

Atlantic Region Clubs Welcome You!

*Come to the Atlantic Region
For the 2005 AVA Convention*

*Before and After the Convention
Walk New Trails . . . with New Friends*

“Appetizer” Events

*Saturday, June 18
Shepherdstown, WV*

*Saturday, June 18
Lucketts, VA*

*Sunday, June 19
Baltimore, MD*

*Sunday, June 19
Washington, DC*

*Tuesday, June 21
Washington Crossing, PA*

“Dessert” Events

*Saturday, June 25
Trenton, NJ*

*Sunday, June 26
Wilmington, DE*



**SANCTIONED
EVENT**



*Eligible for credit toward
IUU Achievement Awards*



SANCTIONED BY: The individual clubs listed under each event listing, the American Volkssport Association (AVA), and the International Federation of Popular Sports (IVV). These events are eligible for credit toward acquisition of IVV achievement awards.

ELIGIBILITY: Everyone is welcome! These walks are open to all regardless of age, sex, creed, race, physical condition, or nationality. Participants may walk, jog, or run the trail. Children under 12 must be accompanied by an adult.

PROCEDURE: Each participant is issued a start card, which must be filled out completely, carried on the walk, and presented for validation at each checkpoint. Only one start card per person which must be turned in at the Finish table after completing the event. Only those participants with a properly validated start card will be eligible for IVV Credit. Trail may be completed twice per start card on the same day at no additional cost.

PREREGISTRATION: Preregistration is offered for each event. Preregistration must be postmarked by May 14, 2005. Please complete the registration form and mail it along with the appropriate fees to: AVA Convention 05 A&D, c/o Robert Lumbert, 7789 Montgomery Mews Court, Severn, MD 21144.

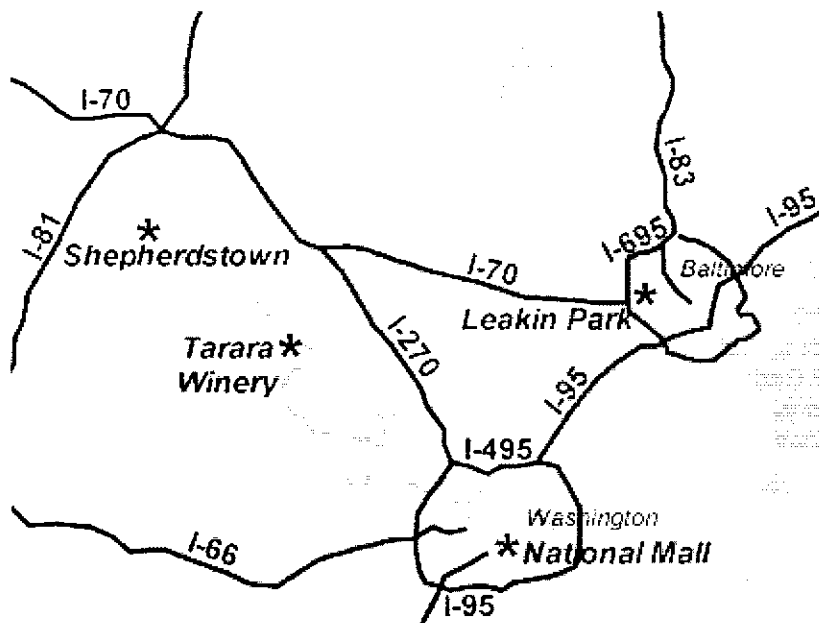
IVV BOOKS: If you are a participant in the IVV Achievement Program, remember your record books. Both event and distance books, as well as New Walker Packets, are available for sale at \$5.00 each.

DISCLAIMER: Every reasonable effort will be exercised to make all events safe, enjoyable and memorable for our participants. The sponsoring clubs are not liable for accidents, theft or material damage.

