

WHAT IS VOLKSMARCHING?

Volksmarch is a term that comes from Germany. It means "a walk of people," and that's just what it is--an organized walk that can appeal to all ages. It first appeared in the United States in 1976 as American Volkssport Association (AVA). A volksmarch is non-competitive and everyone who completes the event is a winner. You can walk by yourself, or you may walk with family members or friends. Participants walk at their pace. Groups of walkers are welcomed.

Volksmarches (events) are organized by local clubs. Volksmarch events are offered throughout the year, all around the country. These walks are called "Year-Round Event" (YRE). These walks are suited for personal schedules by individuals or groups. There are many Volksmarches that are weekend events on a Saturday and/or Sunday. Some volksmarch events are evening events during the summer. Some are during holiday seasons or during certain times of the year (Seasonal). The trails are laid out and marked or/and written directions/maps are provided.

To participate in a volksmarch, a walker goes to the start point location, signs up for a walk and receives a start card and walk instructions. If it is a YRE there will be a file box inside a start location. You may ask staff at the establishment to help locate the "Volksmarch Box" or "Walk Box". Trails to choose from are usually 10 kilometers (6.2 miles) or 5 kilometers (3.1 miles). Trails are rated based upon the challenge of the trail. At the end of the walk, return to the start point location to complete the remaining steps.

Almost all events are free. Each participant who completes the trail may purchase an award, if available. Participants may enroll in the IVV Achievement Awards Programs by purchasing an IVV Event or/and Distance book. The books cost \$6 each and upon completion of a book a certificate, hatpin and patch are awarded. Upon completion of a walk a unique event stamp is used to stamp each book. There is no time limit for completing the books. The books can be used worldwide.

Join us for a walk! For more information contact: **Mary Guarnieri** (804) 739-3319 or (443) 803-3456 or mtg1250@gmail.com

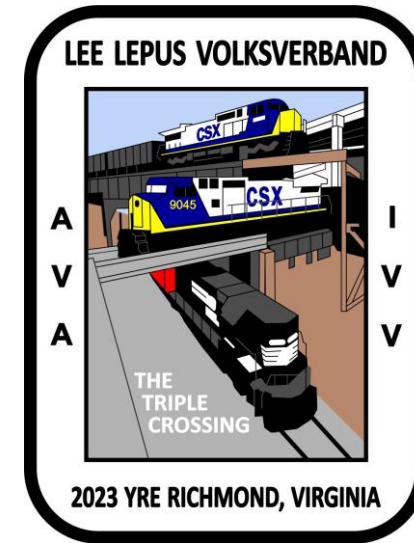
For information on other events go to www.ava.org

Virginia Volkssport Association (VVA)

Virginia is a wonderful place for all who love to walk! Join with walkers from the Commonwealth and around the world in the communities, parks, malls, and other walking venues throughout the state. Visit us at: <https://www.walkvirginia.org/> or on Facebook at: [WalkVirginia](https://www.facebook.com/WalkVirginia)

LEE LEPUS VOLKSVERBAND

YEAR-ROUND WALKING EVENTS JANUARY 5 - DECEMBER 31, 2023



The Capital Walk, Richmond, VA

122069 - 2023 / Y1536 - 5/10 KM - TRAIL RATING 3B

Historic Richmond Walk, Richmond, VA

122070 - 2023 / Y0591 - 5/10 KM - TRAIL RATING 2A

Maymont Park, Richmond, VA

122071 - 2023 / Y1282 - 5/10 KM - TRAIL RATING 3B

Lewis Ginter Botanical Garden, Henrico, VA

122067 - 2023 / Y2581 - 5/10 KM - TRAIL RATING 1A

Petersburg National Battlefield Park, VA

122068 - 2023 / Y2056 - 5/6/10/12 - TRAIL RATING 2B

Pocahontas State Park, Chesterfield County, VA

122065 - 2023 / Y1281 - 5/10 KM - TRAIL RATING 1B

Farmville, VA

122066 - 2023 / Y1575 - 5/10 KM - TRAIL RATING 2A



AMERICA'S
WALKING CLUB
ESTABLISHED 1974

SANCTIONED EVENT
Eligible for credit towards IVV Achievement Awards



GENERAL INFORMATION

IVV/AVA SANCTION: All events are sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV) and are open to the general public. These events count toward the acquisition of IVV Event and Distance Achievement Awards.

ELIGIBILITY: Everyone is welcome to participate. Children under 12 must be accompanied by an adult.

