

# WESTMINSTER BREAKFAST WALK

10 km (6.2 miles) or 5 km (3.1 miles) walk



**A new 5 km neighborhood walk  
will be featured this year**

**Saturday – April 4, 2020**

Credit only event #116043 -- AVA trail rating 2A

**Sponsor:** Seneca Valley Sugarloafers Volksmarch Club, Inc. (AVA 419), a member of the Maryland Volkssport Association.

**Sanction by:** The Maryland Volkssport Association and The American Volkssport Association, a member of the International Volkssport Verband, to promote leisure sports in the interest of family health, recreation, fun, and companionship.

**Start/Finish:** Church of the Ascension, 23 North Court St., Westminster, MD.  
<http://ascension-westminster.com/>

**Start Time:** Registration 8-10:30 am; finish by 2 pm.

**Parking:** Follow signs to free Volksmarch parking in the lot at back of cemetery or Courthouse parking lot. **DO NOT PARK in the lot at the church.**

**Breakfast:** The Church of the Ascension will serve an All You Can Eat Breakfast from 7 to 11 am. Walkers will pay \$7 (a \$1 discount from the general admission price) by showing their start card.

**Fees/Awards: New Club Policy: ALL Walkers over 12 years pay \$3.00**  
Children under 12 may earn IVV credit for no charge at all events sponsored by the Seneca Valley Sugarloafers. Record books will be available for sale.

**Trails:** There are two 5 km trails which begin and end at the Start Point. **Trail #1** goes through a park and the new neighborhood. **Trail #2** goes to McDaniel College. 5 Km walkers can select either trail. The trails are on sidewalks and roadsides.



**AVA Special Programs: Both Trails -** Walking the United States, Walking the USA A-Z. Trail 1: Little Free Libraries. **Trail 2:** Rockin' Around the Clock

**Event Information:** For more information about this event, please contact:  
Ward Parr 301-337-5764 parrw@comcast.net  
Jane Parr 301-385-0054 jone.p@comcast.net

**Conditions:** Restrooms and water are available at the start point. Trail instructions will be available. Pets may be taken on the trail, but they must be leashed. You must clean up after your pet. Pets are not allowed in Church of the Ascension. This walk will be held, unless conditions cause the sponsor to close the trail for safety reasons. If in doubt, call Ward Parr 301-337-5764

**Eligibility:** We welcome everyone to walk with us. All participants must register and sign a waiver of liability. Each participant must carry a start card throughout the walk. Please turn the card in at the end of your walk so we know that you are safely off the trail. An adult must accompany children under 12 throughout the entire walk. Parents of minor children must sign a waiver of liability for the children.

**Disclaimer:** Neither the Seneca Valley Sugarloafers Volksmarch Club, Inc. nor the Church of the Ascension shall be liable for accidents, theft, or material damage. Every reasonable effort will be made to make this a safe, enjoyable, and memorable event.

**Membership:** Membership in the Sugarloafers Volksmarch Club is open to everyone interested in walking for fitness, fun, and fellowship. For information about club membership contact Carolyn at 301-926-0915 or [cbthurber@verizon.net](mailto:cbthurber@verizon.net)

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**Volksmarch Info:** [www.sugarloafers.org](http://www.sugarloafers.org); [www.ava.org](http://www.ava.org); [www.mdvolks.org](http://www.mdvolks.org)

## DIRECTIONS TO START POINT

**From the Baltimore Beltway I-695:** Take I-695 (exit 19) to the Westminster Pike (exit 9B), Rt. 140. Proceed 10.5 miles, and after passing McDonalds, turn left on Ralph St. and proceed \* to the Courthouse parking lot or lot at back of cemetery. Enter the Church at the double red doors.

**From the north:** Go south on Rt. 97 to Rt. 140 east. Turn right on Ralph St. and proceed from \* above.

**From the west:** Take I-70 east to Rt 27 (exit 68); turn left to Westminster. At Main Street, turn right passing Center Street and N. Court Street. Turn left on Ralph Street. Proceed from \* above.

**From the Washington Beltway I-495:** Take Rt. 97 (Georgia Avenue) north to Westminster. Rt. 97 turns left at Rt. 140. Turn left on Ralph St. and proceed from \* above.