

FOR MORE INFORMATION

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On the Web at
<http://ava.org/clubs/WestPoint/>
and
<http://www.ava.org/>

DIRECTIONS TO START POINT

FROM THE NORTH: Take the I-87/New York Thruway South. Take Exit Number 11 - towards US-9W/Nyack/South Nyack. Turn LEFT**onto Korean War Veterans Memorial Highway/NY-59. Korean War Veterans Memorial Hwy/NY-59 becomes Main Street. Turn RIGHT onto Franklin Street. Continue straight until you come to Cedar Hill Avenue.

FROM WESTCHESTER AND CONNECTICUT: Cross the Tappan Zee Bridge on the New York State Thruway North and take Exit 10, the first exit after the bridge. Follow the cloverleaf back over the Thruway. Follow the signs for South Nyack. Straight on S. Broadway. Turn LEFT on Cedar Hill Avenue until you reach Franklin Street.

FROM THE GEORGE WASHINGTON BRIDGE: Upper deck of the GW Bridge to the Palisades Parkway. Palisades Parkway to Exit 9E, the New York State Thruway, I-287 South. Take I-87 South to Exit 11, Nyack, and the last exit before the Tappan Zee Bridge. LEFT off the exit onto Route 59, which becomes Main Street. Turn RIGHT onto Franklin Street.

FROM THE WEST: Take US-22 East. Take I-78 E/US-22 E/I-78 W. Take the I-287 exit. Exit number 29-towards US-202/Morristown/US-206/Somerville/I-80. Merge onto I-287 N. Take I-87S/NYS Thruway South/I-287 exit towards Tappan Zee Br/New York City. Merge onto NYS Thruway S* Take the exit #11 towards US-9W/Nyack/South Nyack. Turn LEFT** and continue as in directions from the North.

FROM ATLANTIC CITY AND THE NJ SHORELINE: Garden State Parkway North becomes US-9N. Stay straight to go onto Garden State Pkwy N. Take GS Pkwy Express Lane N towards Woodbridge/North Jersey, which becomes GS Pky North. GSPky N becomes NYS Thruway N. Take the I-87S/I-287 E exit - exit number 14-1 towards NY City. Keep left at the fork in the ramp. Merge onto NY State Thruway S. Take the exit #11 (see above).

FROM PRINCETON: Take US206, USIN, GS Pkwy N that becomes NYS Thruway N. Take the I-87 S/I-287E exit, exit #14-1 - towards NYC. Merge onto NYS Thruway S. Take exit #11 (see above).

A Walk in the Villages of South Nyack, Nyack, and Upper Nyack, New York

Sunday, September 13, 2009
5 and 10 Kilometer
(3.1 and 6.2 miles)
Non-competitive Walks

Events

**Artistic Heritage
Authors and Literary Landmarks
Cemetery Stroll
Courthouses in the USA
Firehouses
Historic Churches
Hooray for Hollywood
Museums
Native American Culture
RailRoad Heritage
RiverWalk America**

AVA Trail Rating 2

Sponsored by

**Volkssport Club of West Point
Event NE2009/84136**



*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

Village of South Nyack, NY,
Franklin Street Park, at the corner of Cedar Hill Avenue and South Franklin Street.

START/FINISH TIMES

Register between 9 AM and 2 PM and finish by 5 PM.

PROCEDURE

Each participant must register and sign a waiver at the start point. A start card must also be filled out and carried in order to record checkpoints along the route. The start card must be turned in at the finish, regardless of whether or not you complete the walk.

There is no preregistration for this event.

PARKING

There is free street parking near the start/finish. There are also metered parking lots (free on Sundays) nearby.

PETS

Dogs are not allowed at the Fest, but are welcome elsewhere on the walk if leashed.

TRAIL DESCRIPTION

For the most part, route follows sidewalks and paved roads but due to two hills is not suitable for wheelchairs or strollers.

Stroll Nyack's tree-lined streets and admire the Victorian architectural treasures around every corner. Get lost in time viewing the majestic Hudson River as it rolls past this lovely village. Nyack has unique shops and galleries, featuring antiques and crafts, as well as many fine restaurants. The walk features good views of the Hudson River and the Tappan Zee Bridge, and goes by the homes of painter Edward Hopper and actress Helen Hayes.

The walk begins on the Raymond G. Esposito Memorial Trail, a one-mile trail constructed on a section of the former Erie Lackawanna Railroad's Northern Branch right-of-way.

This walk coincides with the Nyack September Fest - an open air festival of crafts, food and fun with no admission charge.

FACILITIES

Water will be provided at the start/finish. Portable toilets will be available at the September Fest on Main Street and Cedar.

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 events.

FEES AND AWARDS

The walk is free for those who wish to participate without receiving IVV credit. Fee for IVV credit only is \$3.00. There is no "A" award for this walk.

CONDITIONS

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

DISCLAIMER

The AVA, the Volkssport Club of West Point, the Villages of South Nyack, Nyack, and Upper Nyack, or any property associated with this walk cannot be held responsible for any lost or stolen items, damage, accident or injury of any kind at any time. Every effort has been made to make this a safe and enjoyable event. By virtue of registering for this event, the participant agrees to the conditions set forth here in.