

START/FINISH TIMES

FRIDAY 14 OCTOBER 2022

START Welcome Walk 5/10 +/- km	12PM (NOON) — 3PM
START Bike 30 +/- km	10AM — 3PM
Opening Ceremony	4PM
All Finish by	6PM

SATURDAY 15 OCTOBER 2022

START 21 +/- km	8AM — 11AM
START 6/12 +/- km	8AM — 12PM (NOON)
START Bike	8AM — 2PM
All Finish by	5PM
Social *Live Band & Cash Bar*	12:30PM — 4:30PM
International Dinner	6:30PM

pre-registration is highly encouraged.

SUNDAY 16 OCTOBER 2022

START 21 +/- km	8AM — 10AM
START 6/12 +/- km	8AM — 12PM (NOON)
START Swim	10AM — 3PM
START Bike	8AM — 2PM
All Finish by	4PM
Closing & Awards Ceremony	3PM



The Freedom Walk Award

The Freedom Walk Award is a certificate signed by officials from the IML and AVA.

This certificate along with the Event Patch is awarded to any participant who the IML event walk on Saturday and/or Sunday.

Any participant who completes both Saturday and Sunday will receive an additional award: a medal (first-time participants) or numeric pin (repeat participants). In addition, all Friday participants receive a commemorative Welcome Walk Patch for an A Award.

This walking weekend is hosted by Arlington County, Virginia and AVA Club 901.

EUROPEAN REGION

CITY	DAYS	2022	2023
Gilboa	2	Apr. 1-2	Mar. 17-18
Boras	2	Apr. 23-24	Apr. 22-23
Blankenberge	2	Apr. 30 - May 1	May 6-7
Wellingborough	2	May 14-15	May 13-14
Bern	2	May 28-29	June 10-11
Chantonnay	4	May 26-29	May 18-21
Diekirch	2	June 11-12	June 3-4
Viborg	2	June 25-26	June 24-25
Castlebar	4	June 30 - July 3	June 29 - July 2
Nijmegen	4	July 19-22	July 18-21
Kaunas	2	Aug. 6-7	X
Vaasa	3	Aug. 12-14	Aug. 11-13
Verdal	2	Aug. 27-28	Aug. 26-27
Arenzano	2	Sept. 10-11	Sept. 9-10
Seefeld	3	Sept. 16-18	Sept 15-17
Brno	2	Sept. 24-25	Sept. 23-24
Fulda	2	Oct. 1-2	Sept. 30 - Oct. 1
Marbella	4	Oct. 6-9	Oct. 5-8

PAN PACIFIC REGION

CITY	DAYS	2022	2023
San Antonio, TX	2	Feb. 19-20	Feb. 25-26
Rotorua	2	Mar. 19-20	Mar. 18-19
Canberra	2	Mar. 26-27	Mar. 25-26
Yatsushiro	3	X	Mar. 3-5
Dalian	2	May 14-15	May 20-21
Beijing	2	Sept. 10-11	X
Arlington, VA	2	Oct. 15-16	Oct. 21-22
Won-Ju	2	Oct. 29-30	Oct. 28-29
Higashimatsuyama	3	Nov. 4-6	Nov. 3-5
Taipei	2	Nov. 12-13	Nov. 11-12
Jogjakarta	2	Nov 19-20	Nov. 18-19

IML & IVV 2022

IML Bern 🇨🇭
 IML Verdalsøra 🇳🇴
 IML Arlington, VA 🇺🇸
 IVV Schweix 🇩🇪 June 4-5 2022

Europiad Strasbourg 🇫🇷 & Kehl 🇩🇪
 Aug. 25-28, 2022

Olympiad San Antonio, TX 🇺🇸
 Feb. 19-23, 2023 (Directly followed by IML)

AVA DISCLAIMER: The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property.

IML DISCLAIMER: USFWF and its sponsors are not liable for accidents, injury, thefts, and/or material damage. Every reasonable effort will be made by the host and sponsors to make these walks safe, enjoyable and memorable. This is not a charity walk.

21st Annual US FreedomWalk Festival

14 - 16 October 2022

— An International Walking Experience —

Arlington, Virginia USA

3 days of Fun, Fitness, and International Friendships.

Come walk with us for a world class walking adventure alongside walkers from around the world!

www.USFreedomWalk.org



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Walk for the FreedomWalk Medal

- IML Trails from 6 to 14 miles (10 to 22 kilometers)
- AVA/IVV Welcome Walk 3 or 6 Miles (5, 10 Kilometers)
- One Bike Event

Can't Travel to the event? You can now participate virtually!
 Check our website for info.

www.USFreedomWalk.org



REGISTRATION: US FREEDOM WALK FESTIVAL 2022

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

EMAIL _____

PHONE _____

WHICH EVENT WILL YOU BE PARTICIPATING IN?

Friday's Walk is IVV credit only. Saturday & Sunday walks include both IVV credit and IML credit.

