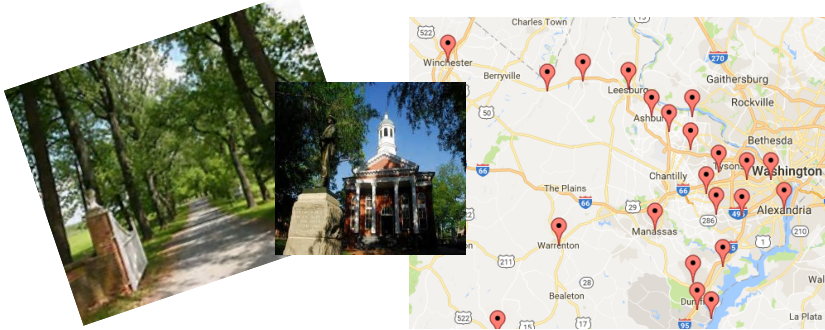


Ninth Biennial Atlantic  
Region Conference  
March 16-18, 2018



In Loudoun County, Virginia



**Coming early or staying after?**  
**With so much history and so many year-round**  
**events there is plenty to do and see!**

**Volkssporting Together**

Contact us:  
POC: Bob Wright  
703-737-2175  
[rcwright\\_va@comcast.net](mailto:rcwright_va@comcast.net)



<http://mdvolks.org/Atlantic/default.htm>



Ninth Biennial

# AVA Atlantic Region Conference

**March 16-18, 2018**

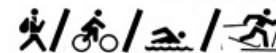
Five Events

3 Walks, 1 Bike & 1 Swim

Rain or Shine



Sponsored by the Virginia Volkssport Association



SANCTIONED EVENT

Eligible for credit toward  
IVV Achievement Awards



**AVA, America's Walking Club** [WWW.ava.org](http://WWW.ava.org)

## Come join us at the conference

Join us on St Paddy's Day weekend near Washington, DC, to experience the 4 F's of volkssporting like never before: *fun* times, 5 *fitness* events, and forging new and strengthened *friendships* around *food*! You don't want to miss it, and the price is right.

Hope we'll see you there.

## Hotel Information



**Embassy Suites Dulles North, 44610  
Waxpool Rd, Dulles, VA 20148**

Special Rate till February 23<sup>rd</sup>

For reservations call 703-723-5300  
and ask for the VVA rate, or go to

<http://embassysuites.hilton.com/en/es/groups/personalized/W/WASNL-ES-VVA-20180316/index.jhtml?>

Special room rate of \$99/night for 1 King or 2 Queen beds includes

- Micro fridge
- Free internet and use of pool
- Free full hot breakfast with omelet station
- Free evening manager's reception with drinks and bar snacks

Minutes north of Dulles International Airport. From Washington, DC's I-495 Beltway take Dulles Toll Road/Route 267 9 miles: at route 28, north/right for 2.5 miles: at Waxpool Rd/Route 625(left exit) west for 1.5 miles: Hotel is on the right. (No toll alternative: Take route 7 west for 14.5 miles, at Route 28 south toward Dulles Airport for 3 miles: at Waxpool Rd/Route 625 exit west/right toward Ashburn for 1.5 miles; hotel is on the right.) From Leesburg: Route 15 take route 7 east for 6 miles; at Loudoun County Parkway/Route 607 right for 6.2 miles; at Waxpool Rd/Route 625 (5th traffic light) right for .4 miles; hotel is on the right.

PREREGISTRATION FORM  
(mail not later than March 2<sup>nd</sup>)



**PLEASE PRINT VERY LEGIBLY**

LAST NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

MOBILE PHONE: \_\_\_\_\_

CLUB AFFILIATION(S): \_\_\_\_\_

EMAIL: \_\_\_\_\_

SPECIAL NEEDS: \_\_\_\_\_

EMERGENCY CONTACT (Name, Phone): \_\_\_\_\_

First Name(s) \_\_\_\_\_

CONFERENCE PACKAGE PRICE: \$85.....\$ \_\_\_\_\_ \$ \_\_\_\_\_

Includes credit for 3 walks, swim, bike; 1 "A" award; meet & greet; banquet

### Individual Items

Friday Meet & Greet Buffet: \$33.....\$ \_\_\_\_\_ \$ \_\_\_\_\_

Saturday Banquet: \$37(indicate chicken or tilapia)....\$ \_\_\_\_\_ \$ \_\_\_\_\_

Award: \$4 (pictured above).....\$ \_\_\_\_\_ \$ \_\_\_\_\_

Historic Leesburg walk credit: \$3 .....\$ \_\_\_\_\_ \$ \_\_\_\_\_

Broadlands Community walk credit: \$3 .....\$ \_\_\_\_\_ \$ \_\_\_\_\_

Meadowlark Botanical Gardens walk credit: \$3.....\$ \_\_\_\_\_ \$ \_\_\_\_\_

W&OD bike credit: \$3 .....\$ \_\_\_\_\_ \$ \_\_\_\_\_

Hotel swim credit (hotel guests): \$3 .....\$ \_\_\_\_\_ \$ \_\_\_\_\_

Tax-deductible Donation.....\$ \_\_\_\_\_ \$ \_\_\_\_\_

Total Enclosed .....\$ \_\_\_\_\_ \$ \_\_\_\_\_

Checks payable to VVA (Virginia Volkssport Association)  
Mail to 2018 AT Conference, 3530 Rock Creek Villa Dr., Quinton,  
VA 23141-1654

**We need volunteers. Please contact Helen Garamone at  
703-360-5692 or HKGARAMONE@HOTMAIL.COM**

# General Information

Everyone is welcome! Children under 16 must be accompanied by a responsible adult. Everyone must sign an AVA athletic waiver.

