



**The First State Webfooters
Welcomes You to
Dover, Delaware
AVA Sanctioned Year Round Walks**



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Dover is the capital of Delaware, the First State. Two 5K routes and one 10K route take you through historic Dover past Legislative Mall, The Green, Silver Lake Park, old Dover homes, the campus of Wesley College, and the Golden Fleece Tavern—part of the Washington-Rochambeau National Historic Trail. There are 7 Veteran’s memorials along this these routes. Additionally, there is also an additional indoor 5K route inside the Dover Mall, suitable especially for bad weather days. Please note the different start points.

Registration:

Registration takes place online using the AVA Online Start Box (OSB) or Physical Start Box (PSB). Please use either the OSB or PSB to register and complete the event---do not mix the two registration formats. For the Online Start Box register 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 (both 5K and 10K are available) 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.

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

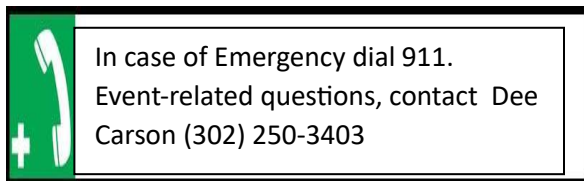
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5K and 10K YMCA Start Point:

- **YMCA**—1137 S. State St, Dover DE
- **Restrooms** are available at the YMCA start point and at restaurants along the route (5K/10K)
- **Parking** is available at the start
- **Restaurants:** There are a couple of restaurants in Dover along the trail
- **Special Programs:** Walking the United States-Capitals
 - Walking the United States
 - Walking the USA A-Z
 - Walking with America’s Veterans
 - Washington-Rochambeau National Historic Trail
 - Par for the Course
- **Directions:** 1137 S State St., Dover, DE 19901. From DC/Maryland: Bay Bridge to US Rt 50/301. N on US Rt 50/301, US Rt 301 after split, to MD Rt 304; Right (E) on MD Rt 304 to Bridgetown/MD Rt 312; Left (N) on MD Rt 312 to MD Rt 313; Right (E) on MD 313 to Goldsboro/MD Rt 287; E on MD Rt 287 to Delaware/Del Rt 10; E on Del Rt 10 to Camden/US Rt 13; left (N) on US Rt 13 to intersection S State (US Rt 113A); Carroll's Corner Shopping Center/Dover Pool). Left (N) on S State, over 1 block, YMCA parking on right, after light. From Wilmington/points N: exit I-95 W of Wilmington to Del Rt 7/Del Rt 1 S to Smyrna rest area (toll road). On US Rt 13 to Dover-do not get back on Del Rt 1. In Dover, continue on US Rt 13 S intersection S State (US Rt 113A);

5K Silver Lake Park Start Point

- **Silver Lake Park Parking Lot** off of Washington St.
- **Restrooms** are available at start (port-a-potty) and at restaurants along the 5K route
- **Parking** is available at the start
- **Restaurants:** There are a couple of restaurants in Dover along the trail
- **Special Programs:** Walking the United States-Capitals
 - Walking the United States
 - Walking the USA A-Z
 - Walking with America’s Veterans
 - Washington-Rochambeau National Historic Trail
 - Par for the Course
- **Directions:** From the YMCA parking lot—right on State St for 1.6 miles. Right on Washington St to the parking area for Silver Lake Park.



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

Dover, DE 5K Directions (Starts at Dover YMCA)

1. Leave the YMCA (1137 S. State St.) and turn right on S. State St. toward E. Water St
2. Turn right onto E. Water St toward Federal St.
3. Turn left on Federal Street and continue to the second street on your right-- MLK Jr Blvd North
4. Right on MLK Jr Blvd N to Legislative North
5. Right on legislative Ave toward MLK Jr Blvd South
6. Left on MLK Jr Blvd South. Walk around the Delaware State Capitol Building and return to MLK Jr Blvd North toward Legislative Ave.
7. Turn right onto Legislative Ave towards Loockerman St
8. Turn right onto East Loockerman St towards Park Dr.
9. Turn left onto Park Dr
10. Turn left onto E. Division St/King's Highway
11. Bear left onto Kings Hwy SW, passing Woodburn, the Governor's Mansion. Continue on Kings Highway SW until it intersects with S. State St. (at Loockerman St)
12. Turn left onto S. State St., continue on S. State St through "The Green"—note the plaque notating the historic Golden Fleece Tavern at the corner of State and The Green (Washington Rochambeau Special Program). Continue on S. State St back to the start point at the YMCA, 1137 S. State St.

