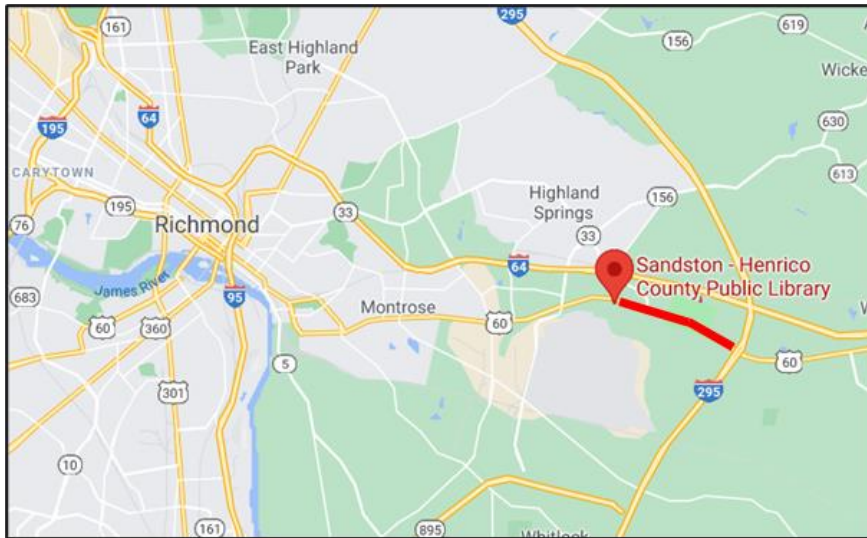


Directions to Sandston Library
23 E Williamsburg Rd, Sandston, VA 23150
N 37.5225 W 77.3122

Library is East of Richmond.

From I-295: Exit 28 onto US 60 West (Seven Pines). Drive West for 2 miles on US 60 (E Williamsburg Rd) to Library on left. Park in the lot on the **RIGHT** as you face the Library.



SPECIAL PROGRAMS:

- Airports - Celebrating American Flight**
- Little Free Libraries**
- Walking with America's Veterans**
- Walking the USA A-Z (S)**
- Henrico County (Virginia Counties Program)**

LEE LEPUS VOLKSVERBAND

(Walking Club)

**91ST IVV / AVA INTERNATIONAL
VOLKSMARCH**

WALK EVENT

October 9, 2021

Sandston, VA

Henrico County

WALK: 116403 5 and 10 KM TRAIL RATING 1B



START/FINISH: Henrico County Public Library - Sandston Branch, 23 E Williamsburg Rd, Sandston, VA 23150.

START: Start between 10:30 am and 12:30 pm. (NOTE: Later start due to Library operating hours and access to restrooms.)

FINISH TIME: 3:30 p.m.

DISTANCES: 5 Km and 10 Km trails (3.1 & 6.2 miles). 10 Km route can be repeated one time at no additional fee.

TRAIL DESCRIPTION/RATING: WALK: Rated 1B – On sidewalks and residential streets. Suitable for strollers and wheelchairs.

AWARD: There is no special award for this event. Awards from past events (“B” awards) will be available for purchase.

FEES: IVV credit only is \$3.00. Participants may walk for a “B” award for an additional \$2.00 each. Free walkers welcome, but all participants must register at the Start.

PARKING: Free.

SANCTIONED: This event is sanctioned by American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). Additional events can be located at the AVA website, www.ava.org.

SPECIAL PROGRAMS: Airports - Celebrating American Flight, Little Free Libraries, Walking With America’s Veterans, Walking the USA A-Z (S), Henrico County (Virginia Counties Program).

REFRESHMENTS: Please bring your own bottled water. Restrooms are available at start/finish point.

CONDITIONS: The walk will be held regardless of most weather conditions. Participants are requested to observe all traffic laws and to place all litter in proper receptacles. **PETS MUST BE LEASHED!** *No pets in Start/Finish area.*

ELIGIBILITY: This event is open to all; everyone is welcome regardless of sex, creed, race, or nationality. An adult must accompany children under the age of twelve.

IVV BOOKS: This event counts toward acquisition of IVV Achievement Awards. IVV event/distance books and new walker packets are available at the finish point at a cost of \$6.00 each.

DISCLAIMER: The American Volkssport Association and its subsidiary clubs are not responsible for theft or loss of personal belongings or property. All participants must sign a waiver. Every reasonable effort will be expended by the sponsors to make the event safe, enjoyable, and memorable.

FOR FURTHER INFORMATION: Gin Armacost 703-201-1987
armacostg@cox.net



LEE LEPUS VOLKSVERBAND sponsors three Year Round Events in Richmond. We also sponsor Year Round Events at Pocahontas State Park, at Petersburg National Battlefield Park, at Lewis Ginter Botanical Gardens, and in Farmville, VA. All trails are 5 and 10 Km. Pick up our brochures at the walk or contact Mary Guarnieri,

804-739-3319, 443-803-3456, or email mtg1250@gmail.com for additional information.



What is Volkssporting?

Volkssporting started in Germany and simply defined, is a personal fitness sports and recreation program offering noncompetitive walks, hikes, bike rides, swims, and in some regions cross-country skiing. You may choose your time to start within the start/finish “window” and participate in the sport at your own pace. Walking – also called “volksmarching” – is the most popular of all the volkssporting activities.

Volkssporting in the United States is sponsored by the American Volkssport Association (AVA) which has a nationwide, grassroots network of about 300 active clubs presenting more than 3,000 volkssporting events each year. Founded in 1976, AVA is an educational nonprofit 501(c)3 corporation dedicated to promoting fun, fitness, and friendship.