

**The Baltimore Walking Club
AVA #0418**

Directions to FutureCare Canton Harbor:

From I-95, take Exit 57 to O'Donnell – Boston St. If you are coming from the south, you will need to be in a right lane in the Ft. McHenry tunnel as Exit 57 is shortly after the toll plaza. At the traffic light for Boston St., turn west toward downtown Baltimore. Drive about 1 mile on Boston St. to FutureCare on the right (just after “Du” Burns Arena). Parking is available on streets and across Boston St. in the park parking lot on the right.

Directions from the north on I-83 going to downtown Baltimore: I-83 becomes President St. in the city. Continue on President about .5 miles to Fleet St. Turn left onto Fleet St. for about 1 mile to Boston St. Turn right onto Boston St. for about 1 mile to South Ellwood Ave. Parking is available on streets and in the park parking lot on the right.

Downtown Baltimore Walks

Two Trails, rated 1A

11k Walk along Harbor East to the Inner Harbor

and

10k Walk through Patterson Park to Little Italy

(both walks have a 5k alternate trail)

Saturday, May 30, 2020



Sanction Numbers: 11k 113963, 10k 113964.

Sanctioned by: The American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV), and the Maryland Volkssport Association (MVA).

Start/Finish Times: Start anytime between 8 am and 12 pm. Participants must complete the walk by 3 pm.

Start / Finish: FutureCare Canton Harbor, 1300 South Ellwood Avenue, Baltimore, MD 21224

Special Programs: Carousels Across America, Cities In Song, Honoring Our Flag, Little Free Libraries

Registration: This event is open to the public. The fee for IVV Credit or Non-IVV Credit is \$3.00. Children 12 and under (IVV-Credit included) walk for free courtesy of Baltimore Walking Club. The same trail may be walked for distance credit twice on the same start card on the same day with no extra charge.

Conditions: All are welcome to participate but must register at the start, carry a start card on the walk, and turn it in upon completing the walk. Children under 12 must be accompanied by an adult during the entire walk. All Volkssport participants must sign the disclaimer. A parent or guardian must sign a special athletic waiver for children 17 years old and under before they may participate in a Volkssport event. Children under 12 always walk free at Baltimore Walking Club events.

The event will be held in all reasonable weather conditions. If in doubt, contact the persons listed below. Pets are welcome, but not inside the FutureCare facility. Pets must be leashed during the entire walk and cleaned up after.

Disclaimer: Neither the sponsors of this event nor the start/finish location operators can be held responsible for any lost or stolen items, accidents, or injuries that might occur. Every reasonable effort has been made to assure safe and reasonable trails. Uncut curbs and crumbling sidewalks may be difficult for wheelchairs, strollers and unsteady walkers.

Description of the Event: Each of the city walks offers a different view of the harbor and historic areas. One walk follows a waterfront trail to the Inner Harbor, and tours Little Italy, Fells Point, and the Canton business and residential areas on the return. The other walk goes through Patterson Park and the Canton, Highlandtown, and Little Italy communities. Restrooms are available at many businesses along the route.

For More Information Contact: Frank or Marie Kupres, 410 592 3171, email fkupres@comcast.net

What is the Baltimore Walking Club?

The Baltimore Walking Club is a member of the American Volkssport Association (AVA). The club sponsors 3.1 mile (5k) and 6.2 mile (10k) walks in and around the Baltimore area. These walks are non-competitive and walkers do not solicit pledges. We walk for the fun and health of it! Participants do the walks alone, with friends, with family, or even with their dog. Trails are along city streets, through parks or in rural areas – anywhere you can walk! Trails are rated easy to difficult (1-5) depending on hills and ease of footing.

Come join us. For membership and meeting information call Marie Kupres at 410-592-3171 (mkupres@comcast.net) or visit us at www.baltimorewalkingclub.com. For information about volkssporting throughout the United States, visit www.ava.org.