

**Start/Finish Times**

<b>Friday</b>	
Start – Welcome Walk	12:00 noon – 3:00 pm
Start – Bike	10:00 am – 3:00 pm
Opening Ceremony	4:00 PM
All Finish by	6:00 PM
<b>Saturday</b>	
Start – 21 +/- km	8:00 am – 11:00 am
Start – 6/12 +/- km & AVA Walk	8:00 am – 2:00 pm
Start – Bike	8:00 am – 2:00 pm
All Finish by	5:00 PM
Social	1:00 pm - 5:00 pm
International Dinner	6:30 PM
<b>Sunday</b>	
Start – 21 +/- km	8:00 am – 10:00 am
Start – 6/12 +/- km & AVA Walk	8:00 am – 1:00 pm
Start – Bike	8:00 am – 1:00 pm
All Finish by	4:00 PM
Closing/Awards Ceremony	3:00 PM



The Freedom Walk Award is a certificate signed by officials from the IML and AVA. This certificate along with the Event Patch is awarded to any participant who completes the IML event walk on Saturday and/or Sunday. Any participant who completes both Saturday and Sunday will receive an additional award: a medal (first-time

participants) or numeric pin (repeat participants). In addition, all Friday participants receive a commemorative Welcome Walk Patch.

This walking weekend is hosted by *Arlington County, Virginia* and *AVA Club 901*.

European Region	Days	2021	2022
Gilboa	2		
Boras	2	April 24-May 2	April 23-24
Blankenberge	2		April 30 – May 1
Wellingborough	2		May 14-15
Bern	2		May 28-29
Chantonay	4		May 26-29
Diekirch	X		June 11-12
Viborg	2		June 25-26
Castlebar	4		June 30- July 3
Nijmegen	4		July 19-22
Kaunas	2	August 7-8	August 6-7
Vaasa	3	August 13-15	August 12-14
Verdal	2	August 28-29	August 27-28
Arenzano	2	Sept. 11-12	Sept. 10-11
Seefeld	3	Sept. 18-20	Sept. 16-18
Brno	2	Sept. 25-26	Sept. 24-25
Fulda	2	Oct. 2-3	Oct. 1-2
Barcelona	2	Oct. 2-3	Oct. 1-2
Pan Pacific Region			
San Antonio	2		Feb. 19-20
Rotorua	2	March 20-21	
Canberra	2	March 27-28	March 26-27
Yatsushiro	2	May 7-9	May 13-15
Dalian	2	May 15-16	May 21-22
Beijing	2	Sept. 11-12	Sept. 10-11
Arlington USA	2	Oct. 16-17	Oct. 15-16
Won-Ju	2	Oct. 30-31	Oct. 29-30
Higashimatsuyama	3	Nov. 5-7	Nov. 4-6
Taipei	2	Nov. 13-14	Nov. 12-13
Jogjakarta	2	Nov. 13-14	Nov. 12-13

IVV Olympiad Seoul, South Korea -October 21-24, 2022

Dates subject to change please contact event organization to confirm.

**AVA DISCLAIMER:** The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property.

**IML DISCLAIMER:** USFWF and its sponsors are not liable for accidents, injury, thefts, and/or material damage. Every reasonable effort will be made by the host and sponsors to make these walks safe, enjoyable and memorable. This is not a charity walk.



Three days  
Walk for the FreedomWalk Medal  
IML Trails from 6 to 14 miles  
(10 to 22 kilometers)

AVA/IVV Welcome Walk 3 or 6 Miles  
(5, 10 Kilometers)

One Bike Event\*

Can't Travel to the event? You can now participate virtually! Check our website for info.



**Registration: US FreedomWalk Festival 2021**

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email \_\_\_\_\_ Age \_\_\_\_\_

Phone \_\_\_\_\_

Which Event Will you be participating in?	
(Friday's Walk is IVV credit only. Saturday & Sunday walks include both IVV credit and IML Credit)	
<input type="checkbox"/> Welcome Walk 10/5k (IVV Credit Only)	\$3
<input type="checkbox"/> Welcome Walk 16 (IVV Credit & A Award)	\$8
<input type="checkbox"/> Saturday 17 October 22/12	\$15
<input type="checkbox"/> Saturday 18 October 22/12	\$15
<input type="checkbox"/> Bike event-IVV Credit Only 30/13-# of days x \$3	\$3
<input type="checkbox"/> International Dinner - Pasta Buffet	\$25
Total:	

T-Shirt: S-XL/\$15 – XXL/\$17 – XXXL/\$20  
 Polo: S-XL/\$30 – XXL-XXXL/\$35  
 Anniversary ¼ zip pull over S-XXXL 34

Distances in kilometers (+/-) plan to walk for IML Events (Please Circle):

Friday 5 10  
 Saturday: 12 21  
 Sunday: 12 21

How many times have you walked this event? \_\_\_\_\_

Make check payable in US\$ to  
 "US FreedomWalk Festival"  
 Mail by 1 October 2021 to

US FreedomWalk Festival  
 PO Box 17208  
 Arlington, VA 22216 U.S.A.

