

DIRECTIONS

METRO: Yellow/Green line: Mt Vernon Sq/7th St-Convention Center

PARKING: There are There are over 3,000 paid parking spots within 3 blocks of the convention center. Find them at <http://www.dccconvention.com/Venues/GettingHere/Convention-Center-Parking-Map-2011.aspx> "Parking Panda" can be used to reserve your parking space.

From 95 (from the South)

Get on I-395 North in Alexandria
Follow I-395 North to the 12th St Expressway in Washington. Take the 12th St exit from I-395 North.
Continue 12th St Expressway. Take 12th St NW to Mt Vernon PI NW, Convention Center will be on the left.

From I-66 (from the West)

Follow I-66 E to E St Expressway in Washington DC.
Take the exit toward E Street from I-66 Eastbound.
Use the left 2 lanes to turn left onto 18th St NW
Turn right onto H St NW
Turn left onto 14th St NW
Turn right onto L St NW
Slight right onto Massachusetts Ave NW Continue onto Mt Vernon PI NW
The Convention Center will be on the left.

From Maryland:

Take US-50 W/New York Ave NE toward Washington
Follow New York Ave NE to Mt Vernon PI NW in Washington
Merge onto US-50 W/New York Ave NE
Continue straight onto New York Ave NW Continue onto Mt Vernon PI NW, the Convention Center will be on the right.

NBC4 CONVENTION INFORMATION:

Expo Attendee Information:

- The Expo is Free to the Public
- The Expo Saturday hours: 9:00 am to 5:00 pm
- The Expo Sunday hours: 9:00 am to 4:00 pm

For more information visit the NBC4 Health & Fitness Expo Website (<https://www.nbcwashington.com/contact-us/community/NBC4-Telemundo-44-Health-and-Fitness-Expo-Jan-12-13-2019-492859891.html>)

U.S. FreedomWalk Festival® Club, Inc.



WALK

2019/AT 112674



5 Kilometer Walk (+/-) (3.1 miles) Trail Rating: 1A
10 Kilometer Walk (+/-) (6.2 miles) Trail Rating: 1A



SANCTION: This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). This event counts for acquisition of IVV achievement awards. Event number 2018/AT 108987

SPONSOR: US FreedomWalk Festival® Club, Inc. (AVA 901)

DATE: Saturday & Sunday January 12th & 13th, 2019

START POINT: Walter E Washington DC Convention Center
<http://www.dcconvention.com/Venues/ConventionCenter.aspx>

801 Mt Vernon Place NW, Washington, DC.

N38.905076, W77.023033 Look for "The US FreedomWalk booth

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

ELIGIBILITY: Everyone! Children under 16 must be accompanied by an adult. Groups are welcome.

START AND FINISH TIMES: 9:00 a.m. to 1 p.m., finish by 4:00 p.m.

WALK FEES: The credit only fee is \$3.00.

PROCEDURES: At the start point, each participant will be issued a start card, which must be signed and personally presented at the control points for stamping. The individual start cards will be turned in at the finish table after completing the event.

CONDITIONS: Pets are not permitted on this event. Water and restrooms will be available at the start point. Litter must be deposited in the designated containers. This event will be held regardless of most weather conditions.

IVV CREDIT: All previous participants of IVV events are reminded to bring their IVV books to this event. You may purchase new books at the event.

SPECIAL PROGRAMS: Walk the USA – Street by Street,

COURSE DESCRIPTION: Trail rating 1A. If the weather cooperates, the walk will be both inside and outside around the Convention Center. If the weather does not cooperate, the walk will go around the inside of the Convention Center.

INFORMATION: Phone: Dolores @ 703-209-0174;
Email: usfwf@yahoo.com; www.ava.org/events

DISCLAIMER: 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.

WHAT IS A VOLKSMARCH? A non-competitive outdoor event where a participant follows a marked trail at his/her own pace, stopping at points for a "control stamp," rest, and refreshments. Volksmarches are aimed at getting all people, regardless of age, out-of-doors to exercise non-competitively. Many senior citizens participate regularly. Many parents bring their children with them, carrying infants or use strollers or wagons.

EVERYONE IS A WINNER! When awards are available, each participant who purchases a start card and pays the award fee receives an attractive commemorative award upon completion of the trail. Participants may enroll in the international (IVV) awards program by purchasing the proper record books (event, distance, or both). Completing all or part of the trail entitles the participant to a certification stamp for the record books. Upon completion of a record book, the owner receives a certificate, a hatpin, and a patch, in recognition of reaching a certain milestone.

UPCOMING EVENTS: **May 5, 2018**
Walk Around the World
Washington, DC

October 19-21, 2018
17th Annual
U.S. FreedomWalk Festival®
Arlington, Virginia

YEAR ROUND EVENTS: Beautiful Arlington, Virginia Highlights 5, 10, 15 KM walk and Beautiful Arlington, Virginia 27 km Bike, Ballston 5k Walk, Leesburg WO&D 13,25,25+k Bike

www.usfreedomwalk.org