



**Twin State Volkssport Association
Welcomes You to the
Derby Line / Stanstead
International Border Walk**

This AVA rated 2B walk is composed of two 5km loops both starting/finishing from the same location (Irving Oil Station). The first 5km loop in Derby Line, is in the USA and leads to the Haskell Library which straddles the Canada/USA border then loops through the neighborhoods of Derby Line. The second 5km loop in Stanstead, starts in the USA then crosses into Canada (you will need your Passport) then loops through the neighborhoods of Stanstead before passing through US Customs back to the starting point in the USA.

AVA Special Programs:

Border Crossings, Bridges - Spanning the USA, Ice Cream Parlors, National Register of Historic Places, United States Post Offices

Walk Registration:

Please use the online start box provided by the California Volkssport Association website (www.cva4u.org). Follow the left side link, 'Online Start Box', and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user. 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 and select the "Maps / Finish" tab. 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 later choose to print out.

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Derby Line / Stanstead Driving and Walk Directions

Start Point:

The Irving Oil Station, 109 Main St, Derby Line, VT 05830
(Lat: 45.004113, Lng: -72.100112)

Driving Directions to the Start point:

From the South: Take I-91 North to Exit 29 to Caswell Ave. Left on Caswell Ave to Main St. Left on Main St to the Irving Oil Station immediately on your left.

Restrooms:

Public Restrooms are available at the Irving Oil station.

Emergency Numbers:



In case of Emergency: Dial 911
Event related assistance:
Carolyn Adams: (802) 757-2500

Walking Instructions:

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

Begin Derby Line 5km Loop

- 1) Exit Irving Station, turn RIGHT on Main Street
- 2) At Caswell Avenue, RIGHT
- 3) At Church Street, LEFT for one block. If open, you may enter the Haskell Free Library and Opera House. This is one place where you're allowed to step across the Canadian border without a passport.
- 4) Exit the library and retrace your steps on Church Street.
- 5) At Caswell Avenue, RIGHT
- 6) At Main St, LEFT, passing First Universalist church
- 7) At Baxter RIGHT, walking with Portus Baxter park on your left and Derby Line Cemetery on your right.
- 8) At end of park, LEFT on street to continue walking along the side of the park,
- 9) At Elm Street, RIGHT for two blocks
- 10) At Patenaude Street, LEFT, following to the end where it becomes Corkins St.
- 11) At junction with Meadow Lane, continue STRAIGHT, as this becomes Beauschene St.
- 12) At Patenaude St, RIGHT for one block
- 13) At Kingsbury, RIGHT, then LEFT when it turns

- 14) At Elm Street, RIGHT, again passing park
- 15) At Forest Avenue, RIGHT for one block
- 16) At Beach St, LEFT for one block
- 17) At Main St, LEFT for one long block
- 18) At Laythe St, RIGHT for one block, staying with it as it turns left
- 19) At Valentine Ave., LEFT, returning to Main Street
- 20) At Main Street, LEFT returning your car near the Irving Station.

End Derby Line Loop

Begin Stanstead 5km Loop

- 21) Exit Irving Station, turn RIGHT on Main Street.
- 22) Stop at Border Crossing to show your documents.
- 23) Continue on the main street of Stanstead, Quebec, passing the buildings of Stanstead College on your right.
- 24) At Rue Maheux, RIGHT for one block
- 25) At Rue Day, RIGHT
- 26) At next street, LEFT (Rue Girard, no sign)
- 27) At Blvd. St-Joseph, RIGHT
- 28) At end, RIGHT, becomes Rue Hyatt for one block
- 29) At Rue Holmes, LEFT
- 30) At Rue Park, RIGHT, returning to the main street
- 31) At Main Street, LEFT, returning through customs back to Irving Oil Station.

