

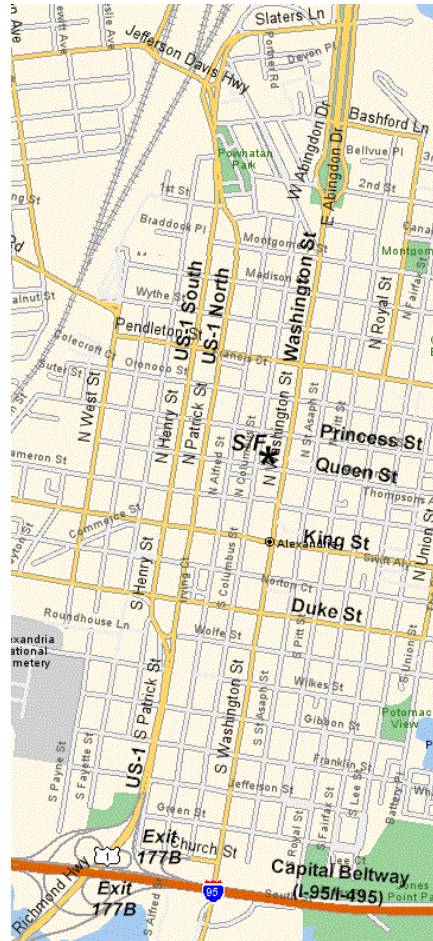
Directions

From the East or West via I-95/I-495 (Capital Beltway):

- Take Exit **177B** (US-1 North/Alexandria), the first exit west of the Wilson Bridge.
- Continue north on US-1 for about 10 blocks (0.8 miles) to Queen St. (2 blocks past King St.).
- Turn **RIGHT** on Queen St. for 2-1/2 blocks. The Library will be on your left.

From the North via the George Washington Memorial Parkway:

- Take the GW Parkway into Old Town Alexandria.
- Continue on what now is called Washington St. for about 8 blocks from the first traffic signal at Slater's Lane to Princess St.
- Turn **RIGHT** on Princess St. You will be one block north of the library, which is on the far side of a large parking lot to your left.



Parking

Street Parking: You can usually find parking along the streets, especially on blocks north and east of the library. Check signs carefully to determine how long you can legally park and whether you might be in a zone that must be cleared during rush hour.

Lot Parking: Please note that we have been unable to make arrangements to use the parking lot behind the library and the Wachovia Bank on the same block. You therefore should not park in that lot. If you choose to park in any other lot, you may be subject to ticketing and/or towing.

Washington DC Area Volksmarching Club

Enjoy Pleasant Evening Walks During the Spring and Summer in Old Town Alexandria, Virginia

Starting at the Kate Waller Barrett Branch Library

April 20, May 18, June 15,
August 17, and September 21, 2010
*Early Evening Walks on the
Third Tuesday of the Month
Credit-Only Events*



10-KM (6.2-mile) Walking Trails
with Shorter 5-KM (3.1-mile) or
6-KM (3.8-mile) Options
(One 10 KM trail with a shorter option
each month)

Trails rated 1 and 1+
(Flat to gently rolling trails,
mostly on paved surfaces)

The American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV), sanctions these events.

AVA Event Numbers AT2010/86793, AT2010/86794, AT2010/86795,
AT2010/86796, and AT2010/86797



Eligible for credit toward
IVV Achievement Awards

Walk Information

START/FINISH: Kate Waller Barrett Branch Library, 717 Queen Street, Alexandria VA 22314. Phone: 703/838-4555.

DATES: Five "Third Tuesdays" in the Spring and Summer of 2010 -- April 20, May 18, June 15, August 17, and September 21.

HOURS: Start between 4:30 and 5:30 PM; finish by 8:30 PM.
(If you plan to walk after 7:30 PM in April and September, please bring a flashlight.)

TRAIL RATING AND DESCRIPTION: These evening walks will consist of 10-KM (6.2-miles) trails with shorter 5-KM (3.1-miles) or 6 KM (3.8 miles) options along residential sidewalks and park trails in Old Town Alexandria. Trails will explore various neighborhoods, wander beside the Potomac River, and meander up hills that overlook Old Town. Trails are rated 1 and 1+, with moderate hills. Trails are mostly on pavement, although short segments may be on natural surfaces. Trails should be suitable for strollers, although wheelchairs may encounter some difficulty. For more detailed information about each month's trail, please check with the information contact. Written instructions and maps will be provided for each walk. Trails will not be marked.

What Everyone Needs to Know

SPONSOR: Washington DC Area Volksmarching Club,
(AVA-21, MD-01)

ELIGIBILITY: Everyone is welcome to participate. An adult must accompany children under 12. Groups are welcome.

AWARD: There is no commemorative award for these events.

FEES: The fee for IVV Credit is \$3.00. There is no fee to just walk the trail — but you must register and carry a start card. No refunds will be given.

PROCEDURE: Each participant is issued a start card, which must be carried on the walk. Only one start card per person is issued, and it must be turned in at the Finish table after completing the event. Only those participants with a properly validated start card will be eligible for IVV Credit. Each trail may be completed twice per start card on the same day at no additional cost, provided you complete the trail within the stated start/finish time.

CONDITIONS: Water is available at the Start/Finish point, and food and drink usually is available along the trail, but you should carry your own water on the walk in case of extreme weather or personal cases of dehydration. Littering along the trails is prohibited. The events will be held rain or shine. Dogs are allowed, but must be leashed at all times and cleaned up after by their owner. Dogs are not allowed inside the library. No refunds.

REMINDER: The American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV), sanctions these events. If you are a participant in the IVV Achievement Program, remember your record books. IVV event and distance books, as well as New Walker Packets, are available for sale for \$5.00.

DISCLAIMER: Every reasonable effort will be exercised to make these events safe, enjoyable and memorable for our participants. Neither the Washington DC Area Volksmarching Club nor the Kate Waller Barrett Branch Library shall be liable for accidents, theft, or material damage.

INFORMATION CONTACT: Thomas Baerwald, 703-292-7301 (W), 703-765-3128 (H), tbaerwal@nsf.gov or Marshall Hansen, 301-588-1913, marshallhansen17@gmail.com.

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!

JOIN US FOR OUR CLUB'S MONTHLY MEETING AFTER EACH EVENING WALK

At 7:00 PM following each of these evening walks, the Washington DC Area Volksmarching Club will hold a club meeting in the staff lounge of the Library. Please join us to help plan upcoming events. In order to function effectively, the club relies on people like you. Join us and have an enjoyable and rewarding time.

For more information about this event and other WDCAVC activities, consult the club Web site at:

<http://www.ava.org/clubs/wdcavc/index.htm>