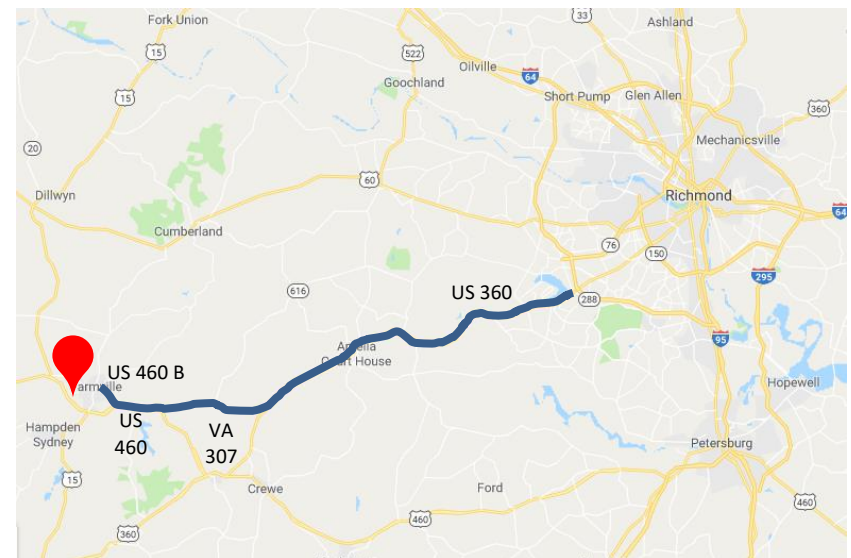
IVV RECORD BOOKS: The IVV issues awards for participants who complete a number of events and/or distances walked. The events are recorded in IVV achievement books (Event books and/or Distance books). The books cost \$6 each. Credit is given in each book by stamping the books as each event is completed. Insert pages are available if you forget to bring your books or completed books have not been replaced. Awards for completing the IVV books consist of a lapel pin, patch and certificate at each level.

REGISTRATION AND FEES: Registration fee for the IVV/AVA stamp is \$3 which gives credit in both books. The Capital Walk has an additional fee for the Award patch. There is no fee just to walk the trail; however, everyone must carry a start card and sign the waiver. The trail may be completed twice on the same day with no additional fee. You must pay the \$3 fee each day you walk.

CONDITIONS: With registration for these events, the participant accepts the AVA guidelines and agrees to observe the principles of good sportsmanship. All pets (where permitted) are to be kept on a leash (6 feet or less) at all times and owners are responsible for cleaning up after their pets. Litter must be deposited in designated containers. Please exercise care when crossing streets or walking on roads. Carry water regardless of weather conditions. Walk during daylight hours only.

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. Every reasonable effort has been expended by the sponsor to make these walks safe, educational and enjoyable.

FARMVILLE, VIRGINIA
GPS: N37.2986 W78.3935



Base map © Google Maps 2022

SPECIAL PROGRAMS

**PAR FOR THE COURSE
IVV-AMERICAS
WALKING THE USA A-Z (F – FARMVILLE)
PRINCE EDWARD COUNTY (VVA - VA COUNTIES)**



FARMVILLE, VIRGINIA
FIND THE LOVE IN FARMVILLE

GPS: N37.2986 W78.3935

EVENT: 122066 – 2023 / Y1575 5/10 KM Trail Rating 2A

START/FINISH: McDonalds Restaurant, 306 South Main Street, Farmville VA. Phone (434) 392-3406.

HOURS: 5 am – Midnight daily
 +. Walk during daylight hours. Closed on Christmas Day.

START FEE: Credit only is \$3. No refunds.

TRAIL DESCRIPTION: Rated 2A. **NEW TRAIL!** This walk takes you through the town of Farmville and the campus of Longwood University. The route is on paved surfaces except for some sections on the High Bridge Trail, which has a packed gravel surface. Both walks are suitable for strollers but there are some spots that may be difficult for wheelchairs.

CONDTIONS: Participants are requested to place all litter in proper receptacles. There is a restroom available at the start point. Carry water with you. **PETS MUST BE LEASHED!**

DIRECTIONS: **From: I-295, I-95 and I-64:** Take your favorite route to US 360 West approximately 31 miles to **right** on VA Rt 307 West (Farmville). Travel nine miles on VA Rt 307 which will end at US 460. Continue **right** on US 460 about 4 miles to US 460 Business (first Farmville Exit), this will place you on 3rd St. Continue about 2 miles to Main Street (US 15 Business) and turn **left** onto Main St. Travel about a quarter of a mile to McDonald's on the **left** (corner of Main and Putney Streets).

Those coming from the Portsmouth/Chesapeake/ Virginia Beach area will find traveling on US 460 to be a more direct route.

FOR FURTHER INFORMATION:

Gerry Germond (804) 744-4903
 Gin Armacost (703) 201-1987 or armacostg@cox.net

WHAT DO THE TRAIL RATINGS MEAN? Trails are rated for difficulty so you can more easily choose which one will suit your walking style.

	Part 1 – INCLINE/ELEVATION		Part 2 - TERRAIN
1	Very small hills or very little stair climbing.	A	Almost entirely on pavement.
2	Some moderate hills or stair climbing.	B	A significant part of the route is on well-groomed trails with very few obstacles.
3	Some significant hills or stair climbing.	C	A significant part of the route is on somewhat difficult terrain (rocky/rooted paths or soft sand.)
4	Lots of significant hills or stair climbing.	D	A significant part of the route is on very difficult terrain.
5	Many steep hills.	E	The majority of the route is on very difficult terrain.



In addition to the Year-Round Events described in this brochure, Lee Lepus Volksverband also conducts traditional hosted walking events on the second Saturday of April and October. Visit www.ava.org for more information.

THE CAPITAL WALK
FIND THE LOVE IN RICHMOND

GPS: N37.5268 W77.4431

EVENT: 122069 – 2023 / Y1536 5/10 KM Trail Rating 3B

START/FINISH: Legend Brewery: 321 W 7th St, Richmond, VA,
Phone: (804) 232-3446.

