

The Northern Virginia Volksmarchers Club
South Run Walk

AVA Sanctioned Event (#123408/Y0112)

Event Description: Walk follows somewhat hilly, mostly shaded paved paths. The 7-KM trail passes through the woods, along a small stream, and encircles Lake Mercer. The 11-KM takes an additional trail to a view of Burke Lake before returning. The trails can be a rewarding spot for wildlife viewing. Deer, fox, turtles, squirrels, woodpeckers, and heron are common sightings. Both distances are rated 2B and are not suitable for wheelchairs or strollers (except for large-wheel “off-the-road” strollers.) A perfect shaded walk for a hot summer day. Restrooms available only at start point.

Club Contact: Sandy Koontz, Email: shkrk@gmail.com; Phone: 703-867-1073

Club Website: www.northernvirginiavolksmarchers.club

Driving Directions to the trail start: I-66: Take Exit 55 (Fairfax County Parkway/VA286) south toward Fairfax, continue about ten miles to the traffic signal at Reservation Drive. Turn right toward South Run Recreation Center, 7550 Reservation Drive, Springfield. Follow road into park. Park in lot in front of Rec Center. I-495 (Capital Beltway): Take Exit 54A (Braddock Road West), drive 1.4 miles to traffic signal at Burke Lake. Turn left to drive on Buke Lake Road 3.6 miles to traffic signal at Fairfax County Parkway (VA-286). Turn left on VA-286, drive 2 miles to traffic signal at Reservation Road to the left, and South Run Recreation Center to right. Turn right to take road into park, park in front of Recreation Center.

Starting Point Location: South Run Recreation Center, 7550 Reservation Drive, Springfield.

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Registration: Online registration takes place using the AVA OnLine Start Box on my.ava.org. Follow the instructions provided to create a user account, and sign AVA’s waiver (one time). Payment instructions are also included. Once registered for the walk, you can download the start point and walk directions. The fee for this download is \$2.

You will be credited this fee if you complete the walk and pay the \$3 walk participant fee within 60 days. The sponsoring club receives credit for OSB participation when the OSB registrant has entered completion date online, that is, your participation date, distance, and any special programs.

After you've completed the walk: Please remember to log back into the OSB's "Finish Table" after finishing this walk. Completion information includes the date the event was walked, the distance walked, and applicable special programs.

Please use either the OnLine Start Box (OSB) or Physical Start Box to register and complete the event. Do NOT mix and match, for example, by registering using the OSB then completing your event using PSB or signing the PSB log sheet. The sponsoring club receives credit for OSB participation when the OSB registrant has entered completion date online, that is, your participation date, distance, and any special programs.

Restrooms: Vending machine food, beverages, and restrooms are all available at the start point.

Special Programs: Walking In the USA, Walking the USA, A-Z.

IN CASE OF EMERGENCY: DIAL 911
EVENT RELATED ASSISTANCE:
SANDY KOONTZ: 703-867-1073

THESE WALK DIRECTIONS AND MAPS MAY ONLY BE USED IN CONJUNCTION WITH A SIGNED AMERICAN VOLKSSPORT ASSOCIATION ATHLETIC WAIVER.

ALL OTHER USES ARE PROHIBITED.



South Run 7K Directions

1. Leave the Rec Center through the front door, immediately turn left on the sidewalk. Turn left again on the asphalt road just past the split rail fence.
2. Walk on road beside and behind the Rec Center toward the Field House.
3. Across from the Field House turn right onto the paved path to enter the woods. (You may also drive to the path access, rather than walking downhill on the asphalt road.)
4. In about 300 yards turn left on the path in front of a metal map and information sign.
5. Continue straight on path, ignoring a paved path on left (wooden sign says North Loop). Your path bends right (to take the South Loop) and crosses a wooden bridge.
6. Ten yards after crossing the bridge make sharp left turn.
7. Follow this path uphill and ignore the first paved trail on the right leading into a housing development. (1K)
8. Continue downhill. Stay on paved path ignoring any trails to the right or left. Paved path turns sharply uphill again past a large home with several rock walls on right.
9. Pass 20 yards of metal railing on left. At fork just past the metal railing turn left.
10. Continue downhill past a second metal railing. (2K)
11. At third metal railing you will begin to see Lake Mercer on your left. Begin going downhill again at fourth metal railing.
12. As path levels, note green Lake Mercer regulation sign on left. Continue on paved path always keeping water on your left as you circle the lake. Ignore all paths to the right.
13. Pass a dilapidated split rail fence on left. Cross a wooden foot bridge; trail bends left.
14. Continue uphill. At triangle intersection (houses visible ahead on right) turn left. (3K)
15. Continue uphill past another green Lake Mercer regulation sign on left.
16. Continue uphill past open flat flood plain on right.
17. Path bends left at next Lake Mercer regulation sign and crosses top of dam.
18. Go through the posts at end of dam. At T-intersection turn left. Follow paved path past townhouse development. Ignore all paths on right. (4K at rock stream near electrical panel on right.)
19. At end of townhouses path bends left and passes over a causeway with metal railings on both sides.
20. Continue on path until the paved path ends at a wooded area. Turn left on gravel/dirt path.

