

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 2020 AT-115496

SPONSOR: Virginia Vagabonds (AVA 365)

DATE: Saturday, January 11, 2020

START POINT: Hardee's, 850 London Blvd, Portsmouth VA.
GPS Coordinates: 36.837287000, -76.308152830

DISTANCE: There is one 5-kilometer (3.1 mile) trail and one 10-kilometer (6.2 mile) trail. The walk 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: 9:00 am to noon, finish by 3:00 pm.

WALK FEES: The credit only fee is \$3.00. There is no fee just to walk the trail, but you must carry a start card. There will be no refund of any monies 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 previous participants of IVV events are reminded to bring their IVV books to this event. You may purchase new books.

COURSE DESCRIPTION: Trail rating 1A. The trail will be along city streets through Portsmouth, along the shores of the Elizabeth River, by several historic churches and museums, and by the Courthouse of 1846 (County of Norfolk). It is suitable for strollers and wheelchairs.

CONDITIONS: Pets are permitted on this event; however, they must be on a 6-foot leash. No pets will be allowed in the start point. Water will be available at the start point and at the checkpoint. This event will be held regardless of most weather conditions. Restrooms are available at the start point and at the Visitors Center.

FOR FURTHER INFORMATION: Please call Annette Tollett at 757-814-1417, 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. The sponsor will make every reasonable effort to make the event safe, educational and enjoyable.

OTHER AVA EVENTS: In 2020 the Virginia Vagabonds will also be sponsoring five year-round and four seasonal events. The Peninsula Pathfinders and the Gator Volksmarch Club have numerous year-round events within a short driving distance. Other info: ava.org.

WHAT IS A VOLKSMARCH?

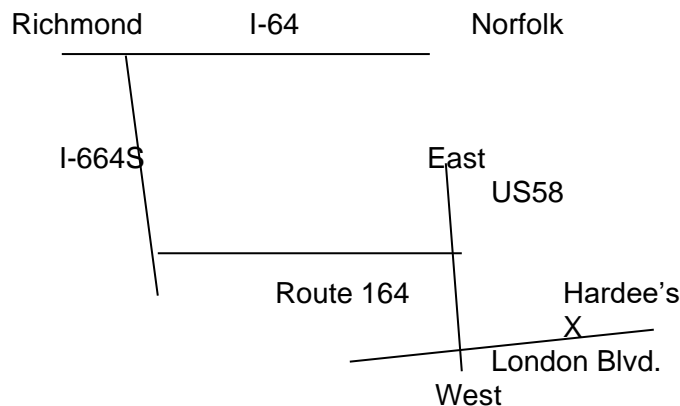
A non-competitive outdoor event where a participant follows a marked trail at his/her own pace, stopping at points for a "control stamp", rest, and refreshments. Volksmarches are aimed at getting all people, regardless of age, out-of-doors to exercise non-competitively. Many senior citizens participate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

EVERYONE IS A WINNER! When awards are available, each participant who purchases a start card and pays the award fee receives an attractive commemorative 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 stamp for the record books. Upon completion of a record book, the owner receives a certificate, a hatpin, and a patch, in recognition of reaching a certain milestone.

DIRECTIONS:

FROM RICHMOND AND NEWPORT NEWS: Take I-64 to Exit 264 (I-664 South). Follow I-664 to Exit 9 (Route 164 East). Follow Route 164 East for approximately 5.7 miles to the split of US 58 East and West. Take US 58 West (Downtown Portsmouth). Take the London Blvd Exit (141 South). At the top of the ramp, go right on London Boulevard for approximately 1 mile. Turn left on Fort Lane (shortly after the light at Elm and the Super8 Motel – KFC on the right corner at this turn). Park in the lot in the back away from Hardee's doors.

FROM NORFOLK AND VIRGINIA BEACH: Take your favorite route thru the Midtown Tunnel (US 58 West). Take the London Blvd Exit (141 South). At the top of the ramp, go right on London Boulevard for approximately 1 mile. Turn left on Fort Lane (shortly after the light at Elm and the Super 8 Motel – KFC on the right corner at this turn). Park in the lot in the back away from Hardee's doors.



VIRGINIA VAGABONDS

HARDEES

PORTSMOUTH, VIRGINIA

CREDIT ONLY WALK

JANUARY 11, 2020

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