HOURS: Mon-Sat 11:30 am -11:00 pm; Sun 11:00 am -10:00 pm.
Closed on Thanksgiving, Christmas and Jan 1st-3rd. An orange/red start box is located on the restaurant veranda for early starters. The box contains trail directions and start cards. Finish box containing stamp is located inside restaurant, recommend you plan to complete the walk when the pub is open for business and prior to dusk.

TRAIL DESCRIPTION: Rated 3B. Visit downtown Richmond on city streets via the T. Tyler Potterfield Memorial Bridge crossing the James River. The 5/10 KM routes pass the State Capitol, Governor's Mansion, includes Brown's Island and the Canal Walk. The 10 KM also passes the Virginia War Memorial, Main Street Station, the Poe Museum, the Virginia Holocaust Museum, and goes along the top of the floodwall. Because Brown's Island is occasionally closed for special (paid) events, an alternate route is available. Stairs make these walks impossible for wheelchairs and difficult for strollers.

START FEE: "A-award" and credit is \$13. Credit only is \$3. No refunds.

AWARDS: As shown on the cover of this brochure, "The Triple Crossing" is featured on this year's A-award. There are 20 patches available and there will be no reorder. Size: 3 ¾" x 5".

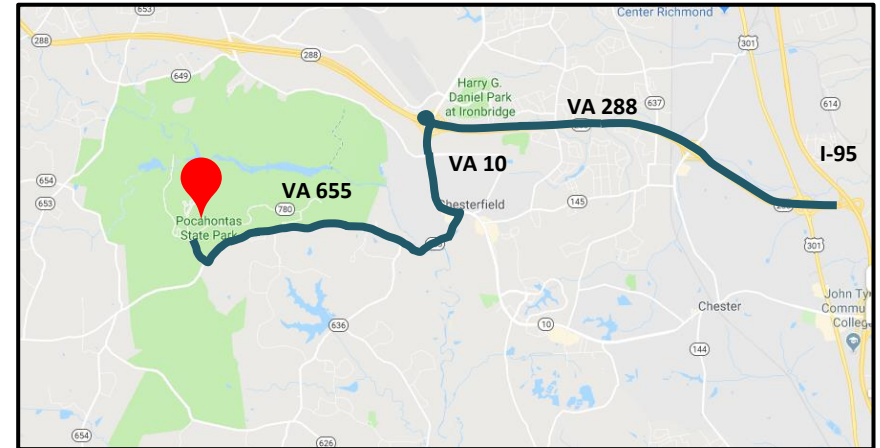
CONDITIONS: Pets are not allowed in the restaurant area (inside building and veranda area). Water and restrooms are available at the Start/Finish when the facility is open. Early participants may use restrooms in the nearby McDonalds at E. Commerce Rd. and Hull St. Businesses along the route can supply water or other refreshments.

DIRECTIONS: **From I-95: Exit 73** (Maury Street). Follow exit ramp, keep **left** to traffic circle, take **third exit** from circle onto Maury Street. At traffic light, turn **right** onto E. Commerce Rd. At the fourth traffic light, Bainbridge Street, turn **right**. Drive 1 block to 7th Street, turn **left**. Drive 2 ½ blocks to Legend Brewing which is on the **right**.

FOR FURTHER INFORMATION:

Chris Kelly (804) 909-4127 or ce_kelly@comcast.net

POCAHONTAS STATE PARK
GPS: N37.3662 W77.57374

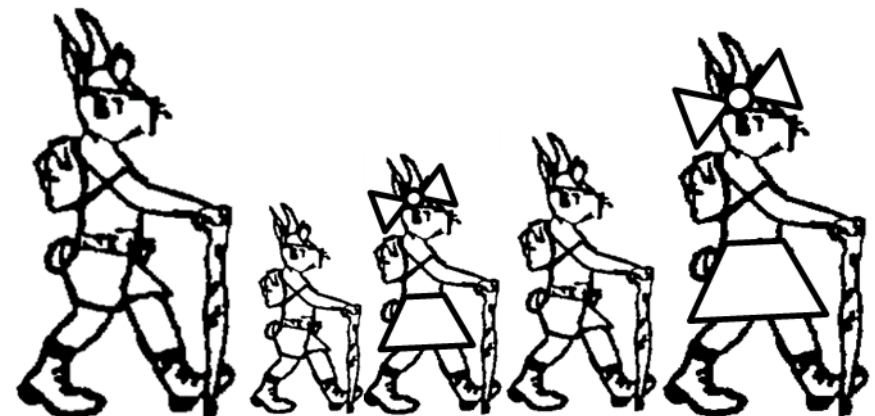


Base map © Google Maps 2022

SPECIAL PROGRAMS

IVV-AMERICAS

**WALKING THE USA A-Z (C – CHESTERFIELD)
CHESTERFIELD COUNTY (VVA - VA COUNTIES)**



POCAHONTAS STATE PARK

GPS: N37.3662 W77.57374

EVENT: 122065 – 2023 / Y1281 5/10 KM Trail Rating 1B

START/FINISH: Park Office/Contact Station at entrance to Pocahontas State Park, 10301 State Park Rd, Chesterfield. Phone (804) 796-4255

HOURS: The park is open daily from 7:30 a.m. to dusk. You **MUST** be finished by 4:00 pm in order to stamp your book at the park office. You must walk during daylight hours only.

