



START TIME: Saturday anytime between 9 a.m. and 1 p.m. Participants must finish the walk by 3 p.m.

SANCTIONED BY: The American Volkssport Association (AVA) is a member of the International Federation of Popular Sports (IVV) and the Northern Virginia Volksmarchers. Participants in this event may receive credit towards IVV awards.

ELIGIBILITY: This Volksmarch welcomes families, and individuals, and is open to the public. All participants must read and sign a waiver before beginning the event. The signature of a parent or guardian is required for participants under the age of 18. Children 12 years and under must be accompanied by an adult.

PARKING: Parking is located across Goethals Road, opposite from the festival grounds. Please follow signs.

FOR MORE INFORMATION ABOUT THE VOLKSMARCH, PLEASE CONTACT ROB GRUNEWALD AT (703) 303-5543 OR VIA EMAIL AT GRUNEWAR@YAHOO.COM.

START/FINISH: Across the street to the festival grounds, Goethals Road and Constitution Road.

DISTANCE: One 11K (6.2 mile) route and one 6K (3.1 mile) route will be available.

GPS COORDINATES: 38 degrees 41' 43" N Latitude 077 degrees 09' 43" W Longitude.

IVV BOOKS: IVV Event and Distance Books will be sold at the Start/Finish area. Those who have participated in previous sanctioned events are reminded to bring their IVV Books for credit.

PROCEDURE: Check in at the start table and sign a waiver. Registrants will be issued start cards to present for completion at the end. After completing the Volksmarch, submit the start card at the finish table for accountability and stamping of IVV Books, if desired.

FEE*: IVV Credit only \$4 if desired. Participation is \$2. Register same day only.

EVENT CONDITIONS: This event is rain or shine with the exception of extreme weather. The route can accommodate strollers and wagons; however, they may require portaging over road curbs. The route is unsuitable for wheelchairs. Dress in appropriate attire, wear sturdy footwear and bring extra water. Porta jons are at the start/finish area; facilities with restrooms are along the route.

REFRESHMENTS: Water will be provided at the START/FINISH area. You may also purchase food and drink at the festival grounds before and after the walk.

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 at the time of registration.

ROUTE DESCRIPTION:

This event's planned route takes you along sidewalks and post roads on Fort Belvoir's North Post. The route is largely flat with some hills, and the slopes on the hills are not steep. The route is rated 2B due to the moderate hills; suitable for strollers, but not wheelchairs. Weather conditions should have little effect on the route rating.

DIRECTIONS: From I-95 North, take Exit 166A (Newington/Fort Belvoir). Turn right onto Backlick Road/Fairfax County Parkway. Turn left on Route 1 (Richmond Highway). Turn right on Pohick Road (1st traffic light) and enter Fort Belvoir through Tulley Gate. Follow Oktoberfest road signs to your destination. From I-95 South take the Exit 166A (Newington/Fort Belvoir). Merge onto Backlick Road/Fairfax County Parkway. From here, follow the directions for I-95 N.

ADDITIONAL INFORMATION: All pets must be on a leash on the route; pets are not allowed in the festival area. Participants must remove their pet's waste from the route. Smoking is prohibited.



For more information, please visit www.ava.org.
 AVA: America's Walking Club

 Fun, Fitness, Friendship 
 SANCTIONED EVENT
 Eligible for credit toward IVV Achievement Awards.
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