21. Ignoring gravel path on left, proceed to a T-intersection (two metal signs ahead of you) and turn right. (5K)

22. Continue on gravel path, ignoring dirt path on left.

23. Just before a cul-de-sac (road guard rails in front of it) turn left on paved path which winds through the woods and crosses a metal-sided foot bridge.

24. Note green park bench on right. At T-intersection turn right on paved path;

brown sign directs you to South Run Recreation Center.

25. Pass Fairfax County Park Authority mileage markers 3.8 and 3.9 on right.

26. At next T-intersection turn right to walk uphill, emerging from the woods just past 4.1 mile marker on right.

27. Turn left on paved road and return to Rec Center (7K).

In case of emergency-Dial 911.

Event-related assistance: Sandy Koontz 703-867-1073.

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South Run 11K Directions

1. Leave the Rec Center through the front door, immediately turn left on the sidewalk. Turn left again on the asphalt road just past the split rail fence.
2. Walk on road beside and behind the Rec Center toward the Field House.
3. Across from the Field House turn right onto the paved path to enter the woods. (You may also drive to the path access, rather than walking downhill on the asphalt road.)
4. In about 300 yards turn left on the path in front of a metal map and information sign.
5. Continue straight on path, ignoring a paved path on left (wooden sign says North Loop). Your path bends right (to take the South Loop) and crosses a wooden bridge.
6. Ten yards after crossing the bridge make sharp left turn.
7. Follow this path uphill and ignore the first paved trail on the right leading into a housing development. (1K)
8. Continue downhill. Stay on paved path ignoring any trails to the right or left. Paved path turns sharply uphill again past a large home with several rock walls on right.
9. Pass 20 yards of metal railing on left. At fork just past the metal railing turn left.
10. Continue downhill past a second metal railing. (2K)
11. At third metal railing you will begin to see Lake Mercer on your left. Begin going downhill again at fourth metal railing.
12. As path levels, note green Lake Mercer regulation sign on left. Continue on paved path always keeping water on your left as you circle the lake. Ignore all paths to the right.
13. Pass a dilapidated split rail fence on left. Cross a wooden foot bridge; trail bends left.
14. Continue uphill. At triangle intersection (houses visible ahead on right) turn left. (3K)
15. Continue uphill past another green Lake Mercer regulation sign on left.
16. Continue uphill past open flat flood plain on right.
17. Path bends left at next Lake Mercer regulation sign and crosses top of dam.
18. Go through the posts at end of dam. At T-intersection turn left. Follow paved path past townhouse development. Ignore all paths on right. (4K at rock stream near electrical panel on right.)
19. At end of townhouses path bends left and passes over a causeway with metal railings on both sides.
20. Continue on path until the paved path ends at a wooded area. Turn left on gravel/dirt path.

21. Ignoring gravel path on left, proceed to a T-intersection (two metal signs ahead of you) and turn right. (5K)

22. Continue on gravel path, ignoring dirt path on left.

23. Just before a cul-de-sac (road guard rails in front of it) turn left on paved path which winds through the woods and crosses a metal-sided foot bridge.

24. Note green park bench on right. At T-intersection turn right on paved path; brown sign directs you to South Run Recreation Center.

25. Pass Fairfax County Park Authority mileage markers 3.8 and 3.9 on right.

26. At the next T-intersection (two metal signs) turn left and walk toward Burke Lake. Ignore all paths to left and right.