PARKING FEE: Per vehicle: \$7 standard, \$10 weekends April-October. Virginia State Park Pass honored.

TRAIL DESCRIPTION: Rated 1B. **Driving directions to walk start point are included on the walk instructions. Drive to start point is less than 1 mile.** The trail is on natural surfaces completely within the park. Because of the narrowness of some parts of the trail it would be very difficult for certain types of strollers. No wheelchairs.

START FEE: Credit only is \$3. No refunds.

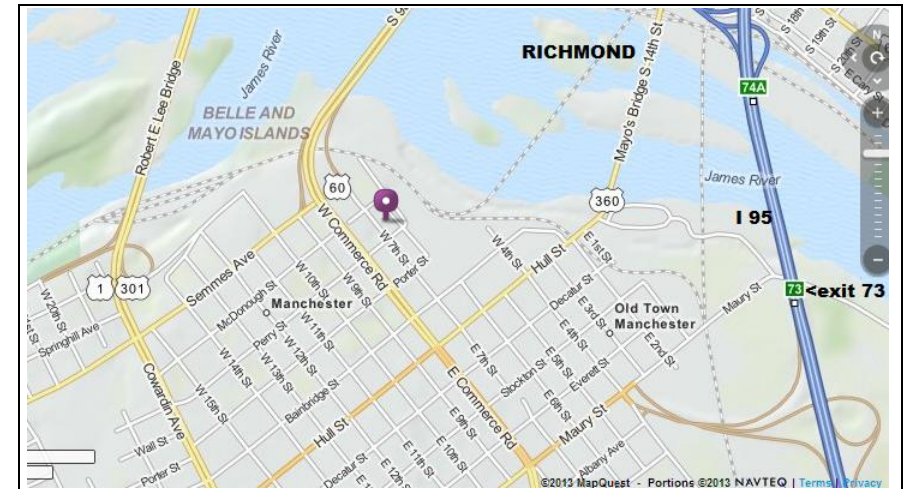
CONDITIONS: Pets **MUST** be kept on a leash at all times. Littering is forbidden. There is a port-a-john available at the Contact Station and restrooms near the walk start point. Carry water with you.

DIRECTIONS: Park is southwest of Richmond. **From I-95:** Exit 62 onto VA Rt 288. Exit at VA Rt 10 East (Iron Bridge Road - Chesterfield). Drive East for 1.5 miles on VA Rt 10 to Beach Road, VA Rt 655. **Right** on Beach Road 4.1 miles to park entrance on **right**.

FOR FURTHER INFORMATION:

Dee Schrum (804) 731-2863 dschrum4@comcast.net

THE CAPITAL WALK GPS: N37.5268 W77.4431



SPECIAL PROGRAMS

WALKING WITH AMERICA'S VETERANS (10KM only)
IVV-AMERICAS
STATES/CAPITALS (RICHMOND)
WALKING THE USA A-Z (R – RICHMOND)
CITY OF RICHMOND (VVA - VA CITIES)



HISTORIC RICHMOND WALK

GPS: N37.5586 W77.4742

EVENT: 122070 – 2023 / Y0591 5/10 KM Trail Rating 2A

START/FINISH: Virginia Museum of History & Culture

428 N Arthur Ashe Boulevard, Richmond, VA Phone: (804) 358-4901

HOURS: Daily 10:00-5:00. Closed New Year's Day, Thanksgiving Day, and Christmas Day. Plan to complete walk 15 minutes prior to closing, allowing time to stamp books. (There is an admission fee charged to view exhibits, for details visit <https://virginiahistory.org/visit#tickets>.)

TRAIL DESCRIPTION: Rated 2A. Walk through the heart of Monument Avenue's Historic District along a tree lined boulevard passing grand homes and churches. The 5 and 10 km walks are on sidewalks through the historic Fan District. The 10 km route also includes the Oregon Hill District as well as a loop through Hollywood Cemetery (**Pets must be on leash**) with beautiful views of the James River. Hollywood Cemetery has some small to moderate hills, no steps. Both walks are suitable for strollers and wheelchairs.

FACILITIES: Water and restrooms are available at The Virginia Museum of History & Culture. Restrooms are available at various points along the trail.

START FEE: Credit only is \$3. No refunds.

AWARD: There are "B" awards available for \$2 upon completion of the walk.

