

Host Hotel
Doubletree Hotel
210 Holiday Court
Annapolis, Maryland 21401
(410) 224-3150

Welcome to the **Doubletree Hotel Annapolis**, ideally located minutes from some of the greatest attractions Annapolis, Maryland has to offer. The **US Naval Academy, Maryland State Capital** and the **historic waterfront district** are just three short miles away. The hotel is within easy reach of the **Westfield Mall, Festival Plaza**, and **Annapolis Harbour Center**. The beautiful **Towne Center at Parole** is within walking distance of the hotel offering great shopping and dining opportunities. The **Doubletree Hotel Annapolis** is conveniently located between Baltimore and Washington D.C. with easy access to Route 50. Baltimore Washington International airport is just 20 miles away.

Driving Directions: From the North: Take I-95 in Maryland to I-895 South to I-895 Spur South. Exit onto I-97 South, continue on Route 50 East to Exit 22-Riva Road. Follow signs to Riva Road and make a left at the light onto Riva Road. At the second light, turn left onto Holiday Court.

From the East: Take US Route 50 West in Maryland across the Bay Bridge. Continue on US Route 50 to Exit 22, Riva Road exit.

From the West: Take I-70 East in Maryland to I-695 South, exit onto I-97 South, continue to Route 50 East to Exit 22 Riva Road.



FIFTH BIENNIAL ATLANTIC REGION CONFERENCE



OF THE

AMERICAN VOLKSSPORT ASSOCIATION

Sail Through the Walks

IN

ANNAPOLIS MD
MARCH 19-21, 2010

REGISTRATION BROCHURE



**SANCTIONED
EVENT**



*Eligible for credit toward
IUV Achievement Awards*

THE 5TH BIENNIAL ATLANTIC REGION CONFERENCE

The Atlantic Region Director in cooperation with the Columbia Volksmarch Club, AVA-0264 and the Maryland Volkssport Association, AVA-MD will host the 5th Biennial Atlantic Region Conference on March 19–21, 2010 at the Doubletree Hotel, 210 Holiday Court, Annapolis, Maryland.

This Registration Brochure contains all the information necessary to register for the conference. It also contains lodging, socials, events and other general information.

Please join us for a weekend of activities and walking events. Learn about health and fitness, how the Atlantic Region operates, and maybe a little bit of Annapolis history.

ABOUT ANNE ARUNDEL COUNTY AND ANNAPOLIS

The first European settlers arrived in present-day Anne Arundel County in 1649. The General Assembly voted in 1694 to move the capital from St. Mary's City to "Anne Arundell Towne." In 1695 the town was renamed "Annapolis" in honor of then Princess Anne, daughter of Queen Mary. Annapolis became the economic, social and political center of the colony and the seat of government for Anne Arundel County. It remained the capital and seat of government when statehood was achieved on April 28, 1788. In the late 1880's, recreation became a major business throughout the County with the opening of numerous summer resorts including Bay Ridge In 1893.

Annapolis, founded in 1649, is a city which offers a delightful combination of history and a zest for living. Architecturally, Annapolis boasts some of the finest 17th and 18th Century buildings in the country - including the residences of all four Maryland signers of the Declaration of Independence.

Annapolis is the home of the United States Naval Academy founded in 1845 and also the home of St. John's College, founded in 1696 as King William's School and the third oldest institution of higher learning in the United States.

LOCAL RESTAURANTS

Friday Meet and Greet
Cash Bar
6:00 p.m. – 6:30 p.m.

Annapolis Towne Center

Brio Tuscan Grill	410-571-5660
Gordon Biersch	410-266-5965
Metro Silver Diner	410-266-7980
PF Chang	410-573-2990
Real Seafood Company	410-224-4141

Westfield Annapolis Mall

Cheesecake Factory	410-224-0565
Macaroni Grill	410-573-1717
McCormick & Schmick	410-266-8866
Stoney River	410-224-8312

Reservations are recommended



Year Round Events

YRE Events in ANNAPOLIS Area

Brandywine / Cedarville State Forest	YR 1071	10 km / 2
Chestertown	YR 1354	10 km / 1+
Easton	YR 0882	10 km / 1
Port Republic / American	YR 1069	10 km / 3
Stevensville	YR 1790	10 km / 1+

