

SANCTION: This event is sanctioned by the American Volkssport Association, a member of the International Federation of Popular Sports (IVV). This event counts toward acquisition of IVV achievement awards. Event Number is 2009 AT84023.

SPONSOR: Virginia Vagabonds AVA 365.

LOCATION: Oasis Family Restaurant, 3506 Kecoughtan Road Hampton, VA.

DATE: The walk will start between **9:00 AM and 10:00 AM**. Finish by **1:00 PM**. **Lunch will be at noon** (so plan your start time for the walk accordingly) with the club meeting and social time to follow.

DISTANCE: There is a 5- and a 10-kilometer (3.1 miles/6.2 miles) trail. The walk may be completed a second time for credit at no additional fee.

ELIGIBILITY: Everyone! Children under 12 must be accompanied by an adult. Groups are welcome.

FEES: Credit only fee is \$3.00. There is no fee just to walk the trail. B Medals from previous events will be available for \$1. Profits from these events will be used to fund camp scholarships for under-privileged Boy Scouts and Girl Scouts. There will no refund of any monies paid.

PROCEDURES: At the start point, each participant will be issued their own start card, which must be signed and personally presented at the control points for stamping. The individual start cards must be turned in at the awards table after completing the event.

CONDITIONS: No animals are allowed inside the restaurant. Water will be available at the start/finish and at all control points. Litter must be deposited in designated containers. There will be no refunds for those who decline to participate. The event will be held regardless of most weather conditions. All pets are to be kept on a leash (6 feet or less) at all times and the pet owners are responsible for cleaning up the droppings of their pets, per law of the City of Hampton.

COURSE DESCRIPTION: Trail Rating: 1+. The walk will be on city sidewalks or along the shoulders of the road, through the City of Hampton, as well as along the Hampton River. The trail will go through the downtown area of Hampton, passing the Air & Space Museum, as well as the new and old courthouses. It will go past a cemetery, also. The trail is suitable for wheelchairs or strollers.

FOR FURTHER INFORMATION: Contact Sam or Annette Tollett at (757)766-3065; email (Sam) runs bears@yahoo.com or Annette at ah tollett@yahoo.com.

DISCLAIMER OF LIABILITY: The sponsors of this event, nor the City of Hampton nor the Oasis Family Restaurant, cannot be held responsible for any lost or stolen items, accidents, or injury. Every reasonable effort will be expended by the sponsors to make the event safe, educational and enjoyable.

IVV BOOKS: All previous participants of IVV events are reminded to bring their IVV books to this event. Those wishing to purchase new books may do so at the event.

LUNCH: Lunch will be ordered off the menu. The Oasis Family Restaurant has a wide variety of specials, as well as regular menu items at a reasonable price.

WHAT IS A VOLKSMARCH?

A non-competitive outdoor event where a participant follows a marked trail at his/her own pace, stopping at points for a "control stamp", rest, and refreshments. Volksmarches are aimed at getting all people, regardless of age, out-of-doors to exercise non-competitively. Many senior citizens participate regularly. Many parents bring their children with them, carrying infants (or use strollers or wagons where the terrain allows).

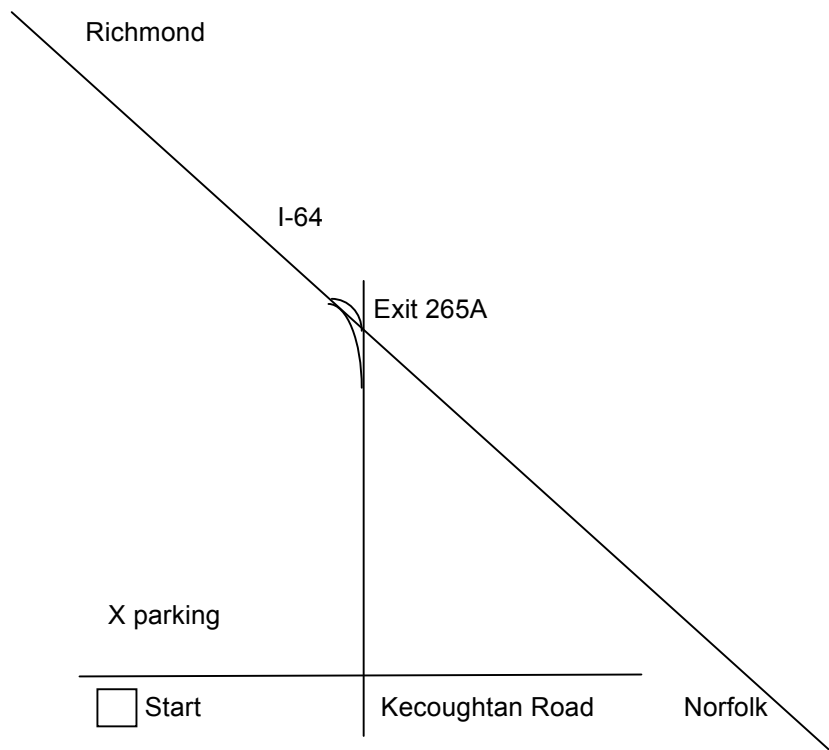
EVERYONE IS A WINNER! When awards are available, each participant who purchases a start card and pays the award fee receives an attractive commemorative award upon completion of the trail. Participants may enroll in the international (IVV) awards program by purchasing the proper record books (event, distance, or both). Completing all or part of the trail entitles the participant to a certification stamp for the record books. Upon completion of

a record book, the owner receives a certificate, a hatpin, and a patch, in recognition of reaching a certain milestone.

DIRECTIONS:

From North and West: Take I-64 East to Hampton and exit at Exit 265A, LaSalle Avenue (State Route 167 South). Turn right and follow LaSalle Avenue a little over a mile (6 traffic lights). At the sixth light, turn right onto Kecoughtan Road. The Oasis Family Restaurant is on the left about a block after the turn. **Please park in the lot across the street from the restaurant.**

From Norfolk: Take I-64 West to Exit 265A. Continue going to the right until you wind up on LaSalle Avenue, going under the Interstate. Follow LaSalle Avenue a little over a mile (6 traffic lights). At the sixth light, turn right onto Kecoughtan Road. The Oasis Family Restaurant is on the left about a block after the turn. **Please park in the lot across the street from the restaurant.**



VIRGINIA VAGABONDS

**OASIS FAMILY RESTAURANT
HAMPTON, VA**

MEETING, LUNCH

**RIVERWALK
CEMETERY
AMERICAN AUTHORS & LITERARY
LANDMARKS
HONORING LAW ENFORCEMENT
VETERANS MONUMENTS
HISTORIC CHURCHES
MUSEUMS**

CREDIT ONLY EVENT

JUNE 26, 2010

WALK START TIME 9:00 to 10:00 am

**5 Kilometers (3.1 miles)
10 Kilometers (6.2 miles)**

