

DIRECTIONS:

July 9

Summer Walk in Maple Lawn

Sidamo Coffee

8180 Maple Lawn Blvd,
Fulton, MD 20759



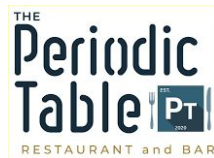
From I95, take MD-216 W; cross US-29.
From US-29, take Exit MD-216W.
At the traffic circle, take exit on MD-216 W.
At the traffic circle, take the 1st exit onto
Maple Lawn Blvd.
Turn left onto E Market Pl. Turn left. Turn
left to Sidamo Coffee.

August 6

Summer Walk in Long Reach / Red Branch

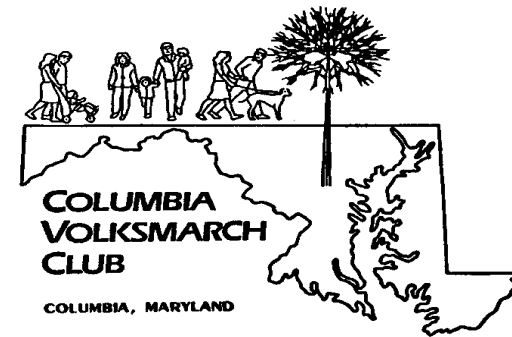
The Periodic Table Restaurant

8808 Centre Park Dr,
Columbia, MD 21045



From I-95
take MD-100 W to MD-104 W/Waterloo Rd Ellicott City.
At the traffic circle, take the 3rd exit onto MD-104 W/Waterloo
Rd
Turn right onto Old Annapolis Rd
Turn right onto Centre Park Dr
Turn right
Periodic Table will be on the right.

From I70 and US-29
Take US-29 South
Take exit 22 on the left for MD-100 E toward Glen Burnie
Take exit 1C for Centre Park Drive
Periodic Table will be on the right.



AVA-264

Presents Two Saturday Morning



In Columbia, Howard County, Maryland

July 9 Maple Lawn

AT2022/ 121551; Two 5 km trails; Trail Rating 2A

August 6 Long Reach / Red Branch

AT2022/ 121552; Two 5 km trails; Trail Rating 2A



SPONSORED BY: The Columbia Volksmarch Club (AVA 264).



A proud member of the
**MARYLAND VOLKSSPORT
ASSOCIATION**

SANCTIONED BY: The American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV), promoting leisure sports in the interest of family health, recreation, fun and companionship.

COURSE DESCRIPTIONS: There is one event for each walk: Each will have a 5 km and 10 km option.

- **July 9:** There will be two (2) 5 km options on sidewalks and paved paths in Howard County's Maple Lawn. Trails will go through commercial and residential areas as well as schools. Strollers should have little difficulty. TR 2A.
- **August 6:** Trails will be on sidewalks and asphalt paths. The 5km trail will go around Jackson Pond in the Long Reach Village of Columbia. The 10km will continue through Thunder Hill to the new Howard County Court House (formerly Bendix) and paths in the Red Branch light industrial area. Strollers should have little difficulty. TR 2A.

PROCEDURE: Each participant will be issued a start card. It must be carried on the walk and presented for validation at each checkpoint. Only one start card will be validated per participant. Start cards must be turned in at the Finish Table after completing the event. Only those participants with a properly validated start card will be eligible for IVV credit. The trail may be walked two times per start card on the same day at no additional cost.

AMENITIES: Restrooms will be located at or near the start points. Water will not be available.

PARTICIPATION FEES:

- The participation fee for IVV Credit Only is \$3. (Maximum \$10 for families with minor children living together).
- *There is no fee to walk the trail without receiving the IVV credit.*

START/FINISH (see directions on back cover):

- **Saturday July 9 Sidamo Coffee**
8180 Maple Lawn Blvd, Fulton, MD 20759.
Trail Distances: Two (2) 5 kms; Trail Rating 2A
Start anytime from 7:30 a.m. to 9:00 a.m.; finish by Noon.
- **Saturday August 6: Periodic Table Restaurant**
8808 Centre Park Dr, Columbia, MD 21045
Trail Distances: Two (2) 5 kms; Trail Rating 2A
Start anytime from 7:30 a.m. to 9:00 a.m.; finish by Noon.

CONDITIONS: The events are open to all. The events will be held during all reasonable weather conditions, including rain. Littering along the trails is prohibited. Dogs are permitted on the trail but not inside buildings.

DISCLAIMER: Neither the Columbia Volksmarch Club, Sidamo Coffee nor Periodic Table Restaurant shall be liable for accidents, theft, or material damage. Every reasonable effort will be made to make these safe, enjoyable, and memorable events.

INFORMATION: call (410) 290-6510 or
e-mail johndye@comcast.net
CVC Web Page: <http://www.mdvolks.org/CVC/>

New Walker Packets and record books will be available for sale.

Our Seven **Year Round Events** are open dawn to dusk.
All have Physical Start Box (PSB) and Online Start Box (OSB)

From French Twist Cafe
Historic Sykesville

From Roger Carter Center
Two events: Ellicott City/Oella & Centennial Lake

From Feet First Wilde Lake Village Center
Wilde Lake Village
Columbia Mall Walk indoor and outdoor alternative.

From McDonalds in Kings Contrivance
Two events: Kings Contrivance / Patuxent Branch Trail and Lake
Elkhorn