- Welcome Walk 10/5k | Friday 14 Oct. 22 (IVV Credit Only) \$3
- Welcome Walk | Friday 14 Oct. 22 (IVV Credit & A Award) \$8
- 12/21k | Saturday 15 Oct. 22 \$15
- 12/21k | Sunday 16 Oct. 22 \$15
- Bike Event 13/30 (IVV Credit Only - # of days X \$3) \$3
- Pasta dinner, Saturday 15 October \$25

TOTAL: _____

T-Shirt: S-XL \$15 | XXL \$17 | XXXL \$20

Polo: S-XL \$30 | XXL-XXXL \$35

Distances in kilometers (+/-) plan to walk for IML Events (Please Circle):

Friday:	5	10
Saturday:	12	21
Sunday:	12	21

How many times have you walked this event? _____

To Register visit:

www.active.com/arlington-va/walking/21st-us-freedom-walk-festival-2022, or by mail or event weekend (price increase event weekend).

Make check payable in US\$ to
US FreedomWalk Festival

Mail by 1 October 2022 to
US FreedomWalk Festival
PO Box 17208
Arlington, VA 22216 U.S.A.

GROUPS contact the organizers for special group registration procedures.

Fees increase \$5 on day of event (N/A IVV Credit Only Events).

VOLKSMARCHING

This non-competitive walking sport event is called **volksmarching**. It is a walk for fitness, fun, and fellowship ... with the chance to learn something about the US and about other walkers from around the world.

TRAILS: Each day features different trails and actual distances may vary.

WELCOME WALK AVA/IVV 5/10 km (3/6 miles) Come experience Arlington, Virginia hospitality with a Welcome Walk west of the Potomac River. Arlington is a Gold Level Walk Friendly Community (121023-22).

SATURDAY'S IML 12/21 km (6 /12 mile) walk explores Washington, DC. Distance required by IML is aged based (121024-22).

SUNDAY'S IML 12/21km (6/12 mile) walk through local neighborhoods and parks. Distance required by IML is aged based (121025-22)

All trails are primarily on sidewalks with occasional natural surfaces, which may be difficult for strollers and wheelchairs. Trail ratings range from 1A-3C, depending on the day and distance walked.

BIKE: IVV credit only \$3.00 13k/25k+ will be on the Washington & Old Dominion Bike Trail. Bikes available for rent at nearby Capital Bikeshare stations. (121027)

SPECIAL PROGRAMS: Airports - Celebrating American Flight, Border Crossings, Little Free Libraries, Rockin' Around the Clock, Walking with America's Veterans, Walking the USA A - Z.

STIPULATIONS

- Everyone is welcome! Food available at establishments along the routes.
- Restrooms at start and at or near control points.
- For your safety, carry only unit flags or flags of your country, state, or city. Please no political signs or banners at this event.
- Children under 16 must be accompanied by an adult.
- Pets welcome, on a leash, but not in buildings. Poop & Scoop.
- Some trails wheelchair and stroller accessible.
- Event will be held regardless of conditions unless safety is threatened by dangerous weather or a national emergency.
- Everyone must sign an athletic waiver.
- No littering — ever.
- Refunds are not available.
- This event is sanctioned by the American Volkssport Association (AVA), the International Federation of Popular Sports (IVV) ® and the IML Walking Association.

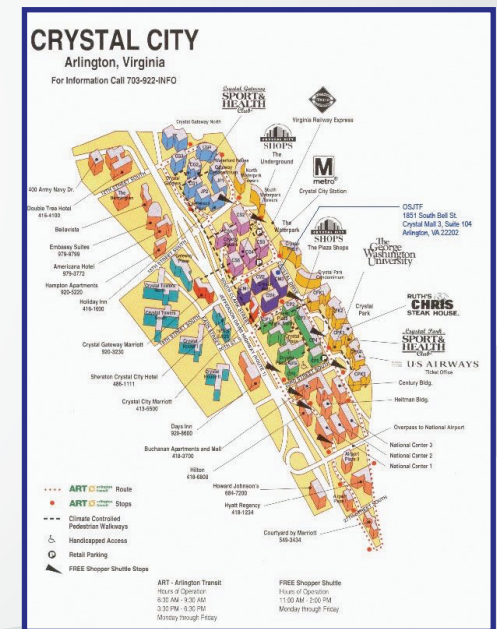
LOCATION: All walks begin and end at the official event hotel: Hilton Garden Inn Reagan National Airport, 2020 Richmond Hwy, Arlington, VA 22202 (38.854520,-77.052800). The hotel is located .3 of a mile from the Crystal City Metro station which is part of the Washington Metro-rail system (www.wmata.com). The hotel has paid parking and there is paid parking available on the local streets.

The hotel has a block of rooms available for weekend (Monday - Monday) special rates available \$149 plus tax per night; Make your reservations at the following phone number: (703) 892-1050, or online at: www.hilton.com/en/attend-my-event/dcaccgi-usf-9822ee76-a3f5-4c97-820f-e03ef3ccf1f2

The Crystal City Metro is the best way to get to this event. There is not a parking fee at Metro commuter lots. If you plan to drive know that traffic and parking can be a problem. Please arrive early and pay attention to parking restrictions on meters.

WALKING DIRECTIONS: Head South turn right on 18th St., left on S Eads St., left on 20th St., right on Route 1. Start will be on your Right.

DRIVING DIRECTIONS: From I-95 in Virginia, Take I-95 to I-395 N, Exit 8C (for Crystal City). At 5th light turn right onto S Eads St. Make left at 20th St and right at 1st light (Route 1).



POINT OF CONTACT:

Dolores
(703) 209-0174
info@USFreedomWalk.org
www.usfreedomwalk.org

www.walkvirginia.org

www.ava.org
Register by mail,
or at the door

WALK RAIN or SHINE!
All ages and abilities



ONLINE