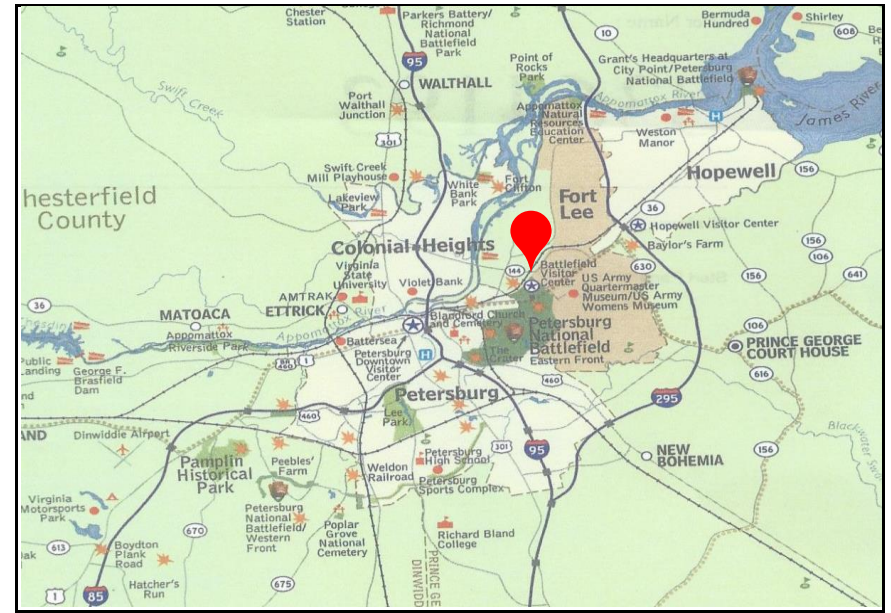
DIRECTIONS: From I-95: Exit 78 (VA 161/Arthur Ashe Blvd.). Follow signs to The Virginia Museum of History & Culture at 428 N. Arthur Ashe Boulevard (corner of Arthur Ashe Blvd. and Kensington Avenue). **Free parking may be available on nearby streets.** Paid parking is available behind the VMHC, with an entrance from Kensington Avenue and an entrance opposite the VMFA parking garage (from N Sheppard St. or Stuart Ave). The first 30-minutes is free. Then, \$5 for 4-hours. Each additional hour is \$1.00.

FOR FURTHER INFORMATION:

Mary Ann Gries (804) 353-5087 gries818@hotmail.com

PETERSBURG NATIONAL BATTLEFIELD PARK

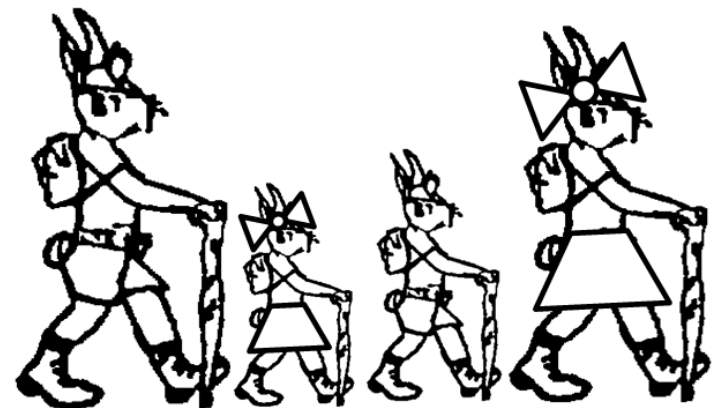
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SPECIAL PROGRAMS

IVV-AMERICAS

WALKING THE USA A-Z (P – PETERSBURG)
PRINCE GEORGE COUNTY (VVA - VA COUNTIES)
CITY OF PETERSBURG (VVA - VA CITIES)



PETERSBURG NATIONAL BATTLEFIELD PARK

GPS: N 37.2438 W 77.3569

EVENT: 122068 – 2023 / Y2056 5/6/10/12 KM Trail Rating 2B

START/FINISH: Petersburg National Battlefield Eastern Front Visitor's Center, 5001 Siege Road, Petersburg, VA.
Phone (804) 732-3531.

HOURS: The Eastern Front Visitor Center is open 9:00 am-5:00 pm every day of the year except Thanksgiving, Christmas, and New Year's Day. Hours for the park grounds vary by season, so before you visit please call the park or check the "Eastern Front" section at <https://www.nps.gov/pete/planyourvisit/hours.htm>. **NO entrance fees.**

TRAIL DESCRIPTION: Rated 2B. Trail includes Civil War fortifications, a recreated Confederate fort, The Crater and many monuments. The trail is mostly on natural surfaces, therefore, not suitable for wheelchairs and may be difficult for strollers. Deer population is high in hiking areas, spraying for ticks is recommended.

START FEE: Credit only is \$3. No refunds.

CONDITIONS: Pets must be kept on a leash. There are restrooms at the Start/Finish and along the trail. Carry water with you.

DIRECTIONS: From: **Southbound I-95 Exit 52; Northbound I-95 Exit 50D; Northbound I-85 Exit 69** E Wythe Street (VA Rt 36 East). Turn onto this one-way road and follow it 2.5 miles to the park entrance on the **right**. Drive straight past the booth into the parking lot of the Visitor Center.

From I-295: Exit 9B onto VA Rt 36 West to park entrance on the **right** just past Fort Lee.