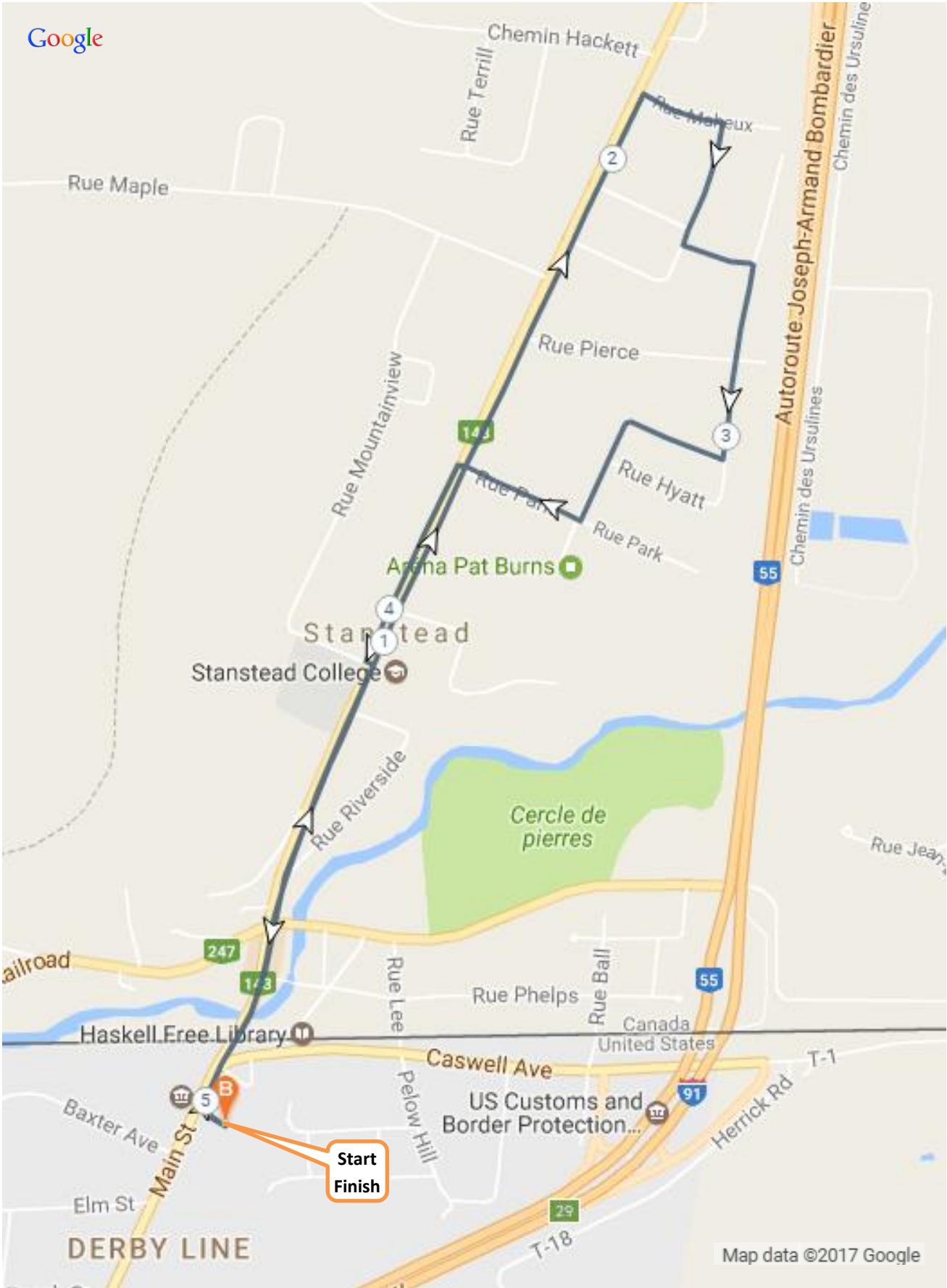
End Stanstead Loop

We hope you enjoyed your walk. If you have not already done so, please login to the Online Start Box at www.cva4u.org to "complete" your walk (within 30 days after you registered for this walk using the Online Start Box).

Derby Line 5km



Stanstead 5km





www.ava.org

Twin State Volkssport Association (TSVA) merged with the Seacoast Striders in 2012. TSVA sponsors AVA sanctioned walks in the twin states of Vermont and New Hampshire.

2017 EVENTS

YEAR ROUND WALKS:

MONTPELIER, VT [Capital]	2017/Y0978	All Year Round Events can be walked during daylight hours only, weather permitting
STOWE, VT	2017/Y1074	
CONCORD, NH [Capital]	2017/Y0292	Jan 1 – Dec 31
PORTSMOUTH, NH	2017/Y0132	Jan 1 – Dec 31

SEASONAL WALKS:

EXETER, NH	2017/Y1658	Apr 1 – Dec 31
KEENE, NH *	2017/Y1217	May 1 – Nov 30
LINCOLN, NH * [Franconia Notch State Park]	2017/Y1370	May 8 – Oct 23
LITTLETON, NH *	2017/Y1907	Apr 23 – Dec 31
PETERBOROUGH, NH	2017/Y0528	May 1 – Oct 31
BRATTLEBORO, VT *	2017/Y0399	May 1 – Dec 31
CHIMNEY PT., VT [Champlain Bridge]	2017/Y1890	May 1 – Nov 30
DERBY LINE, VT [International Border]	2017/Y1729	May 1 – Nov 30
MIDDLEBURY, VT *	2017/Y2012	May 1 – Nov 30
QUECHEE, VT [VT's Grand Canyon]	2017/Y0836	May 1 – Nov 12
WHITE RIVER JCT, VT [VT-NH Border Walk]	2017/Y1966	Apr 1 – Dec 31
WOODSTOCK, VT	2017/Y1022	May 1 – Nov 12

TRADITIONAL WALKS:

Please check the web for details- www.avaclubs.org/tsva

Group Walk – Littleton June 10
Fall – Woodstock, VT Oct 7

All events are open to all. Please check individual listings for pets & accessibility status.

