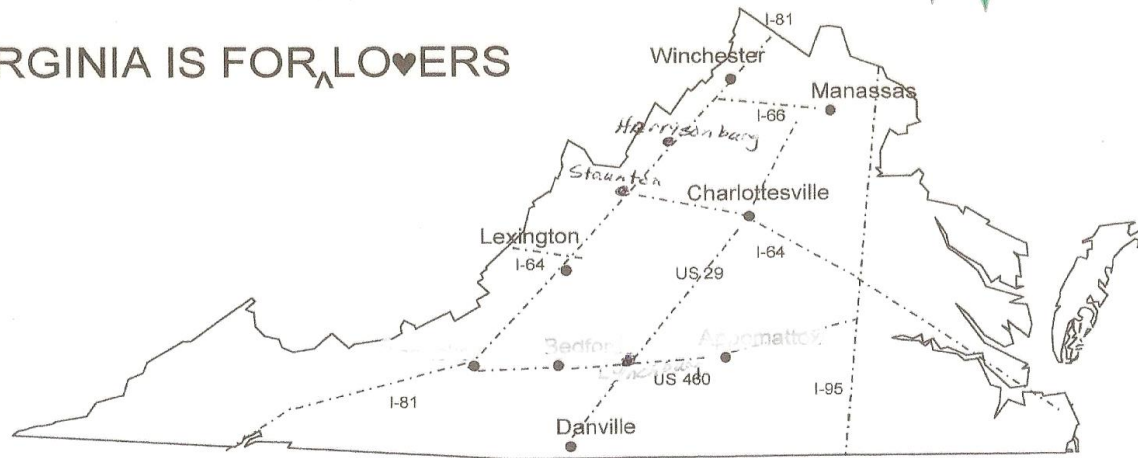
LOCATION OF OUR YEAR ROUND WALKING EVENTS:



VOLKSSPORT



VIRGINIA IS FOR ^ALOVERS



IT'S A YEAR ROUND ADVENTURE!