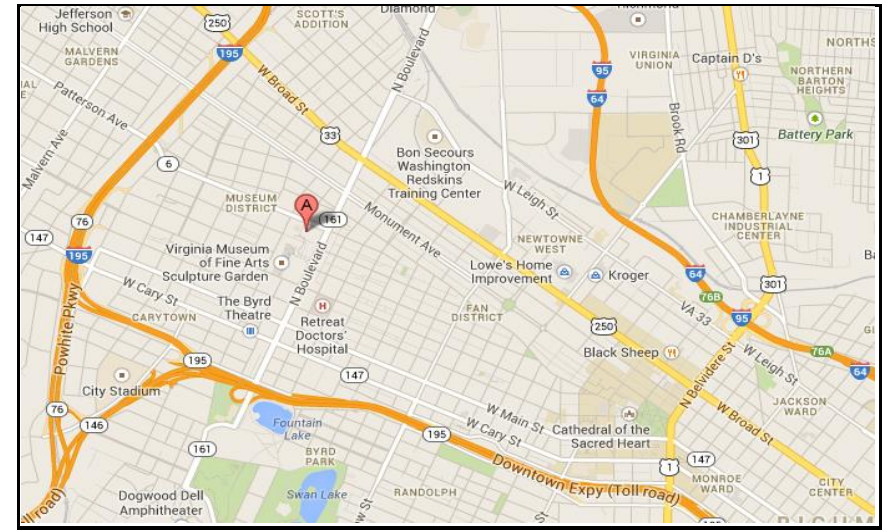
From the Norfolk area: Take US 460 West to Petersburg and take the Crater Road (US 301) North exit. Follow Crater Road to Wythe Street, turn right and follow for 2.5 miles to the park entrance on the **right**.

FOR FURTHER INFORMATION:

Monica Gowin (804) 721-6321 mlgowin1972@gmail.com

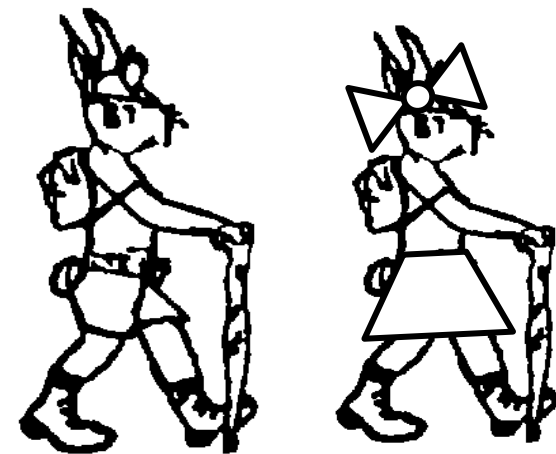
HISTORIC RICHMOND WALK

GPS: N37.5586 W77.4742



SPECIAL PROGRAMS

**PAR FOR THE COURSE
IVV-AMERICAS
WALKING THE USA A-Z (R – RICHMOND)
CITY OF RICHMOND (VVA - VA CITIES)**



MAYMONT PARK, RICHMOND

GPS: N37.5586 W77.4742

EVENT: 122071 – 2023 / Y1282 5/10 KM Trail Rating 3B

START/FINISH: Virginia Museum of History & Culture

428 N Arthur Ashe Boulevard, Richmond, VA Phone: (804) 358-4901

HOURS: Daily 10:00-5:00. Closed New Year's Day, Thanksgiving Day, and Christmas Day. Plan to complete walk 15 minutes prior to closing, allowing time to stamp books. (There is an admission fee charged to view exhibits, for details visit <https://virginiahistory.org/visit#tickets>.)

TRAIL DESCRIPTION: Rated 3B. The 5 KM walk is mostly on paved paths throughout Maymont Park; a 100-acre Victorian estate that contains a historic museum, gardens, wildlife exhibits and a petting zoo. **Driving directions to the 5 KM start point are included on the walk instructions.** The 10 KM walk is on residential streets and on paved paths throughout Maymont Park. The 10 KM trail passes the Virginia War Memorial Carillon, a bell tower memorial to Virginians who died in WWI. Steps make these walks impossible for wheelchairs and difficult for strollers.

PETS ARE NOT PERMITTED IN MAYMONT PARK.

FACILITIES: Water and restrooms are available at the Virginia Museum of History & Culture. Restrooms are available at various points along the trail.

START FEE: Credit only \$3. No refunds.

AWARD: There are “B” awards available for \$2 upon completion of the walk.

DIRECTIONS: **From I-95: Exit 78** (VA 161/Arthur Ashe Blvd.). Follow signs to The Virginia Museum of History & Culture at 428 N. Arthur Ashe Boulevard (corner of Arthur Ashe Blvd. and Kensington Avenue). **Free parking may be available on nearby streets.** Paid parking is available behind the VMHC, with an entrance from Kensington Avenue and an entrance opposite the VMFA parking garage (from N Sheppard St. or Stuart Ave). The first 30-minutes is free. Then, \$5 for 4-hours. Each additional hour is \$1.00.

