

**SANCTION:** This event is sanctioned by the American Volkssport Association, a member of the International Federation of Popular Sports (IVV). This event counts toward acquisition of IVV achievement awards.

**SPONSORS:** Thomas Nelson Community College and Peninsula Pathfinders - Event Number is (AT-114910).

**START POINT:** Starting line/registration table in parking lot of Thomas Nelson's Williamsburg Campus, located at 4601 Opportunity Way, Williamsburg, VA, 23188 GPS Coordinates: 37° 20' 13.0" N, 76° 45' 21.8" W.

**TIMES:** Start between 9 am and 1 pm. Finish by 4 pm.

**DISTANCE:** There is a 5 and a 10 kilometer (3.1/6.2 mile) trail. The 10 KM walk may be completed a second time for credit at no additional fee.

**ELIGIBILITY:** All are welcome! Everyone must register and sign the insurance waiver at the start and carry a start card, turning it in at the completion of the walk. Children under 12 must be accompanied by an adult. Groups are welcome.

**AWARD:** An A-award is featured for this event. It is a T-shirt honoring those who served as part of the Veterans Day commemoration at Thomas Nelson.

**FEES:** The cost of the A-award and credit will be \$20. There will be no refunds of any monies paid. Part of the proceeds will benefit military charities.

**PARKING:** Free parking is in the designated area of the TNCC campus lot. Please note: if you park outside the designated area, you may be ticketed

**IVV BOOKS:** All previous participants of IVV events are reminded to bring their IVV books to this event. Those wishing to purchase new books may do so at the sales table of the event.

**SPECIAL PROGRAMS:** Bridges – Spanning the USA, Virginia Counties (James City), Walking the USA A – Z.

**CONDITIONS:** Water will be available at the start/finish and at the check point. Restrooms available inside the administration building at TNCC's Williamsburg campus. Litter must be deposited in designated containers. The event will be held regardless of most weather conditions. All pets are to be kept on a leash (6 feet or less) at all times and the pet owners are responsible for cleaning up the droppings of their pets.

**TRAIL DESCRIPTION:** Trail Rating is 1A. There is a short section on a woodland trail, but the rest is on sidewalks or shoulders of the road.

**FOR FURTHER INFORMATION:** Contact Sandy Croushore at (757) 476-5789 or by email at [szcroushore@verizon.net](mailto:szcroushore@verizon.net).

**DISCLAIMER OF LIABILITY:** Thomas Nelson Community College, the American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property.

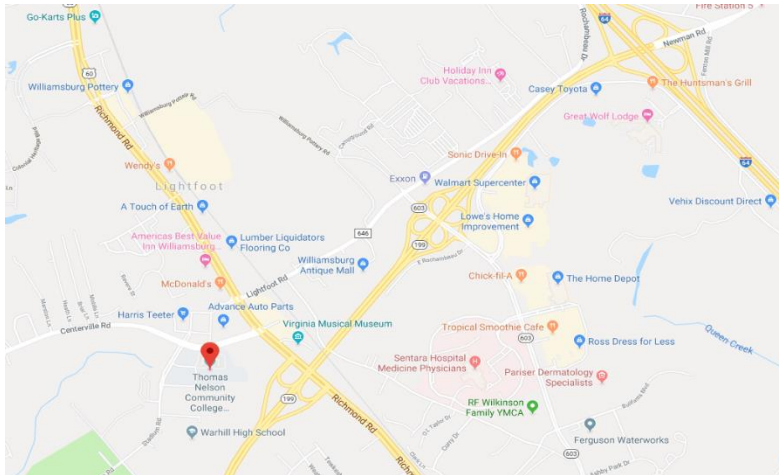
### **WHAT IS A VOLKSMARCH?**

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). Learn more about Volksmarching at [www.ava.org](http://www.ava.org).

**EVERYONE IS A WINNER!** Each participant who purchases a start card and pays the fee receives an attractive T-shirt award upon completion of the trail. Participants may enroll in the international (IVV) awards program by purchasing the proper record books (event, distance, or both). Completing all or part of the trail entitles the participant to a certification stamp for the record books. New Walker packets are available at the finish point.

**DIRECTIONS:**

Take I-64 East/West to Exit 234A. Merge onto VA-199 E/VA-646 via toward Lightfoot.  
 Merge onto Mooretown Rd/VA-646 toward VA-603 W/Lightfoot Rd. Turn **LEFT** onto Lightfoot Rd/VA-646. Turn **LEFT** onto Richmond Rd/US-60 E. Take the first **RIGHT** onto Centerville Rd, Turn **LEFT** onto Opportunity Way. The campus is on the left.



**PRE-REGISTRATION:** Mail check to:  
 Thomas Nelson Educational Foundation  
 99 Thomas Nelson Drive  
 Hampton, VA 23666  
 attn. VetsVolksmarch

Register on-line: [tnc.edu/events/volksmarch](http://tnc.edu/events/volksmarch)

Name	\$20	
	A-Award & Credit	T-shirt Size
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_____		

**Honoring America's Veterans**



**WALK IN OUR SOCKS**

**Veterans Day Volksmarch 2019**

**10K WALK**

**HISTORIC TRIANGLE CAMPUS**  
 4601 OPPORTUNITY WAY, WILLIAMSBURG, VA 23188  
 November 11, 2019  
 9 a.m. - 4 p.m.

For more information, please contact  
 Special Events at 757-825-3554.



**A-Award Only Event**