CONDITIONS: Littering along the trail is prohibited. The event will be held regardless of most weather conditions. Dogs are allowed but must be on a 6-foot leash at all times and cleaned up after by their owner.

FACILITIES: Comfort facilities will be available at all events. Water and candy will be available at the control points. It is recommended you carry additional water. Food will be available either along the route or at the start/finish for each event.

There are no refunds.



OVERVIEW MAP FOR THE APPETIZER EVENTS JUNE 18-19

SHEPHERDSTOWN, WEST VIRGINIA — SATURDAY, JUNE 18

HOURS: Start between 8:00 a.m. and 1:00 p.m. Finish by 5:00 p.m.

START/FINISH: Shepherd University, Duke Street and Shepherd Drive, Shepherdstown, WV

SPONSOR: Riverfront Ramblers (AVA-0664) **EVENT NO:** AT05-70670

TRAIL RATING AND DESCRIPTION: 5/10 km trail, rated 2+. This walk will be on the city streets and sidewalks in the oldest town in West Virginia - Shepherdstown. It will also cover most of Shepherd College. It will include all of the historic downtown district with its collection of beautifully maintained homes and shops - a few of these buildings predate the American Revolution. This small town also played a part in the Civil War - as one resident put it "we were Confederate in the morning, Yankee in the afternoon and neutral ground in the evening." This is truly a unique small town! Bring your camera. A brochure with the historical information about many of the buildings and places you will pass will be provided. Trail is not suitable for strollers or wheelchairs.

FEES: Preregistration for award and IVV credit is \$6.00 (\$7.00 after May 14). IVV credit only is \$3.00. This event is free to those who wish to participate without receiving the award or IVV credit.

**SHEPHERDSTOWN
WEST VIRGINIA**

I
AVA
V



JUNE 18, 2005
RIVERFRONT
RAMBLERS

AWARD: A 4"x4" multi-colored 100% embroidered patch as shown. 100 will be available the day of the event. Award will be reordered.

DIRECTIONS: From Winchester, VA:
Travel I-81 north towards Martinsburg, WV. Take the WV45/Winchester Ave, Exit 2. Turn right onto Winchester Ave/WV45. Follow WV 45E. Take the WV 9 W/Queen St ramp. Turn left onto Queen St. Turn

right onto Moler Ave. Continue to follow WV 45 which becomes WV 230/E German St in downtown Shepherdstown. Drive approximately 6 blocks to King St and turn Left. Drive another 2 blocks onto the campus of Shepherd College. Follow the signs to the start point.

From Frederick, MD: From I-70 W - take Exit 52 toward Charles Town/Leesburg. Turn right onto WV 230/Frontage Rd. Follow WV 230 for about 9 miles into Shepherdstown. Cross the railroad tracks, turn right onto Princess St. At the first stop sign turn left onto German St. After turning left onto German St drive one block and turn right onto King St. Drive another two blocks onto the campus of Shepherd College. Follow the signs to the start point.

From the Lucketts convention appetizer: From Tarara Winery turn right onto Rte 662 for two miles to Rte 658. Turn right onto Rte 658 for 2.1 miles to US Rte 15. Turn right onto US Rte 15 traveling for approximately 11.7 miles, crossing the Potomac River into Maryland to US Rte 340 East. Travel 1 mile to the next exit, Mt Zion Road. Exit at Mt Zion Road following the US Rte 340 West signs which will take you left over US 340 and exit onto US Rte 340 West towards Charles Town, West Virginia. Travel approximately 18 miles to WV Rte 230. Turn onto WV Rte 230 and travel approximately 9 miles to Shepherdstown. Cross the railroad tracks, turn right onto Princess St. At the first stop sign turn left onto German St. After turning left onto German St drive one block and turn right onto King St. Drive another two blocks onto the campus of Shepherd College. Follow the signs to the start point.