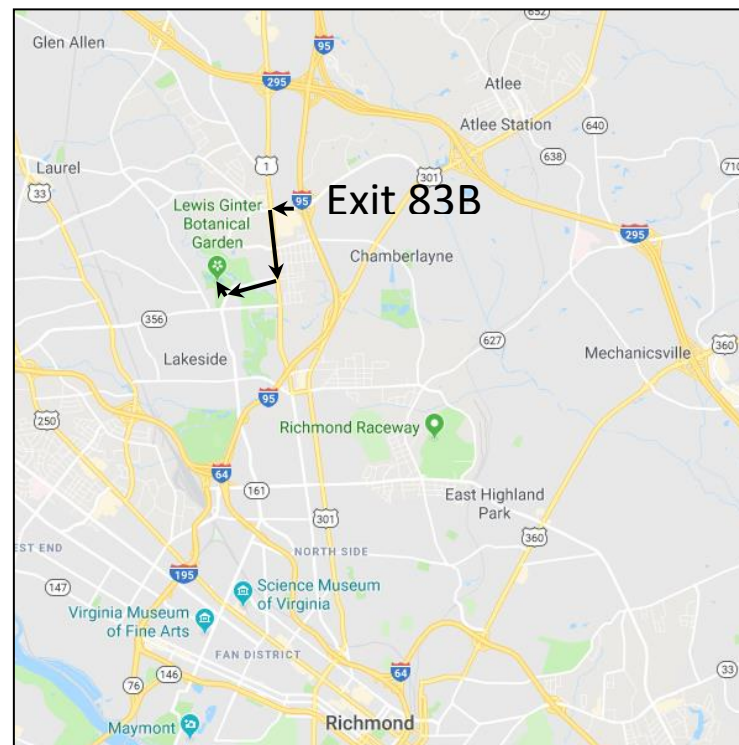
FOR FURTHER INFORMATION:

Mary Ann Gries (804) 353-5087

gries818@hotmail.com

LEWIS GINTER BOTANICAL GARDEN, HENRICO

GPS: N37.6201 W77.4709



Base map © Google Maps 2022

SPECIAL PROGRAMS

PAR FOR THE COURSE

IVV-AMERICAS

**WALKING THE USA A-Z (H – HENRICO)
HENRICO COUNTY (VVA - VA COUNTIES)**



LEWIS GINTER BOTANICAL GARDEN, HENRICO

FIND THE LOVE IN HENRICO

GPS: N37.6201 W77.4709

EVENT: 122067 - 2023 / Y2581 5/10 KM Trail Rating 1A

START/FINISH: Lewis Ginter Botanical Garden, Robins Visitors Center, 1800 Lakeside Ave, Richmond, Virginia 23228.
Phone: 804-262-9887. Ask for the walk box at the Ticket Desk.

HOURS: Open 9 am to 5 pm daily. Summer hours open Thursday nights until 9 pm. Closed Thanksgiving, Dec 24 & Dec 25.

ADMISSION FEES: Adults \$17; Seniors (55+) \$14; Military (with ID) \$14; Children (3-12) \$8; Children (under 3) Free; Members Free.

TRAIL DESCRIPTION: Rated 1A – small hills, little stair climbing, almost entirely on pavement. Suitable for strollers and wheelchairs. First 5 km located inside the park, remainder in surrounding residential neighborhoods. Lewis Ginter Botanical Garden is one of the top gardens in the US; voted America's #4 public gardens by *USA Today*. Recognized by the Travel Channel as a best botanical garden. For more information visit <https://www.lewisginter.org/>

FACILITIES: Restrooms are available at start point.

PETS (except service animals) ARE NOT PERMITTED.

START FEE: Credit only \$3. No refunds.

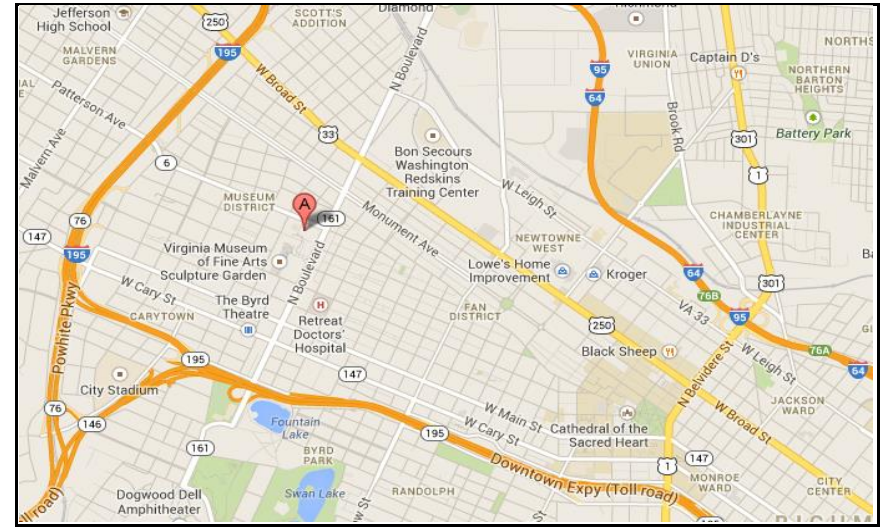
DIRECTIONS: From I-95 take Exit 83B and merge onto E Parham Rd for 0.5 mi. Turn Left onto US-1 South/Brook Rd for 0.9 mi. Turn Right onto Lakeside Ave for 0.8 mi. Turn Right into Lewis Ginter Botanical Garden. Follow the driveway to the first or second parking lot on the right.