For details on the above Year Round Events and the Special AVA Programs for which they qualify, please check out the AVA web site:

www.ava.org



Schedule

Friday, March 19

Travel to Annapolis possibly doing an YRE or two en route.	3-day event in Annapolis, MD
Daily, during daylight hours	Conference Registration
4:00 PM to 9 PM	Walk in Annapolis, MD
Noon – 3:00 PM Registration	Meet/Greet/Cocktails [Cash Bar]
6:00 PM – 6:30 PM	Your Choice of Restaurants @ Annapolis Town Center or Westfield Annapolis Mall
7:00 PM	

Saturday, March 20

Daily, during daylight hours	3-day event in Annapolis, MD
8:00 AM – Noon Registration	Walk in Annapolis, MD
12:00 PM to 1:00 PM	Conference Registration
1:00 PM to 2:00 PM	Workshop #1
2:15 PM to 3:15 PM	Workshop #2
3:30 PM to 5:00 PM	General Session
6:00 PM	Cocktails [Cash Bar]
7:00 PM	Buffet Dinner at Hotel Guest Speaker

Sunday, March 21

Daylight Until Noon	3-day event in Annapolis, MD
8:00 AM – Noon Registration	Walk in Savage, MD
Travel home possibly doing an YRE en route.	

Thank you for attending our

Atlantic Region Biennial Conference



Lodging

HOST HOTEL: DOUBLETREE HOTEL — ANNAPOLIS MD

The Doubletree Hotel, located at 210 Holiday Court, Annapolis, MD

The hotel has set aside 75 rooms for the nights of March 19 and 20, 2010 at a rate of \$99.00 plus tax – single/double/triple, and quad occupancy per room.

All hotel reservations must be held with a credit card or advance deposit. Reservations must be made prior to February 22, 2010 to receive the special rate. A 24-hour notice is required for any room reservation cancellations. After such time the advance deposit is non-refundable or the credit card will be charged for the first night's room plus taxes. Contact the hotel directly and request reservations asking for the "Atlantic Region Conference-AVA Group Rate". Hotel: (410) 224-3150

A full restaurant is available for breakfast, lunch and dinner.

A special link has been set up to make your room reservation online at the Doubletree Hotel – Annapolis. Go to the Atlantic Region website for the conference details.

http://www.ava.org/clubs/reg_atlantic/index.htm

Guest Speaker

Daniel Carroll Toomey — is a native Marylander whose family ties go back to the late 1700s when Daniel Henry Toomey left Ireland and came to this country to teach school on the estate of Charles Carroll of Carrollton in Howard County. Since the earliest days of his childhood, he has been interested in history in general and the Civil War in particular.

Mr. Toomey is a graduate of the University of Maryland, School of Business. He holds an I.C.C. Practitioner's license and is a past-president of Delta Nu Alpha Transportation Fraternity in Baltimore. His expertise is in the field of international logistics.

Among his published books are *The Civil War in Maryland* and *Marylanders at Gettysburg*.

Mr. Toomey's presentation will be on Baltimore in the Civil War.

Copies of his book will be available after his presentation.



General Event Information

Sanctioned: All events in this brochure are sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV).

Dates: March 19, 20 and 21, 2010.

Start Location and Trail Description: Listed on pages 5, 6 and 12.

Start/Finish Times: Listed on pages 5, 6 and 12. All walkers will have a minimum of 3 hours to complete the walks.

Eligibility: These events are open to the public. All are welcome to participate. Everyone must register and sign the insurance waiver at the start, fill out and carry a start card and turn it in upon completing the walk. Children under 12 must be accompanied by an adult.

Fees: There is no charge to participate without receiving IVV credit. The fee for IVV credit only is \$3.00 per event.

Conditions: These events will be held regardless of most weather, except in the event of a local, state or national emergency. Carry water regardless of weather conditions.

Award: The award will be a single conference award as shown on page 10 in this brochure. It will be a 5" multi-colored 100% embroidered patch depicting the Maryland State Capitol. You only need to complete one of the conference events to earn the award.

Refreshments: Water and hard candy will be available at the start/finish and checkpoints.

Disclaimer: The Columbia Volksmarch Club, the Maryland Volkssport Association, American Volkssport Association, the Doubletree Hotel and Savage Park are not liable for accidents, thefts, and/or material damage. Every effort will be made to make these safe and enjoyable events.

For Additional Information

Bob Schmick, (410) 960-6226

E-mail: atlantic.conference@yahoo.com

www.ava.org/clubs/reg_atlantic/index.htm



SUNDAY, MARCH 21—WALK
SAVAGE, MD
EVENT AT-10/86464

Sponsor: Columbia Volksmarch Club, AVA-0264.

Contact: John Dye, (410) 290-6510, johndye@comcast.net.

