

# Fredericksburg Hospitality House and Conference Center

2801 Plank Rd Fredericksburg, VA 22401

The Fredericksburg Hospitality House is located just off I-95 in the heart of the Central Park - Fredericksburg shopping center. You'll stay in walking distance from shopping, dining and entertainment. The surrounding region has numerous Civil War battlefields and Historic Fredericksburg's 40-block historic district with trolley tours, unique antique and specialty shops and restaurants.

[www.fredericksburghospitalityhouse.com/](http://www.fredericksburghospitalityhouse.com/)



## Driving Directions:

**FROM THE NORTH:** Take I- 95 South, exit in Fredericksburg at Exit 130B/Route 3 West. Make the first right turn at the traffic light onto Carl D. Silver Parkway. Make the very next right turn onto Commerce Street. The Fredericksburg Hospitality House and Conference Center is on the left.

**FROM THE SOUTH:** Take I-95 North, exit in Fredericksburg at Exit 130B/Route 3 West. Turn right at the first traffic light onto Carl D. Silver Parkway. Take the very next right turn onto Commerce Street. The Fredericksburg Hospitality House and Conference Center is on the left.

# Sixth Biennial Atlantic Region Conference of the American Volkssport Association

*Registration Brochure*



# Walk through History

in Fredericksburg, Virginia

March 16-18 2012



## *Sixth Biennial Atlantic Regional Conference*

The AVA Atlantic Regional Director would like to invite you to participate in the 6<sup>th</sup> Biennial Atlantic Regional Conference March 16-18, 2012 at the Fredericksburg Hospitality House and Conference Center located at 2801 Plank Rd Fredericksburg, VA 22401. The Germanna Volkssport Association (GVA) along with the Virginia Volkssport Association (VVA) are hosting the conference and encourage your participation in a "Walk Through History."

This registration brochure contains all the information you will need to register for the conference, as well as information on lodging, social events, walks, and other details.

Join us for a weekend of activities and walking events. You'll learn about the Atlantic Region association as well as about the Fredericksburg region's history. The conference is taking place during the sesquicentennial celebration of the Civil War.



## *About Fredericksburg*

The City of Fredericksburg was founded as a port city in 1728 at the fall line of the Rappahannock River. The region is steeped in history with George Washington growing up just across the river in Stafford County. You can visit the Fredericksburg homes in which his sister and mother lived. Future President James Monroe also had his law offices in the city. The city holds more than 350 original 18<sup>th</sup> and 19<sup>th</sup> century homes and buildings.

During the Civil War, the city changed hands at least seven times. Four major Civil War battles were fought in the region, and more than 7,000 acres are preserved by the National Park Service.

## *Restaurants*

The Fredericksburg Hospitality House is situated in Central Park, a large shopping center with a variety of restaurant choices ranging from fast food to large chain restaurants. In addition, the city's historic district has a selection of eateries. Here's a taste of Fredericksburg's downtown restaurants.

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### *Downtown Fredericksburg*

**Sammy T's** 801 Caroline St. [www.sammyts.com](http://www.sammyts.com) Historic tavern with varied menu for vegetarians and steak-lovers alike. (540)371-2008

**The Blarney Stone Public House** 715 Caroline Street <http://www.theblarney.net/> The Blarney Stone is the host of the GVA Holiday Night Walk and will have St. Patrick's Day celebrations going on all weekend. They offer wholesome Irish Fare, beer that has made Ireland famous for centuries and that Irish Hospitality that only native Irish can offer. (540) 371-7468

**Brock's Riverside Grill** 503 Sophia St. [www.brocksgrill.com/](http://www.brocksgrill.com/) American Steak and Seafood with a Southwestern flair. (540)370-1820

**Capital Ale House** 917 Caroline St. <http://www.capitalalehouse.com/> Upscale-casual dinner house with regional and European fare. It features 62 craft and import beers on draught and over 300 selections of bottled beers. (540)371-2337