27. Note the raised sewer manhole cover with a wooden box around it on the left. (8K) Take time to enjoy the extensive gardens of the next house on the right.

28. Continue straight until Burke Lake comes into view.

29. Note the bench on your right as you crest to the top of the trail at Burke Lake dam.

30. Turn around and retrace your steps on the long straight path. At the two metal signs that you have passed twice before, continue up the hill emerging from the woods just past the 4.1 mile marker.

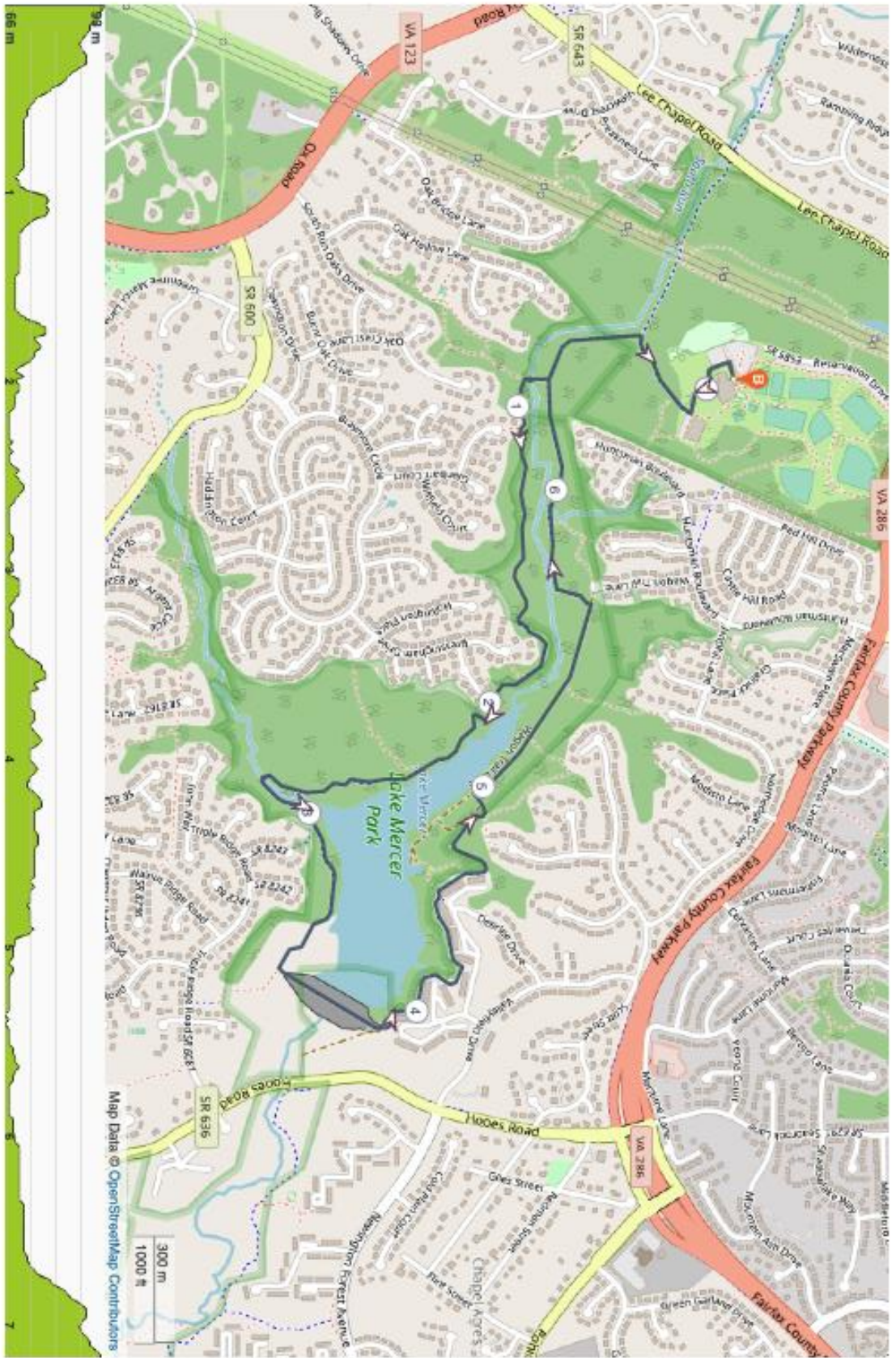
31. Turn left on the gravel road which merges with the paved road. Take this road back to the front of the Rec Center and the finish.