MORE INFORMATION: Karen Maes at (304) 727-2699 before 9:00 p.m. Eastern Time. Email: ohramblinrose@aol.com Snail: Riverfront Ramblers, P. O. Box 28, St. Albans, WV 25177

LUCKETTS, VIRGINIA — SATURDAY, JUNE 18

HOURS: Start between 8:00 a.m. and 2:00 p.m. Finish by 5:00 p.m.

START/FINISH: Tarara Winery, VA Route 662, Lucketts, VA

SPONSOR: Loudoun Walking and Volkssport Club (AVA-0892), and Northern Virginia Volksmarchers (AVA-0151) **EVENT NO:** AT05-70543

TRAIL RATING AND DESCRIPTION: 5/10 km trail, rated 2. Routes wind through vineyards along the Potomac River and the orchards and nursery of Tarara Winery on natural surface trails and one hill. The winery has been the people's choice of county residents for many years. Strollers will have difficulty; not recommended for wheelchairs. Enjoy a German wurst and wine tasting (fee) after your walk.



FEES: Preregistration for award and IVV credit is \$6.00 (\$7.00 after May 14). IVV credit only is \$3.00. This event is free to those who wish to participate without receiving the award or IVV credit.

AWARD: A 3-1/2" multi-colored 100% embroidered patch as shown. Award will be reordered, if necessary.

DIRECTIONS: *From the north:* From I-70 on the west side of Frederick, MD take US Rte 340/15 South; then US Rte 15 South;** once in Virginia, proceed 2.1 miles to Rte 658, then left for 2 miles to Rte 662, and then left again.

From Virginia: Take Rte 7 (from I-81 in Winchester east or from I-495, the Washington DC Capital Beltway, west) to Leesburg; then US Rte 15 North about 9 miles to Lucketts; at stop light, right for 3 miles.

From the Shepherdstown convention appetizer: Take WV Route 230 to US Rte 340 and east toward Frederick, MD; at US Rte 15 proceed south and follow directions above**.

MORE INFORMATION: Bob Wright at (703) 737-2175 before 9:00 p.m. Eastern Time. Email: rcwright_va@adelphia.net Snail: Loudoun Walking and Volkssport Club, 43224 Cardston PI, Leesburg, VA 20176

BALTIMORE, MARYLAND — SUNDAY, JUNE 19

HOURS: Start between 7:00 a.m. and 11:00 a.m. Finish by 3:00 p.m.

START/FINISH: Oreanda Mansion, Crimea Estate, Leakin Park,
1901 Eagle Dr, Baltimore, MD

SPONSOR: Baltimore Walking Club (AVA-0418)

EVENT No: AT05-69497

TRAIL RATING AND DESCRIPTION: 5/10 km trail, rated 2+. The route follows paved, crushed rock and natural surface sections of the Gwynns Falls Trail and feeder trails through the combined Gwynns Falls and Leakin Parks; hills on the sides of the stream valley and low traffic quiet streets in the historical village of Dickeyville. Not recommended for strollers and wheelchairs.

FEES: IVV credit only is \$3.00. This event is free to those who wish to participate without receiving the award or IVV credit. B awards will be available.

SPECIAL EVENTS: Civil War Battlefields, Walking Europe in the USA

DIRECTIONS: *From the west on I-70 in Maryland*, cross the Patapsco River into Baltimore County. Stay in the far left lane to end of I-70 at Park and Ride, bypassing 2 lanes for Exit 91 (Baltimore Beltway/I-695 north and south).

From all other directions take Baltimore Beltway/I-695 around the city to Exit 16-B for local traffic to the same Park & Ride at the end of I-70. At Park and Ride take Exit 94 ramp to merge onto Security Blvd. At first intersection (traffic light) turn right onto Forest Park Ave. Drive up hill onto Forest Park, passing several small side streets, to first traffic light, Windsor Mill Rd. Turn right onto Windsor Mill along the edge of Leakin Park, past unnamed entrance and Eagle Dr gate, then follow signs and guides to parking.

