



The U.S. FreedomWalk Festival Club
Welcomes You to
The 2024 Ballston 5/10K Walk
An AVA Sanctioned Year Round Event (Credit only)



This route has been selected to provide you with a glimpse of the diverse range of activities that characterize those parts of central Arlington County, Virginia, within a few kilometers of the Ballston commercial center. We hope the parks delight you. *Note: If you see qualifiers for Par for the Course, Step to the Beat, or Labyrinths, let us know!*

To enjoy this walk, please keep the following points in mind:

- ◆ Much of the route uses multi-use recreational trails maintained by the Arlington County public works and parks departments. Multi-use means that walkers share the trail with people using wheels, especially bicycles and rollerblades. For the maximum safety, remember the following "rules of the road":
 - Be alert at all times and try to avoid being surprised by cyclists and skaters.
 - Walk to the right side of the trail, and walk in single file when other trail users are near.
 - Obey all traffic signals, signs, and laws.
- ◆ Restrooms with running water are available at numerous spots along the middle part of the route during warmer months (generally March 15-November 15).
- ◆ The entire route is on streets and trails north of US-50, which divides "North" and "South" addresses and street names in the county. For brevity, we have sometimes omitted the "North" that is officially part of almost every street's name.

In addition to traditional "left," "right," and "straight ahead" directions, the trail instructions may refer to cardinal directions. The route leads past many gardens and natural areas, which have different appearances at different times of the year. If you enjoy the route the first time you walk it, try it again a few months later in order to sample it again during a different season.

Walk Registration:

Registration takes place online using that AVA Online Start Box, on my.ava.org. Follow the instructions provided to create a user account and sign the AVA waiver (one time). Instructions for payment are also included. Download the directions and print as needed. The POC does not provide event directions or accept alternate payment methods.

Walk Completion and Walk Credit:

Once you have physically completed the walk, please login to your Online Start Box account click on the "My Start Box" tab, then the "Finish Table" tab, then click on "Go to Finish Table" button for the event you have completed. Use the displayed entry form to submit the date and distance of your walk as well as select applicable AVA Special Programs to generate stamped "virtual" insert cards that you may choose to print out.

Table of Contents:

Use the following table to guide what portion of this document you may wish to print out.

Section Contents	Pages
Introduction, Walk Registration/Completion, and Table of Contents	1
Driving/Parking/Metro Directions, Restrooms, Special Programs, and other walk info	2
Walk Directions and Maps	3-5

Driving Directions and Walk Info

Starting Point Location (Driving):

Bluemont Park tennis courts
601 N Manchester St Arlington, VA 22203
GPS: 38.873666, -77.133677

Driving Directions:

From I-495 on the western end of the Capital Beltway (American Legion Bridge side):

- Exit 50 B toward U.S. 50 East, Arlington Blvd/Lee Hwy for about 2.5 miles. After Cherry St. and Hampton Inn, take next real exit.
- At the light, bear left onto state route 613 East toward Clarendon (Wilson Blvd).
- Turn right at Ashlawn Elementary School sign onto N. Manchester St. into Bluemont Park lot.

Parking: Park in lot for Bluemont Park. If the Bluemont Park lot is full, exit the lot and turn right on Wilson Blvd. to the next left (N. Lexington St.) and park at Bon Air Park. Start with instruction #4.

Starting Point Location (Metro): Nearest Metro station is Ballston on the Orange Line. From escalator, go to the corner of Stafford St and Fairfax Dr. Cross Stafford St, walking on the left side of Fairfax Dr. **Metro Start with instruction number #23.**

Restrooms:

- Near tennis courts at start in Bluemont Park
- Seasonal restrooms in parks along the route (mostly open March 15 to November 15)
- Eateries along the route

Special Programs (SP):

Par for the Course (2023-2025)

Rails-to-Trails (2022-2025) – 5K only

Walking with America's Veterans (WWAV) (2021-2023)

50 States / 51 Capitals (no end date):

Virginia

Virginia Cities/Counties: Arlington

Note:

This event also has a Physical Start Box. Please use either the Online Start Box (OSB) or Physical Start Box (PSB) to register and complete the event. Do NOT mix and match, for example, by registering using the OSB then completing your event using the PSB nor signing the PSB log sheet. The sponsoring club only receives credit for an OSB participation when an OSB registration has been completed online by entering your participation date, distances, and any special programs using the OSB.



