

**SANCTION:** This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). This event counts for acquisition of IVV achievement awards. Event number AT 21-Y1020.

**SPONSOR:** Virginia Vagabonds (AVA 365)

**START POINT:** Hampton Inn, 1 Virginia Street West, Charleston, West Virginia 25302. GPS Coordinates: N38° 21.368', W081° 38.6459'

**DISTANCE:** There is a 5-kilometer (3.1 mile) and a 10-kilometer (6.2 mile) trail.

**START AND FINISH TIMES:** The Inn reception desk is open 24 hours a day. Walk during daylight hours only.

**ELIGIBILITY:** Everyone! Children under 12 must be accompanied by an adult. Groups are welcome.

**FEES:** . Credit Only Fee: \$3.00. There is no fee just to participate, but you must carry a start card. Please pay by check. There will be no refund of any monies paid.

**IVV CREDIT:** The event stamp may be entered into your IVV Event Book for the trail each day you walk the event. You may participate for DISTANCE credit without limit. The 10-kilometer trail may be completed no more than twice on the same day on one start card at no additional fee. All participants of IVV events are reminded to bring their IVV books to this event.

**COURSE DESCRIPTION:** Trail Rating is 1A. The walk takes you along the riverwalk beside the Kanawha River, around the State Capitol complex. During the week it may be possible to tour the Capitol building, but this is not part of the walk. You

will go by several murals along the trail. The website for Charleston is: <http://www.cityofcharleston.org/>.

**CONDITIONS:** Pets are permitted; however, they must be on a 6-foot leash. No pets will be allowed in the start point. Water and restrooms are available at the start point. There is limited water available along the trail, so you should carry water with you. Litter must be deposited in designated containers. The trail is suitable for wheelchairs, strollers, and wagons.

**FOR FURTHER INFORMATION:** Please call Annette Tollett at 757-814-1417, email [ahtollett3@gmail.com](mailto:ahtollett3@gmail.com). Information about volksmarching and location of events is available at <https://my.ava.org/find-an-event.php>

**SPECIAL PROGRAMS:** Mayflower - 400th Anniversary Walk, Rockin' Round the Clock, State Capital, Walking the USA A-Z, Walking with America's Veterans

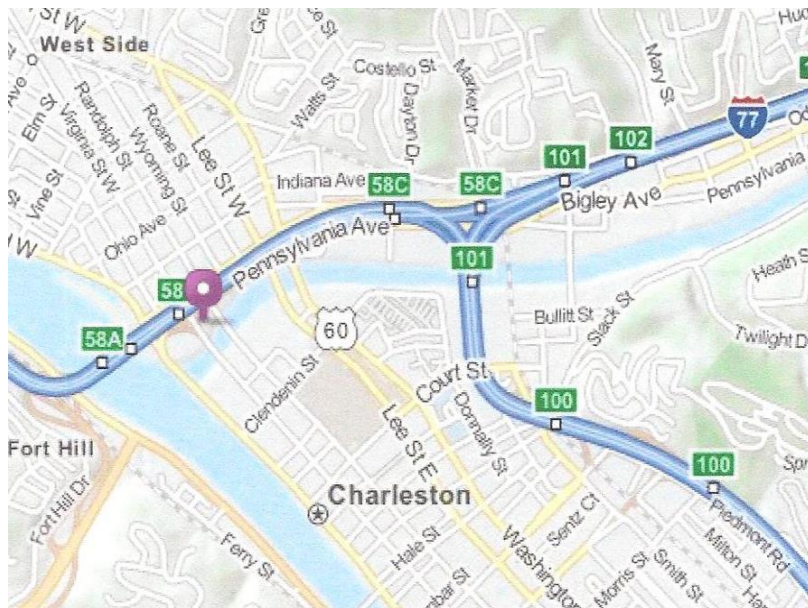
**DISCLAIMER OF LIABILITY:** The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property. All participants must sign a waiver.

### **WHAT IS A VOLKSMARCH?**

A non-competitive outdoor event where a participant follows a marked trail at his/her own pace, stopping at points for a "control stamp", rest, and refreshments. Volksmarches are aimed at getting all people, regardless of age, out-of-doors to exercise non-competitively. Many senior citizens participate regularly. Many parents bring their children with them, carrying infants (or use strollers or wagons where the terrain allows). More information about volksmarching and location of events is available at <https://my.ava.org/find-an-event.php>

**EVERYONE IS A WINNER!** When awards are available, each participant who purchases a start card and pays the award fee receives an attractive commemorative award upon completion of the trail. Participants may enroll in the international (IVV) awards program by purchasing the proper record books (event, distance, or both). Completing all or part of the trail entitles the participant to a certification stamp for the record books. Upon completion of a record book, the owner receives a certificate, a hatpin, and a patch, in recognition of reaching a certain milestone.

**DIRECTIONS:** From Eastbound I-64/I-77 take Exit 58-B/Virginia Street exit. The Hampton Inn is at the bottom of the ramp. From Westbound I-64/I-77 take exit 58-C. Move to the center of the three lanes. Go through the first stop light. At the second stop light be prepared to move to the left lane. At the third stop light turn Left on Virginia Street. Go under the interstate and the Hampton Inn is on your left. Park in their parking lot.



# VIRGINIA VAGABONDS CHARLESTON, WV YEAR ROUND WALK JANUARY 16 THRU DECEMBER 31, 2021

**CREDIT ONLY**

**5 AND 10 KILOMETERS**

