

SANCTION: This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). This event counts for acquisition of IVV achievement awards. Event number AT19-113465.

SPONSOR: Virginia Vagabonds (AVA 365)

DATE: October 5, 2019

START POINT: Subway, 3301 Washington Avenue, Newport News, VA. GPS Coordinates: N36.983, W76.434

DISTANCE: There is one 6-kilometer (3.7 mile) trail and one 10-kilometer (6.2 mile) trail. The 10-kilometer trail may be completed a second time for credit at no additional fee.

ELIGIBILITY: Everyone! Children under 12 must be accompanied by an adult. Groups are welcome.

START AND FINISH TIMES: The walk will start between **9:00 AM** and **1:00 PM**. Finish by **4:00 PM**.

WALK FEES: Credit only fee is \$3. B medals will be available for an additional cost. There will be no refund of any fees paid.

PROCEDURES: At the start point, each participant will be issued their own start card, which must be signed and personally presented at the control points for stamping. The individual start cards will be turned in at the finish table after completing the event.

IVV CREDIT: All volksmarchers are reminded to bring their IVV books to this event. New walker kits and IVV event/distance books are available for purchase at the walk.

CONDITIONS: Pets are permitted on this event; however, they must be on a 6-foot leash. Pets are **NOT** permitted in the Start

Point. Water will be available at the start point and at the checkpoint. Restrooms will be available at start point. Litter must be deposited in the designated containers. This event will be held regardless of most weather conditions.

COURSE DESCRIPTION: Trail rating 1A. The trail is along sidewalks in the downtown of the City of Newport News. The trail is flat and is suitable for wheelchairs, wagons, and baby strollers. The trail will take you in the opposite direction of the March 30 walk. You will go by the Newport News Shipbuilding and through some downtown Newport News neighborhoods.

FOR FURTHER INFORMATION: Please call - Annette Tollett, 757-81-41417 or email: ahtollett3@gmail.com.

DISCLAIMER OF LIABILITY: The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property. All participants must sign a waiver.

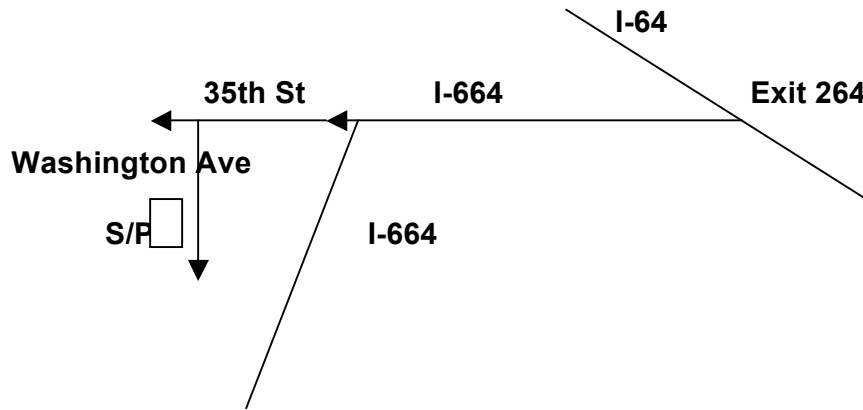
LUNCH: There will be no meeting today, but lunch can be ordered at the Subway. Please support our start point.

WHAT IS A VOLKSMARCH?

A non-competitive outdoor event where a participant follows a marked trail at his/her own pace, stopping at points for a "control stamp", rest, and refreshments. Volksmarches are aimed at getting all people, regardless of age, out-of-doors to exercise non-competitively. Many senior citizens participate regularly. Many parents bring their children with them, carrying infants (or use strollers or wagons where the terrain allows). More information about volksmarching and location of events is available at www2.ava.org.

DIRECTIONS:

Take I-64 in Hampton to Exit 264 (I-664, Downtown Newport News). Follow I-664 to Exit 5 (35th Street). Follow 35th Street to Washington Avenue (traffic signal). Turn left on Washington Avenue. The Subway in on the right in one block. At the corner of 34th Street and Washington Avenue. Should be plenty of on street parking.



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WALK**

SUBWAY

NEWPORT NEWS, VA

OCTOBER 5, 2019

CREDIT ONLY EVENT

5 Kilometer Walk (3.1 miles)
 10 Kilometer Walk (6.2 miles)
 Trail Rating: 1A

