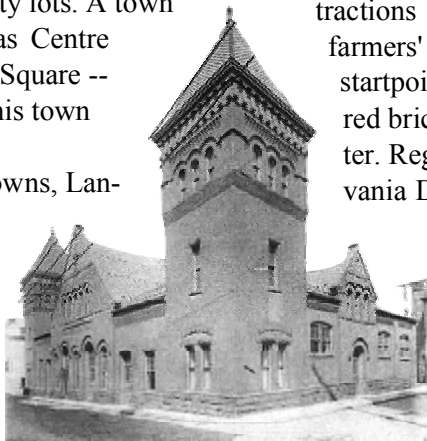




The area that became the City of Lancaster was settled by Europeans in the early 1720s, and was declared a "townstead" by the Governor of Pennsylvania in 1730. At that time, most of the land that would become the present-day City was owned by Andrew Hamilton. In 1733, he deeded 500 acres of this land to his son James Hamilton, who designed the layout of the new town of Lancaster using a uniform grid plan of straight streets and rectangular property lots. A town square -- originally known as Centre Square, and later called Penn Square -- was placed in the middle of this town plan.

Unlike many other colonial towns, Lancaster was not located on a waterfront, such as a river or coastal port. (The Conestoga River was a mile from Centre Square, and was not deep enough to be navigable for large ships.) Lancaster owed its early prosperity to its strategic location at a transportation crossroads.

Today Lancaster City has it all - a fantastic art community with over 90 art venues, shopping and dining at over 300 establish-



Lancaster Qualifies for the following Special Walking Programs:



Museum Walk America



A Railroad Heritage Qualifying Event



A Cemetery Stroll Qualifying Event



Veteran's Memorials



Historic Churches

ments, and great cultural and entertainment attractions and of course the country's oldest farmers' market is just a half block from the startpoint. It occupies a beautiful 109 year old red brick building chock-full of local character. Regional food specialties include Pennsylvania Dutch sausage, scrapple (a breakfast meat of pork scraps and cornmeal), and headcheese (like scrapple, an acquired taste). You'll also find preserves, including chowchow (pickled vegetables in a spicy mustard sauce), and bread and butter pickles. Open Tuesdays and Fridays, 6:00 am to 4:00 pm, and **Saturdays, 6:00 am to 2:00 pm** year-round; the market is also a great place to buy souvenirs.

You can explore the breadth of Lancaster's architectural heritage and the stories conveyed by the City's historic buildings.

Directions to Lancaster Startpoint

Directions below are to Isaac's the startpoint. Parking options for this event include metered parking where you can find it or parking in the paid parking garages at Prince & Orange Streets, S Duke & King Street and King Street or in the paid lot opposite the Fulton Opera House on N. Prince Street Rates in the garages are \$2.00 for the first hour; \$1.00 per hour (or any fraction thereof) for each additional hour. All garages are within two blocks of the startpoint!!

From Baltimore/Washington Area South & York West: Interstate 83 to York PA. Exit US 30 east toward Lancaster. Exit US 30 at the Harrisburg Pike exit, turn right and proceed to Prince Street. Turn right following Prince Street south to King St. Turn left on King staying in the left lane going through Penn Square continuing onto N Queen St. Startpoint is immediately on the right in the Fulton Bank Complex.

From Harrisburg Area, North & Northeast: Take PA 72, 501 or 222 south to US 30. Exit on 501 South (Lititz Pike). Proceed south into Lancaster. After crossing the railroad bridge you must turn right onto McGovern Avenue. Move to the left lane where you will turn/bear left onto N Prince St. Proceed south on N Prince St to King St. Turn left on King staying in the left lane going through Penn Square continuing onto N Queen St. Startpoint is immediately on the right in the Fulton Bank Complex.

From Philadelphia & East: US 30 west toward Lancaster. Exit on 501 South (Lititz Pike). Proceed south into Lancaster. After crossing the railroad bridge you must turn right onto McGovern Avenue. Move to the left lane where you will turn/bear left onto N Prince St. Proceed south on N Prince St to King St. Turn left on King staying in the left lane going through Penn Square continuing onto N Queen St. Startpoint is immediately on the right in the Fulton Bank Complex.

PLEASE NOTE: We endeavor to provide the most accurate directions possible, but they are intended to be used with a map of the area or driving directions from sources such as MapQuest or Mapblast. Distances given are close approximations and may vary slightly from the actual driving distances. Please use them only as a guide for getting to the start point.

106th International Volksmarch

Non-Competitive Walking for Health, Fun & Fitness!

Lancaster County



Lancaster PA

January 9, 2010
10K - AT10/85190 Rated 1 +

A shorter trail will be available



Eligible for credit toward IVV Achievement Awards

PENN DUTCH PACERS VOLKSMARCH CLUB, INC.

Check out our web site
<http://www.penndutchpacers.org>

SPONSOR: Penn Dutch Pacers Volksmarch Club (AVA579), a nonprofit organization promoting fitness through noncompetitive family sports.