Water and candy are available at registration, but carry water too.

Restrooms are available at registration and along all routes except Broadlands.

Refreshments are for sale along the Broadlands and Leesburg walks, and bike.

Pets are welcome on leashes, but not in buildings. Poop Scoop—it's the law.

Routes are wheelchair and stroller accessible.

Events will be held unless safety is threatened by dangerous weather or a national emergency.

No littering—ever.

No refunds.

These events are sanctioned by the American Volkssport Association (AVA)®, a member of the International Federation of Popular Sports (IVV)®, and the Virginia Volkssports Association. For a modest registration fee, these events count toward acquisition of IVV Achievement Awards. These are *not* charity fundraising events.

DISCLAIMER: The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property. The American Volkssport Association and its sponsors are not liable for accidents, injury, thefts, and/or material damage. Every reasonable effort will be made by the host and sponsors to make these walks safe, enjoyable and memorable. This is not a charity walk

## “A” Event Award



3.5 oz. Cylindrical Arc  
Clear Votive Candle Holder  
with conference logo and candle

\$4.00

(\$5 at conference)

200 available; no reorder

# Conference Schedule

Friday, March 16, 2018

1 – 5 pm	Conference Registration
1 – 5 pm	All Event Registrations and Finish
1 – 5 pm	3 Walks, Bicycle, Swim (Embassy Suites guests)
5:30 – 7:30 pm	Manager's Reception for Embassy Suites guests
5:30 – 7:30 pm	Meet and Greet Buffet

Saturday, March 17, 2018

7 – 10:30 am	Hot breakfast for Embassy Suites guests
8 am – 2 pm	Conference Registration
8 am – 2 pm	All Event Registrations and Finish
8 am – 2 pm	3 Walks, Bicycle, Swim (Embassy Suites guests)
2 – 2:50 pm	Workshop 401K: Invest in Your Health Program
3 – 5 pm	Regional Director's Meeting
5:30 – 7:30 pm	Manager's Reception for Embassy Suites guests
6 – 9 pm	Banquet

Sunday, March 18, 2018

7 – 10:30 am	Hot breakfast for Embassy Suites guests
8 am – 1 pm	All Event Registrations and Finish
8 am – 1 pm	3 Walks, Bicycle Swim (Embassy Suites guests)

## Silent Auction

In lieu of a registration fee, we encourage everyone to contribute silent auction items and bid on them. Donate new or nearly new items that you would want others to bid on and take home. The Virginia Volkssport Association, a 501(c) (3) exempt organization, means donations are tax-deductible.

Please let Celia Miner, [celiaminer@aol.com](mailto:celiaminer@aol.com), know what items you will be donating to help us plan and set up at auction space.

**The person whose item(s) generates the most revenue for the Silent Auction will receive a \$50 REI Gift Card!**

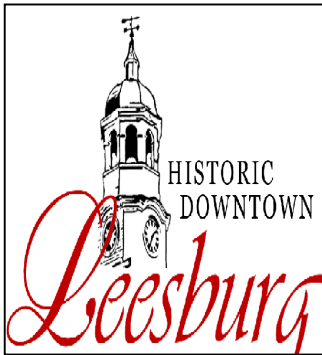
# Events



(register at hotel; events start nearby; driving directions will be provided)



**Broadlands Community Walk**  
5 km & 10 km, 1A [AT18-110568]  
An enjoyable walk on sidewalks and paved paths in this bedroom community. Stretches of shaded paths.



**Historic Leesburg Walk**  
5 km & 10 km, 1A [AT18-110569]  
Easy, pleasant walk on sidewalks, side streets, and paved trails through the historic district and residential areas of town. Routes pass all micro-breweries/pubs, wine bars, a cidery, and great places to eat in town.



**Meadowlark Botanical Gardens Walk**  
5 km & 10 km, 2B [AT18-110570] *Opens 10 am*  
Walk 95 acres of unique gardens on wood chip and gravel paths with ups and downs. Second half in surrounding Vienna neighborhoods for contrast. Gardens entrance fee: \$2.00 per person.



**Washington and Old Dominion Bike**  
10 km & 25 km, 1A [AT18-110573]  
Cycle the Beautiful W&OD Trail along the rail-trail & thoroughfares. Rest and recharge at local eateries along the route.



**Hotel Swim**  
300m, 1A [AT18-110576]  
Seven laps down and back in the heated pool (open to hotel guests only)

# Social Activities



Friday evening's buffet **Meet & Greet** offers Chicken Parmesan, Pasta Primavera, and Fettucine Alfredo entrees, Italian Wedding Soup, house salad, rolls, choice of cobbler, and non-alcoholic beverages for \$33  
Saturday evening's plated dinner **Banquet** offers a choice of Tilapia or Herb Roasted Chicken with roasted red potatoes and vegetable medley, rolls, green salad, tres leches cake, and non-alcoholic beverages for \$37



Manager's **Evening Receptions**  
Guests enjoy a complimentary\* Evening Reception at the hotel. Choose from a variety of alcoholic and non-alcoholic beverages while enjoying light appetizers and great conversation.  
\* For non-hotel guests who wish to purchase beverages before the socials, there is a \$20/evening charge to partake of the receptions' offerings)

# WORKSHOP

Saturday, 2pm

## 401K: Invest in Your Health

Presented by Deb Kruep, AVA Program Committee Chair

A new AVA internet-based program through Walker Tracker. Walkers log their Volkswalk kilometers to earn awards for walking 401 in a year.