FOR FURTHER INFORMATION:

Chris Kelly (804) 909-4127 or ce_kelly@comcast.net

MAYMONT PARK, RICHMOND

GPS: N37.5586 W77.4742



SPECIAL PROGRAMS

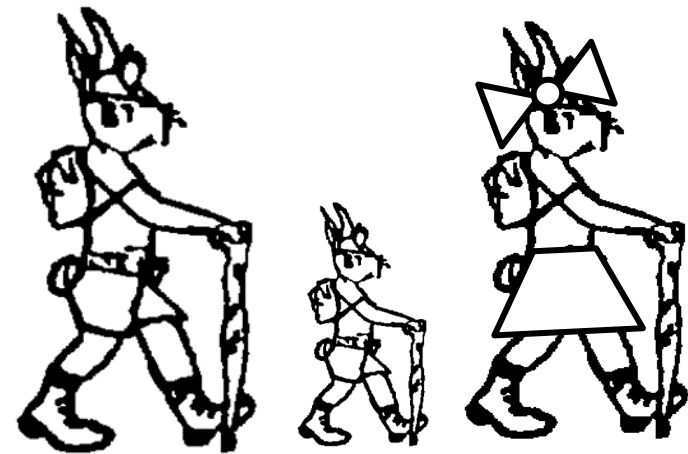
PAR FOR THE COURSE

WALKING WITH AMERICA'S VETERANS (10KM only)

IVV-AMERICAS

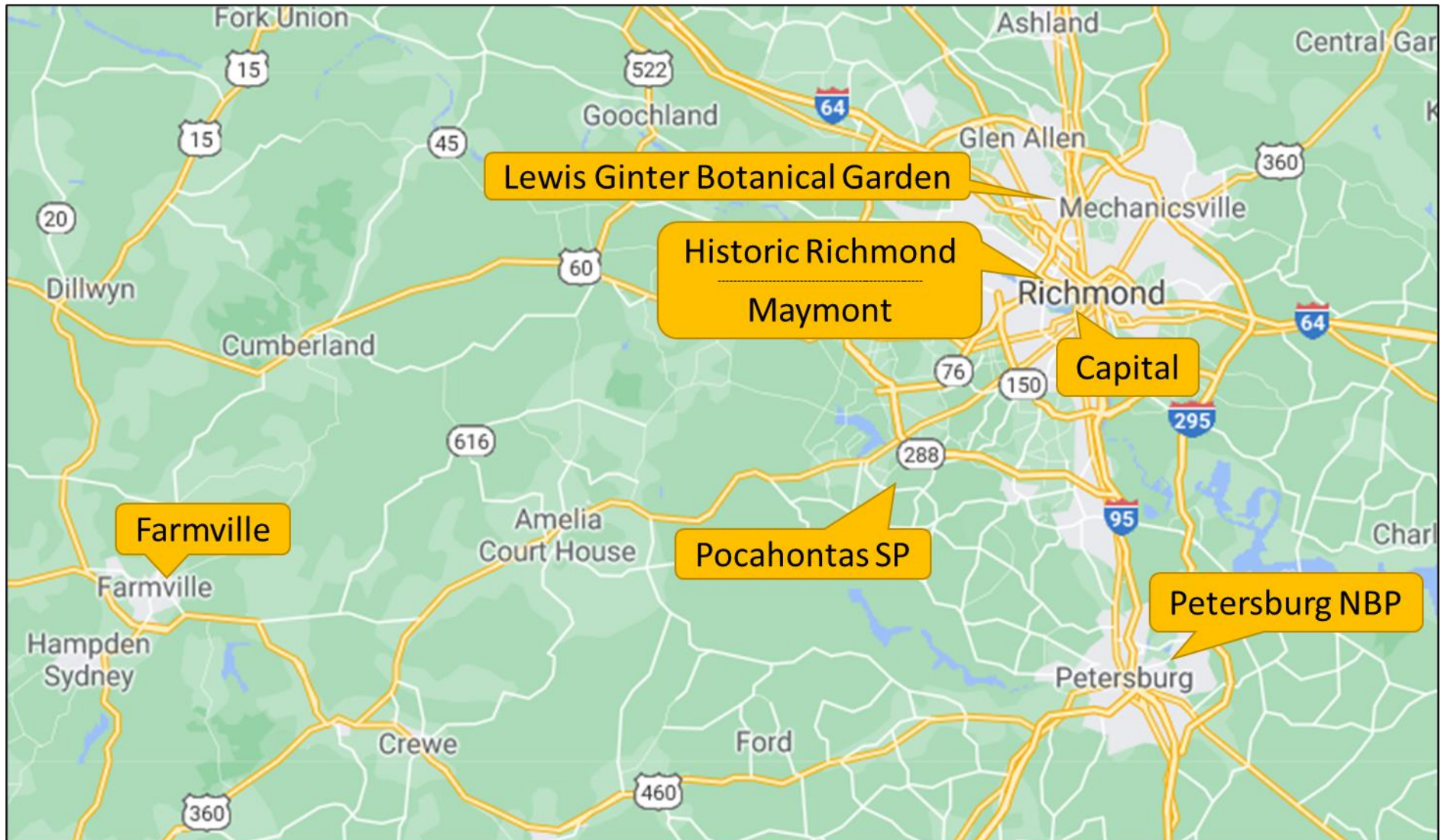
WALKING THE USA A-Z (R – RICHMOND)

CITY OF RICHMOND (VVA - VA CITIES)



Lee Lepus Volksverband Year-Round Events

Central Virginia



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