

FOR MORE INFORMATION

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On the Web at
<http://ava.org/clubs/WestPoint/>
and
<http://WWW.AVA.ORG/>

OTHER WALKS

Group Walks of Year Round Events:

Cornwall-on-Hudson, West Point,
Hyde Park, Rhinebeck, and Highland
Falls Year Round Events (YREs)

–and–

Events:

Events perhaps coming 2010:
Mills Norrie, West Point (Round
Pond), Nyack, Goshen, Poughkeepsie,
and Beacon and special ‘Presidents’
walk at West Point!

DIRECTIONS TO START POINT

To the Foundry Dock Park, Village of
Cold Spring, NY at the Metro North
Train Station Parking Lot :

From NY State Route 9D:

NY State Route 9D to Route 301 (Main
Street) in the Village of Cold Spring.
West on Route 301 to bottom (almost
the end) of the hill – towards the
Hudson River. At end of Main Street,
turn left on Lunn Terrace. Follow to
Market Street to the Metro North Train
Station parking lot in Cold Spring.
Foundry Dock park is on the shore of
the Hudson River at the Village of Cold
Spring’s Metro North Railroad Station.

From US Route 9:

US Route 9 to the Route 301
Intersection. West on Route 301
towards Nelsonville/Cold Spring. Pass
through Nelsonville and cross Route
9D towards Cold Spring. Once past
Route 9D heading west, continue as
above to Lunn Terrace at foot of Main
Street.

The Volkssport Club of West Point Presents 5 & 10 Kilometer (3.1 and 6.2 miles) non-competitive walks in Cold Spring, NY



Sunday, 8 November 2009

Event NE09/85300

AVA Trail Rating 2+

AVA Special Programs

Cemetery Stroll
Courthouses
Firehouses
Historic Churches
Museums
Railroad Heritage
Riverwalk America



**SANCTIONED
EVENT**



*Eligible for credit toward
IUU Achievement Awards*

WELCOME

This event is a non-competitive walk sponsored by the Volkssport Club of West Point. It is open to everyone and is free if you do not want IVV credit. Children under 12 must be accompanied by an adult.

START/FINISH LOCATION

Foundry Dock Park, Village of Cold Spring, NY at the Metro North Parking Lot in the Village of Cold Spring

START/FINISH TIMES

Register between 10:00 AM and 1:00 PM. Finish by 4 PM.

PROCEDURE

Each participant must receive an event card and sign a waiver at the start. The event card must be turned in at the finish, regardless of whether or not you complete the walk.

PARKING

There is parking available at or near the Start/Finish Point.

PREREGISTRATION

There is no preregistration for this event.

TRAIL RATING

2+ (for a fairly steep hill).

FEES AND AWARDS

IVV credit only is \$3.

The walk is free for those who wish to participate without receiving IVV credit. There is no "A" award for this walk.

TRAIL DESCRIPTION

A 5 or 10 kilometer self-guided walk (trail instructions provided) through the Villages of Cold Spring and Nelsonville. Most of the walk is on sidewalks, but a short (optional) section of the 10K walk is on gravel, dirt and grass. Spectacular views of the Hudson River. You'll walk by many 19th century historic buildings, antique shops, boutiques, specialty stores, West Point Foundry site (10K only), Old 19th Century Train Depot, a George Washington Presidential marker, and restaurants. Suitable for strollers, not for wheelchairs, primarily due to a large hill.

FACILITIES

Water at the Starting Point will be available. Public restrooms are available near the Start Point in the Village of Cold Spring by special arrangement by the Village – thank you!

SANCTION & IVV CREDIT

This event has been sanctioned by the American Volkssport Association (AVA) and the International Federation of Popular Sports (IVV). Fee paying participants will be eligible to earn IVV credit for distance and event.

CONDITIONS

This event will be held regardless of weather conditions. There will be no refunds.

PETS

Dogs are allowed on a leash of not more than 10 feet. Pets are not permitted in buildings.

DISCLAIMER

The sponsor of this event cannot be held responsible for any lost or stolen items, accidents, or injury at any time. Every reasonable effort will be made to make this event safe and enjoyable. By virtue of registering for this event, the participant agrees to the conditions set forth here in.

