

**Park is between Carlisle and Route 114 off of US Route 11.**

**Directions: From Harrisburg and points north: Using I-81 South:** Go South toward Carlisle. Take Exit 52 (Middlesex Township) Go North on US 11 to Ridge Hill Rd, (traffic light at Land Rover dealership). turn Left. At Bernheisel Bridge Rd, turn Left. Turn Right at large sign for park. Take first left into paved road to parking.

**Using US 11 South:** Go South on US 11 past Cumberland Valley High School to Ridge Hill Rd, (traffic light at Land Rover dealership). turn Right. At Bernheisel Bridge Rd, turn Left. Turn Right at large sign for park. Take first left into paved road to parking.

**From Carlisle and points south using I-81 N:** Go North toward Harrisburg. Take exit for US 11N. (Middlesex Township) Travel North on US 11 to Ridge Hill Rd, (traffic light at Land Rover dealership). turn Right. At Bernheisel Bridge Rd, turn Left. Turn Right at large sign for park. Take first left into paved road to parking.

**Parking:** There is plenty of free parking.



Bob enjoying the Appalachian Trail.

We hope you will too.

We can't say "Bob Rest in Peace", because he is walking.

So we will say "Bob, Walk in Peace".

For more information on this event, go to [AVA.org](http://AVA.org).

## Susquehanna Rovers

AVA-328

**Saturday, May 8 2021**

AT21 - 116387

Trail distances: 5K, 6K, 8K, 10K Rating 2C

### Bob Gambert Memorial Walk



**Carlisle PA**

**Cumberland County**



This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports. These events count towards the acquisition of IVV Achievement Awards.

**Date: May 8, 2021**

**Start Point: Stoney Ridge Park, Large Pavilion**



**50 Bernheisel Bridge Road, Carlisle PA 17015**

**Walk Start Time:** 9:00 am to 1:00 pm. Finish by 4:00 pm.

**AVA Special Program:** Appalachian Trail

**KSVA Special County Challenge:**

Cumberland County

**Eligibility:** Everyone is welcome to participate. Walk at your own pace. Runners are welcome. Children 12 and under must be accompanied by an adult. **All must wear masks and practice social distancing.**

**Trail:** The AT is about 1K from the start along the road. Trail south turns left to follow the AT along farm fields, through the woods, crosses over the Route 11 with a pedestrian bridge (5K), crosses a set of railroad tracks, turns around at Appalachian Dr (8K). This trail is flatter but has more rocky conditions. Trail north goes straight to follow the AT along farm fields, through the woods to Scotts Farm (6K), goes through the woods to turn around at Sherwood Dr (10K). This trail has several stairs to cross over fences, wooden walkways and some small hills. The last portion has the most wildflowers. Sturdy shoes and walking sticks are recommended.

**Registration and Fees:** These events are Free to those who wish to participate without IVV Credit. IVV Credit is \$3.00 for event credit. There is not an award for this event. Children under 12 are Free.

**Procedure:** AVA policy requires that every participant, fee or non-fee, must sign an insurance waiver and obtain a numbered start card

which is carried while on the trail. At the end of the walk, the start card is turned in and IVV books are stamped for official credit, if the fee has been paid. The trail may be walked a second time on the same day using the same start card at no additional cost.

**Conditions:** The events will be held regardless of the weather. There will be no littering. Wildlife and plant life are not to be disturbed. No refunds. Pets are allowed on the walk. Leash laws must be observed. There are restrooms at pavilion. No wheelchairs or strollers.

**Refreshments:** Water and hard candy will be available at the start/finish table.

**Disclaimer:** 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.

**Point of Contact:**

Bill Rhoat rhtpr@aol.com 717-847-3567

**Website:** [avaclubs.org/SRVC](http://avaclubs.org/SRVC)

Pictures: Cover - Bob always inviting others to join him. Bob and his friend Ken at Carlisle Oktoberfest, Young Bob before we knew him, Bob proud of getting stamps, Bob with Ken Wilson - always ready to talk to a fellow Veteran and learn their stories.