Thanks for Walking with Webby

Dover, DE 5K Map (from YMCA)



Dover, DE 5K Directions (Starts at Silver Lake Park Parking Lot)

1. Across the parking lot at the lake is a small hill with a cemetery at the top. Walk up the hill to the paved road in the middle of the cemetery. Turn right at the paved road and through the gate—straight onto Madison Ave.
2. Follow Madison to State St—turn left on State St to Clara St.
3. Right on Clara St to N. Bradford St.
4. Left on N. Bradford St to Cecil St.
5. Left on Cecil St to State St. You are now on the college campus.
6. Right on State St. to E. Division St (Route 8)
7. Left on Division St to Kings Highway
8. Right on Kings Highway to State St.
9. Left on State St to the Green Loop Road (just past the Delaware store).
Note the plaque notating the historic Golden Fleece Tavern at the corner of State and The Green (Washington Rochambeau Special Program).
10. Left on the Green Loop Road back to State St.
11. Left on State St. to E. Water St.
12. Left on E. Water St. to Federal St.
13. Left on Federal St. to MLK Blvd South.
14. Right on MLK Blvd South to the parking lot just behind the State Capitol Building.
15. Left at the parking lot to MLK Blvd North.
16. Left on MLK Blvd North to Legislative Ave.
17. Right on Legislative Ave to E. Loockerman St.
18. Right on E. Loockerman St to Park Dr.
19. Left on Park Dr. to E. Division St.
20. Carefully cross E. Division St using the crosswalk.
21. Follow the path/sidewalk in front of you (diagonally to your left) that follows the stream.
22. Follow the path as it goes over a small wooden bridge, continue on path past the playground until it ends at the parking area where you are parked.

Thanks for Walking with Webby

Dover 5K Map (From Silver Lake Park)



Dover, DE 10K Directions (From YMCA)

1. Leave the YMCA (1137 S. State St.) and turn right on S. State St. toward Elm Terrace.
2. Right on Elm Terrace to Kirbin St.
3. Left on Kirbin St to E. Water St.
4. Right on E. Water St to Legislative Ave.
5. Left on Legislative Ave. to MLK Blvd North.
6. Left on MLK Blvd North to Federal St.
7. Left on Federal St to E. Water St.
8. Right on E. Water St. to State St.
9. Right on State St. to the Green Loop Rd (first street on your right). Follow the loop back to State St. Note the plaque notating the historic Golden Fleece Tavern at the corner of State and The Green (Washington Rochambeau Special Program).
10. Right on State St to E. North St.
11. Right on E. North St to E Federal St.
12. Left on Federal St to E. Lookerman St.
13. Right on E. Lookerman St to Park Dr.
14. Left on Park Dr to E. Division St.
15. Carefully cross E. Division St using the crosswalk.
16. Take the path/sidewalk in front of you (diagonally to your left) that follows along the stream.
17. Continue on the path as it goes over a small wooden bridge, continue on path past the playground until it ends at a parking area.
18. Across the parking lot from the lake is a small hill with a cemetery at the top. Walk up the hill to the paved road in the middle of the cemetery. Turn right at the paved road and through the gate—straight onto Madison Ave.
19. Follow Madison to Pennsylvania Ave. Right on Pennsylvania Ave to State St.
20. Right on State St to Columbia Ave.
21. Left on Columbia Ave to N. Bradford St.
22. Left on N. Bradford St to Cecil St. You have now entered the college campus.
23. Left on Cecil St. to State St.
24. Right on State St to E. Division St (Route 8).
25. Left on E. Division St to Kings Highway.
26. Right on Kings Highway to State St.

27. Left on State St. to E. Lookerman St (first street on right).
28. Right on E. Lookerman St to S. Governors Ave.
29. Left on S. Governors Ave to Waples Ave.
30. Right on Waples Ave to Sunset Terrace.
31. Left on Sunset Terrace to Wyoming Ave.

32. Left on Wyoming Ave to State St.
33. Left on State St to return to start/finish point, YMCA, 1137 S. State St.

Thanks for Walking with Webby!

Dover, DE 5K Mall Route

Start your indoor walk at any location within the Dover Mall which is located at 1365 N. Dupont Ave (Route 13).

This 5K walk requires you to walk four times completely around the inside perimeter of the mall—including going to each of the mall exits (but not outside).

The only Special Programs for this indoor walk are: Walking the USA, Walking A-Z, and Walking the USA State Capitals.