Web Site: http://www.ava.org/gen3/data/event_details.asp?eventid=86464

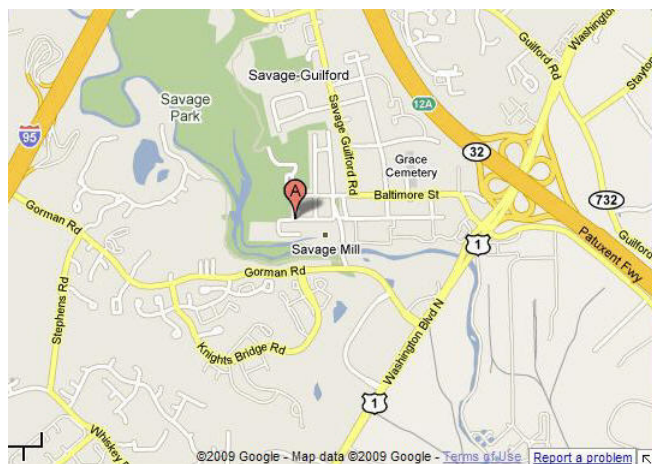
Start Point: Savage Park, 8599 Fair Street, Savage, MD 20763

Start Time: 8:00 AM—Noon. Finish by 3:00 PM.

Trail Description: The 5/10 km trail is rated 2. Savage Park offers many opportunities for discovering wildlife, wildflowers and natural history along interconnecting trails, including links to Patuxent Branch Trail and Lake Elkhorn. The Historic Mill Trail, Wincopin Trails, and Savage Loop Trail offer different lengths and terrains for hikers and bikers of various skill levels.

Qualifies for AVA Special Programs: Riverwalk America

Directions: From I-95 in Maryland, take exit 38A, Route 32 East toward Fort Meade. Follow for one (1) mile to US Route 1 South exit. At end of exit, turn right and follow US Route 1 for a short distance to first traffic signal - Howard Street. Turn right onto Howard Street. Follow Howard Street which becomes Baltimore Street to dead end at end of town. Turn right onto Fair Street and follow into Savage Park.



FRIDAY, MARCH 19 — WALK
ANNAPOLIS MD
EVENT AT-10/86492

Sponsor: Maryland Volkssport Association, AVA-MD.

Contact: Bob Schmick, (410) 960-626, marktim@erols.com

Web Site: http://www.ava.org/gen3/data/event_details.asp?eventid=86492

Start Point: Doubletree Hotel, 210 Holiday Court, Annapolis, MD.

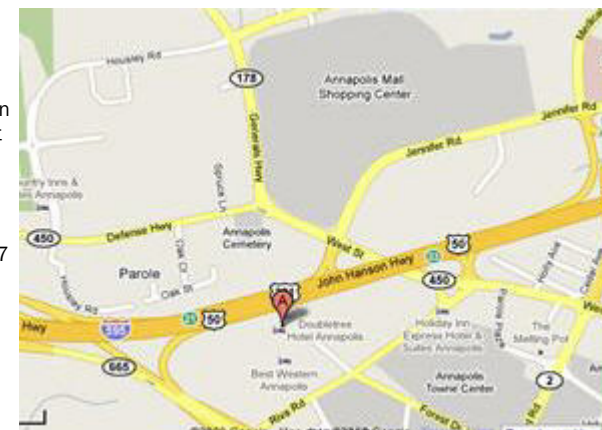
Start Time: Noon—3:00 PM. Finish by sundown.

Trail Description: The 5/10 KM trail, rated 1+. You will register at the Hotel then drive to Maryland Hall for the Creative Arts for the walk. The walk route in mid Annapolis will feature the newest portion of Colonial Annapolis Maritime Heritage Trail. The route will pass through a wetland wilderness areas, parks, and more of the self-declared Maritime Republic of Eastport.

Qualifies for AVA Special Programs: Cemetery Stroll, Firehouses, Forts of the United States, Historic Churches, Honoring Law Enforcement, Native American Culture, State Capital

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From the East:
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SATURDAY, MARCH 20—WALK
ANNAPOLIS MD
EVENT AT-10/86490

Sponsor: Maryland Volkssport Association, AVA-MD.

Contact: Bob Schmick, (410) 960-6226, markt@erols.com

Web Site: http://www.ava.org/gen3/data/event_details.asp?eventid=86490

Start Point: Doubletree Hotel, 210 Holiday Court, Annapolis, MD

Start Time: 8:00 — Noon. Finish by 3:00 PM.