In case of emergency-Dial 911.

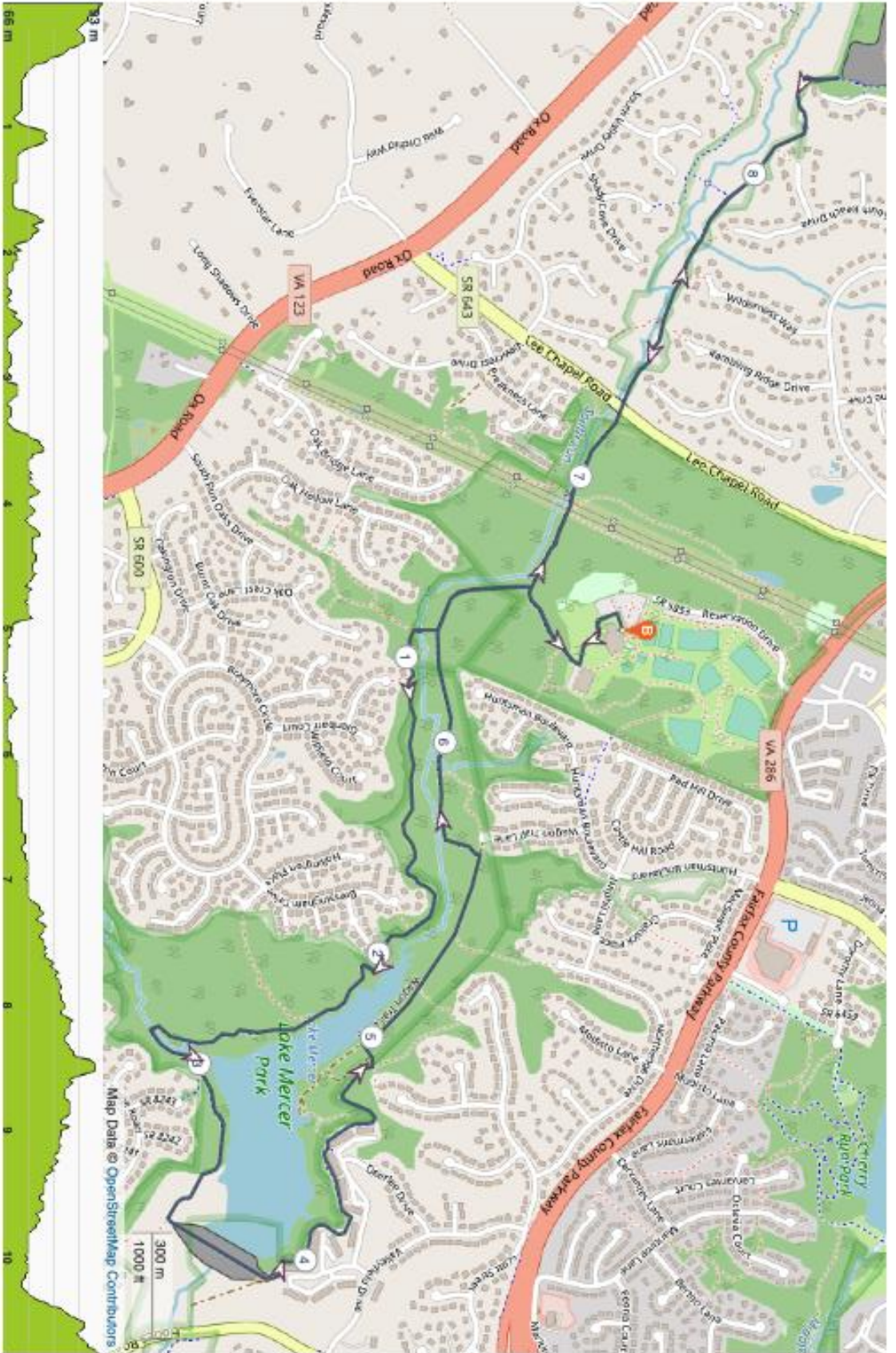
Event-related assistance: Sandy Koontz 703-867-1073.

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South Run 7K



South Run 11K