

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 AT 20-116431.

SPONSOR: Virginia Vagabonds (AVA 365)

DATE: November 21, 2020

START POINT: Vancostas Pizza and Family Restaurant, 3820 Kecoughtan Road, Hampton, VA. GPS Coordinates: N37° 0.6112', W076° 21.2157'

DISTANCE: There is one 5-kilometer (3.1 mile) trail and one 10-kilometer (6.2 mile) trail. The 10-kilometer trail 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: The walk will start between **9:00 AM and Noon**. Finish by **3:00 PM**. **Club meeting will be at noon** (so plan your start time for the walk accordingly).

WALK FEES: Credit only fee is \$3. B medals will be available for an additional cost. There will be no refund of any fees 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 volksmarchers are reminded to bring their IVV books to this event. New walker packages and IVV event/distance books are available for purchase at the walk.

CONDITIONS: *Bring a pen, wear a mask, and practice social distancing* Pets are permitted on this event; however, they must be on a 6-foot leash. Pets are **NOT** permitted in the Start Point. Water will be available at the start point and at the checkpoint. Restrooms will be available at start. Litter must be deposited in the designated containers. This event will be held regardless of most weather conditions.

COURSE DESCRIPTION: Trail rating 1A. The trail is along sidewalks in the City of Hampton. The trail is flat and is suitable for wheelchairs and strollers. The 5-km trail will take you by some historical homes. The 10-km trail will, also, take you near where the Monitor and Merrimack fought their famous Civil War Battle of the Ironclads.

FOR FURTHER INFORMATION: Please call - Annette Tollett, 757-814-1417 or 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.

LUNCH: For those who want to join us, we will order lunch directly from the menu at Vancostas Pizza and Family Restaurant. Vancostas is a family restaurant which is open daily.

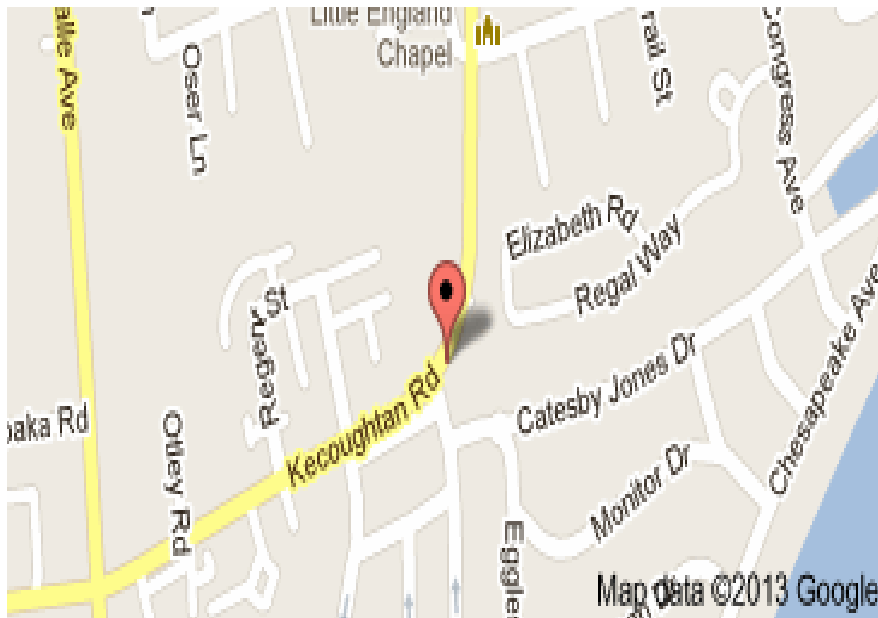
WHAT IS A VOLKSMARCH?

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. More information about volksmarching and location of events is available at www.myava.org.

DIRECTIONS:

From Norfolk and points east: Take I-64 West to Exit 267 (US-60/VA-143/Woodland Rd/Hampton Univ). Turn left on Settlers Road (US 60 West). After about 1.4 miles, turn left on Kecoughtan Road). After approximately 1.0 mile, Vancosta's Restaurant is on your left, in a small strip mall. Park away from the building.

From Newport News and points west: Take I-64 East to Exit 265A onto LaSalle. After approximately 1.9 miles, turn left on Kecoughtan Road. Vancosta's Restaurant is on your right, in a small strip mall. Park away from the building.



**SPECIAL PROGRAMS:
CAROUSELS ACROSS AMERICA
CITY OF HAMPTON
ROCKIN' ROUND THE CLOCK**

VIRGINIA VAGABONDS

WALK, EAT, MEET

VANCOSTA'S PIZZA AND FAMILY RESTAURANT

NOVEMBER 21, 2020

**PLEASE BRING YOUR OWN PEN,
WEAR A MASK, AND PRACTICE
SOCIAL DISTANCING**

CREDIT ONLY EVENT

WALK: 9 – NOONSTART

MEETING: NOON

5 Kilometer Walk (3.1 miles)

10 Kilometer Walk (6.2 miles)

Trail Rating: 1A