**Bavarian Chef** 200 Lafayette Blvd. [http://www.thebavarianchef.com/bavarian\\_chef\\_fredericksburg.htm](http://www.thebavarianchef.com/bavarian_chef_fredericksburg.htm) Outstanding German Food. (540)656-2101

**Tru Luv's** 101 Sophia St. <http://truluvs.net/> A Modern American Bistro with fresh items daily on their menu (540) 373-6500

## Year Round Events

### Fredericksburg Historic Walk (AT 12- 90894)

5/10 km walk through "America's Most Historic City" featuring the scenic Rappahannock River, historic Fredericksburg, University of Mary Washington campus, and the Battle of Fredericksburg in December 1862. Trail rated 1.

### Fredericksburg River Walk (AT 12- 90893)

11 km walk features the scenic Rappahannock River, historic Fredericksburg, and some of the ground fought over during the Civil War Battle of Fredericksburg. Trail rated 2.

### Ashland Historic Walk (AT 12- 90895)

5/10 km walk through Historic Ashland with its serene landscapes, historic architecture, and trains that rumble down the main street. The route also passes through the beautiful campus of Randolph-Macon College. Trail Rated 1. We offer an "A" Award patch for this walk (until supplies run out).

### Warrenton Walk (AT 12- 90892)

5/10 km walk are hilly and follow sidewalks and trails in Warrenton and past the post civil war home of Col. Mosby, the Gray Ghost. 5K passes veterans plaque, Old Jail Museum, Spilman-Mosby House and Museum and historical churches. 10K passes Fauquier County Sheriff offices, Spilman-Mosby House and Museum and historical churches.

### Culpeper Walk (AT 12- 90891)

5/10 km walk along the historic streets of Culpeper including National Cemetery, Fairview Cemetery, and Yowell Meadow Park. Trail Rated 1.

### Pathways of Fredericksburg (AT 12- 91849)

A very scenic route, featuring Snowden wetlands, Smith Run trail, Canal Trail and Quarry trail along Rappahannock River, but walking following heavy rain is not advised. Route features Pathways of Fredericksburg ranging from paved multi-use paths to rocky/rooty natural surface single tracks. Rated 2B.

Visit [www.AVA.org](http://www.AVA.org) for more information on these walks

## Schedule

### Friday, March 16<sup>th</sup>

On your way to Fredericksburg take in a year round event, if time allows.

Daily	8AM-3PM, Fredericksburg Battlefield Walk
8AM-1PM	8AM-1PM, Chancellorsville Battlefield Walk
10AM-6PM	Conference registration
5PM	Walk finish tables close
7-9PM	Meet and Greet with cash bar and light food

### Saturday, March 17<sup>th</sup>

Daily	8AM-1PM, Fredericksburg Battlefield Walk
7:30AM-1PM	8AM-1PM, Wilderness Battlefield Walk
1-1:45PM	Workshop 1 - Healthier Walking
2-2:45PM	Workshop 2 – Network to Improve Your Club
3-4:30PM	Regional Meeting
4PM	Walk finish tables close
6-9pm	Banquet; cash bar (6-8PM), and Guest Speaker

### Sunday, March 18<sup>th</sup>

Daily	8AM-1PM, Fredericksburg Battlefield Walk
7:30AM-1PM	8AM-1PM, Spotsylvania Battlefield Walk
5PM	Walk finish tables close

On your travel home, take in a year round event, if time allows.



## Workshops

### Workshop 1 - 1-1:45PM

Healthier Walking – The speaker(s) will discuss methods and tips to improve and maintain your health through walking.

### Workshop 2 - 2-2:45PM

Network to Improve Your Club – an opportunity to meet and exchange ideas with officers and members of other clubs in targeted groups through facilitated discussion.

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## General Session Agenda

Regional Director Opening Remarks

State of the States in the Region:

Pennsylvania

Delaware

Maryland

New Jersey

Virginia/West Virginia

Regional Director Awards

Q&A

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## Banquet Guest Speaker

**John Hennessy** -- The Chief Historian (Chief of Interpretation) at Fredericksburg and Spotsylvania National Military Park and Historical Author.