SANCTION: The event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). Participation in this event counts for credit toward IVV Achievement Awards. IVV Award Books will be available at the Start/Finish area for \$5.00.

START POINT: Isaac's Restaurant, 25 N Queen St, Lancaster PA • 717-394-5544

STARTING TIMES AND DATE: Saturday Only, January 9, 2010 • Start anytime between 8:00 AM and 1:00 PM finish by 4:00 PM

TRAIL DESCRIPTION: The 10k trail, rated 1+, will explore Historic Lancaster. Strollers should not have a problem but the trail would be difficult for wheel chairs since there are curbs that do not have cut outs.

DISCLAIMER: The Penn Dutch Pacers cannot be held responsible for any lost or stolen items, damage, accidents or injuries of any kind at any time. Every reasonable effort will be made by the sponsors to make the event safe, enjoyable and memorable for everyone.

CONDITIONS: Littering is forbidden along the trail. Pets are welcome and must be leashed at all times. Also all local ordinances requiring cleaning up after your pets must be followed. All participants must carry a validated Start Card. Events will be held regardless of weather conditions.

ELIGIBILITY: All are welcome to participate but must register at the start. Children under 12 must be accompanied by a parent or guardian unless participating with an organized and supervised youth group.

AWARD: The award is a full color embroidered patch as pictured on the front of this brochure. The patch depicts the recently opened Marriott Hotel and Lancaster Convention Center Complex.

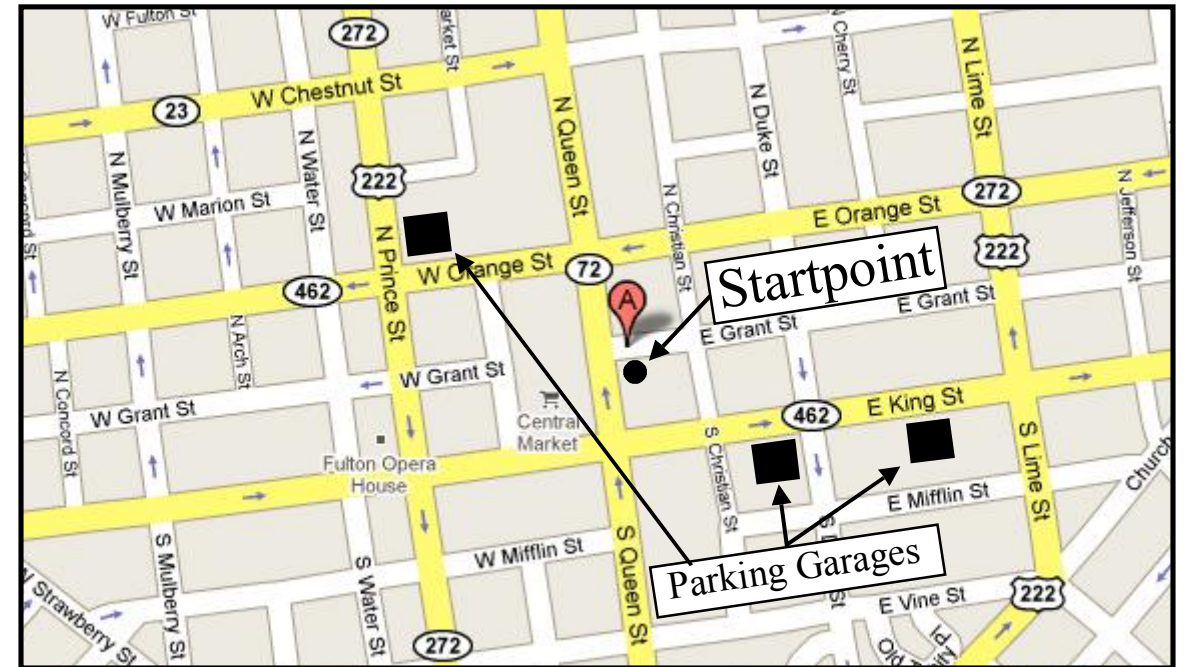
REGISTRATION: Every participant must register and carry a Start Card.

- Participation only, without IVV Credit, is \$2.00, children 12 and under may participate for free.
- The fee for IVV credit is \$3.00
- Credit & award \$7.00 pre-registered and \$8.00 day of event.

REFRESHMENTS: Water and hard candy will be available at the check points.

FOR FURTHER INFORMATION CALL: Don Young (717) 656-6873; Barry Weatherholtz (717) 625-3533; Phil Allamong (717) 786-7118

Map showing Lancaster 2010 Start Location



Lancaster 2010	Pre-Registration Form			
Name (First & Last)	Award & Credit \$7.00	Credit Only \$3.00	Non IVV \$2.00	Total Amount
PLEASE NOTE: Pre-registration fees are Non-Refundable			Total >	
Make checks payable to Penn Dutch Pacers				
Address -				
City, State, Zip -				
Mail registration to PENN DUTCH PACERS, 2010 - Lancaster PO Box 7445, Lancaster PA 17604-7445				
Deadline for Pre-registration is December 15, 2009	Date:	Check #	Amount:	[] check for PDP Member- ship Information