Trail Description: The 5/10 KM trails are rated 1. The walk starts from the Hotel and visits many of the highlights of outer Annapolis. The trail will take you out Riva Road to the high school, past the very large Swim Center, back to the Annapolis Towne Center where you will see all that is new in Annapolis. Also, you will visit the largest Harley Davidson Cycle dealer.

Qualifies for AVA Special Programs: Hooray for Hollywood, State Capitals

Directions: From the North: Take I-95 in Maryland to I-895 South to I-895 Spur South. Exit onto I-97 South, continue on Route 50 East to Exit 22-Riva Road. Follow signs to Riva Road and make a left at the light onto Riva Road. At the second light, turn left onto Holiday Court.

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Workshops and General Session

FIRST WORKSHOP SESSION

Subject: History of the US Naval Academy

Presenter: Speaker from the US Naval Academy Speakers Bureau

SECOND WORKSHOP SESSION

Subject: Elements of a Successful Club Program

Facilitator: Bob Wright, Loudoun Walking & Volkssport Club

Four topics: trail directions, media relations, the social elements of a good club program, and (list of) things club officers need to know to do their jobs.

GENERAL SESSION

Region Director: Sam Tollett

Welcome

State of the States in the Region

DC
Delaware
Maryland
New Jersey
Pennsylvania
Virginia
West Virginia

Award Presentations

Q&A



AWARD



The award is a 5" multi-colored 100% embroidered patch depicting the Capitol Building in Annapolis. One-hundred [100] patches are available for pre-registered walkers with reorders available, if necessary. You only need to complete one of the conference events to earn the award.

AREA ATTRACTIONS

Washington. DC

<http://www.washingtondc.com/attractions/>

Delaware

<http://www.planetware.com/tourist-attractions/delaware-usde.htm>

Maryland

<http://dc.about.com/od/touristattractions/tp/MarylandAttractions.htm>

New Jersey

http://www.funnewjersey.com/upload_user/COOL_THINGS_TO_DO/TOP_50_ATTRACTIONS_IN_NEW_JERSEY.htm

Pennsylvania

<http://www.planetware.com/tourist-attractions/pennsylvania-uspa.htm>

Virginia

<http://www.planetware.com/tourist-attractions/virginia-usva.htm>

West Virginia

<http://www.wvcommerce.org/travel/default.aspx>



Volunteer Service Award

The Atlantic Region Director invites you to nominate someone from your club (Atlantic Region only) to receive a volunteer service award. The person need not be an officer, but someone who is always there when needed and ready to lend a helping hand. Notify your club president of your choice.

Menus

Friday Meet and Greet Social 6:00 – 6:30 PM

Cash Bar
Hors d'oeuvres

Saturday Banquet Dinner 7:00 PM

Cash Bar @ 6:00 p.m.
Green Salad
Maryland Crab Soup
Seared Flank Steak with Asparagus
Chicken Breast with Apples, Almonds
and Apple Jack Sauce
Grilled Swordfish with Roasted Red Pepper Sauce
Garlic Mashed Potatoes
Medley of Fresh vegetables
Rolls and Butter
Chef's Selection of Desserts
Coffee or Tea



Registration Form

*5th Biennial Atlantic Region Conference
Annapolis, MD
March 19-21, 2010*

Use a separate form for each person. (This form may be copied.)

Registration Information

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

Emergency Contact: _____ Phone: _____

Club: _____

Remove this form (pages 8 & 9) and mail along with your check made payable to the Maryland Volkssport Association [or MVA] and mail to the address below: (Please retain the brochure for event directions.)

Maryland Volkssport Association
824 Buckingham Drive
Severna Park, MD 21146

Name tags, tickets and merchandise will be available at the conference registration.

If you can volunteer to help at the conference please indicate willingness to assist below and your area of interest:

Yes []

Area of interest: Registration Events General Session

Other _____



Registration Category

THE TOTAL CONFERENCE PACKAGE INCLUDES:

Friday night Meet and Greet Social & Dinner Banquet

Saturday night Dinner Banquet

Award/Credit for 3 walks

Two workshops

General Session

Total Conference Package postmarked by February 28, 2010 \$ 60.00

If you do not want the total conference package, you may register for just the activities you wish to attend, postmarked by February 28, 2008.

Friday night Meet and Greet Social/Bufferet \$15.00

Saturday night Social/Dinner Buffet \$45.00

Award/credit for 3 walks \$15.00

Workshops and General Session \$10.00

Circle package and/or items desired Total Cost: _____

On site registration allowed only for walks and conference workshops/general meeting on a space available basis.

**Please indicate any special dietary requirements: _____*

NO REFUNDS AFTER March 5, 2010