## Walk 4 - Spotsylvania Battlefield Walk

(AT 12- 90143)

Sunday, March 18, 2012

Walk along natural woodland trails and shoulders of lightly traveled park roads and view areas of significant Civil War history. Visit the Spotsylvania Battlefield Exhibit Shelter, Bloody Angle, Landrum House, McCoull House and earthworks along with numerous monuments and information boards. Restrooms at trail start and finish point.

**Directions** Due to limited parking at the Spotsylvania Battlefield, walkers will be directed to drive from the Hotel to an assembly area near the Battlefield and transported to and from the trail start/finish via passenger vans. . It is encouraged that all walkers use this service so that the limited parking spaces can be used by those with special needs.

### **Cost**

Walk with IVV Credit \$5 and walk w/o IVV Credit \$2.

### **Trail Rating**

1 B

### **Start Time**

8-1

### **Awards**

A

### **Wheel Chair**

Medium

### **Pets**

Yes

### **Stroller Access**

Yes Medium

### **Restrooms**

Yes



## Walk 3 - Wilderness Battlefield Walk

(AT 12- 90145)

Saturday, March 17, 2012

Walk along natural woodland trails and shoulders of lightly traveled park roads and view areas of significant Civil War history. Visit the old Culpeper Mine Road, Exhibit Shelter and earthworks along with numerous information boards. Restrooms at trail start and finish point.

**Directions** Due to limited parking at the Wilderness Battlefield, walkers will be directed to drive from the Hotel to an assembly area near the Battlefield and transported to and from the trail start/finish via passenger vans. It is encouraged that all walkers use this service so that the limited parking spaces can be used by those with special needs.

### **Cost**

Walk with IVV Credit \$5 and walk w/o IVV Credit \$2.

### **Trail Rating**

1 B

### **Start Time**

8-1

### **Awards**

A

### **Wheel Chair**

Hard

### **Pets**

Yes

### **Stroller Access**

Yes Hard

### **Restrooms**

Yes



## General Information

All events featured in this brochure are sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). The walks count towards the acquisition of IVV Achievement awards. Distance and Event Books and New Walker Packets will be available for sale.

Start locations, times, and trail descriptions can be found on pages 4-7. All walkers have at least 4 hours to finish the walks.

**Pre-registered Walkers** that provide an e-mail address will be sent a walking directions for the Chancellorsville Battlefield Walk. This is to benefit walkers coming from the west so they can complete the walk prior to driving to the hotel.

**Eligibility:** Everyone is welcome, regardless of age, sex, creed, race or nationality. Children under 18 must be accompanied by an adult. Pets must be kept on a leash at all times.

**Procedures:** At the start of the walk, you will receive a start card; fill in your name and other requested information. Carry the card with you and fill it in as needed at the checkpoints. Each participant will only fill out one card per event. Turn the card in at the finish point so the sponsors can keep track of those still out on the trail. NOTE: All walkers must sign a waiver of liability before participating.

