

## Easy Directions! Free Parking!

**From the north:** Take I-95 South/I-495 South towards Richmond. Use local lanes as you approach the Woodrow Wilson Bridge. Shortly after entering Virginia, take Exit 176B (Eisenhower Ave.) staying in right lane. Turn right at Stovall St. Turn right on Eisenhower Ave. and go to first traffic light. Make legal U-turn and turn right into hotel parking lot.

**From the south:** Take I-95 North/ I-495 East towards Baltimore. Take Exit 174 (Eisenhower Ave. Connector.) Turn right on Eisenhower and go approximately one mile. Turn right into hotel parking lot.

**From the metro:** Hotel is one block from the Eisenhower Metro stop (Yellow line). Exit metro and turn left on Eisenhower Ave. Turn left into hotel parking lot.

### WHAT'S A VOLKSMARCH?

*A volksmarch is a non-competitive walk. You may choose your time to start within the start/finish "window" and walk at your own pace. You can walk alone, with family or friends, or with folks you meet along the way. You can walk for free or pay a small amount to earn credits that provide a tangible record of your participation. If you want to combine fun, fitness, and fellowship, come join us! For more information, check out the American Volkssport Association's national website at [www.ava.org](http://www.ava.org).*

Come walk with us!  
**Northern Virginia Volksmarchers**  
(AVA-151, VA-13)  
**Great Greenbelt Volksmarchers, Inc.**  
(AVA-481)

Twice the clubs, twice the fun!

Dec. 7- 8, 2019

## Holiday Extravaganza Weekend

Alexandria, Virginia



**THREE WALKING EVENTS**

Trails from 5 to 12 KM (Three to seven miles)  
Available both days, Rated 1A

**Start Point:** Holiday Inn  
2460 Eisenhower Avenue  
Alexandria, Va.

These events are sanctioned by the American Volkssports Association (AVA), a member of the International Federation of Popular Sports (IVV). These events count towards the acquisition of IVV achievement awards.

AT 19/113778 AT19/113854 AT/111821



**DATE:** Saturday, Dec. 7 – Sunday Dec. 8, 2019

**SPONSORS:** Northern Virginia Volksmarchers (AVA-151, VA-13) , Great Greenbelt Volksmarchers (AVA-481).

**LOCATION:** Holiday Inn, 2460 Eisenhower Ave, Alexandria, VA 22314 *GPS: N38° 48' 3.72", W077° 4' 26.71"*

**START TIME:** Register and start walking between 8:00 AM and noon (Sat and Sun). Finish by 4:00 PM.

**SCOTTISH WALK:** On 11 a.m. Saturday, Old Town Alexandria will welcome more than a hundred marching units to salute the town's rich Scottish heritage. The 10-KM trail takes Saturday's walkers within a block of the parade. Walkers choose whether to walk one block to view the parade or continue. The 5-KM trail and Sunday walk is an option for walkers who do not care about the parade. Eligible for AVA Special Programs: Ice Cream Parlors, U. S. Post Offices, Walking America's Ports of Call, Points of Reference and Walk in a City Park.

**WALK ACROSS THE POTOMAC:** The walker either drives a short distance to Jones Point Park or walks this trail in conjunction with the Scottish Walk. Once crossing Woodrow Wilson Bridge the trail takes advantage of the Christmas sights of National Harbor. Eligible for AVA Special Programs: Walking America's Ports of Call and Border Crossings.

**DC HOLIDAY SIGHTS:** The trail passes many places decorated for the holidays including Union Station, the Botanical Gardens, the Capitol, and the Ellipse. Metro available one block from the Holiday Inn. Register at hotel or in advance via OnLine Start Box.

**DINNER:** Everyone is invited to Ted's Montana Grill Saturday at 6 p.m. (across the street from hotel).

**HOLIDAY INN:** The hotel is offering walkers reduced rates (\$99 a night) from Friday, Dec. 6 through Sunday, Dec. 8. Call 703-960-2000 and ask for "Scottish Walk RM Block."

**FEES:** There is no charge to participate in these events. The fee for IVV credit is \$3. There is no pre-registration for this event. No refunds will be given.

**CONTACT:** Helen Garamone 703 360-5692 (home), 571 243-2573 (cell) [hkgaramone@hotmail.com](mailto:hkgaramone@hotmail.com)

**STIPULATIONS:** Everyone is welcome. Children under 12 must be accompanied by an adult. The trails can accommodate strollers but wheelchairs are not recommended.

**DOGS:** Leashed dogs are welcome on the Scottish walk but please do not bring them into the hotel or onto Metro.

**DISCLAIMER:** The American Volkssport Association or its branch clubs are not responsible for theft or loss of personal belongings or property. Every reasonable effort will be made by the sponsor to make this a safe and enjoyable walk. All walkers must sign a waiver.

**REFRESHMENTS:** The Holiday Inn has a full-service restaurant serving breakfast until noon. Restrooms, water, and candy will also be available at the start point.

**NEARBY:** The Dyke Marsh and Old Town Alexandria year-round events start nearby. Ask registration for directions and more information.

