

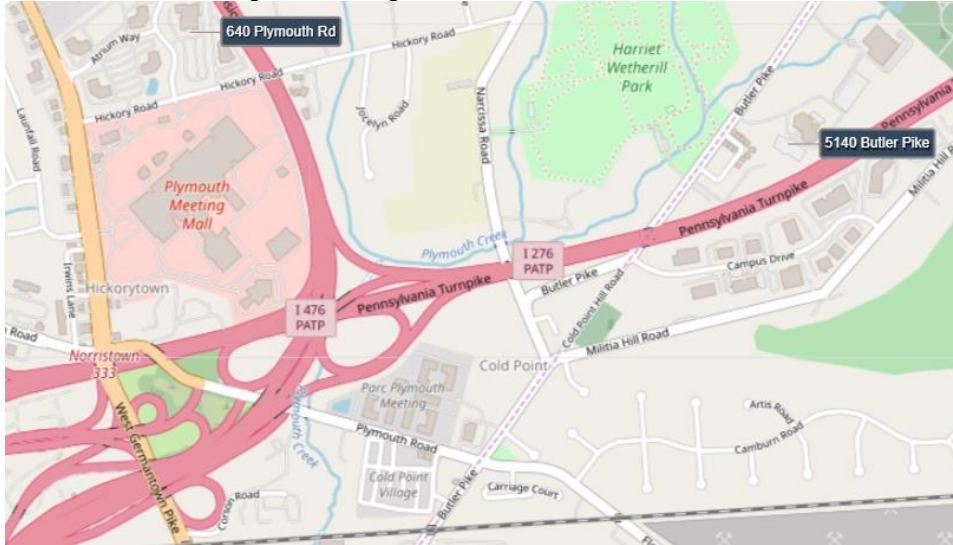
# Tenth Biennial Atlantic Region Conference

## Directions to the DoubleTree Suites:

**640 Fountain Road**, Plymouth Meeting, PA 19462. From I-276E, take Exit 333 toward Norristown. Keep left to take the ramp towards Norristown. Keep left to take the Norristown Rd ramp. Go 0.2 miles and keep left to take the Plymouth Rd ramp. Turn left onto Plymouth Rd. Go 0.2 miles and turn right onto W. Germantown Pike. Go 0.4 miles and turn right onto Hickory Rd. Go 0.2 miles and turn left onto Fountain Rd. Go straight to DoubleTree Suites.

## Directions to the Lulu Shriener Center (4/23/2022 Only):

**5140 Butler Pike**, Plymouth Meeting, PA 19462. From I-276E: take Exit 333 toward Norristown. Keep left to take the ramp towards Norristown. Keep left to take the Norristown Rd ramp. Go 0.2 miles and keep left to take the Plymouth Rd ramp. Turn right onto Plymouth Rd. Go 0.4 miles and turn left onto Butler Pike. Go 0.8 miles on Butler Pike to Lulu Shriners Parking lot on the right.



**Parking:** There may be a small charge for parking at the 4/22 Manayunk/Bala Cynwyd Walk. There is plenty of free parking at the DoubleTree Suites and the other events.

Arrive on Thursday, April 21, and do a local Year Round **Walk** or **Bike** Event. The Liberty Bell Wanderers (LBW) will lead a Group **Walk** of the Valley Forge YRE starting from the Washington Memorial Chapel Cabin parking lot, 2000 Valley Forge Park Rd, King of Prussia PA.

LBW will also lead a Group **Bike** Ride on the Philadelphia - The Circuit of Greater Philadelphia YRE starting from the far end of the lower parking lot at the Valley Forge Visitor Center, 1400 N Outer Line Dr, King of Prussia, PA. For both events, arrive at 1 pm for a 1:30 pm departure.

On Friday afternoon, there will be personal help sessions available for individuals or club officers on the OSB or [my.ava.org](http://my.ava.org) starting at 3pm. On Saturday afternoon, there will be two workshops starting at 1 pm and the Atlantic Region Meeting starting at 3 pm.

