Winter Wonderland Canal Walk
10 km (6.2 miles) or 5 km (3.1 miles) Walk

Saturday – January 15, 2011
Cabin John, MD
Credit only event # 87145 -- AVA trail rating 1+

Sponsor: Seneca Valley Sugarloafers Volksmarch Club, Inc. (AVA 419), a member of the Maryland Volkssport Association.

Sanctioned by: The Maryland Volkssport Association and The American Volkssport Association, a member of the International Volkssport Verband, to promote leisure sports in the interest of family health, recreation, fun, and companionship.

Start/Finish: Parking area with restrooms and payphone at Carderock Recreation Area at C&O Canal Towpath, Cabin John, MD. Follow signs within park

Start Time: Registration 10 am – 11am. Must finish the walk by 2 pm.
(Credit walkers MUST pre-register)

Pre-Registration: Send $3.00 check, payable to SVSVC, to: Carolyn Thurber, 17616 Mill Creek Dr., Derwood, MD 20855-1015. Write "C & O" and your phone number on the check. Please mail check early enough to be received by Tues., Jan. 11, 2011.

Pre-Registration Information:

Trail: The trail is 10 km with a 5 km option. AVA rating 1+.
It’s an easy out and back walk on the C & O Canal towpath, going upstream this year from Carderock to the Widewater area and to Locks # 15 & # 16. Relatively flat natural surfaces. Suitable for strollers, but not for wheelchairs.

Eligibility: We welcome everyone to walk with us. All participants must register and sign a waiver of liability. Each participant must carry a start card throughout the walk. Please turn the card in at the end of your walk so we know that you are safely off the trail. An adult must accompany children under 12 throughout the entire walk. Parents of minor children must sign a waiver of liability for the children.

Refreshments: Participants may bring a snack and water for use on the trail.

Event Information: For more information about this event, please contact:
Jone Parr (301) 385-0054 Jone.P@comcast.net
Maribeth Evans (301) 946-5496 gummie0612@verizon.net

Conditions: WATER WILL NOT BE AVAILABLE EXCEPT IN THE RESTROOMS AT THE START POINT. Trail instructions will be available. Pets are allowed in the park, but must be leashed at all times during the walk. Restrooms are available at the start/finish. This walk will be held regardless of the weather, unless conditions cause the sponsor to close the trail for safety reasons. If in doubt, call Jone Parr at 301-385-0054 (cell phone).

Fees/Awards: Our walk is free. IVV credit is $3.00. Children under 12 may earn IVV credit for no charge at all events sponsored by the Seneca Valley Sugarloafers. Because financial transactions are not allowed on park property, PRE-REGISTRATION IS REQUIRED FOR IVV CREDIT. Prepaid registrants who do not participate will forfeit the fee. No cash or checks will be accepted at this event. We can not sell record books in the park, but we will have insert cards available. There is no award for this event.

AVA Special Programs: This event is eligible for Walking America’s Trails…a new program in 2011.

Disclaimer: Neither the Seneca Valley Sugarloafers Volksmarch Club, Inc., nor Chesapeake and Ohio Canal National Historical Park shall be liable for accidents, theft, or material damage. Every reasonable effort will be made to make this a safe, enjoyable, and memorable event.

Membership: Membership in the Sugarloafers is open to everyone interested in walking for fitness, fun, and fellowship. Members are encouraged to walk our volksmarch trails and to help with events and other club activities. Dues are $10.00 per year and include the club newsletter, which keeps members informed about volksporting activities and news. To join, send your name, address, e-mail address, and phone number, (or membership form from our website, www.sugarloafers.org) with a check for $10.00 payable to SVSVC to:
Carolyn Thurber, 17616 Mill Creek Dr., Derwood, MD 20855-1015.

For more information about the club, contact Carolyn at 301-926-0915 or cbthuber@verizon.net


DIRECTIONS TO START POINT

FROM MARYLAND AND WASHINGTON, DC:
From I-495 (Capital Beltway outer loop going southwest toward Virginia) take Exit 41 in Maryland (Carderock, Great Falls). You will be going west on Clara Barton Parkway. Proceed about .8 mile to Carderock exit on RIGHT. * Go up ramp. Turn LEFT to cross over the Parkway and follow signs ahead for Carderock. After driving through a short tunnel to stop sign, turn RIGHT. Then immediately turn LEFT into parking lot, our starting point.

FROM VIRGINIA:
From I-495 (Capital Beltway inner loop going northeast toward Maryland), immediately after crossing American Legion Bridge over Potomac River (use RIGHT lane on bridge), take Exit 41 (Clara Barton Parkway, Carderock). Use LEFT lane as exit ramp splits, to go to Carderock on Clara Barton Parkway. Proceed about 1 mile to Carderock exit on RIGHT. Continue as above *.

* From the C & O Canal Towpath, take Carderock exit and go about 1 mile on Robinson Road to the Recreation Area.