

DIRECTIONS TO START/FINISH LOCATION

St. Nicholas Catholic Church

DIRECTIONS FROM I-95 S

- Take exit 32-31A to Konterra Dr.
- Use right 2 lanes to exit onto Konterra Dr/Sweitzer Ln
- At light turn right onto Konterra Dr
- Turn left onto Contee Rd
- Continue onto Contee Rd for 1.2 mi
- Turn right onto Larchdale Rd
- Turn left into church parking lot.

DIRECTIONS FROM I-95 N

- Use right 2 lanes to take exit 31 for MD-200 W
- Keep left at fork to continue on Exit 32, follow signs for Konterra Dr
- Keep right at the fork and merge onto Konterra Dr
- Turn left onto Contee Rd
- Continue onto Contee Rd for 1.2 mi
- Turn right onto Larchdale Rd
- Turn left into church parking lot.

DIRECTIONS FROM MD-295 S

- Take the MD-197 exit toward Bowie Laurel
- Turn right on MD-197 N/Laurel Bowie Rd (signs for Laurel)
- Drive 1 mile then turn left onto Contee Rd
- Turn left onto Larchdale Rd
- Turn left into church parking lot.

DIRECTIONS FROM MD-295 N

- Take the MD-197 Laurel-Bowie exit
- Stay left and merge onto MD-197 N/Laurel Bowie Rd
- Drive 1 mile then turn left onto Contee Rd
- Turn left onto Larchdale Rd
- Turn left into church parking lot.

An AUTUMN Walk with Freestate Happy Wanderers



St. Nicholas Catholic Church

8603 Contee Road

Laurel, Md 20708

Saturday, October 17, 2020

10-Km Trail (Two 5-Km Loops)

AT2020/116440



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —



SPONSORED BY:

The Freestate Happy Wanderers AVA-190, a walking club, in cooperation with St. Nicholas Catholic Church.

START/FINISH:

St. Nicholas Catholic Church 8603 Contee Road Laurel, MD 20708. Face Masks and Social Distancing guidelines will be followed at the Start/Finish location. See drive directions on back of brochure.

TIMES:

Start time anytime between 9:30 AM and 12 PM, finish by 3 PM. Note morning Mass will be celebrated 8:30- 9:00 AM, please be considerate of those attending mass.

TRAIL DESCRIPTION/DISTANCE:

There is a 10-Km trail consisting of two 5-Km loops, both with a rating of 1A. The trails consist mainly of city streets and sidewalks. Little Library on one 5-Km loop.

ELIGIBILITY:

Walks are open to the public.

REGISTRATION:

The fee for IVV Credit or Non-IVV Credit walkers is \$3.00. Children 12 and under (IVV-Credit included) may walk for free courtesy of Freestate Happy Wanderers. The same trail may be walked for credit twice on the same start card on the same day with no extra charge.

PROCEDURE:

Each participant must register at the start and fill out a start card to be carried on the walk and presented at each checkpoint. Participants must turn in start cards at the Finish Table after completing the event.

CONDITIONS:

Maintain Social Distancing while on the trails. Littering along the trails is prohibited. There is NO Public Restroom available. Please plan accordingly. Prince George's County law requires all pets be leashed and that owners clean up after their pets. The event will be held in all reasonable weather. If weather conditions are uncertain, please call the contact person listed to obtain up-to-date information on event status.

REFRESHMENTS:

Hard candy and water will be available at the Start/Finish. Please carry your water bottles on the trail.

DISCLAIMER:

Every reasonable effort will be made to conduct a safe, enjoyable, and memorable event. The Freestate Happy Wanderers and St. Nicholas Catholic Church shall not be liable for any accidents, theft, or material damage.

SANCTION:

The Maryland Volkssport Association and the American Volkssport Association (AVA), members of the International Federation of Popular Sports (IVV), sanctioned this event, AT2020/116440.

INFORMATION:

Call Rita Goerling 301-919-0465 before 9 PM or email at laurelvolsyre@gmail.com. Additional information is on the Club webpage <http://www.mdvolks.org/freestate/>.

