

Residence Inn – Arlington Courthouse

1401 N. Adams St., 22201. (703) 312-2100. 38.889175N, -77.087412W

Via Metro, which is the best way to get to the Start Point, take the Orange or Silver Lines to the "Courthouse" Station. Exit onto Wilson Blvd, go left (west) crossing N. Veitch St., veer left and walk up Clarendon Blvd. for 2 blocks to N. Adams St., turn left to the front entrance of the Marriott Residence Inn. At outlying Metro Parking lots, parking is free on weekends and observed Federal Holidays.

Driving: From I-95 in VA, exit on I-395 North to VA Rte. 27 South, exit 8A, S. Washington Blvd/Columbia Pike for 3 miles; turn right on N. Clarendon Blvd.; go 0.5 miles; turn right on N. Adams St.; the Residence Inn will be on the left.

Holiday Inn- Arlington at Ballston

4610 N. Fairfax Dr., Arlington, VA 22203. 38.881660N, -77.117498W

Via Metrorail: the walk is 7 minutes, .3 miles. Ballston/Marymount U Station. Exit the station, and make a U-turn at the top of the escalator, a few steps to the street, which is Fairfax Dr. Turn left, in the opposite direction of the IHOP, and walk 5 blocks, crossing: N. Stuart St., N. Taylor St., N. Utah St., N. Vermont St., and N. Glebe Rd. to N. Wakefield St. Turn left into the Hotel

Driving: From the Washington DC "Beltway" (1-495) exit for I-66 Eastbound. From I-66, take exit 71 for Fairfax Dr. toward VA-120/VA-237/N. Glebe Rd. The Holiday Inn Hotel is on the right immediately after the exit ramp. The main entrance is at the 1st traffic light (N. Wakefield St.). Another entrance to the parking lot is immediately after the exit ramp. The Start box will be at the Front Desk. Posted signs show these Parking Fees apply:

0-30 minutes = Free; 30 minutes - 2 hours = \$5; 2 hours - 10 hours = \$10; overnight = \$14
That same sign states: "Validation for Restaurant", please inquire at the Front Desk (the Manager is: Said Toumadi, said.toumadi@hiava.com) if that, and any other reduction in parking fees may apply for walkers

Comfort Suites Hotel – Leesburg, VA

80 Prosperity Ln, Leesburg, VA 20175 (703) 699-1650; 39.104954N, -77.548454W

From US-15/Leesburg Bypass, take Market St/Route 7 west towards Leesburg. Turn left onto Prosperity Ave (the first street). The Comfort Suites hotel will be on the left.

The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property

These events are open to everyone. IVV Credit Fee is \$3. There is no preregistration and no refunds.

Please take conditions into consideration. Start points may be closed during weather and other emergencies.

U.S. Freedom Walk Festival Club 2018 Year-Round Events



**Arlington, VA – Beautiful Arlington, Virginia 5/10/15/20K Walk
2018Y/0190**

Arlington VA – Beautiful Arlington 27K Bike 2018Y/1912

Arlington, VA – Ballston 5/10K Walk 2018Y/0060

W&OD – Ballston and Leesburg 13-145K Bike 2018Y/1456



AVA: America's Walking Club

Eligible for credit towards IVV Achievement Awards



Arlington, VA – Beautiful Arlington County Walk Arlington, VA – Beautiful Arlington County Bike

Start: [Residence Inn, Arlington Court House During Daylight Hours](#)

Walk Description: 5/10/15K Explore the commercial and governmental neighborhoods of Courthouse and Rosslyn. Pass by The Iwo Jima Statue and the Netherlands Carillon, and have spectacular views of the major monuments of Washington DC. A loop into Arlington National Cemetery brings you to the major attractions, including the Visitors Center, the Women's Memorial, the Kennedy graves, the Amphitheater (site of the presidential Veterans Day ceremonies), the Tomb of the Unknown Soldier, and Arlington House. Explore the residential neighborhoods of Clarendon and Lyon Village.

Walk Trail Rating: 2A

Walk Special Programs: Amphitheaters, Treasure Hunt - A way to walk our precious trails

Walk Amenities: Strollers Hard, Pets, Wheelchairs Hard, Pets Yes (except in Arlington Cemetery and Start, Restrooms Yes, Water is available at the start please carry water with you on the trail.

Bike Description: 27K Either bring your own bike, or try a bike rental. Capital Bike Share (fees may apply, availability not guaranteed) is located by the "Courthouse" Metro exit, across the street from the CVS near the California Tortilla, at 2057 Wilson Blvd., Arlington, VA 22201. The bike route follows the "Arlington Loop" bike trail, which, except to the start and finish, is on dedicated "multi use" paved asphalt trails. The elevation change is approximately 350 feet, and includes both up and down hill sections. The scenery along the route includes many Arlington neighborhoods, the I-66 corridor, restaurants of Shirlington, Ronald Reagan Washington National Airport, the George Washington Parkway, and Theodore Roosevelt Island. On a clear day, the sights of the National Capital area are a sight to behold.

Bike Trail Rating: 2A

Bike Special Programs: Amphitheaters, National Parks Centennial

Bike Amenities: Strollers Yes, Restrooms Yes Water is available at the start please carry water with you on the trail. Bicycle helmets must be worn.

For More Information for these events:

Phone: Dolores @ 703-209-0174;

Email: usfwf@yahoo.com; www.ava.org/events

Arlington, VA – Ballston Walk WO&D Bike – Ballston Start

Start: [Holiday Inn: Arlington at Ballston During Daylight Hours](#)

Walk Description: 10K It is almost entirely on sidewalks and paved bike trails along two small streams and through city parks, residential neighborhoods and a business district and shopping mall.

Walk Trail Rating: 1B

Walk Special Programs: Amphitheaters, Bridges – Spanning the USA, Take a Walk In a City Park, Walk the USA - Street by Street, Walking the Path of Inventions

Walk Trail Amenities: Strollers Yes, Wheelchairs Medium, Pets Yes, but not in Hotel, Water is available at the start. Please carry water with you on the trail.

WO&D Bike – Leesburg Start *One Event Two Start Points*

Start: [Comfort Suites Hotel](#)

Trail Description: 13/145K The entire W&OD Trail is paved with nine foot wide asphalt and goes from Shirlington (Arlington County) to Purcellville. The W&OD Trail is flat except for a 4-mile section west of Leesburg. There is also a short but steep hill near Mile 15. **** Directions will be provided for a 13K and 25K bike ride starting from the Leesburg Comfort Suites hotel. ***** This is an extended distance bike event. Participants have the option of starting at any point on the trail, going the direction they wish, and as far as they want (minimum distance is 13K for a short distance volksbike).

Bike Trail Rating 2A

Special Programs that should be included depending on distance selected: Bridges, Points of Reference ("Old" Dominion).

Trail Amenities: Restrooms Yes, Water is available at the start. Please carry water with you on the trail Bicycle helmets must be worn. Trail maps are available at www.bikewashington.org/trails/wad/wad.htm

These events are sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports" These events count towards the acquisition of IVV Achievement Awards.

Please Join us for our Regular Events: NBC4 Health Fair – Mar 10-11th, Walk Around the World, May 5th and the US Freedom Walk Festival Oct 19-21st