

## Start/Finish Times

Friday	
<b>Start – Welcome Walk</b>	<b>12:00 noon – 3:00 pm</b>
<b>Start – Swim &amp; Bike</b>	<b>10:00 am – 3:00 pm</b>
<b>Opening Ceremony</b>	<b>4:00 PM</b>
<b>All Finish by</b>	<b>6:00 PM</b>
<b>Social – Friday the 13th- Ballroom</b>	<b>6:00 pm – till ??</b>
Saturday	
<b>Start – Marathon</b>	<b>7:00 am – 7:30 am</b>
<b>Start – 21 +/- km</b>	<b>8:00 am – 11:00 am</b>
<b>Start – 6/12 +/- km</b>	<b>8:00 am – 11:00 am</b>
<b>Start – Swim</b>	<b>10:00 am – 4:00 pm</b>
<b>Start – Bike</b>	<b>7:00 am – 2:00 pm</b>
<b>All Finish by</b>	<b>5:00 PM</b>
<b>International Dinner – Hotel Vantage Point Restaurant</b>	<b>6:00 PM</b>
Sunday	
<b>Start – 32 +/- km</b>	<b>7:00 am – 8:00 am</b>
<b>Start – 21 +/- km</b>	<b>7:00 am – 10:00 am</b>
<b>Start – 6/12 +/- km</b>	<b>8:00 am – 11:00 am</b>
<b>Start – Swim</b>	<b>10:00 am – 3:00 pm</b>
<b>Start – Bike</b>	<b>7:00 am – 2:00 pm</b>
<b>All Finish by</b>	<b>4:00 PM</b>
<b>Closing/Awards Ceremony</b>	<b>3:00 PM</b>



The Freedom Walk Award is a certificate signed by officials from the IML and AVA. This certificate along with the Event Patch is awarded to any participant who completes the event walk on Saturday and/or Sunday. Marathon participants

will receive a special Marathon Patch in place of the Event Patch. Any participant who completes both Saturday and Sunday will receive an additional award: a medal (first-time participants) or numeric pin (repeat participants). In addition, all Friday participants (excluding IVV Credit Only) receive a commemorative Welcome Walk Patch.

This walking weekend is hosted by *Arlington County, Virginia and AVA Club 901.*

Event	2018
Gilboa, Israel	16-17 March
Borås, Sweden	28-29 April
Blankenberge, Belgium	5-6 May
Wellingborough, England	12-13 May
Chantonnay, France	10-13 May
Diekirch, Luxembourg	26-27 May
Bern-Belp, Switzerland	2-3 June
Viborg, Denmark	23-24 June
Castlebar, Ireland	28 June - 1 July
Nijmegen, Netherlands	17-20 July
Jurbarkas, Lithuania	4-5 August
Vaasa, Finland	10-12 August
Verdal, Norway	25-26 August
Arenzano, Italy	2-9 September
Seefeld, Austria	14-16 September
Brno, Czech Republic	29-30 September
Fulda, Germany	6-7 October
Barcelona, Spain	20-21 October
Rotorua, New Zealand	18-19 March
Canberra, Australia	7-8 April
Yatsushiro, Japan	11-13 May
Dalian, China	19-20 May
Beijing, China	8-9 September
Arlington VA, USA	20-21 October
Won-Ju, Korea	27-28 October
Higashimatsuyama, Japan	2-4 November
Taipei, Taiwan	10-11 November
Jogyakarta, Indonesia	17-18 November

IVV Olympiad Aix-en-Provence, France -October 15-19, 2019

**AVA DISCLAIMER:** The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property.

**IML DISCLAIMER:** USFWF and its sponsors are not liable for accidents, injury, thefts, and/or material damage. Every reasonable effort will be made by the host and sponsors to make these walks safe, enjoyable and memorable. This is not a charity walk.

