

Start/Finish Times

Friday
 Start between 12 noon-3 pm
 Finish by 6 pm

Social 6 pm

Saturday
 Marathon start 7:00-7:30 am
 Opening Ceremony 8:30 am
 21 +/- km start 9 am-11 am
 12/6 +/- km start 9 am-12 noon
 Finish by 5 pm

International Dinner 6:00 pm

Sunday
 32 +/- km start 7-8:00 am
 21 +/- km start 7-10:00 am
 12/6 +/- km start 8 am-12 noon
 Finish by 4 pm

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 event walk on Saturday and/or Sunday. Marathon participants

will receive a special Marathon Patch in place of the Event Patch. 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 (excluding IVV Credit Only) receive a commemorative Welcome Walk Patch.

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

IML Walking Association Calendar

European Region	Days	2016
Gilboa, Israel	2	8-9 Apr
Borås, Sweden	2	23-24 April
Blankenberge, Belgium	2	30 Apr-1 May
Wellingborough, England	2	14-15 May
Chantonnay, France	4	5-8 May
Diekirch, Luxembourg	2	21-22 May
Bern-Belp, Switzerland	2	4-5 Jun
Viborg, Denmark	2	25-26 Jun
Castlebar, Ireland	4	30 Jun-3 Jul
Nijmegen, Netherlands	4	19-22 Jul
Jurbarkas, Lithuania	2	6-7 Aug
Vaasa, Finland	3	12-14 Aug
Verdal, Norway	2	27-28 Aug
Arenzano, Italy	2	10-11 Sep
Seefeld, Austria	3	16-18 Sep
Brno, Czech Republic	2	24-25 Sep
Fulda, Germany	2	1-2 Oct
Barcelona, Spain	2	15-16 Oct
Pan Pacific Region		
Rotorua, New Zealand	2	12-13 Mar
Canberra, Australia	2	2-3 Apr
Yatsushiro, Japan	3	13-15 May
Dalian, China	2	14-15 May
Beijing (China)	2	17-18 Sep
Arlington USA	2	15-16 Oct
Won-Ju, Korea	2	29-30 Oct
Higashimatsuyama, Japan	3	4-6 Nov
Taipei, Taiwan	2	12-13 Nov
Yogyakarta, Indonesia	2	19-20 Nov

IVV Olympiad Koblenz, Germany -- 2017



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

15TH Annual International U.S. FreedomWalk Festival[®] (USFWF)

October 14-16, 2016
 Arlington, Virginia
 Washington, DC USA



Walking the World
 One Country at a Time

Three days
 Trails from 3 to 27 miles
 (6 to 44 kilometers)

One Swim Event

Walk for the FreedomWalk Medal



Registration: US FreedomWalk Festival 2016

Name _____

Address _____

City/State/Zip _____

Email _____ Age _____

Phone _____

ADULT FEE***

- Walk Friday+Saturday+Sunday **\$32**
- Walk Saturday only **\$12**
- Walk Sunday only **\$12**
- Walk Saturday + Sunday **\$24**

YOUTH FEE (age 12 or younger)***

- Walk Friday+Saturday+Sunday **\$24**
- Walk Saturday only **\$11**
- Walk Sunday only **\$11**
- Walk Saturday + Sunday **\$22**

International Dinner **\$40**

IVV Credit each day(5/10/12 km only) **\$ 3**

Swim event-available each day-IVV Credit only **\$ 3**

Walk Friday Only **\$ 9**

T-Shirt: S-XL/\$15 – XXL/\$17 – XXXL/\$20

Polo: S-XL/\$30 – XXL-XXXL/\$35

***IVV Credit Only fee is included in these registration categories.

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

Friday: 5 10
Saturday: 6 12 21 44
Sunday: 6 12 21 32

How many times have you walked this event? _____

Make check payable in US\$ to
 "US FreedomWalk Festival"
 Mail by 1 October 2016 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].

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. Friday's 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 (AT16-101923).

Saturday's 6/12/22/42 km (3 / 6 / 12 / 26 mile) walk explores Washington, DC. The 42 km marathon also travels around some of the best trails in Arlington (AT16-101928).

Sunday's 6/12/21/33 km (3 / 6 / 12 / 18 mile) walk goes on the C & O Canal. The longer trails also visit Arlington neighborhoods and parks, and the longest explores Glover-Archbold Park and the Capitol Crescent trails (AT16-101929).

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.

SWIM: IVV credit only \$3.00. Hours: Friday: Noon-6 p.m.; Saturday: 10 a.m. – 5 p.m.; Sunday: 10 a.m. – 4 p.m. (AT 16-101233).

SPECIAL PROGRAMS: Bridges - Spanning the USA, Border Crossings, Cities in Song, Honoring Our Flag, Make A Wish - Water Fountains, National Parks Centennial, National Register of Historic Places, Take a Walk in a City Park, Walking the USA Street by Street, You'll Never Walk Alone. Not all special programs will be on all trails.

STIPULATIONS

- Everyone is welcome!
- Water/candy available at start and at control points, but you may want to carry additional water.
- 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.

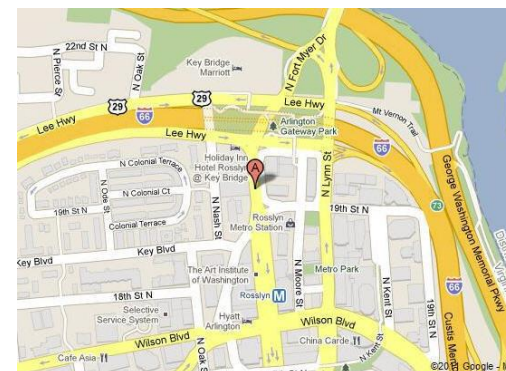
LOCATION: All walks begin and end at the official event hotel: Holiday Inn, Rosslyn at Key Bridge, 1900 N Fort Myer Drive, Arlington, VA 22209 N38° 53' 50" W077° 4' 17". The hotel is located three blocks from the Rosslyn Metro station which is part of the Washington Metrorail system (www.wmata.com). There is free parking at the hotel, but parking is not allowed in the spaces marked RESERVED.

The hotel has a block of rooms [Code FWW] available for weekend [Friday and Saturday] rate of \$109 plus tax per night; weekday [Thursday and Sunday] rate of \$149 plus tax per night. Make your reservations at the following phone number: (703) 807-2000

The Rosslyn Metro is the best way to get to this event. You can park free on weekends at any Metro commuter lot. 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 North on Fort Myer Dr towards N Nash St. Start will be on your left

DRIVING DIRECTIONS: From I-95 in Virginia, travel north on I-395 to exit 8B and merge onto Washington Blvd towards the PENTAGON. Travel north on Route 27 to Route 50 and take the right exit onto Route 50. Immediately take the Lynn Street ramp and turn right. Turn left at Lee Highway and next left on Ft Myer Drive



www.usfreedomwalk.org

www.ava.org

Register online through active.com, by mail, or at the door

WALK RAIN or SHINE!

POINT OF CONTACT:

Dolores @ (703) 209-0174; usfwf@yahoo.com; www.ava.org>events