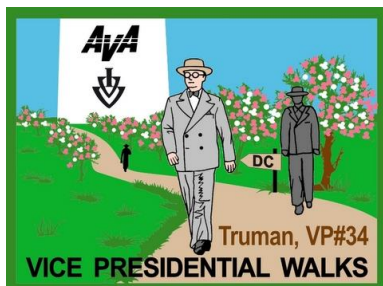
If you need further information please contact the event POC [see reverse]

There are no pre-registrations nor refunds for these events

The sponsors are not liable for accidents, thefts and/or material damage. Reasonable effort will be made by the sponsors to make these safe, enjoyable and memorable events.

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Vice Presidential Walks National AVA Special Program NEW this year! www.facebook.com/VPWAVA



EVENT CONTACTS:

BRATTLEBORO, VT; Bob & Janice Varnon 22 Madison Circle, Greenfield, MA 01301 413 774-7201
jcvarnon@yahoo.com

LINCOLN, NH; LITTLETON, NH; DERBY LINE, VT; Carolyn Adams PO Box 151, South Ryegate, VT 05069
carri757@gmail.com

CONCORD, NH; Ruth Murray (603) 783-4198 or email at Ruthlmurray@yahoo.com.

MONTPELIER, VT; STOWE, VT; PETERBOROUGH, NH; Cynthia Gray (802) 244-6265 / POC summer: P O Box 113, Hancock NH 03449. (603) 525-4624 or crwgray@comcast.net (802) 498-8668 or 603-525-3606 late summer only.

MIDDLEBURY, VT; CHIMNEY POINT, NY; Charlotte Phillips PO Box 907, Middlebury, VT 05753 (802) 343-3033 or cpwalkvt@gmail.com

EXETER, NH; PORTSMOUTH, NH; Claudia Cauchon P O Box 169, Newmarket, NH 03857 (603) 842-5272 , or claudia.cauchon@comcast.net

KEENE, NH; Susan Lund Adams (385) 696-9485 or carri757@gmail.com

QUECHEE, VT; WOODSTOCK, VT; WHITE RIVER JCT/LEBANON, NH; Pat Stark 307 Wilder Street, WRJct, VT 05001 (802) 295-3077 [M-F 9-4] or pstark@hartford-vt.org [weekdays]

TRADITIONAL WALKS: *Please check the web for details-* www.avaclubs.org/tsva

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What is Volkssporting?

Volkssporting simply defined, is a personal fitness sports and recreation program offering noncompetitive walks, hikes, bike rides, swims, and in some regions cross-country skiing. You may choose your time to start within the start/finish “window” and participate in the sport at your own pace. A volkswalk is a non-competitive 3.1 mile (5 kilometer) or 6.2 mile (10 kilometer) walk. It's not a pledge walk, it's not a race, it is a fun activity you do with a club, with your family, with your pet, or all by yourself. Volkswalking got its name from its origins in Europe. Today there are thousands of volkssport clubs around the world, allied in the [International Volkssport Federation](http://www.ivv.org), the IVV. Volkssporting in the United States is sponsored by the American Volkssport Association (AVA) which was founded in 1976.

Trails are carefully laid out and marked, easy to follow directions or maps are provided. Ratings of 1 to 5 (the most difficult) are given to trails based upon the challenge the trail presents. The designated Start Point is open for several hours to allow you to begin your volkssporting adventure at your leisure. Trails have checkpoints along the route and are monitored for security and safety. Trails may be in cities, towns, parks, forests, rural areas, anywhere there is a pleasant or interesting place to walk. Local clubs host the walking events. The club members select a trail for safety, scenic interest, historic areas, natural beauty and walkability. All events are open to the public - local club or national membership is optional. Most participants do take part in the low-cost Achievement Awards Program or receive the special award for an event. That adds to the fun of accomplishment. In the volkssporting tradition, you frequently find volkssporters gathered at the Finish Point where they take time to enjoy friends, and at some events, entertainment or food and drink.

SANCTIONING: the American Volkssport Association [AVA], a member of the International Federation of Popular Sports [IVV], sanctions these events. These events count toward IVV Achievement Awards. \$3.00 must be paid each time you walk for credit.

LIABILITY: The sponsor will make every effort to make these events safe, enjoyable and memorable. The sponsors are not liable for accidents, thefts and/or material damaged.

For more information contact www.avaclubs.org/tsva