MORE INFORMATION: Ric Nauen at (410) 730-3514 before 9:00 p.m. Eastern Time. Email: ren21@columbia.edu Snail: Baltimore Walking Club, 9008 Queen Maria Ct, Columbia, MD 21045

**Not able to do the walk,
but still wish to participate?**

**Contact the club POC
and Volunteer**

PREREGISTRATION FORM

The preregistration for all the Appetizer and Dessert events is consolidated in this brochure. Please provide all requested information. Print clearly. Thanks. Make payment payable to: AVA Convention 05 A&D, c/o Robert Lumbert, 7789 Montgomery Mews Court, Severn, MD 21144

Name (s): _____

Group Name: _____
(If you are traveling with a bus group)

Address: _____

Email: _____
(if confirmation requested)

Phone Number: _____

Total Amount Enclosed: _____

Name: _____						
Event	Date	Award	Cost	Credit Only	Cost	Total
Shepherdstown, WV	Sat Jun 18		\$6.00		\$3.00	
Tarara Winery Lucketts, VA	Sat Jun 18		\$6.00		\$3.00	
Leakin Park Baltimore, MD	Sun Jun 19	No	Award		\$3.00	
Torch Walk Washington DC (includes torch)	Sun Jun 19		\$9.00		\$6.00	
Washington Crossing, PA	Tues Jun 21		\$7.00		\$3.00	
Trenton, NJ	Sat Jun 25		\$6.00		\$3.00	
Wilmington, DE	Sun Jun 26		\$6.00		\$3.00	

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Torch Walk Washington DC (includes torch)	Sun Jun 19		\$9.00		\$6.00	
Washington Crossing, PA	Tues Jun 21		\$7.00		\$3.00	
Trenton, NJ	Sat Jun 25		\$6.00		\$3.00	
Wilmington, DE	Sun Jun 26		\$6.00		\$3.00	

**Not able to do the walk,
but still wish to participate?**

**Contact the club POC
and Volunteer**

WASHINGTON, DC — SUNDAY, JUNE 19

HOURS: Start between 7:30 p.m. and 8:30 p.m. Finish by 10:30 p.m.

START/FINISH: "Nation", 1015 Half Street, S.E., corner of South Capitol St and L St, S.E., Washington, DC 20003

SPONSOR: Potomac River Volksmarching Club (AVA-0553), and Mid-Atlantic Walking Association (AVA-0803) **EVENT NO:** AT05-70264

TRAIL RATING AND DESCRIPTION: 6/11 km trail, rated 1. This night walk, a Fakelwanderung (torch walk), is an easy walk mostly on sidewalks past the Capitol Building, Washington Monument, White House, Lincoln Memorial, Vietnam Memorial, Korean War Memorial, the Smithsonian Museums, and other monuments on the National Mall. This Night Walk will feature a wreath-laying ceremony at the new World War II Memorial for those who are there at 9:30 p.m. Bring a flashlight. Strollers and wheelchairs may have some difficulty with curbs.



FEES: Preregistration for award and IVV credit is \$9.00 (\$10.00 after May 14). IVV credit only is \$3.00 plus \$3.00 for the torch. The event is free to those who wish to participate without receiving the award or IVV credit or a torch. Sufficient quantities of torches will be ordered for those who preregister

