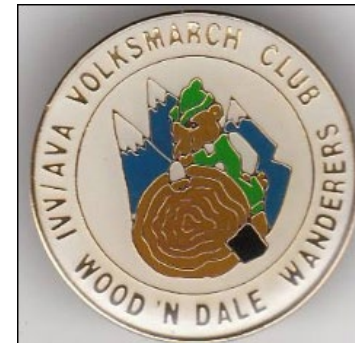


# Wood & Dale Wanderers

2019 Year Round Events

January 2 - December 31, 2019

As of January 1, 2019



**Dumfries/Montclair 5/10 KM Walk (AT2019/Y1163)**

**Historic Manassas 5/10 KM Walk (AT2019/Y0340)**

**Quantico/Triangle 5/10 KM Walk (AT2019/Y0707)**

**Triangle/Prince William Forest Park 5/10 KM Walk  
(AT2019/Y0848)**

**Woodbridge/Leesylvania State Park 5/11 KM Walk  
(AT2019/Y1177)**

**Woodbridge/Potomac Mills Mall 5/10 KM Walk  
(AT2019/Y2333)**



## GENERAL INFORMATION

**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:** All events are sponsored by the Wood & Dale Wanderers Volkssport Club (AVA 360).

**REGISTRATION PROCEDURES:** Varies at each start location. Ask for the walk/volksmarch box. Complete the paperwork for the event in accordance with the instructions in the box. **Please remember that all locations are business or service locations.** Be patient while they wait on their customers. There is no pre-registration for any of the events.

**TRAILS:** Except for the Potomac Mills Mall walk, all trails must be completed during daylight hours. Trail ratings are shown on the individual walk pages.

**AWARDS:** Credit only

**FEES & IVV CREDIT:** The credit only fee is \$3.00. There is no fee just to walk the trail—but you must carry a start card. Since the start locations cannot collect fees for us, a self-addressed envelope will be provided for you to mail the start card and your fee to the Wood & Dale Wanderers. Checks preferred but not required. Event credit can be earned once a day during the year for each event. Distance credit may be earned without limit. Please note that you may only complete the 10 or 11 KM trails twice in the same day on a single start card. Additional credit for the 5 KM trails will require another start card and registration fee.

**ELIGIBILITY:** Everyone!! Children under 12 must be accompanied by an adult. Groups are welcome. If you are bringing a large group, please contact us so that we may meet you at the start in order to take some of the workload off the start location personnel.

**CONDITIONS:** All pets are to be kept on a leash (6 feet or less) at all times and may not enter some buildings. Water will be available at each start/finish. Carry water on outdoors trails! Restrooms are available at the start points. There may be no water or restroom facilities along the trails. Litter must be deposited in the designated containers. Please exercise care when you are walking on the shoulders of the roads and in crossing streets.

**REFUND POLICY:** There will be no refund of any fees paid.

**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. Reasonable effort will be made by the sponsors to make these safe, enjoyable and memorable events.

**INFORMATION ABOUT VOLKSSPORTS:** [www.ava.org](http://www.ava.org)

## DUMFRIES/MONTCLAIR

**LOCATION:** Burger King, 5301 Waterway Drive, Dumfries, VA. (703) 897-8541

**DISTANCE:** There will be a choice of a 5- or 10- kilometer walk available.

**START AND FINISH TIMES:** 7 a.m. to sunset. Closed Thanksgiving and Christmas.

**REGISTRATION PROCEDURES:** Start box is behind the drink machines. Complete the paperwork for the event by following the instructions in the box.

**COURSE DESCRIPTION:** Walk trail rating is 2A. The walk is along sidewalks, streets, and bike paths in the Ashland and Montclair neighborhoods. Trails are suitable for strollers or wheelchairs. No pets inside start point.

**FOR FURTHER INFORMATION:** Celia Miner, 571-212-0329, email: [celiaminer@aol.com](mailto:celiaminer@aol.com)

**EVENT CLASSIFICATION:** Walking the USA A-Z ("D" for Dumfries), Walk the USA - Street by Street ("Dumfries" Road)



## HISTORIC MANASSAS

**LOCATION:** Manassas Visitors Center (Old Train Station), 9431 West St., Manassas, VA. (703) 361-6599

**DISTANCE:** There will be a choice of a 5- or 10-kilometer walk available.

**START AND FINISH TIMES:** Daily 9 a.m. – 5 p.m. Closed on Thanksgiving Day, Christmas and New Years Day.

**REGISTRATION PROCEDURES:** Start box is under table in museum room connected to the visitor center. The volunteers at the visitor center can point you toward it. Please sign in the visitor center book and mention “volksmarch” in the “reason for visit” space. Complete the paperwork for the event by following the instructions in the box. No pets inside start point.

