

SANCTION: This event is sanctioned by the American Volkssport Association, a member of the International Federation of Popular Sports (IVV). This event counts toward acquisition of IVV achievement awards.

SPONSORS: Thomas Nelson Community College and Peninsula Pathfinders - Event Number is (AT-117838).

START POINT: Starting line/registration table at Parker Pavilion, Sandy Bottom Nature Park, located at 1255 Big Bethel Rd, Hampton, VA, 23188 GPS Coordinates: 37° 03' 46.8" N, 76° 25' 59.8" W.

TIMES: Start between 9 am and 1 pm. Finish by 4 pm.

COVID RESTRICTIONS: All participants must wear a mask at the start/finish point and use their own pen to sign the start card.

DISTANCE: There is a 5 and a 10 kilometer (3.1/6.2 mile) trail. The 10 KM walk may be completed a second time for credit at no additional fee.

ELIGIBILITY: All are welcome! Everyone must register and sign the insurance waiver at the start and carry a start card, turning it in at the completion of the walk. Children under 12 must be accompanied by an adult. Groups are welcome.

AWARD: An A-award is featured for this event. It is a T-shirt honoring those who served as part of the Veteran's Day commemoration at Thomas Nelson.

FEES: The cost of the A-award and credit will be \$20. There will be no refunds of any monies paid. Part of the proceeds will benefit military charities.

IVV BOOKS: All previous participants of IVV events are reminded to bring their IVV books to this event. Those wishing to purchase new books may do so at the sales table of the event.

SPECIAL PROGRAMS: Rockin' Around the Clock, Virginia Cities (Hampton), Walking the USA A – Z.

CONDITIONS: Bottles of water will be available at the start/finish and at the check point. Restrooms available across the parking lot. Litter must be deposited in designated containers. The event will be held regardless of most weather conditions. All pets are to be kept on a leash (6 feet or less) at all times and the pet owners are responsible for cleaning up the droppings of their pets.

TRAIL DESCRIPTION: Trail Rating is 1A. There is a short section on a woodland trail, but the rest is on sidewalks or shoulders of the road.

FOR FURTHER INFORMATION: Contact Sandy Croushore at (757) 476-5789 or by email at szcroushore@verizon.net.

DISCLAIMER OF LIABILITY: Thomas Nelson Community College, the American Volkssport Association or its subsidiary clubs are not responsible for theft of loss of personal belongings or property.

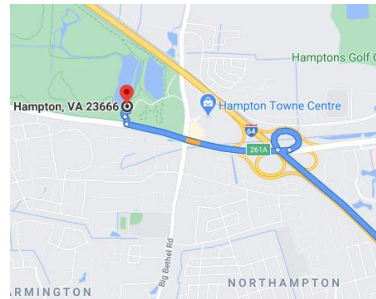
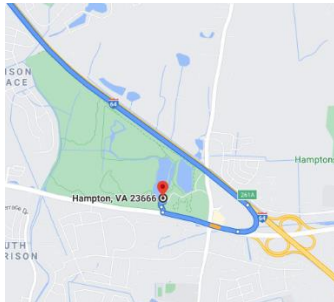
WHAT IS A VOLKSMARCH?

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. Many senior citizens participate regularly. Many parents bring their children with them, carrying infants (or use strollers or wagons where the terrain allows). Learn more about Volksmarching at www.ava.org.

EVERYONE IS A WINNER! Each participant who purchases a start card and pays the fee receives an attractive T-shirt 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. New Walker packets are available at the finish point.

DIRECTIONS:

Take I-64 East/West to Exit 261A to Hampton Roads Center Parkway W. Continue through the stoplight at Big Bethel Road to the next right at the entrance to Sandy Bottom Nature Park. Park in the first parking lot. The Parker Pavilion is next to the lake.



PRE-REGISTRATION: Mail check to:
Thomas Nelson Educational Foundation
99 Thomas Nelson Drive
Hampton, VA 23666
attn. VetsVolksmarch

Register on-line: tncc.edu/Volksmarch

Name	\$20	
	A-Award & Credit	T-shirt Size

REMEMBERING THOSE WHO SERVED

VOLKSMARCH FOR VETS
Veterans Day 2020

10K WALK
 5K WALK
 1 MILE FUN WALK
 VIRTUAL WALK

SANDY BOTTOM NATURE PARK
 1255 BIG BETHEL ROAD, HAMPTON, VA 23666
 November 11, 2020
 9 a.m. - 4 p.m.

Register on-line:
tncc.edu/Volksmarch

For more information, call (757) 825-3554 or specialevents@tncc.edu.



A-Award Only Event



VIRGINIA IS FOR WALKING LOVERS