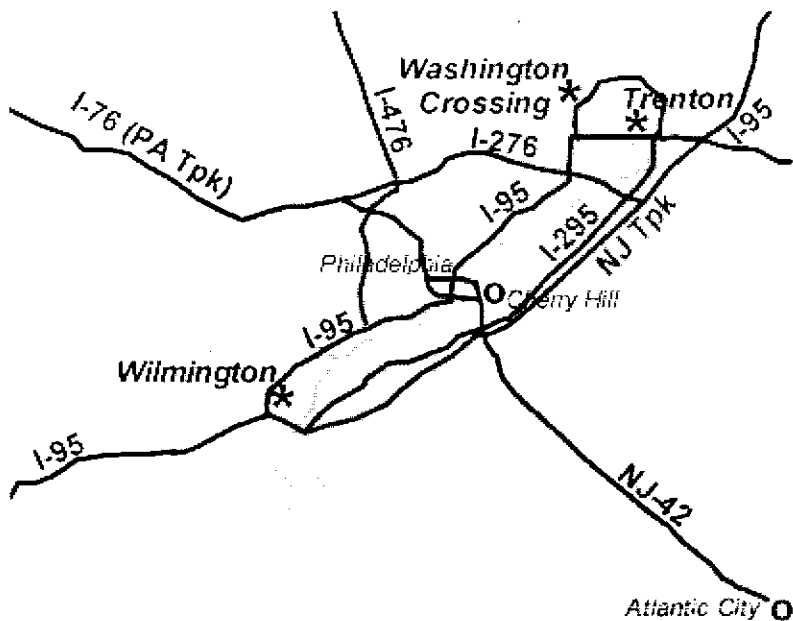
DIRECTIONS: Metro Rail recommended. Parking is limited. One block north of the Navy Yard stop on the green line (take the west

end exit—cross M Street, SE walk straight down Half Street—the club is 2 blocks down on the left).

From MD & Points North—Follow I-95 south to I-295 south; take I-295 south; (do not get off on to New York Avenue); after passing the New York Avenue exit, go approximately three miles on I-295 to the Howard Road exit; at the bottom of the Howard Road exit ramp there will be a stop light; make a right; go through the next light in the left lane; this puts you on South Capitol street; go across the bridge and get in the right lane; follow the right lane to the light and take a right onto M Street SE; go one block until you see the Sunoco gas station on your left; that will be Half Street; make a left onto Half Street and the club is located one block down on your left.

OVERNIGHT OPTION AT BEST WESTERN HOTEL: The Best Western Capitol Skyline Hotel, at 10 "I" Street, SW, which is only two blocks from the Start/Finish is offering walk participants a discount overnight rate (for Saturday and/or Sunday night) of \$139/night (single or double occupancy). In order to be guaranteed this rate, please book hotel reservations by calling (202) 488-7500 or (800) 458-7500 prior to May 19, 2005. Be sure to identify yourself as an "AVA Walk Participant."

MORE INFORMATION: Skip Coburn at (202) 483-1925 before 9:00 p.m. Eastern Time. Email: skipcoburn@earthlink.net Snail: Potomac River Walking Club, PO Box 19524, Alexandria, VA 22320-0524



**OVERVIEW MAP FOR THE APPETIZER EVENT ON JUNE 21 AND
THE DESSERTS ON JUNE 25 AND 26**

WASHINGTON CROSSING, PENNSYLVANIA — TUESDAY, JUNE 21

HOURS: Start between 9:00 a.m. and 1:00 p.m. Finish by 4:00 p.m.

START/FINISH: Bowman's Hill Wildflower Preserve, Route 32,
Washington Crossing, PA

SPONSOR: Liberty Bell Wanderers (AVA-0238) **EVENT NO:** AT05-70332

TRAIL RATING AND DESCRIPTION: 5/10 km trail, rated 1. The trail will pass the old grist mill and follow the Delaware Canal tow path out and back to the Thompson-Neely Colonial house. It will pass a small graveyard of unknown Revolutionary War Soldiers. Other ruins from the 16th and 17th century will be seen. Trail is suitable for strollers with some difficulty, but not suitable for wheelchairs. Access to Historic Buildings, Bowman's Tower and the Wildflower Preserve is possible after the event for additional fees. Coffee and donuts and bratwurst sandwiches will be available at the start/finish.

FEES: Preregistration for award and IVV credit is \$7.00 (\$8.00 after May 14). IVV credit only is \$3.00. This event is free to those who wish to participate without receiving the award or IVV credit.



