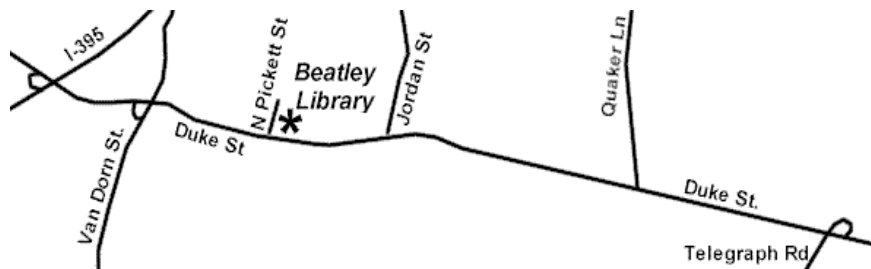


## Directions to the Charles E. Beatley, Jr., Central Library



### From the south or west via I-395:

Take Exit 3 (VA 236/Duke St.) east toward Alexandria. Just past Landmark Center on the left, you pass beneath Van Dorn St. Continue east on Duke St. for about 1/2 mile to the 5th traffic light at North Pickett St. (Be careful, because the 4th light is S. Pickett St.). Turn left at N. Pickett St. and go 1/2 block north past the CVS store. Turn right at the Beatley Library sign to go into the parking lot.

### From the east via I-95/I-495 (Capital Beltway):

Take Exit 176 (VA 241/Telegraph Rd.) north toward Alexandria. Continue on Telegraph until you follow a 270-degree ramp around to go west on VA 236 (Duke St.). Continue west on Duke St. for about 2 1/2 miles, turning right in the parking lot to the Beatley Library soon after you pass the Foxchase shopping center.

### Parking:

In order to provide adequate space for regular library patrons, please park in the two rows of parking farthest away from the library (closest to the CVS store).

**If you want to earn an extra 1 KM of IVV distance credit**, park your car at the Foxchase shopping center. If you do so, walk from your car to Duke St., turn right to walk past Harris Teeter and across a stream. The library is the next building on the right. After you have enjoyed your walk, be sure to tell the WDCAVC volunteer stamping your IVV books that you parked at the shopping center, thereby earning the additional 1 KM of distance credit.

Thanks to the staff of the Beatley Central Library for their help in conducting this volksmarch event.

## Washington DC Area Volksmarching Club invites you to enjoy an early summer walk in **Western Neighborhoods of Alexandria, Virginia** on **Saturday, June 13, 2009**

**Start Point:** Charles E. Beatley, Jr., Central Library,  
5005 Duke St., Alexandria VA 22304

One 10-KM (6.2-mile) walk trail will be available with a shorter 5-KM (3.1-mile) option. Full walk trail is rated 2 (mostly flat with moderate hills).  
One IVV credit stamp.  
This will be the WDCAVC's 165th international volksmarch.



Enjoy a great walk beside bucolic Holmes Run.



AT2009/83819

**Sponsor:** Washington DC Area Volksmarching Club  
(AVA-021, MD-01)

**Sanctioned by:** The American Volkssport Association (AVA) and the International Federation of Popular Sports (IVV).

**Date:** Saturday, June 13, 2009

**Start/Finish:** Charles E. Beatley, Jr., Central Library,  
5005 Duke St., Alexandria VA 22304

**Hours:** Register between 8:00 AM and 1:00 PM. Finish trail by 4:00 PM.

**Registration and Fees:** There is no pre-registration for this event. All participants must register at the start point and carry a start card. Participation is free. You may register to walk for an award from a previous WDCAVC event by paying \$4.00 (includes IVV credit). For those who wish IVV credit only, the fee is \$3.00.

**Eligibility:** Everyone is welcome! This event is open to all regardless of age, sex, creed, race, or nationality. Participants may walk, jog, or run. An adult must accompany all children under 12 years of age.

**Trail Description:** Enjoy a pleasant walk through lovely parts of western Alexandria on a trail that is either 10 KM (6.2 miles) or 5 KM (3.1 miles) in length depending on your preference. The trail will follow Holmes Run for roughly 3 KM and will provide interesting views of other neighborhoods in western Alexandria and a small part of nearby Fairfax County. The trail will be mostly on paved trails and sidewalks and is rated 2 because it is generally flat with moderate hills. (If weather and stream conditions are not conducive to a safe walk along the planned trail, the WDCAVC reserves the right to provide an alternate trail that will not leave walkers waterlogged.) The trail is not suitable for wheel chairs and strollers. Water and restrooms will be available at the Start/Finish Point. Restaurants will be available partway through the 10-KM trail.

**IVV Credit:** This event counts toward acquisition if IVV Achievement Awards. All participants of previous IVV events are reminded to bring both IVV books for this event. There is only one event credit for both trails. Participants may walk for distance credit without limit; but no more than 20 KM per start card. New Walker packets and IVV books will be available for \$5.00 each.

**Conditions:**

- Pets must be leashed and are not permitted inside the Start/Finish Point.
- Littering is not permitted.
- This event will be held regardless of most weather conditions.
- Carry water so you can stay properly hydrated.
- There will be no refunds for those who decline to participate.
- With registration for this event, the participant accepts the guidelines for AVA volkssport events and agrees to observe the principles of good sportsmanship.

**Disclaimer:** Every effort is being made to make this a safe, enjoyable and memorable event. The sponsor is not liable for accidents, thefts, and/or material damage.

**Information:** Contact Thomas Baerwald  
Phone: 703-765-3128 (home); 703-292-7301 (work)  
Email: tbaerwal@nsf.gov  
Website: <http://www.ava.org/clubs/wdcavc/index.htm>

**WHAT'S A VOLKSMARCH?**

*A volksmarch is a non-competitive walk. You can walk alone, with family members or friends, or with folks you meet along the way. You can walk for free or pay a small amount to earn credits that provide tangible progress of your participation. If you want to combine fun, fitness, and fellowship, join us for one of these events!*