

Start/Finish Times

Friday	
Start – Welcome Walk	12:00 noon – 3:00 pm
Start – Bike	10:00 am – 3:00 pm
Start – Swim	10:00 am – 5:00 pm
Opening Ceremony	4:00 PM
All Finish by	6:00 PM
Saturday	
Start – 21 +/- km	8:00 am – 11:00 am
Start – 6/12 +/- km & AVA Walk	8:00 am – 12:00 pm
Start – Bike	8:00 am – 2:00 pm
Start – Swim	10:00 am – 4:00 pm
All Finish by	5:00 PM
Social - Ballroom	3:00 pm - 6:00 pm
International Dinner – Hotel Vantage Point Restaurant	6:30 PM
Sunday	
Start – 21 +/- km	7:00 am – 10:00 am
Start – 6/12 +/- km & AVA Walk	8:00 am – 11:00 am
Start – Bike	7:00 am – 1:00 pm
Start – Swim	10:00 am – 3:00 pm
All Finish by	4:00 PM
Closing/Awards Ceremony	3:00 PM

Certificate of Athletic Achievement
U.S. FreedomWalk Medal

is awarded to

for successful participation in the fourteenth annual

U.S. FreedomWalk Festival®
Arlington, Virginia and Washington, D.C. USA

is awarded by

Thomas J. Gorman, President
International Marching League
10000 Arlington Blvd., Suite 100
Arlington, VA 22204
703-261-1000

The Freedom Walk Award is a certificate signed by officials from the IML and AVA. This certificate along with the Event Patch is awarded to any participant who completes the IML event walk on Saturday

and/or Sunday. Any participant who completes both Saturday and Sunday will receive an additional award: a medal (first-time participants) or numeric pin (repeat participants). In addition, all Friday participants receive a commemorative Welcome Walk Patch.

AVA/IVV sanctioned 5/10 km walk with an A Award, Bike, and Swim with a VolksTri award for finishing all three available all three days.

This walking weekend is hosted by Arlington County, Virginia and AVA Club 901.

Event	2019
Gilboa, Israel	5-6 April
Borås, Sweden	27-28 April
Blankenberge, Belgium	4-5 May
Wellingborough, England	11-12 May
Chantonnay, France	30 May - 2 June
Diekirch, Luxembourg	15-16 June
Bern-Belp, Switzerland	18-19 May
Viborg, Denmark	29-30 June
Castlebar, Ireland	4-7 July
Nijmegen, Netherlands	16-19 July
Jurbarkas, Lithuania	3-4 August
Vaasa, Finland	9-11 August
Verdal, Norway	24-25 August
Arenzano, Italy	7-8 September
Seefeld, Austria	13-14 September
Brno, Czech Republic	28-19 September
Fulda, Germany	5-6 October
Barcelona, Spain	12-13 October
Rotorua, New Zealand	16-17 March
Canberra, Australia	30-31 March
Yatsushiro, Japan	10-12 May
Dalian, China	18-19 May
Beijing, China	8-9 September
Arlington VA, USA	19-20 October
Won-Ju, Korea	26-27 October
Higashimatsuyama, Japan	2-4 November
Taipei, Taiwan	9-10 November
Jogyakarta, Indonesia	16-17 November

IVV Olympiad Seoul, South Korea -October 27-31, 2021

AVA DISCLAIMER: The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property.

IML DISCLAIMER: USFWF and its sponsors are not liable for accidents, injury, thefts, and/or material damage. Every reasonable effort will be made by the host and sponsors to make these walks safe, enjoyable and memorable. This is not a charity walk.

18TH Annual International U.S. FreedomWalk Festival® (USFWF)

October 18-20, 2019
Arlington, Virginia
Washington, DC USA



**Three days
Walk for the FreedomWalk Medal
IML Trails from 6 to 14 miles
(10 to 22 kilometers)**

**One AVA/IVV Walk 3 and 6 Miles
A Award
(5, 10 Kilometers)**

One Swim Event

One Bike Event

VolksTri A Award



Registration: US FreedomWalk Festival 2019

Name _____
 Address _____
 City/State/Zip _____
 Email _____ Age _____
 Phone _____

IML Event FEE***	
Walk Friday+Saturday+Sunday	\$32
Walk Saturday + Sunday	\$24
Walk Saturday OR Sunday	\$12
International Dinner	\$22
AVA Weekend Events (available all three days 5/10 km	
IVV A Award Walk - # of days x \$12 ###	
IVV Credit Walk (5/10 km only) - # of days x \$3	
Swim event-IVV Credit Only-# of days x \$3	
Bike event-IVV Credit Only-# of days x \$3	
VolksTri Medal with ribbon(includes 1 swim and bike credit)	\$16
***includes IML Registration, Awards and IVV/AVA Credit	
### included for free with and IML Event Registration	

T-Shirt: S-XL/\$15 – XXL/\$17 – XXXL/\$20
Polo: S-XL/\$30 – XXL-XXXL/\$35

Distances in kilometers (+/-) plan to walk for IML Events (Please Circle):

Friday 5 10
Saturday: 12 21
Sunday: 12 21

How many times have you walked this event? _____

Make check payable in US\$ to
 "US FreedomWalk Festival"
 Mail by 1 October 2019 to

US FreedomWalk Festival
 PO Box 17208
 Arlington, VA 22216 U.S.A.

