

DIRECTIONS

FROM HARRISBURG:

Take I-83S to Exit 22 (N George St/I-83 Bus/PA-181) towards US-30W. Turn right onto N George St/PA-181 for ½ mile to US-30W. Turn right onto US-30W. Continue west approximately 2 miles on US-30 to Kenneth Rd, where you will turn right. *Then turn left onto Loucks Rd. The Club is about ½ block ahead on the right, at 1785 Loucks Rd. Look for the signs and the AVA banner.*

FROM LANCASTER:

Take US-30W to Kenneth Rd. *Continue as above.*

FROM MARYLAND:

Take I-83N to Exit 21B, US-30W. Merge onto US-30W. Go to Kenneth Rd. *Continue as above.*

FROM GETTYSBURG:

Take US-30E to Kenneth Rd. Turn left onto Kenneth Rd. *Continue as above.*



YORK WHITE ROSE WANDERERS

INVITE YOU TO OUR

YORK TOWNE WALK & SWIM

SATURDAY, MAY 18, 2024

AT

THE ATHLETIC CLUB OF YORK

1785 LOUCKS RD, YORK COUNTY, PENNSYLVANIA

10K and 5K Trails, Trail Rating 1A

AVA Walk No 126855, Swim No 126854



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

SANCTIONED BY: This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). See the AVA website at: <https://my.ava.org/event-view.php?sn=126855> (walk); <https://my.ava.org/event-view.php?sn=126854> (swim).

DATE: Saturday, May 18, 2024. If bad weather, see links above re new date, if available.

START AREA: The Athletic Club of York, 1785 Loucks Rd, York PA 17408. (See directions and map.)

START/FINISH TIMES:

Walk: 8:30 a.m. to 12:00 noon; finish by 3:00 p.m.

Swim: 10:30 a.m. to 1:00 p.m.; finish by 2:30 p.m.

PROCEDURE: AVA policy requires that every participant, fee-paying or non-fee, must sign an insurance waiver and obtain a numbered start card, which is stamped at control points along the course. At the Finish, the validated card is turned in and IVV books are stamped for official credit if the credit fee has been paid. The trail may be walked a second time on the same day using the same start card at no additional cost.

ELIGIBILITY: Everyone is welcome to participate. Children 12 and under must be accompanied by an adult. Walk at your own pace.

FEES and CREDIT: This event is FREE to those who wish to participate without IVV credit. The IVV credit fee is \$4 — no refunds will be given. New Walker packets (a \$30+ value) will be available at \$10 each for those wishing to begin walking for credit. All swimmers must pay an additional \$10 for use of the pool.

AWARD: This event counts towards the acquisition of IVV Achievement Awards, but there is no special award for this event — IVV credit only.

DISCLAIMER: The American Volkssport Association and its subsidiary clubs are not responsible for theft or loss of personal belongings or property. Reasonable efforts will be made by the sponsors to make this a safe, enjoyable and memorable event.

PARKING: Available at the Start Area.

REFRESHMENTS AND RESTROOMS: Water will be available at the Start/Finish and Check Points. Restrooms are available at the Start and a few places along the trail.

COMMENTS: The Athletic Club of York offers "Fitness for the Whole Family." Equipment, classes, and pool locker room are just some of the amenities. Senior Medicare memberships are FREE. These include all healthcare plans under the Silver Sneakers and Silver & Fit umbrellas. Call the Athletic Club at [717-764-8536](tel:717-764-8536) for more info. Their website address is <https://www.TheAthleticClubOfYork.com/>.

TRAIL DESCRIPTION: The walks go along the UPMC Memorial nature trail and through an adjacent West York neighborhood, including Normandie Ridge, mostly on sidewalks and along the road. Nearby eateries are Buffalo Wild Wings, Olive Garden, Outback Steakhouse, Lyndon Diner, Quaker Steak, Masa Bistro, MOD Pizza, Jersey Mike's, Starbucks, and Jumbo Chinese Restaurant.

SWIM EVENT: Swimmers should bring a swimsuit, goggles, and towel. The Athletic Club will provide a locker with a lock.

INFORMATION: For further information contact Julie Geyer at [717-451-0709](tel:717-451-0709) or juliegeyer7644@gmail.com.

YORK WHITE ROSE WANDERER EVENTS: Check our website <https://sites.google.com/site/YorkWhiteRoseWanderers/> for other events this year in York, Hanover, Gettysburg, Dillsburg, and Bedford PA, as well as Thurmont MD. New events are added to the website when scheduled.