

Menehune Marchers Club

Presents a

5K & 10K Volksmarch (Walk)



West Loch Shoreline Walk

In
Ewa, Hawaii

January 21, 2012

Directions:

From Honolulu: From H-1 West, take the Ewa exit. Follow Fort Weaver Road in the direction of Ewa Beach. Turn left onto Renton Road, and continue a short distance until the Asing Community Park (on your right). Look for the AVA banner.

AVA456

PA 90938



THE
Spirit
OF WALKING

VOLKSMARCHING is a non-competitive walking event along a pre-marked route. The event is done at your own pace. Each participant will carry a start card, have it validated at check points along the route, and turn it in upon completion of the event.

PARTICIPANTS: Everyone is welcome. Children under 12 years of age must be accompanied by an adult.

COURSE DESCRIPTION: This route takes you through two parks, the Asing Community Park and the West Loch Shoreline Park. The two parks are connected by the waterfront bike trail, where you will have beautiful vistas of the western most portion Pearl Harbor. **Rating: 1B**

START/FINISH LOCATION: Asing Community Park located at 91-1450 Renton Road, Ewa

START/FINISH TIMES: Start anytime between 7:30 am and 10:30 am. Finish by 1:00 pm.

AMENITIES: Water and restrooms available at start (Asing Community Park) and checkpoint (West Loch Shoreline Park).

DISCLAIMER: A disclaimer must be signed by all participants before starting the event. Every reasonable effort has been made by the sponsors to make the event safe and enjoyable for all. However, the sponsors cannot be held responsible for any lost or stolen articles, accident or injury of any kind, at anytime.

FEES:

IVV Credit Only	\$3.00
No Credit or award	Free

Fees are non-refundable.

FOR MORE INFORMATION ABOUT THE EVENT:

Contact Carol or Dennis Romig at 626-3575.

This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV).

UPCOMING EVENTS:

Diamond Head Hui Hele - February 19 (Sun)
Great Aloha Run Piggyback Event - February 20 (Mon)

Website:

<http://www.ava.org>
<http://www.ava.org/club/menehunemarchers>

PRE-REGISTRATION: Please pre-register by January 10, 2012 and mail forms and check payable to **Menehune Marchers** to: Carol Romig, 95-211 Kemu Street, Mililani, HI 96789.

Name	IVV Credit and "B" award	IVV Credit only	Free

THIS EVENT WILL BE HELD REGARDLESS OF THE WEATHER CONDITIONS.