

**Note: On Saturday, the normal route into Rehoboth Beach from Rte.1 (A1 – Rehoboth Ave.) will be closed so the following directions are for an alternate route to the Start/Finish.**

**From the North:** Going southbound on Del. Rt. 1 from Lewes, DE, stay on DE-1 to Church Street at YMCA. On DE-1 at Tangier Outlets move to the **Center** lane. The Left lane will turn left at DE-1A/DE-1 Alt/ Rehoboth Ave. Continue on Del Rt 1 pass DE-1A/DE-1 Rehoboth Ave to the next left turn onto Church Street. Turn **Left** into YMCA parking lot, 20080 Church St, Rehoboth Beach.

**From the South:** (Ocean City). Drive north on Del-1 towards Rehoboth Beach, DE. North of Dewey Beach bear **Left** and continue north over canal. On DE-1, just pass Rehoboth Beach Barbell Club make **Right** onto Church St. Approximately, 200 ft on **Left** YMCA.

**From the West (Balt/Wash):** Travel over the Chesapeake Bay Bridge to the Md. 50/301 split. Follow Md. Rt. 50 (towards Salisbury, MD). At the intersection with Md. DE- 404 turn left (east) continuing on 404 to Georgetown, DE. At the Traffic Circle in Georgetown, turn onto DE- 9. This will take you to the intersection with DE- 1 at Lewes. Turn right (south) towards Rehoboth Beach, and follow directions above.

LOCATION: Rehoboth Beach Delaware is located on the Atlantic Ocean, about 43 miles South of Dover, DE and 20 miles North of Ocean City, MD, just off DE- 1.



Come Walk with us !!



# FIRST STATE WEBFOOTERS WALKING CLUB AVA-065

## 32<sup>nd</sup> SEA WITCH & FIDDLER'S FESTIVAL

**Triathlon Event**

**5K / 10K Walk Event**

+

**10.6K, 11.6K, 21K, 22K, 31.6K & 43.6**

**Bike Event**

+

**Swim Event – 300 meter swim**

**11am to 1:45 pm**

**Rehoboth Beach, Delaware**

**October 29, 2022**

**(Team up with Freestate Happy Wanderers for October 30<sup>th</sup> head a short distance to Ocean City, Maryland – Broadwalk on Atlantic Ocean, OC Convention Center, 4001 Coastal Hwy- contact Karen Kaufman 302-233-6615)**



**AMERICA'S  
WALKING CLUB**  
— ESTABLISHED 1976 —

**SANCTIONED EVENT**  
Eligible for credit towards IVV Achievement Awards



**START/FINISH:** The walk, swim and bike ride will start at Sussex Family YMCA, 20080 Church Street, Rehoboth Beach, DE 19971

**TIMES: Saturday:** START walk and bike any time between 8:00 a.m. and 12:00 p.m. and FINISH by 2:00 p.m. Swim, 300 meter swim event, photo ID is required to enter bldg. YMCA has dedicated two swim lanes for the swim event from 11 am to 1:45 pm.

**DISTANCE/RATING:** 5k (3.1 miles) & 10k (6.2 miles) walk events – AVA Trail Rating 1A (meaning, no significant difficulty and is stroller and wheelchair friendly). All bike events – AVA Trail Rating 2B (route on pavement or trails with portion on crushed stone). Pets are **NOT allowed on the beach, and leash and scooper laws are enforced.**

**THEME: Sea Witch Festival, Boardwalk and Atlantic Ocean, shopping, brewing and eats. T-shirts, patches, pins and event/distance books for sale.**

**SPECIAL PROGRAMS:** Rockin Around the Clock, Walking the USA A-Z, Take a Walk in a City Park (2022), and Walking with American Veterans.

**ELIGIBILITY:** “EVERYONE IS WELCOME to walk, jog or run the walking trail at your own pace.” IVV CREDIT must be purchased and a fee is assessed for non-IVV participants as well. Children under 12 must be accompanied by an adult.

**CONDITIONS:** “The events will be held in all weather conditions unless determined unsafe.” Pets must be kept on a leash at all times. NO LITTERING. Restrooms & water available at the YMCA and at the checkpoint.

**REGISTRATION:** The fee is \$3.00 for both IVV CREDIT and for non-IVV participants. Children under 12 not wishing IVV credit may walk free.

**DISCLAIMER/PROCEDURE:** The American Volkssporting Association (AVA) or its’ subsidiary clubs are not responsible for theft or loss of personal belongings or property. This policy requires every participant to register AND sign the AVA Waiver and Release of Liability Form, and carry a Start Card. At the Start Point after registering each participant will be given a numbered Start Card which will be validated at control points along the trail. Validated Start Cards are turned in and Distance and/or Event books are stamped for official credit. “The trail may be walked or ridden (bike) a second time on the same day using the same Start Card, at no additional charge, for distance credit only.”

**REFRESHMENTS:** “Candy, water and other refreshment will be made available at the start/finish.” Snacks and homemade baked goods available for a donation. .

**\*\*\*\* 4 NEAR BY YEAR ROUND \*\*\*\***

**AT 2022/Y0741**

**Rehoboth Beach, Delaware**

Start/Finish Point: Sussex Family YMCA, 20080 Church Street

**AT 2022/Y2656 BIKE EVENT**

**Rehoboth Beach, Delaware**

Start/Finish Point: Sussex Family YMCA, 20080 Church Street

**AT 2022/Y1426**

**Lewes, Delaware**

Start/Finish Point: Lemon Tree Restaurant, 416 E. Savannah Road

**AT 2022/Y1361**

**Bethany Beach, Delaware**

Start/Finish point: Holiday Inn Express, 39642 Jefferson Bridge Rd

**FOR ADDITIONAL INFORMATION, PLEASE CONTACT POCS:**

**Walk: Tom Sunde voice message 302-382-0083 or E-mail: [tcsunde@verizon.net](mailto:tcsunde@verizon.net),**

**Walk/Bike/Swim: Karen Kaufman at (302) 233-6615 or E-mail: [karen@dekrittersitter.com](mailto:karen@dekrittersitter.com)**

**Website: [www.MDVolks.org/FSW](http://www.MDVolks.org/FSW)**

**AVA Website: [www.AVA.ORG](http://www.AVA.ORG)**

**This event is sanctioned by the American Volkssporting Association (AVA), a member of the International Federation of Popular Sports (IVV). This event counts towards the acquisition of IVV Achievement Awards.**

*Thanks for walking with WEBBY*