GROUPS contact the organizers for special group registration procedures.

Fees increase \$5 on day of event [N/A IVV Credit Only Events].

Mail in registration closes October 1, 2019. Online Active.com registration closes October 10, 2019.

This non-competitive walking sport event is called volksmarching. It is a walk for fitness, fun, and fellowship ... with the chance to learn something about the US and about other walkers from around the world.

TRAILS: Each day features different trails and actual distances may vary.

AVA/IVV 5/10 km (3/6 miles) walk available all 3 days. Come experience Arlington, Virginia hospitality with a Welcome Walk west of the Potomac River. Arlington is a Gold Level Walk Friendly Community (AT19-112676).

Saturday's IML 12/22 km (6 /12 mile) walk explores Washington, DC. Distance required by IML is aged based (AT19-112681).

Sunday's IML 12/21km (6 / 12 mile) walk goes on the C & O Canal. The longer trails also visit Arlington neighborhoods and parks, and the longest explores Glover-Archbold Park and the Capitol Crescent trails. Distance required by IML is aged based (AT19-112682).

All trails are primarily on sidewalks with occasional natural surfaces, which may be difficult for strollers and wheelchairs. Trail ratings range from 1A-3C, depending on the day and distance walked.

SWIM: IVV credit only \$3.00. Hours: Friday: Noon-6 p.m.; Saturday: 10 a.m. – 5 p.m.; Sunday: 10 a.m. – 4 p.m. (AT 19-112683).

BIKE: IVV credit only \$3.00 13k/25k+ will be on the Washington & Old Dominion Bike Trail. Bikes available for rent at nearby Capital Bikeshare stations. (AT19-112684)

SPECIAL PROGRAMS: Bridges - Spanning the USA, Border Crossings, Make A Wish - Water Fountains, National Parks Centennial, Take a Walk in a City Park, Walking the USA Street by Street, not all special programs will be on all trails.

STIPULATIONS

- Everyone is welcome! Food available at establishments along the routes.
- Restrooms at start and at or near control points.
- For your safety, carry only unit flags or flags of your country, state, or city. Please no political signs or banners at this event.
- Children under 16 must be accompanied by an adult.
- Pets welcome, on a leash, but not in buildings. Poop & Scoop.
- Some trails wheelchair and stroller accessible.
- Event will be held regardless of conditions unless safety is threatened by dangerous weather or a national emergency.
- Everyone must sign an athletic waiver.
- No littering—ever.
- Refunds are not available.
- This event is sanctioned by the American Volkssport Association (AVA), the International Federation of Popular Sports (IVV) ® and the IML Walking Association.

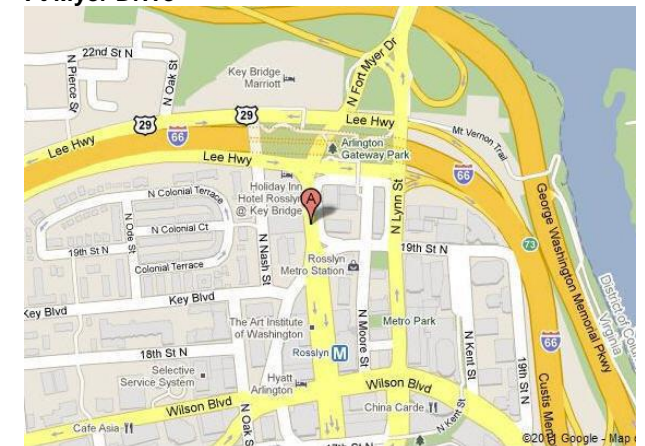
LOCATION: All walks begin and end at the official event hotel: Holiday Inn, Rosslyn at Key Bridge, 1900 N Fort Myer Drive, Arlington, VA 22209 N38° 53' 50" W077° 4' 17". The hotel is located three blocks from the Rosslyn Metro station which is part of the Washington Metrorail system (www.wmata.com). The hotel has paid parking and there is paid parking available on the local streets.

The hotel has a block of rooms [Code FW8] special rates available for weekend [Friday and Saturday] rate of \$129 plus tax per night; weekday [Thursday and Sunday] rate of \$149 plus tax per night. Make your reservations at the following phone number: (703) 807-2000 or info@hirosslyn.com

The Rosslyn Metro is the best way to get to this event. There may be a small parking fee on Saturdays and none on Sundays at any Metro commuter lot. If you plan to drive know that traffic and parking can be a problem. Please arrive early and pay attention to parking restrictions on meters.

WALKING DIRECTIONS: Head North on Fort Myer Dr towards N Nash St. Start will be on your left

DRIVING DIRECTIONS: From I-95 in Virginia, travel north on I-395 to exit 8B and merge onto Washington Blvd towards the PENTAGON. Travel north on Route 27 to Route 50 and take the right exit onto Route 50. Immediately take the Lynn Street ramp and turn right. Turn left at Lee Highway and next left on Ft Myer Drive



www.usfreedomwalk.org

www.ava.org

Register online through active.com, by mail, or at the door

WALK RAIN or SHINE!

POINT OF CONTACT: Dolores @ (703) 209-0174; usfwf@yahoo.com; www.usfreedomwalk.org