**Refreshments:** Water and candy will be provided at no charge at the start and finish points.

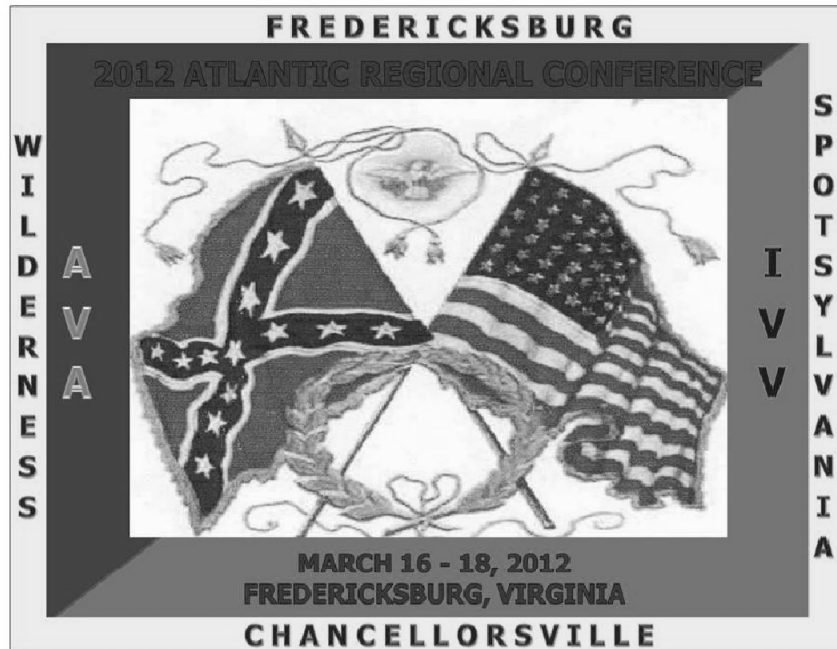
**Disclaimer:** The sponsors and supporting activities or individuals are not liable for accident, theft, and/or material damage. The sponsors will make reasonable efforts to make this event safe, enjoyable, and memorable.

## Contact

Gary Cleland at 540-842-8094; [garysc2502@verizon.net](mailto:garysc2502@verizon.net)  
 Club email and website: [gvasurveyors@gmail.com](mailto:gvasurveyors@gmail.com);  
<http://www.walkfredericksburg.webs.com/>

## Award

The conference features a 4 ½”X6” embroidered commemorative patch. Award cost is \$5.



## Shuttle Service

Due to very limited parking at the Spotsylvania Court House and Wilderness Battlefields there will be a shuttle service that will meet walkers at a public parking lot near both battlefields to shuttle walkers. All are encouraged to use this service so that those with special needs can park at the battlefields.

## Menu

There will be a buffet meal for the Saturday evening Banquet. A cash bar will be set open prior to seating.

## Walk 2 - Chancellorsville Battlefield Walk

(AT 12- 90144)

### Friday, March 16, 2012

Walk passes the Chancellorsville Battlefield Visitor's Center and follows natural woodland trails to points of interest on the battlefield including Chancellorsville Inn Site, earthworks and Bullock House Site. Route returns to visitor center for restroom breaks at the 6 K mark.

**Directions** from the Fredericksburg Hospitality House to the battlefield: Take Route 3 west for approximately 13 miles. The battlefield visitor's center is located at 9001 Plank Rd, VA 22553.

**Pre-registered Walkers** that provide an e-mail address will be sent a walking directions for the Chancellorsville Battlefield Walk. This is to benefit walkers coming from the west so they can complete the walk prior to driving to the hotel.

### Cost

Walk with IVV Credit \$5 and walk w/o IVV Credit \$2.

### Trail Rating

1 B

### Start Time

8-1

### Awards

A

### Wheel Chair

Hard

### Pets

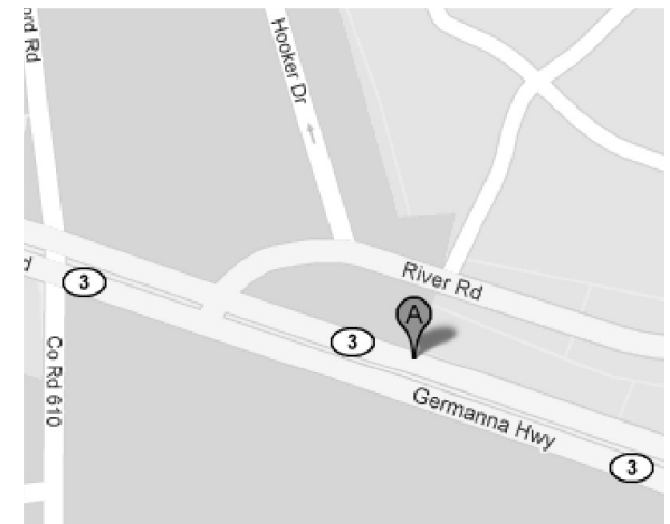
Yes

### Stroller Access

Yes Medium

### Restrooms

Yes



## *Walk 1 - Fredericksburg Battlefield Walk*

(AT 12- 90142)

