

Occoquan Park Volksmarch



Saturday April 9th 2022

Starting in Lorton, VA



What: Walk 5 or 10 Kilometers (3 or 6 miles)

Where: 9751 Ox Road in Lorton, Virginia

When: Start between 9 am to noon, finish by 3 pm

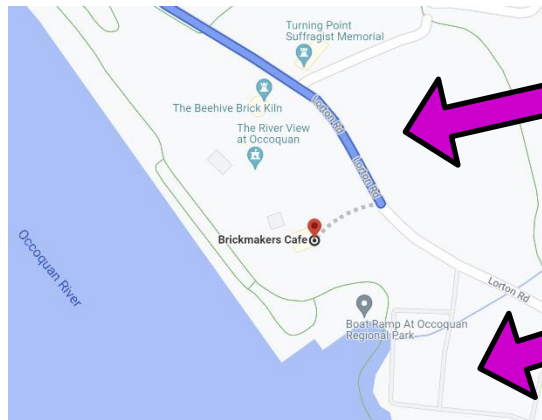
Who: Hosted by Northern Virginia Volksmarchers Club

Why: *“Walking for Fun, Fitness and Friendship”*



This walk #AT 121252 - 2022 is sanctioned by the American Volkssport Association (AVA) a member of the International Federation of Popular Sports (IVV) and counts towards the acquisition of IVV achievement awards.

Volksmarches on April 9th 2022



Parking: Lots across from the River View Events Venue, Brickmakers Café, and boat ramp

Trail: Paved paths, sidewalks and natural-surfaces. The Turning Point Suffragist Memorial is featured on both routes. The 5 km has a few small hills but is suitable for strollers and wheelchairs (AVA rating 1A) 10 km route includes one long hill to Workhouse Arts Center (2A).

Directions: Interstate 95 to Exit #160, North on VA-123 (Ox Road) toward Occoquan. After 1.9 miles, turn right into Occoquan Regional Park, 1 mile to parking (GPS 38.681483458686 N, -77.252250462860 W).

Restrooms and water: Available at the starting/finish point.

Pets: Welcome outdoors if leashed and cleaned up after.

Food: Brickmakers Café is adjacent to the start/finish point.

Participation: Everyone is welcome and event will be held in most weather conditions. An adult must accompany children under 12.

Fees: No charge or preregistration. AVA credit is \$3. No refunds.

Award: No unique award was created for this walk but awards from previous events hosted by NVV will be available for a nominal cost.

Disclaimer: The AVA or its subsidiary clubs are not responsible for theft or belongings/property loss. Participants sign waiver at start.

Contact: Lois Hite at hitelccpa@gmail.com or (703) 400-5777

More Walks: NorthernVirginiaVolksmarchers.club or www.ava.org