**COURSE DESCRIPTION:** Walk trail rating 1A. An easy walk on paved roads and sidewalks through historic and residential areas of Manassas. Enjoy the shops in Old Town and a variety of restaurants to satisfy your food and drink desires. Take time to see the railroad museum in the Visitor Center and wander over to the Manassas Museum across the street. In cooler weather, stay for ice skating at Harris Pavilion.

**FOR FURTHER INFORMATION:** Celia Miner, 571-212-0329, email: [celiaminer@aol.com](mailto:celiaminer@aol.com)

**EVENT CLASSIFICATIONS:** Walking the USA A-Z (“M” for Manassas), Little Free Libraries, Take a Walk In a City Park, United States Post Offices, Walk the USA - Street by Street (“Richmond” Ave.) For the Virginia Cities program: Manassas.

## DIRECTIONS

**DUMFRIES/MONTCLAIR:** GPS: LAT: 38 36 31 N LONG: 77 21 38 W. From I-95: Exit 152B to Route 234 toward Manassas, Virginia (Dumfries Road). Travel north along Route 234 for 3.2 miles. Turn right on Waterway Dr., and the shopping center will be on the right.

**HISTORIC MANASSAS:** GPS: LAT: 38 45 02 N LONG: 77 28 24 W. From I-66, exit Rt 28 (Centreville) to Manassas. Several miles on Centreville Rd (Rt. 28), changes to Church St. in Manassas, becomes 1-way street. Left on West St, cross Center and railroad tracks. Visitor Center on left in old train station. From I-95, Rt 234 (Exit 152) West to Manassas. One light past the intersection with Prince William Parkway, turn right to continue on Dumfries Rd to Prince William St. (before railroad underpass). Right on Prince William St. to West St. Left on West St. Manassas Visitor Center located on right in old train station. Note parking time limit. Visitor Center can recommend nearby parking if you need more time.

**QUANTICO/TRIANGLE:** GPS: LAT: 38 32 39 N LONG: 77 20 36 W. From I-95 in Virginia, heading south, take exit 150A to US Route 1. \*Turn right (south) about 1/4 mile to museum entrance. From I-95 heading north, take exit 150 to US Route 1 and continue from \*. No charge for parking.

**TRIANGLE/PRINCE WILLIAM FOREST PARK:** GPS: LAT: 38 33 35 N LONG: 77 20 51 W Heading north on I-95: Exit 150B, bear right on Joplin (SR-619). Follow signs to Prince William Forest Park. Entrance on right, to Visitor Center (VC) for registration. Heading south on I-95: Exit 150, bear left to Joplin (SR-619). Left on Joplin, pass under I-95 overpass to Park entrance on right, to VC for registration. Park entrance fee collected at entrance station or VC (or National Parks Pass).

**WOODBIDGE/LEESYLVANIA STATE PARK:** GPS: LAT: 38 35 42 N LONG: 77 15 44 W. I-95 Exit 156 east (Dale Blvd. toward Rippon) to US 1 (Jefferson Davis Hwy). Right on US 1. 2nd traffic light, left on Neabsco (Rt 610) - Wawa Station/Store on left. Neabsco Rd. to Leesylvania State Park entrance on right. Registration located at Park's Administrative Building (first building on right past Entrance Station). Entrance Fee or Virginia State Parks pass to enter Park. Drive from Admin Building to Visitor Center to walk.

**WOODBIDGE/POTOMAC MILLS MALL:** GPS: LAT: 38 38 36 N LONG: 77 17 46 W. Heading north on I-95, exit 156B toward Dale City. Keep right, then turn right on Gideon Drive. Cross Opitz Blvd to mall. Heading south on I-95, exit 156B toward Dale City. Keep right following sign toward Potomac Mills Mall. Right on Gideon Drive, cross Opitz Blvd to mall. Best entrances are near Cheesecake Factory or on opposite side near Burlington. Free parking

## WOODBIDGE/POTOMAC MILLS MALL

**LOCATION:** Starbucks inside the main food court at Potomac Mills Mall, 2700 Potomac Mills Circle, Woodbridge, Virginia 22192

**DISTANCE:** There will be a choice of a 5- or 10-kilometer walk available.

**START AND FINISH TIMES:** Monday – Saturday 10 a.m. – 9 p.m.; Sunday 11 a.m. – 6 p.m. NOTE: Starbucks opens when the mall opens the doors near the main food court (Burlington and Cheesecake Factory entrances) at 8 a.m. (9 a.m. Sunday) for registered mall walkers. E-mail the POC about walking at these times, as the mall is much more pleasant when not crowded.

**REGISTRATION PROCEDURES:** The binder is on the bottom shelf of the paper rack across from the counter. Complete the paperwork for the event by following the instructions in the box.

**COURSE DESCRIPTION:** Walk trail rating 1A. Walk in a flat, indoor, climate-controlled outlet mall. It is a shopping destination for many in the area. There are abundant public amenities throughout the mall.