Emergency Numbers:



In case of Emergency: Dial 911

Event related assistance:

Celia Miner: 571-212-0329

These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

Walk Directions:

1. From Bluemont Park parking lot enter the Four Mile Run bike trail and turn left.
2. At the intersection with the W&OD bike trail bear right on the W&OD trail and bear left to go through the underpass under Wilson Blvd. (*If the underpass is underwater, turn left on the W&OD, at Wilson Blvd, right to light and crosswalk. Cross Wilson and straight with tennis courts on right, see #4.*)
3. After passing through the underpass, bear left twice to Wilson Blvd and turn left. Cross Four Mile Run.
4. Just before the tennis courts, turn left to enter the rose garden. At the end of the tennis courts, turn right, then turn left to go through the middle of the rose garden. (**SP: World War II monument at base of flagpole, WWAV**).
5. Follow the paved path into the park. *Options: There is a dirt path on right. You may continue on the paved path or take the dirt. On the dirt path, there is a Y intersection, the left branch leads through the Exhibition Shade Garden, the right just goes over the hill; both paths lead back to the paved path.*
6. At the T-intersection (I-66 ahead), turn left, then right (1K) through the tunnel under I-66 and immediate left toward park to Kennebec St (seasonal restrooms in park).
7. Turn right on 11th St N to end at N. Frederick St (about 5 blocks). *Sidewalk ends after Harrison St. Walk on left, facing traffic.*
8. At Frederick St, cross street and enter Lacey Woods Park. The trail turns left to parallel the road, then bends right (2K) toward a fire circle. Pass the fire circle and bear left on the gravel path. At the T-intersection (picnic pavilion to the right), turn left on the paved path. Between the playground and the next picnic pavilion, turn right

to the street through the gate (*please close gate*) to street (George Mason Dr.)

DECISION POINT:**5K:**

- A. Turn right on George Mason Dr. Cross 10th St. N. and bridge over I-66. Pass Arlington Traditional School (3K).
- B. At Wilson Blvd. (McDonald's) cross Wilson and bear right onto Bluemont Junction Trail.
- C. Continue on the main Bluemont trail (**SP: Rails-to-Trails**), crossing N. Emerson and N. Kensington Streets (4K halfway between the two).
- D. Trail will bend left to cross the W&OD trail and a bridge before a T-intersection with the Four Mile Run Trail.
- E. Turn right on the Four Mile Run Trail with Four Mile Run on your right back to the tennis courts and finish.

10K: Continue with instruction #9.

9. Turn left on George Mason Dr to intersection.
10. Carefully cross George Mason Dr and Washington Blvd with lights to walk on right side on George Mason Dr.
11. At 14th St N (first street), turn right on 14th St N to end at Woodlawn Park (2 blocks)
12. Enter park (3K), cross small bridge and turn right at playground. At next Y-intersection, turn left to leave park on 13th St N. (no sign).
13. Turn right on Abingdon St to end.
14. Enter Custis bike trail on left and turn left toward Rosslyn. Go under Glebe Rd. At T-intersection, turn right toward Rosslyn for 2 blocks.
15. Turn left on N. Vermont St.
16. Turn right on 15th St N.

17. Turn right on Utah St. (4K) Cross bridge over I-66.

18. Turn left on 13th St N to end.

19. Turn right on N Stafford St. (*Across the street is Washington-Liberty High School, aka W-L or formerly Washington-Lee High School. Note softball field and football stadium (SP: Par for the Course)*). Carefully cross Washington Blvd with the light.

20. Turn right on 11th St N.

21. Turn left on N Stuart St. (5K) Cross barrier to continuation of street.

22. Turn right into the Nature Conservancy garden (before the unofficial LFL). **(IF accompanied by a dog, continue straight to Fairfax Dr and turn right, continue with #24)**

23. Turn left on N. Taylor St. Cross Fairfax Dr. and turn right. **(Metro directions: At start**, there are no public restrooms, but there are a number of eateries in the first two blocks. **At end**, turn left to return to the Ballston Metro stop.)

24. Continue on the left side of Fairfax Dr. Cross Glebe Rd with the light. Pass the Holiday Inn.

25. At Bluemont Junction bike trail on left, turn left. Cross Buchanan St. At George Mason Dr (McDonalds across street), turn left to light (6.2K)

26. Cross both George Mason Dr and Wilson Blvd to continue on the right side of George Mason Dr. Cross 6th St (*Windmills!!!*) Pass under the Carlin Springs Road bridge.

27. At park, turn right on paved path into Lubber Run Park (no sign, 7K). There are trails on both sides of the stream (Lubber Run), including some unpaved ones. Recommend staying on the paved trail. Seasonal restrooms after the amphitheater.

28. Go up a steep slope to where the paved trail ends at a frontage road for Arlington Blvd. Turn

right, cross N Edison St. (8K), and continue one block on Arlington Blvd to N. Granada St.