*In lieu of a registration fee, there will be a silent auction to raise funds to support the conference. We encourage every attendee to contribute an item and make a bid on the items contributed.*



***Come Walk with Your  
Friends in Plymouth  
Meeting***

Plymouth Meeting, Pennsylvania

**Three Walks + Swim + Bike**

**Friday, Saturday, Sunday  
April 22-24, 2022**

Sponsored by the  
Keystone State Volkssport Association



AMERICA'S  
WALKING CLUB  
ESTABLISHED 1974

SANCTIONED EVENT  
Eligible for credit towards IVV Achievement Awards



# 2022 Atlantic Region Conference

## Three Walks, Swim, and Bike

**DATE:** Friday, April 22 – Sunday, April 24 (with special Group Walk/Bike on April 21)

**SPONSOR:** Keystone State Volkssport Association

**SANCTIONED BY:** This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports. This event counts towards the acquisition of IVV Achievement awards.

**PROCEDURE:** AVA policy requires that every participant, fee or non-fee, sign the 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. Runners are welcome!

**REGISTRATION and FEES:** IVV credit is \$3.00. The “A” Award is \$5.00. There will be no refunds. Preregister using the form enclosed with this brochure or posted on the my.ava.org fests (multi-day events) page:  
<https://my.ava.org/find-a-fest.php?name=Atlantic%20Region%20Conference>

**CONDITIONS:** The event will be held regardless of the weather. There will be no littering. Wildlife and plant life are not to be disturbed. Pets must be on a leash at all times and are not permitted in any buildings.

**AWARD:** The “A” Award for these events is a round stone coaster imprinted with the pretzel logo as shown on the cover of this brochure. We have 100 coasters; there will not be a reorder.

**RESTROOMS:** Restrooms are available at or near the start of each walk.

**REFRESHMENTS:** Water and hard candy will be available at the start/finish and checkpoints.

**DISCLAIMER:** 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.

**FOR MORE INFORMATION:** Tom Jackson at cell (717) 309-6088. Email: [thomasjackson@embarqmail.com](mailto:thomasjackson@embarqmail.com)

**HOTEL RESERVATIONS** can be made at the DoubleTree Suites at the rate of \$119.00 plus tax. Please make your reservation early; we have a limited block of rooms. There are also rooms available before and after the Conference (at the conference rate). Reservations must be made by 5 pm on March 24. Call (610) 834-8300 and use Group Code: VOL or “Volkssport Association”. Here is a special link to make an online reservation:  
<https://www.hilton.com/en/book/reservation/deeplink/?cityhocr=PHLGHDT&groupCode=CDTVOL&arrivaldate=2022-04-21&departuredate=2022-04-24&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT>

**START LOCATION:** DoubleTree Suites, 640 Fountain Road, Plymouth Meeting, PA 19462. Registration is on Friday, 9 am - 5 pm; Saturday, 8 am - 5 pm; Sunday, 8 am to Noon. IVV books must be stamped by Sunday, noon.

The Saturday Plymouth Meeting walk starts at the Lulu Shriners Center parking lot, 5140 Butler Pike, Plymouth Meeting, PA 19462. Registration is from 8 am – 11 am; finish first part (5K or 8K) by 1 pm. Second part of walk is 1.6K and starts at the DoubleTree hotel.

### **Walk #1: AVA Event # 121322 - Friday 4/22 - 5K & 10K Trails, Rated 1C**

Manayunk/Bala Cynwyd (Philadelphia County/Montgomery County)-This walk is sanctioned only on Friday, April 22. After registering at the DoubleTree, you must drive 12.3 miles to the start in Bala Cynwyd. The 10K route proceeds through West Laurel Hill Cemetery, crosses the Schuylkill River to Manayunk, and then back across the river via the Cynwyd Heritage Rail Trail. The route goes through Pretzel Park in Manayunk. Pets are not allowed in the Cemetery. There may be a small charge for parking.  
*Special Programs: Rails-to-Trails, Town Halls/City Halls*

### **Walk #2: AVA Event # 121321 - Saturday 4/23 - 5K, 8K & 10K Trails, Rated 1B**

Plymouth Meeting Walk (Montgomery County) – This walk is sanctioned only on Saturday, April 23. Registration is either at the DoubleTree Suites or at the Lulu Shriners parking lot. There are two parts to the walk. The 5K and 8K (actually 8.3K) start and end at Lulu Shriners parking lot and goes through the Harriet Wetherill Park (including butterfly garden) to the Advanced Wings Airport. The 1.6K starts/ends at the DoubleTree Suites and goes through the Plymouth Meeting Mall, passing a two-tier carousel, the food court, and several restaurants that provide for lunch possibilities before the afternoon programs.  
*Special Programs: Airports, Carousels, Mayflower*