**GROUPS** contact the organizers for special group registration procedures.

Fees increase \$5 on day of event [N/A IVV Credit Only Events].

This non-competitive walking sport event is called volksmarching. It is a walk for fitness, fun, and fellowship ... with the chance to learn something about the US and about other walkers from around the world.

**TRAILS:** Each day features different trails and actual distances may vary.

Welcome Walk AVA/IVV 5/10 km (3/6 miles) walk . Come experience Arlington, Virginia hospitality with a Welcome Walk west of the Potomac River. Arlington is a Gold Level Walk Friendly Community (AT21-118833).

Saturday's IML 12/22 km (6 /12 mile) walk explores Washington, DC. Distance required by IML is aged based (AT21-118834).

Sunday's IML 12/21km (6 / 12 mile) walk through local neighborhoods and parks. Distance required by IML is aged based (AT21-118835)

All trails are primarily on sidewalks with occasional natural surfaces, which may be difficult for strollers and wheelchairs. Trail ratings range from 1A-3C, depending on the day and distance walked.

**BIKE:** IVV credit only \$3.00 13k/25k+ will be on the Washington & Old Dominion Bike Trail. Bikes available for rent at nearby Capital Bikeshare stations. (AT21-118836)

**SPECIAL PROGRAMS:** Bridges – Airports-Celebrating American Flight, Border Crossings, Rockin' Around the Clock, Walking with American Veterans not all special programs will be on all trails. .and

**STIPULATIONS**

- Everyone is welcome! Food available at establishments along the routes.
- Restrooms at start and at or near control points.
- For your safety, carry only unit flags or flags of your country, state, or city. Please no political signs or banners at this event.
- Children under 16 must be accompanied by an adult.
- Pets welcome, on a leash, but not in buildings. Poop & Scoop.
- Some trails wheelchair and stroller accessible.
- Event will be held regardless of conditions unless safety is threatened by dangerous weather or a national emergency.
- Everyone must sign an athletic waiver.
- No littering—ever.
- Refunds are not available.
- This event is sanctioned by the American Volkssport Association (AVA), the International Federation of Popular Sports (IVV) © and the IML Walking Association.



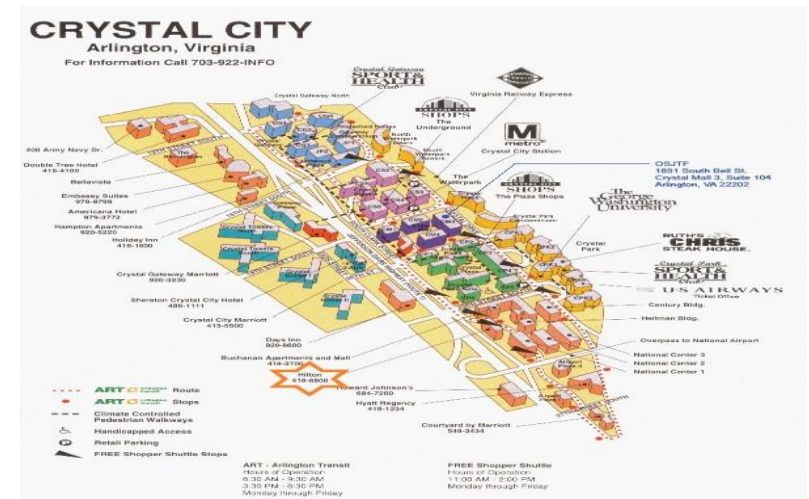
**LOCATION:** All walks begin and end at the official event hotel: Hilton Garden Inn Reagan National Airport, Rosslyn at Key Bridge, 2020 Jefferson Davis Highway, Arlington, VA 22202 (38.854520,-77.052800 ). The hotel is located .3 of a mile from the Crystal City Metro station which is part of the Washington Metrorail system (www.wmata.com). The hotel has paid parking and there is paid parking available on the local streets.

The hotel has a block of rooms available for weekend [Thursday - Sunday] special rates available \$149 plus tax per night; Make your reservations at the following phone number: (703) 892-1050

The Crystal City Metro is the best way to get to this event. There is not a parking fee at Metro commuter lots. If you plan to drive know that traffic and parking can be a problem. Please arrive early and pay attention to parking restrictions on meters.

**WALKING DIRECTIONS:** Head South turn right on 18<sup>th</sup> St., left on S Eads St., left on 20<sup>th</sup> St., right on Route 1. Start will be on your Right

**DRIVING DIRECTIONS:** From I-95 in Virginia, Take I-95 to I-395 N, Exit 8C (for Crystal City). At 5th light turn right onto S Eads St. Make left at 20th St and right at 1st light (Route 1)



[www.walkvirginia.org](http://www.walkvirginia.org)  
[www.ava.org](http://www.ava.org)  
 Register by mail, or at the door

**WALK RAIN or SHINE!**  
 All ages and abilities

**POINT OF CONTACT:** Dolores  
 (703) 209-0174;  
[info@USFreedomWalk.org](mailto:info@USFreedomWalk.org);  
[www.usfreedomwalk.org](http://www.usfreedomwalk.org)