29. Turn right on N. Granada St.

30. Turn left on N Greenbriar St to take the bike trail at the dead end down to the W&OD trail (T-intersection).

31. Turn right on the W&OD, then almost immediately left on the Four Mile Run Trail. (You can stay on the W&OD back to start point at the Bluemont Park tennis courts, but the Four Mile Run Trail is less hectic and more pleasant.) Pass under Carlin Springs Rd.

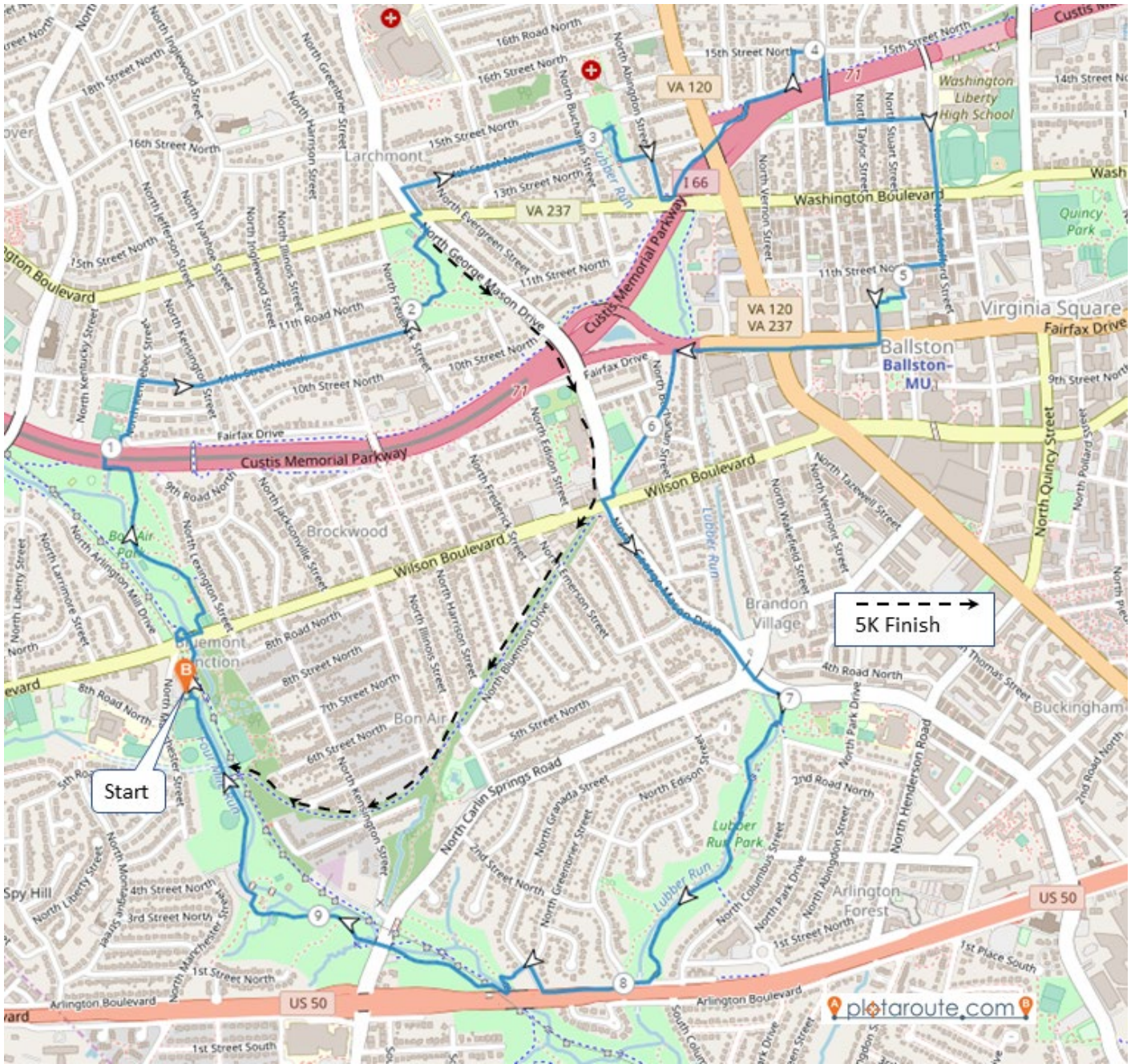
32. At T-intersection, turn right to continue along Four Mile Run, passing a disc golf course. Pass seasonal restrooms and follow sidewalk around a small parking lot (9.2K). Continue on trail with Four Mile Run to your right back to the tennis courts (10.2/5.0K).



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WALKING
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