

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.

SPONSOR: Peninsula Pathfinders of Virginia (AVA 142), website www.walkvirginia.org.

DATE: Saturday, 31 October 2020

START- POINT: Boat Launch parking area, Lone Star Lakes Park, 401 Kings Highway, Suffolk, VA. GPS Coordinates: 36° 51.9608' N, 76° 34.3598' W

DISTANCE: There is one 6-kilometer (3.7 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: 9:00 am to noon, finish by 3:00 pm.

WALK FEES: The credit only fee is \$3.00. There is no fee just to walk the trail--but you **MUST** carry a start card. There will be no refund of any monies paid.

PROCEDURES: At the start point, each participant will be issued their own start card, which must be signed and personally presented at the checkpoints for stamping. The individual start cards will be turned in at the finish table after completing the event.

COVID PROCEDURES: Please bring exact change or check, your own pen, and a mask. Masks are required at the start/finish and check points.

FOR FURTHER INFORMATION: Please call Bill Lowell at (757) 651-8439 or email wlowell@mindspring.net.

SPECIAL EVENTS: Virginia Counties: Suffolk

CONDITIONS: Pets are permitted on this event; however, they must be on a 6-foot leash. Water and candy will be available at the start point and at the checkpoint. A port-a-potty is available about ¼ mile from the start point. Litter must be deposited in the designated containers. This event will be held regardless of most weather conditions.

IVV CREDIT: All previous participants of IVV events are reminded to bring their IVV books to this event. You may purchase new books at the event.

COURSE DESCRIPTION: Trail Rating 1A for the 6 KM; 1C for the 10 KM. This is a lovely woodland walk. The 10 KM trail may be extremely difficult for wheelchairs and strollers.

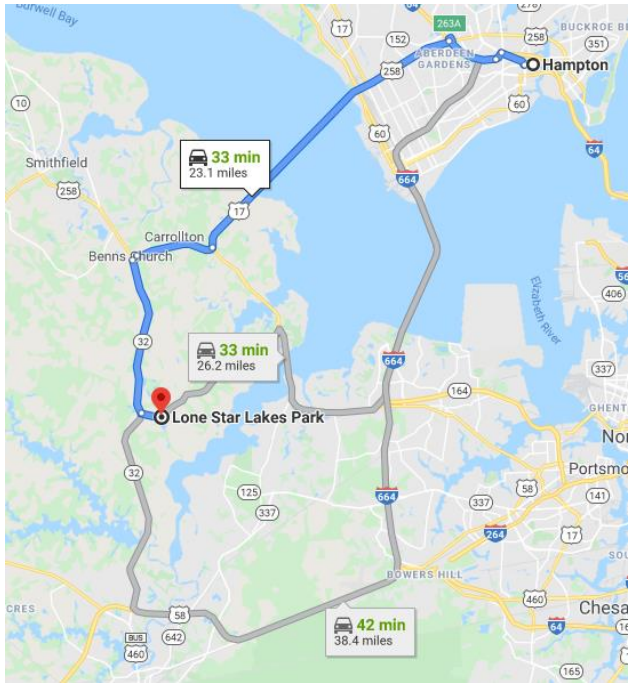
DISCLAIMER OF LIABILITY: The American Volkssport Association or its subsidiary club, nor the city of Hampton or Sandy Bottom Park, are not responsible for theft or loss of personal belongings or property. All participants must sign a waiver. The sponsor will make every reasonable effort to make the event safe, educational and enjoyable.

WHAT IS A VOLKSMARCH?

A non-competitive walk 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. Many senior citizens participate regularly. Many parents bring their children with them, carrying infants (or use strollers or wagons where the terrain allows). More information can be found at www.ava.org.

EVERYONE IS A WINNER! When awards are available, each participant who purchases a start card and pays the award fee receives an attractive commemorative award upon completion of the trail. Participants may enroll in the international (IVV) awards program by purchasing the proper record books (event, distance, or both). Completing all or part of the trail entitles the participant to a certification stamp for the record books. Upon completion of a record book, the owner receives a certificate, a hatpin, and a patch, in recognition of reaching a certain milestone.

DIRECTIONS: From North or west: Take Rte 17 from E Mercury Blvd over the James River Bridge toward Suffolk. Turn **RIGHT** at the fourth stoplight past the bridge at Rte 258 to the second light. Turn **LEFT** toward Rte 10 E. Turn **LEFT** and continue for about 7 miles. At the 7-11, turn **LEFT** onto Kings Highway (Rte 125 E) for about ½ mile. Turn **RIGHT** into the park at the small red park entry sign. At the **STOP** sign, turn **RIGHT** toward the north end and continue about ½ mile to the start point.



From South and West: Take I-64 to Bowers Hill and exit to Rte 58W toward Suffolk. Continue about 5 miles to Rte 10W toward Smithfield. Continue about 6 miles to the 7-11. Turn **RIGHT** on Kings Highway and continue about ½ mile. Turn **RIGHT** into the park at the small red park entry sign. At the **STOP** sign, turn **RIGHT** toward the north end and continue about ½ mile to the start point.

PENINSULA PATHFINDERS

LONE STAR LAKES PARK

SUFFOLK, VIRGINIA

31 October 2020

6 Kilometer Walk (3.7 miles)
10 Kilometer Walk (6.2 miles)
Trail Rating: 1C

Event Number: AT20-116516
MASK REQUIRED

IVV Credit Only



**VIRGINIA
IS FOR
WALKING
LOVERS**

