

DIRECTIONS:

Spring Grove Alumni Museum

Garrett Bldg, 55 Wade Ave, Catonsville, Md 21228

From the Northern Baltimore Area:

Follow the Baltimore Beltway, I-695, South and West to Exit 13, Frederick Road. At the end of the exit ramp, turn right onto Frederick Road and take an immediate left onto Wade Avenue.

From Columbia and points South:

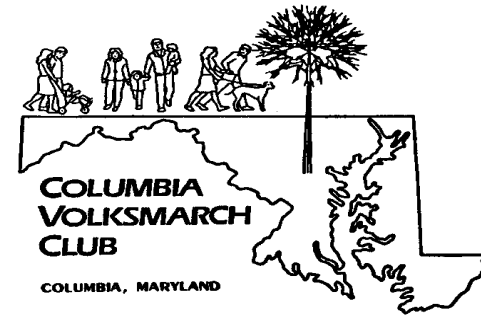
Take I-95 North to the Baltimore Beltway, I-695, exit left toward Towson. Keep right and take Exit 13, Frederick Rd. At the end of the exit ramp, turn left onto Frederick Road. Keep right when crossing the bridge then take an immediate left onto Wade Ave.

All ** Follow Wade Ave straight into the hospital campus. At stop sign at Elm St, Turn right. The Garrett Bldg is on your left.

Parking: Turn at second left and park in marked spaces or in the parking lot behind the Garrett Bldg. Parking is also available on Elm St.



Spring Grove Alumni Museum maintains and promotes the history of Spring Grove Hospital by bridging the gap between past and present. The museum will be open during the event.



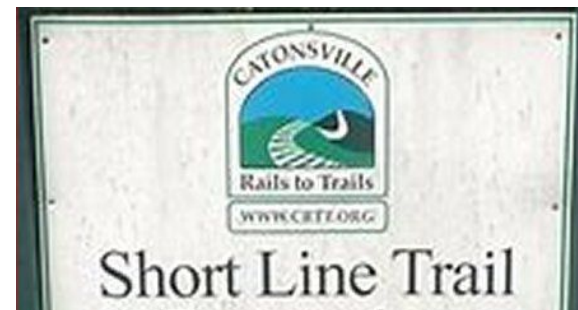
AVA-264

Presents a Saturday Morning Walk

In Catonsville, Baltimore County, Maryland

October 12

Spring Grove / Short Line Trail



AT2024/ 127000; 10km / 7km / 6 km / 5km 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 the walk: It will have trail options of 10km, 7km, 6km and 5km. Trails will be on sidewalks, asphalt pathways and the hard surface rails to trails. Because of stairs on the 10km and 5km trails, the trail is not suitable for Wheelchairs and strollers. Trail Rating 2A.

The 5km trail goes through parts of Spring Grove Hospital Center, parts of Downtown Catonsville including the Short Line Trail and the Spring Grove portion of the Short Line Trail.

The 6km trail goes through parts of Spring Grove Hospital Center, inside the beltway through parts of residential Catonsville and the Short Line Trail.

The 7km trail continues on the Short Line Trail to the Baltimore National Memorial Cemetery overlook.

The 10km trail includes all of the above and covers the entire Short Line Trail.

PROCEDURE: Each participant will be issued a start card. It must be carried on the walk and presented for validation at each checkpoint if any. 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.

REFRESHMENTS: Restrooms will be located at the start point. Water will not be available on the trail.

START/FINISH (see directions on back cover):

Spring Grove Alumni Museum

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Start anytime from 8:00 a.m. to 10:00 a.m.; finish by 1:00 p.m.

CONDITIONS: The event is open to all. The event will be held during all reasonable weather conditions, including rain. Littering along the trails is prohibited. Dogs are permitted on the trail.

DISCLAIMER: Neither the Columbia Volksmarch Club nor the Spring Grove Hospital Center shall be liable for accidents, theft, or material damage. Every reasonable effort will be made to make these safe, enjoyable, and memorable events.

PARTICIPATION FEES:

- The participation fee for IVV Credit Only is \$4. (maximum \$10 for families with minor children living together).
- *The Columbia Volksmarch Club charges no fee to walk the trail without receiving the IVV credit.*

NEW WALKER PACKETS offering AVA record books, and 3 free walk credits will be available for \$5. Ask about them.

INFORMATION: call (443) 612-9956 or
e-mail pdl40zb@gmail.com

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.
Lake Elkhorn
Fulton – Maple Lawn