

Frostburg (Historic) 10K Walk Y0470

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DRIVING DIRECTIONS: From I-68 in western Maryland, take Exit 34 (Google Maps: New Georges Creek Rd. SW, 39.632702, -78.917758). Take MD 36 1.6 miles north to Frostburg. Maneuver to enter and park at the Sheetz Store on the left. (Google Maps: Sheetz #62, 39.649922, -78.911334). **Restrooms in Sheetz Store.**

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



In case of Emergency: Dial 911
Event related assistance:
Darrell Neily: 301-466-4547

Please walk with care! Watch for uneven sidewalks. Where there are no sidewalks, always walk facing traffic. Enjoy the walk!

1. Exit the Start turning **Left on Main St.** Cross Dr. Grasmick Lane, Mountain Ridge High School will be on your left and a flagpole / war memorials will be on your right. Continue 2 blocks to the first traffic light.
2. Turn right at the light (Victoria Lane), crossing Main St., immediately turn left, continuing on the right side of Main St. The sidewalk goes up hill here offering a nice view of the surrounding mountains and valleys. If you look carefully off in the distance you may see parts of the Grantsville YRE in New Germany State Park just 12 miles west on I-68.
3. Continue on Main St crossing Barnard, Grant, Lee and Baptist.
4. Cross and turn Right on Depot St. Walk down hill noting the old railroad turntable below to your left. Follow Depot St. as it curves left in front of the old Cumberland and Pennsylvania Railroad Station. **Restrooms in the station.**
5. Continue on Depot St. passing the Thrasher Carriage Museum on your left. Cross the RR tracks and continue straight on Depot which will curve around to the intersection with Mount Savage Rd, (Route 36).
6. Turn left on Mount Savage Rd., following it around and up the hill. Pass Tarn Terrace (which looks a lot like the entrance to a health care facility) to First Street.
7. Turn right on First St., passing behind the post office (First St. is a very short block before the light at Main St.). Continue on First St. crossing Bealls Lane and passing Percy Cemetery on the right.
8. Turn Left on Lemmerts Alley.
9. Turn Right on Main St. for 1 block to High St.
10. Turn Left, carefully crossing Main St. and continue on High St. to its end at College Ave.
11. Turn left onto College Ave. Cross Pine, Chestnut, (**SP**: Little Free Library at 64 W. College Ave.), Locust and Water to Broadway.
12. Turn Right on Broadway, Beall Elementary School will be on your left. Walk 1 block to Park Ave.
13. Turn Left onto Park Ave. and walk to the "T" intersection at University Blvd.

(red brick house on right corner of Park).
You are facing Lowndes and Gunter
parking lots.

14. Turn Right on University Blvd. and follow it around to Braddock Rd. (6K). You will be traveling around and through the campus of Frostburg State University.
15. Turn Left onto Braddock Rd., walking along the campus.
16. Turn Left on Park from Braddock. Note the Veteran Center across the street. (SP: Walking with America's Veterans). Park becomes Center St.
17. Cross and Turn left on College Ave (no street sign). Frostburg State University sign near corner. Walk 4 blocks to Broadway. Beall Elementary on your left.
18. Turn Right on Broadway walking 4 blocks to Main St.
19. Turn Right on Main St. crossing Maple, Center, Bowery and 3 alleys to Grant St. (9K).
20. Turn right onto Grant St. crossing Mechanic St (looks like an alley) one block to Washington St. (no sign).
21. Turn Left onto Washington St. 4 blocks to Dr. Grasmick Lane.
22. Turn Right onto Dr. Grasmick Lane, following it around past the High School to Main St and the finish at Sheetz.

Be sure to log back into the OSB system to “finish/complete” your online registration after doing the event. The OSB system does not deduct any event fee from a participant's Event Bank until they have submitted event completion info including the date of the event, the distance, and the selection of applicable special programs that person is participating in. (Nevertheless, a fee of \$2 for a downloaded PDF is deducted from the user's Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a user's Event Bank when he/she submits the event completion info as a paying for credit participant. Note, however, the \$2 coupon for the downloaded PDF will expire in 60 days.). Also note that an event registration expires after 30 days, but if your registrations lapses, you may re-register without cost.

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Be sure to log back into the OLSB system to complete your online registration after doing the walk: <http://my.ava.org>

Photo Album: <https://goo.gl/photos/qPf6nTwpfQVtDyvc7>

Enjoy a slideshow of sights on the trail. We encourage you to upload your own photos and comments to this Google Photos web page, or e-mail them to dneily333@gmail.com

Visit Frostburg website: <http://www.visitfrostburg.com/>

Restaurants and Lodging in Frostburg:

https://www.yelp.com/search?find_desc=&find_loc=Frostburg%2C+MD&ns=1

Maryland Volkssport Association: Portal for all Maryland volkssport events and clubs:

<http://www.mdvolks.org>