AWARD: A 4" multi-colored 100% embroidered patch as shown. 200 will be available the day of the event. Award will be reordered.

DIRECTIONS: *From Philadelphia and South:* Take I-95 to exit 51**. Left onto Taylorsville Rd North 2.7 miles to second traffic light (Rte 532). Right onto Rte 532 0.5 miles to Rte 32. Left onto Rte 32 3.8 miles to start point on the left.
From the Cherry Hill Hilton: Take Rte 30 to

the Ben Franklin Bridge. Cross bridge and take I-95 North. Follow directions ** above.

From PA Turnpike: Take Exit 351 to Route 1 North to I-95. Take I-95 North to exit 51. Follow instructions ** above.

From Northern NJ: Take I-95 South to first exit in PA (Exit 51B). Turn right onto Taylorsville Road. Follow directions ** above.

MORE INFORMATION: Al Kilburn at (215) 354-1723 before 9:00 p.m. Eastern Time. Email: LBWanderers@aol.com Snail: Liberty Bell Wanderers, 238 Street Road Apt G- 223, Southampton, PA 18966



TRENTON, NEW JERSEY — SATURDAY, JUNE 25

SPONSOR: Princeton Area Walkers (AVA-0776)

EVENT NO: AT05-70704

HOURS: Start between 9:00 a.m. and Noon. Finish by 3:00 p.m.

START/FINISH: Waterfront Park, One Thunder Road, Trenton, NJ

TRAIL RATING AND DESCRIPTION: 5/10 km trail, rated 1+. A Capital Walk! The trail will pass many historic and significant buildings including the State House which is the second oldest in continuous use, the two American Revolution battle sites in Trenton, the first "skyscraper" in New Jersey, the Old Barracks Museum, oldest house in Trenton, the Battle Monument and the shakey bridge - a replica of the first suspension bridge built by Roebling at Niagara. The dome atop the state house was a 2 year \$11 million renovation including new gold leaf. This is a city walk mainly on sidewalks and some bike paths. An easy walk with no significant hills. Suitable for small wheeled strollers.

FEES: Preregistration for award and IVV credit is \$6.00 (\$7.00 after May 14). IVV credit only is \$3.00. This event is free to those who wish to participate without receiving the award or IVV credit.



AWARD: A 2-1/2" multi-colored medal on a ribbon as shown. 100 will be available the day of the event. Award will be reordered.

DIRECTIONS: From US Route 1 South: US Rte 1 South to Rte 129, South Broad St/Chambersburg Exit. Take Rte 129 South to the second light (Cass Street). Make right onto Cass Street West. Go through three lights and Waterfront Park is on the left.

From South Jersey Rte 295 North to Exit 60 for I-195/29/129. After exiting 295 North stay left and follow signs for 29 North. Continue staying left and follow signs for 29 North/Capital Complex/Lambertville. Ballpark is on left after exiting tunnel.

From New Jersey Turnpike Exit 7A Interstate 195 West towards Trenton to Rte 29 North. Stay left and follow signs for 29 North/Capital Complex/Lambertville. Ballpark is on left after exiting tunnel.

From Route 1 North and I-95, PA I-95 North to Rte 1 North Exit 46A (Morrisville). Take first exit in New Jersey (immediately after toll bridge, John Fitch Way) onto Rte 29 South. Take 29 South and follow signs for parking (ballpark is on right).