**FOR FURTHER INFORMATION:** Celia Miner, 571-212-0329, email: [celiaminer@aol.com](mailto:celiaminer@aol.com)

**EVENT CLASSIFICATIONS:** Ice cream parlors (Haagen Dasz and Rolly).

## QUANTICO/TRIANGLE – MARINE CORPS MUSEUM

**LOCATION:** National Museum of the Marine Corps, 18900 Jefferson Davis Highway, Triangle, VA 22172 (877) 653-1775

**DISTANCE:** There will be a choice of a 5- or 10-kilometer walk available.

**START AND FINISH TIMES:** 9 a.m. – 4:45 p.m. daily except Christmas

**REGISTRATION PROCEDURES:** Inquire at the desk for the walk box. To get the most from this walk, ask the docent for a map of Semper Fidelis park.

**COURSE DESCRIPTION:** Trail Rating 1B for 5K and 2B for 10K. 5K walks Semper Fidelis Memorial Park and then ventures into Locust Shade Park, with an option for those who have trouble with rough trail and hills. 10K continues onto less-improved trails. Best to wear sturdy boots. Carry water! No restrooms on 10K extension. If you have difficulty with rough trail and steep hills, OR if there has been rain, strongly consider walking 5K trail twice. 10K extension has tricky stream crossings on rocks, and streams will swell after rain. Those with strollers should be able to walk the 5K. PETS: On leash. May not enter museum. Plan to exit the museum lot by 5 pm. If you want to walk later (especially in summer), exit the museum lot, turn right on Route 1, and follow signs to Locust Shade Park to start there. Park near amphitheater.

**FOR FURTHER INFORMATION:** Celia Miner, 571-212-0329, email: [celiaminer@aol.com](mailto:celiaminer@aol.com)

**EVENT CLASSIFICATIONS:** Bridges - Spanning the USA

## TRIANGLE/PRINCE WILLIAM FOREST PARK

**LOCATION:** Park Visitor Center. Address is 18100 Park Headquarters Road, Triangle, VA 22172. Note: Either follow driving directions or use the GPS provided, as the address does not seem to work with car GPS units. National Park Pass or entrance fee required. The box is to the left of the desk in the Visitor Center. You will drive to the start point; directions to start in walk instructions. (703) 221-7181

**DISTANCE:** There is a choice of a 5, 10, or 20 km walk.

**START AND FINISH TIMES:** Daily, 9 a.m. – 5 p.m. Check with the park office to ensure there isn't an unscheduled closure for inclement weather, special events, or government shutdowns. (703) 221-7181

**REGISTRATION PROCEDURES:** Registration is at the Park Visitor Center, and the box is to the left of the check-in desk. Restrooms available. After registering, you will drive to the start point. Directions to start in walker instructions. Complete the paperwork for the event by following the instructions in the box.

**COURSE DESCRIPTION:** One trail (5 and 10 km) is along fire roads and a paved scenic loop with excellent views of trees and access to most of the trail heads (rated 2A). This loop is suitable for jogging strollers. The 20 km trail has the easier loop (2A) on paved and dirt roads and a harder loop (2B, more like 2C if wet) on rough, sometimes steep terrain. This harder trail follows interior park trails and fire roads and offers spectacular views of streams, Piedmont forest groves, and historic parts of the park.

**FOR FURTHER INFORMATION:** Celia Miner, 571-212-0329, email: [celiaminer@aol.com](mailto:celiaminer@aol.com)

**EVENT CLASSIFICATIONS:** Bridges - Spanning the USA, National Parks Centennial Challenge, Points of Reference

## WOODBIDGE/LEESYLVANIA STATE PARK

**LOCATION:** Park Administration Building, 2001 Daniel K Ludwig Dr, Woodbridge, VA (to right just after entering park). 703-730-8205. Entrance fee or Virginia State Parks pass required. Payment is on honor system if entrance booth is not staffed.

**DISTANCE:** There will be a choice of a 5- or 11-kilometer walk available.

**START AND FINISH TIMES:** Dawn to dusk.

**REGISTRATION PROCEDURES:** Registration is at the Administration Building on the right just inside the park entrance. Even if the office is closed, the foyer is open, and the box is on the table to the left as you enter the foyer. Restrooms available. After registering, you will drive to the start point at the Visitor Center. Directions to start in walker instructions. Complete the paperwork for the event by following the instructions in the box.

**COURSE DESCRIPTION:** Walk trail rating 2B. The 5K ventures into Lee's Woods and has a border crossing. A mix of sunny and shady trails, the 11K includes stretches along the Potomac River and along Powell's Creek, where it feeds into the Potomac before continuing into Lee's Woods. Trails are not suitable for strollers or wheelchairs.

**FOR FURTHER INFORMATION:** Celia Miner, 571-212-0329, email: [celiaminer@aol.com](mailto:celiaminer@aol.com)

**EVENT CLASSIFICATIONS:** Border Crossings, Bridges - Spanning the USA, Underground Railroad, Walking America's Ports of Call

