

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: This is a city walk mainly on sidewalks and bike paths. It is an easy walk with no significant hills, and suitable for small wheeled strollers. Follow a guide along the route.

TRAIL BACKGROUND: The trail will pass many historic and significant buildings including the State House which is the second oldest in continuous use, the two American Revolution battle sites in Trenton, the first "skyscraper" in New Jersey, the Old Barracks Museum, oldest house in Trenton, the Battle Monument and the "shakey bridge" - a replica of the first suspension bridge built by Roebling at Niagra. Some of the route is in Stacey Park designed by Frederick Law Olmstead. The dome atop the state house was a 2 year \$11 million renovation including new gold leaf.

SPECIAL EVENTS: Capital City

DISTANCE: 5/10 KM. **DIFFICULTY:** 1+

START/FINISH LOCATION: Trenton Thunder Baseball Stadium (a.k.a. Mercer County Waterfront Park), One Thunder Road, (off of Route 29 South), Trenton, New Jersey. www.trentonthunder.com

START: Register between 9:00 and 12:00 noon
Finish by 3:00 p.m. Walks will depart with guides at 9 AM, 9:30 AM and 10 AM

DATE: Saturday, June 25, 2005

REGISTRATION/FEES: Pre-registration for the award and IVV credit is \$7 (deadline May 14, 2005). Registration for the award and IVV credit the day of event is \$8. Fee for IVV credit is \$3. This event is free for those who wish to participate without receiving IVV credit.

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 permitted if leashed and cleaned up after.

AWARD: The award will be a round 2 1/2" multi-colored medal on a ribbon as shown of the "What Trenton Makes The World Takes" bridge. 100 will be available the day of the event. Additional quantities will be reordered.

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: Water and hard candy will be available at the start point. Food: Bring your own picnic.

DISCLAIMER: The sponsors of this event, 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.

FOR FURTHER INFORMATION & BASEBALL TICKETS:

Donna Coulson
7 East Wilson Circle, Red Bank, NJ 07701
dccoulson@monmouth.com 732-758-8191 ext 3



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: new balance



PRE REGISTRATION FORM

DEADLINE MAY 14, 2005

Registrant:

Name: _____

Address: _____

City: _____

State/Zip: _____

Phone: _____

Email: _____

↑ IVV Credit Only \$3.00
Number of Walkers: ___ x \$3 = ___

↑ IVV Credit & Award \$7.00
Number of Walkers: ___ x \$7 = ___

Total Amount Enclosed: _____

(Cut along dotted line)

Make Checks Payable to:
"AVAConvention05-A&D"

If you would like a receipt include a self-addressed stamp envelope, or provide an email address for an electronic receipt.

Mail this form and payment to:

Robert Lumbert
7789 Montgomery Mews Court
Severn, Maryland 21144

What is Volksporing? The German term 'volkssport' 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:

FROM ROUTE 1 SOUTH

Route 1 South to Route 129, South Broad St/Chambersburg Exit. Take Route 129 South to the second light (Cass Street). Make right onto Cass Street West. Go through three lights and Waterfront Park is on the left.

FROM SOUTH JERSEY

Route 295 North to Exit 60 for 195/29/129. After exiting 295 North stay left and follow signs for 29 North. Continue staying left and follow signs for 29 North/Capital Complex/Lambertville. Waterfront Park is on left after exiting tunnel.

FROM NEW JERSEY TURNPIKE EXIT 7A

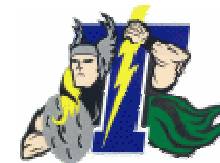
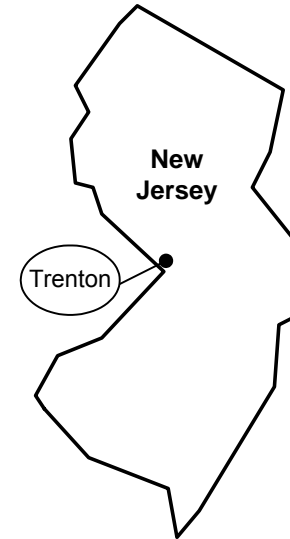
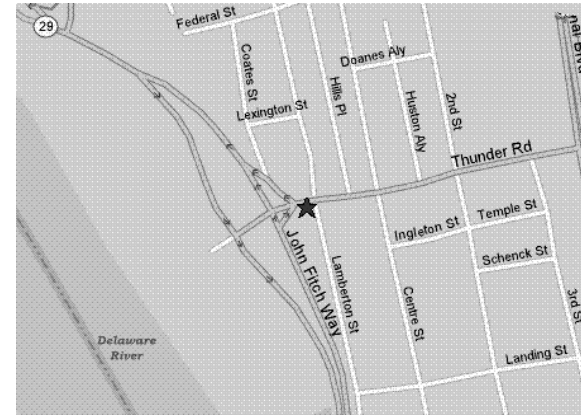
Interstate 195 West towards Trenton to Route 29 North. Stay left and follow signs for 29 North/Capital Complex/Lambertville. Ballpark is on left after exiting tunnel.

FROM ROUTE 1 NORTH AND I-95, PA

Interstate 95 North to Route 1 North Exit 46A (Morrisville). Take first exit in New Jersey (immediately after toll bridge, John Fitch Way) onto Route 29 South Take 29 South and follow signs for parking (ballpark is on right).

FROM HILTON HOTEL, 2349 Marlton Pike W (which is Route 70), Cherry Hill, NJ 08002

Go East on Route 70 (Marlton Pike East) towards South Harvard Ave. (3.8 miles) Merge onto I-295 North towards Mt. Holly/Trenton (25.3 miles). Take the Rt. 29/Rt 129/I-195 exit - Exit 60 toward TRENTON/ SHORE POINTS (1.2 miles) Merge onto NJ - 29 N (2.3 miles). Turn Slight Right onto Thunder Rd/Cass St. End at 1 Thunder Rd, Trenton, NJ



ADDITIONAL EVENT: JOIN THE AVA at 7:05 PM for the Trenton Thunder Baseball Game!

Trenton Capital Walk

Trenton, New Jersey
(Mercer County)

Saturday June 25, 2005

A 10 Kilometer
Non-competitive Walk



Event AT05-70704
Sponsored By
Princeton Area Walkers AVA 776
"Walking all over New Jersey and
New York City"