SPECIAL EVENT: The Princeton Area Walkers are sponsoring reduced-price seats at the Trenton Thunder Baseball game the day of the walk at 7:05 p.m. on Saturday, June 25. Ticket cost is \$7.00 plus \$1.00 Shipping & Handling. Preregister for the tickets by April 15, 2005. Send your payment for the tickets to: Princeton Area Walkers, 7 Wilson Circle East, Red Bank, NJ 07701

MORE INFORMATION: Donna Coulson at (732) 758-8191 before 9:00 p.m. Eastern Time. Email: dccoulson@monmouth.com Snail: Princeton Area Walkers, 7 Wilson Circle East, Red Bank, NJ 07701



WILMINGTON, DELAWARE — SATURDAY, JUNE 26

SPONSOR: Diamond State Trekkers (AVA-0636)

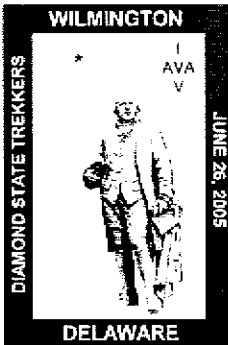
EVENT No: AT05-71030

HOURS: Start between 7:00 a.m. and 10:00 a.m. Finish by 1:00 p.m.

START/FINISH: Shipyard Shops in Riverfront Wilmington, 900 S. Madison St, Wilmington, DE 19801

TRAIL RATING AND DESCRIPTION: 6/11 km trail, rated 2+. The trail consists of some moderate hills and some natural surfaces. Stroll on boardwalks along Delaware's Christina River and through downtown Wilmington and Brandywine Creek Park. The last walk of the 2005 AVA convention menu in the First State will leave you with fond

memories of Delaware and the Atlantic Region. Suitable for small wheeled strollers. The start point includes L.L. Bean and other outlet shops where tax-free shopping provides great bargains.



FEES: Preregistration for award and IVV credit is \$6.00. IVV credit only is \$3.00. Registration for the award and IVV credit the day of the event is \$7.00. This event is free to those who wish to participate without receiving the award or IVV credit.

AWARD: The A-award for this event will be a 4" x 3-1/2" 100% embroidered multi-colored patch depicting Delaware and favorite son, Caesar Rodney, who rode speedily at great personal risk from Dover to Philadelphia to cast a deciding vote for independence in the summer of 1776. 200

patches will be available the day of the event. Award will be reordered.

DIRECTIONS: From New Jersey via the New Jersey Turnpike or I-295: From Cherry Hill, Haddonfield, and other points in New Jersey, take the New Jersey Turnpike or I-295 south to cross the Delaware Memorial Bridge into Delaware. Continue on I-295 for about 2.6 miles after the bridge toll booth to the exit for I-95 North/ Wilmington. Drive on I-95 north for 2.8 miles to Exit 6 (SR 4/Martin Luther King Blvd/ Maryland Ave). Take Exit 6 and turn right at the end of the ramp onto Maryland Ave. Just before the traffic light, turn right onto a very short street and then turn right onto S. Madison St. Drive straight ahead on Madison for about 0.7 miles, following the signs to Shipyard Shops.

From Philadelphia via I-95: From Philadelphia and other points in southeast Pennsylvania, drive south on I-95 to Exit #6 (SR-4/Martin Luther King Blvd). Drive straight ahead for 3 blocks on Jackson St to the traffic light at Martin Luther King Blvd. Turn left onto Martin Luther King Blvd. Turn right at the second traffic light onto S. Madison St. Drive straight ahead on Madison for about 0.7 miles, following the signs to Shipyard Shops.

From Maryland and Delaware via I-95: From Maryland and points in southern and central Delaware, drive north on I-95 Exit 6 (SR 4/Martin Luther King Blvd/Maryland Ave). Take Exit 6 and turn right at the end of the ramp onto Maryland Ave. Just before the traffic light, turn right onto a very short street and then turn right onto S. Madison St. Drive straight ahead on Madison for about 0.7 miles, following the signs to Shipyard Shops.

MORE INFORMATION: Ingrid Rockett at (302) 697-3008 before 9:00 p.m. Eastern Time. Email: tbaerwal@nsf.gov Snail: Diamond State Trekkers, 11-B North Railroad Ave, Wilmington, DE 19934-1043

AVA Convention 05 A&D
C/o Robert Lambert
7789 Montgomery Mews Court
Severn, MD 21144