

VOLKSMARCH SPONSOR: Princeton Area Walkers, AVA 776

SANCTIONED BY: The American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV).

TRAIL DESCRIPTION: City sidewalks, bike paths, and easy natural surfaces.

TRAIL BACKGROUND: A flat, mostly sidewalk trail through the campus of historic Douglass College (part of Rutgers University). Also includes parts of Cook College, the agricultural branch of the university, and some streets of New Brunswick. Rutgers is one of the nation's major state universities. Chartered in 1766, it has a unique history as a colonial college, a land-grant institution, and a state university. It is the eighth oldest college in the nation. Its 29 degree-granting units offer majors in over 100 fields and thousands of courses.

SPECIAL EVENTS: College Campus

DISTANCE: 5 & 10 KM. **DIFFICULTY:** 1

START/FINISH LOCATION: Douglas College Center, 100 George St., New Brunswick NJ
<http://maps.rutgers.edu/maps/default.aspx>

START: Register between 10:30 and 12:00 noon. Finish by 3:00 p.m. The start point does not open until 10:00 a.m.

DATE: Sunday, September 18, 2005

REGISTRATION/FEES: Fee for IVV credit is \$3. For non-IVV members we are requesting a \$3 donation to assist in covering our expenses.

FACILITIES: Restrooms available at start.

CONDITIONS: The event will be held regardless of weather conditions, but keep in mind that severe weather will increase the trail difficulty. Please, no littering along the trail. Pets are not permitted.

AWARD: There is no special Award for this event. There is no pre-registration.

EVENT PROCEDURE: At the start point, each participant will receive a start card, which must be filled out legibly with the individual's name and address (preprinted address labels are suggested). The start card must be carried during the event and personally presented at control points along the trail. Participants missing a control point may be refused an award/or IVV credit. All cards remain the property of the sponsoring club and must be turned in at the completion of the event.

ELIGIBILITY: Anyone is welcome to participate in the walk. Children under 12 must be accompanied by an adult along the trail.

IVV RECORD BOOKS: Participants are reminded to bring their IVV record books. Additional books will be available for purchase at \$5 each.

REFRESHMENTS: The student center café opens at 11:00 a.m.

DISCLAIMER: The sponsors of this event, the NJ Department on Environmental Protection, Division of Parks and Forestry, State Park Service at Liberty State Park, their officials, members, and agents cannot be held responsible for any lost or stolen items, accidents, or injury at any time. Every reasonable effort will be made to make these events safe and enjoyable for all.

FURTHER INFORMATION:

Sherry Kenduck
sherryk@myhost.com 732-536-9006



www.princetonareawalkers.com

Year Round & Seasonal Events

Atlantic City Walk
2 Long Branch Walks & 1 Bike
Moorestown Walk
4 New York City Walks
2 Princeton Walks
Titusville Walk
Westfield Walk

2005 Event Schedule

April 9	Historic Keyport
May 14	New York City
June 4	Liberty State Park
June 23	Atlantic City
June 25	Trenton
September 18	Rutgers University

For information on these events or club membership contact Maureen Penta (maurpenta@comcast.net) 732-229-8169.

The AVA National office maintains a voice message listing of all events by state updated monthly which can be accessed at 1-800-830-WALK (9255) and a web site at www.AVA.org



Sponsored by:  newbalance



What is Volksporing? The German term 'volksport' literally means a 'sport of the people'. Anyone of any age can participate in walking, biking, swimming, or cross country skiing events. These events are not a contest of speed, rather each participant sets their own pace and only needs to complete the event before the stated finish time -- thus everyone is a "WINNER".

Directions:

By Car from the North/South

New Jersey Turnpike

Take the New Jersey Turnpike to EXIT #9. Stay to the right when exiting to proceed on Route 18 North. Rt 18 curves to the left, stay in the middle lane to avoid Rt.1. Shortly after the first traffic light is the George Street exit to the right. Take the exit and proceed on George St. to the 2nd light at Nichol Ave. Turn left onto Nichol Ave. The Douglass College Center is on the left. Continue to the first left turn onto Lipman Drive at the Co-op Bookstore. Turn left again, immediately into the Douglass College Center parking lot and parking deck

Garden State Parkway

From Garden State Parkway Southbound to Exit 129 which takes you to the NJ Turnpike. Follow Turnpike directions above.

From GSP Northbound, take Exit 105. Follow signs to Rt. 18 North. Follow Rt 18 North just past the Turnpike entrance (don't get on it!) and follow from *** above

Parking

There is free parking in the college lot



RUTGERS UNIVERSITY at Douglass College

New Brunswick, New Jersey
(Middlesex County)

Sunday September 18, 2005

A 5 & 10 Kilometer Non-competitive Walk



Event AT05-68502

Sponsored By

Princeton Area Walkers AVA 776

"Walking all over New Jersey"



EXERCISE
EVENT



Eligible for credit toward
IUU Achievement Awards