

**Directions to The Dogwood Room,**  
**3215 Rock Creek Villa Dr., Quinton, Virginia 23141**

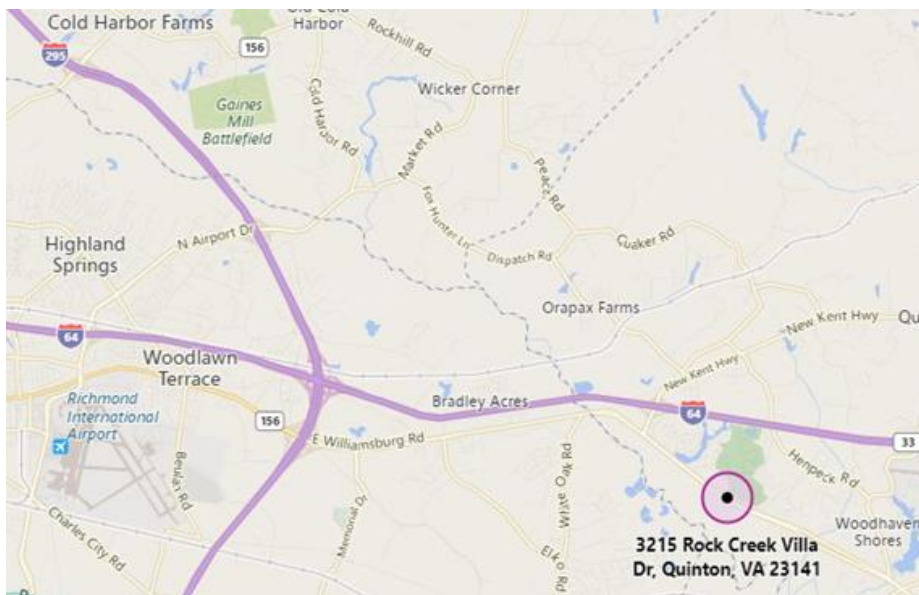
**N 37° 29' 54.9666" W 77° 10' 20.7912"**

**From the North or West:** Follow I-295 S to Exit 28A, I-64 E. Continue on I-64 E to Exit 205, VA 249 and bear right on ramp to US 60, Pocahontas Trail. *Continue from \* below.*

**From the South:** Follow I-295 N to Exit 28, I-64 E. Continue on I-64 E to Exit 205, VA 249 and bear right on ramp to US 60, Pocahontas Trail. *Continue from \* below.*

**From the East:** Follow I-64 W to Exit 205, VA 249 and turn left at end of ramp to US 60, Pocahontas Trail. *Continue from \* below.*

\* At light, turn left onto US 60 and continue 1.4 miles. Turn left on Longview Dr. and immediately right on Rock Creek Villa Dr. Dogwood Room is in the building on the right. Park at the building, or in parking areas along Rock Creek Villa Dr. Entrance to Dogwood Room faces Longview Dr. Proceed to Dogwood Room on second floor using stairs or elevator.



# LEE LEPUS VOLKSVERBAND

(Walking Club)

84TH IVV/AVA INTERNATIONAL VOLKSMARCH

**April 14, 2018**

**Quinton, VA – Five Lakes**  
**New Kent County**

## Walk for the

# Q

AT 18-109983

5 and 10 KM

TRAIL RATING 2A

AVA: America's Walking Club



SANCTIONED EVENT

Eligible for credit toward IVV Achievement Awards

**START/FINISH:** 3215 Rock Creek Villa Dr., Quinton, VA 23141. The Dogwood Room is on the second floor.

**START:** Start between 9:00 am and 12:00 noon.

**FINISH TIME:** 3:00 p.m.

**DISTANCE:** 5 and 10k trail (3.1 & 6.2 miles). 10k Route can be repeated one time at no additional fee.

**TRAIL DESCRIPTION/RATING:** Rated 2A – On road shoulders through the Five Lakes residential area around a golf course, with moderate hills for both the 5 and 10k. Okay for strollers, one long uphill at the beginning may be difficult for wheelchairs.

**FEES/AWARDS:** IVV credit only is \$3.00. Participants may walk for a “B” award for an additional \$2 each. Free walkers welcome, but all participants must register at the Start. There are no refunds.

**SANCTIONED:** This event is sanctioned by American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). Additional events can be located at the AVA website, [www.ava.org](http://www.ava.org).

**SPECIAL PROGRAMS:** New Kent (Virginia Counties Program), Walking the USA A-Z (Q).

**REFRESHMENTS:** Water will be available at start and control points. Restrooms are available at start point. The Third Base Grill and Domino’s Pizza are located in the same building as the Start/Finish.

**CONDITIONS:** The walk will be held regardless of most weather conditions. Participants are requested to observe all traffic laws and to place all litter in proper receptacles. No pets allowed in Dogwood Room starting point. **PETS MUST BE LEASHED!**

**ELIGIBILITY:** This event is open to all; everyone is welcome regardless of sex, creed, race, or nationality. An adult must accompany children under the age of twelve.

**IVV BOOKS:** This event counts toward acquisition of IVV Achievement Awards. IVV event/distance books and new walker packets are available at the finish point at a cost of \$6.00 each.

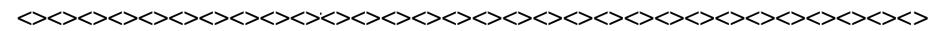
**DISCLAIMER:** The American Volkssport Association and its subsidiary clubs are not responsible for theft of loss of personal belongings or property. All participants must sign a waiver. Every reasonable effort will be expended by the sponsors to make the event safe, enjoyable, and memorable.

**FOR FURTHER INFORMATION:** Gin Armacost 703-201-1987  
Jim Geith 703-244-3515  
[armacostg@cox.net](mailto:armacostg@cox.net)



**LEE LEPUS VOLKSVERBAND** sponsors three Year Round Events in Richmond, a Year Round Event at Pocahontas State Park, at High Bridge Trail State Park near Farmville, and at Petersburg National Battlefield Park. Our seasonal walks are Amherst and Deep Run in Henrico.

All trails are 5 and 10 km. Pick up our brochures at the walk or contact Dee Schrum, 804-768-0055, 804-731-2863, or email [dschrum4@comcast.net](mailto:dschrum4@comcast.net) for additional information.



### **What is Volkssporting?**

Volkssporting started in Germany and simply defined, is a personal fitness sports and recreation program offering noncompetitive walks, hikes, bike rides, swims, and in some regions cross-country skiing. You may choose your time to start within the start/finish “window” and participate in the sport at your own pace. Walking – also called “volksmarching” – is the most popular of all the volkssporting activities.

Volkssporting in the United States is sponsored by the American Volkssport Association (AVA) which has a nationwide, grassroots network of about 300 active clubs presenting more than 3,000 volkssporting events each year.

Founded in 1976, AVA is an educational nonprofit 501(c)3 corporation dedicated to promoting fun, fitness and friendship.