Friday, Saturday and Sunday March 16-18, 2012

Walk along city sidewalks and view areas of significant Civil War history. Visit Sunken Road, Fredericksburg Battlefield Museum, Chatham Manor, Union Cemetery, City Dock and other sites of Civil War importance. Restrooms located at start/finish, Battlefield Museum and multiple businesses along the way.

### **Directions**

The start and finish point is the Fredericksburg Hospitality House.

### **Cost**

Walk with IVV Credit \$5 and walk w/o IVV Credit \$2

### **Trail Rating**

1 A

### **Start Time**

8-1

### **Awards**

A

### **Wheel Chair**

Easy

### **Pets**

Yes

### **Stroller Access**

Yes Easy

### **Restrooms**

Yes



## *Lodging*

## Fredericksburg Hospitality House and Conference Center

2801 Plank Rd Fredericksburg, VA 22401  
[www.fredericksburghospitalityhouse.com/](http://www.fredericksburghospitalityhouse.com/)

The hotel has set aside rooms for March 15<sup>th</sup> through the 20<sup>th</sup> with a rate of \$89 per night. You can extend your stay with early check in on March 13<sup>th</sup> and late check out on March 20<sup>th</sup>, but the rates may vary from the conference rate.



You must use a credit card to guarantee a reservation. Register for your hotel room at:  
[https://reservations.ihotelier.com/crs/g\\_reservation.cfm?groupID=600327&hotelID=15003](https://reservations.ihotelier.com/crs/g_reservation.cfm?groupID=600327&hotelID=15003)

# Registration Information

6<sup>th</sup> Biennial Regional Conference  
Fredericksburg, VA  
March 16-18, 2012

Fill in and send both pages 8 & 9 of this conference brochure for each person. The forms may be copied. Mail the forms and a check made out to the Germanna Volkssport Association (or GVA) to:

**Germanna Volkssport Association**  
**c/o Sharon Vines**  
**3320 Waverly Drive**  
**Fredericksburg, VA 22407**

### Registration Information

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

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

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

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

Special Needs: \_\_\_\_\_

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

Your club (if applicable) \_\_\_\_\_

### Conference package:

If you register by March 1<sup>st</sup> the cost for a conference package is \$90; after the early bird date, the cost is \$100. These packages include all the costs for the conference events: walk and credit fees for all four walks, the award, Meet and Greet, workshops, and Banquet.

### Individual events:

If you do not wish to purchase a total conference package, you can pay for just the individual events you want to attend.

Meet and Greet \$20 (Cash Bar) quantity \_\_\_\_\_/total cost \_\_\_\_\_

Banquet \$45 quantity \_\_\_\_\_/total cost \_\_\_\_\_

Workshops \$10 quantity \_\_\_\_\_/total cost \_\_\_\_\_

Award \$5 quantity \_\_\_\_\_/total cost \_\_\_\_\_

### Walks:

Fredericksburg \$2 walk only \_\_\_\_\_ OR \$5 walk+credit \_\_\_\_\_

Chancellorsville \$2 walk only \_\_\_\_\_ OR \$5 walk+credit \_\_\_\_\_

Wilderness \$2 walk only \_\_\_\_\_ OR \$5 walk+credit \_\_\_\_\_

Spotsylvania \$2 walk only \_\_\_\_\_ OR \$5 walk+credit \_\_\_\_\_

**The additional \$2 for each walk is to cover conference expenses which includes the shuttle bus to walks.**

**Total enclosed:** \_\_\_\_\_

*Refund requests must be received by Friday, March 9, in order to receive a full refund.*

## Volunteering

Want to help at the conference? Attach a note and let us know which days and jobs you are interested in!