### **Walk #3: AVA Event # 121327 – Sunday 4/24 - 6K, 10K & 12K Trails, Rated 1A**

John Heinz Wildlife Refuge Walk (Delaware County) – This walk is sanctioned only on Sunday, April 24. After registering at the DoubleTree, you must drive 26 miles to the start point at John Heinz National Wildlife Refuge. The route goes through wetlands with opportunities to see multiple bird species. All walk options have views of the Philadelphia International Airport control tower. Pets are not allowed in the Wildlife Refuge.  
*Special Programs: Airports*

### **300m Swim: AVA Event # 121256 4/22 - 4/24**

*Consider doing the swim event each day*

(Montgomery County) The indoor pool at the DoubleTree Suites is open daily from 10 am – 8 pm. The pool is 50 feet long, so a 300-meter swim will be 10 laps. Towels are provided at the pool. There are changing rooms with showers and lockers in the pool area. Bring your own padlock for the lockers. The Swim Event is sanctioned for all three days.  
*Special Programs: Mayflower*

### **13K & 25K Bike: AVA Event # 121265 4/22- 4/24, Rated 1A**

Conshohocken (Montgomery County) After registering at the DoubleTree Suites, you must drive 3.7 miles from the DoubleTree to the trail head at the Conshohocken IKEA. The route is an out and back on the Cross County Trail and the Schuylkill River Trail. Both Trails are paved. Bicycle helmets must be worn. The Bike Event is sanctioned for all three days.  
*Special Programs: Rails-to-Trail*

**Volunteers are needed.** If you want to help at the conference, please attach a note and let us know when you are available and which jobs you are interested in!

## 2022 Atlantic Region Conference Registration

Name: \_\_\_\_\_ Club: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency \_\_\_\_\_

Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Are you staying at the DoubleTree Suites: Yes \_\_\_\_\_ No \_\_\_\_\_

Conference Package: \$90.00 \_\_\_\_\_

*The package includes the three walks, "A" Award, Friday Meet 'n Greet Buffet, and Saturday Night Buffet. Does not include Swim or Bike.*

Individual Items:

Meet 'n Greet: \$35.00 \_\_\_\_\_

Saturday Night Banquet \$44.00 \_\_\_\_\_

"A" Award: \$5.00 \_\_\_\_\_

Manayunk/Bala Cynwyd Walk Credit \$3.00 \_\_\_\_\_

Plymouth Meeting Walk Credit \$3.00 \_\_\_\_\_

John Heinz Wildlife Refuge Walk Credit \$3.00 \_\_\_\_\_

Swim Credit \$3.00 \_\_\_\_\_

Conshohocken Bike Credit \$3.00 \_\_\_\_\_

Total Enclosed: \_\_\_\_\_

Checks should be made payable to "KSVA"

Mail registration and check to KSVA, c/o Pat Eby, 19 N. 27<sup>th</sup> Street,  
Camp Hill, PA 17011

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Name: \_\_\_\_\_ Club: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Cell \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Emergency \_\_\_\_\_

Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

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Camp Hill, PA 17011

Join us for the **Friday Meet 'n Greet** at 6:30 pm. The “Philadelphia Buffet” will be served which includes salad, vegetarian option, cheesesteak eggrolls, roast pork sandwich, Italian pin-wheel hoagies, crab French fries, and cannoli. Cost is \$35.00. There will be a cash bar.

The **Saturday night banquet** will begin at 6:30 pm and will feature an “Italian Buffet” consisting of Caesar salad, chicken piccata with rice pilaf, baked rigatoni, seasonal vegetable medley, and tiramisu. There will be a guest dinner speaker. Cost is \$44.00. There will be a cash bar.

You will be able to register and stamp your IVV books at the DoubleTree Suites on Friday and Saturday for the nearby Year Round Events sponsored by the Liberty Bell Wanderers and the Chester County Red Rovers.

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