

VOLKSMARCH
OCTOBER 5 & 6, 2019
10K/5K WALKS

START TIME: SAT. OR SUN., ANYTIME BETWEEN 10 A.M. - 2 P.M.
PARTICIPANTS MUST COMPLETE THE EVENT BY 5 P.M.

SANCTIONED BY: The American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). Participants in this event may receive credit towards IVV awards.

ELIGIBILITY: This Volksmarch welcomes families, and individuals, and is open to the public. All participants must read and sign a waiver before beginning the event. The signature of a parent or guardian is required for participants under the age of 18. Children 12 years and under must be accompanied by an adult.

PARKING: Parking is located across Goethals Road, opposite from the festival grounds. Please follow directional signs.

FOR MORE INFORMATION ABOUT THE
 VOLKSMARCH, PLEASE CONTACT:

HWAN YU (703) 806-3100
 HWAN.S.YU1.NAF@MAIL.MIL

BOB MCLEAN (703) 312-5419
 RMCAMC@AOL.COM

START/FINISH: Adjacent to the festival grounds, Goethals Road and Constitution Road.

DISTANCE: One 10K route and one 5K route will be available.

GPS COORDINATES: 38 degrees 41' 43" N Latitude
 077 degrees 09' 43" W Longitude

IVV BOOKS: IVV Event and Distance Books will be sold at the Start/Finish area. Those who have participated in previous sanctioned events are reminded to bring their IVV Books for credit.

PROCEDURE: Check in at the start table and sign a waiver. Registrants will be issued start cards to present for stamping at control points along the route. After completing the Volksmarch, the start card with appropriate stamps, will be submitted at the finish table after the completion of the event and distance stamping of the IVV Books.

FEE*: IVV Credit only \$3 if desired. Participation is free. Register same day only.

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 at the time of registration.

REFRESHMENTS: Water will be provided at the START/FINISH area and the check point. You may purchase food and drink at the festival grounds.

ADDITIONAL INFORMATION: All pets must be on a leash on the route; pets are not allowed in the festival area. Participants must remove their pet's waste from the route. Smoking is prohibited.

EVENT CONDITIONS: This event is rain or shine with the exception of inclement weather. The route can accommodate strollers and wagons; however, they may require portaging over road curbs. Route is unsuitable for wheelchairs. Dress in appropriate attire, wear sturdy footwear and bring extra water. Porta jons are at start, finish, and checkpoints; facilities with restrooms are along the route.

ROUTE DESCRIPTION:

WALKING THE UNITED STATES AND AMPHITHEATERS.

This event's planned route takes you along sidewalks and post roads on Fort Belvoir's North Post. The route is largely flat with some hills, and the slopes on the hills are not steep. The route is rated 2B due to the moderate hills; suitable for strollers, but not wheelchairs. Weather conditions should have little effect on the route rating.

DIRECTIONS: From I-95 North, take Exit 166A (Newington/Fort Belvoir). Turn right onto Backlick Road/Fairfax County Parkway. Turn left on Route 1 (Richmond Highway). Turn right on Pohick Road (1st traffic light) and enter Fort Belvoir through Tulley Gate. Follow Oktoberfest road signs to your destination. From I-95 South take the Exit 166A (Newington/Fort Belvoir). Merge onto Backlick Road/Fairfax County Parkway. From here, follow the directions for I-95 N.

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For more information, please visit www.ava.org.

AVA AVA: America's Walking Club
 Fun, Fitness, Friendship

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SANCTIONED EVENT
 Eligible for credit toward IVV Achievement Awards.

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