# 17<sup>TH</sup> Annual International U.S. FreedomWalk Festival® (USFWF)

October 19-21 2018  
Arlington, Virginia  
Washington, DC USA



**Walking the World  
One Country at a Time**

**Three days  
Trails from 3 to 27 miles  
(6 to 44 kilometers)**

**One Swim Event**

**\*One Bike Event\***

**Walk for the FreedomWalk Medal**



**Registration: US FreedomWalk Festival 2018**

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_  
 Email \_\_\_\_\_ Age \_\_\_\_\_  
 Phone \_\_\_\_\_

ADULT FEE***	
Walk Friday+Saturday+Sunday	\$32
Walk Saturday + Sunday	\$24
Walk Saturday OR Sunday	\$12
YOUTH FEE (age 12 or younger)***	
Walk Friday+Saturday+Sunday	\$24
Walk Saturday + Sunday	\$22
Walk Saturday OR Sunday	\$11
International Dinner	\$40
IVV Credit Friday(5/10/12 km only)	\$3
IVV Credit Saturday(5/10/12 km only)	\$3
IVV Credit Sunday(5/10/12 km only)	\$3
Swim event-IVV Credit Only-# of days x \$3	
Bike event-IVVV Credit Only-# of days x \$3	
VolksTri Medal with ribbon(includes 1 swim and bike credit)	\$16
***includes IML Registration and/or IVV/AVA A Award	

**T-Shirt: S-XL/\$15 – XXL/\$17 – XXXL/\$20**

**Polo: S-XL/\$30 – XXL-XXXL/\$35**

\*\*\*IVV Credit Only fee is included in these registration categories.

**Distances in kilometers (+/-) plan to walk (Please Circle):**

**Friday**      5            10  
**Saturday:**   6    12    21    44  
**Sunday:**     6    12    21    32

How many times have you walked this event? \_\_\_\_\_

Make check payable in US\$ to  
 "US FreedomWalk Festival"  
 Mail by 1 October 2017 to

US FreedomWalk Festival  
 PO Box 17208  
 Arlington, VA 22216 U.S.A.



**GROUPS** contact the organizers for special group registration procedures.

Fees increase \$5 on day of event [N/A IVV Credit Only].

This non-competitive walking sport event is called volksmarching. It is a walk for fitness, fun, and fellowship ... with the chance to learn something about the US and about other walkers from around the world.

**TRAILS:** Each day features different trails and actual distances may vary.

Friday's 5/10 km (3 / 6 miles) walk...come experience Arlington, Virginia hospitality with a Welcome Walk west of the Potomac River. **Arlington is a Gold Level Walk Friendly Community (AT18-108977).**

Saturday's 6/12/22/42 km (3 / 6 / 12 / 26 mile) walk explores Washington, DC. The 42 km marathon also travels around some of the best trails in Arlington (AT18-108982).

Sunday's 6/12/21/33 km (3 / 6 / 12 / 18 mile) walk goes on the C & O Canal. The longer trails also visit Arlington neighborhoods and parks, and the longest explores Glover-Archbold Park and the Capitol Crescent trails (AT18-108983).

All trails are primarily on sidewalks with occasional natural surfaces, which may be difficult for strollers and wheelchairs. Trail ratings range from 1A-3C, depending on the day and distance walked.

**SWIM:** IVV credit only \$3.00. At the indoor Holiday Inn Pool (AT 18-108985).

**BIKE:** IVV credit only \$3.00 13k/25k+ will be on the Washington & Old Dominion Bike Trail. Bikes available for rent at nearby Capital Bikeshare stations. (AT18-108984)

**SPECIAL PROGRAMS:** Bridges - Spanning the USA, Border Crossings, Make A Wish-Water Fountains, National Parks Centennial, Take a Walk in a City Park, Walking the USA Street by Street, not all special programs will be on all trails.

**STIPULATIONS**

- Everyone is welcome!
- Water/candy available at start and control points, but you may want to carry additional water.
- Food available at establishments along the routes.
- Restrooms at start and at or near control points.
- For your safety, carry only unit flags or flags of your country, state, or city. Please no political signs or banners at this event.
- Children under 16 must be accompanied by an adult.
- Pets welcome, on a leash, but not in buildings. Poop & Scoop.
- Some trails wheelchair and stroller accessible.
- Event will be held regardless of conditions unless safety is threatened by dangerous weather or a national emergency.
- Everyone must sign an athletic waiver.
- No littering—ever.
- Refunds are not available.
- This event is sanctioned by the American Volkssport Association (AVA), the International Federation of Popular Sports (IVV) ® and the IML Walking Association.

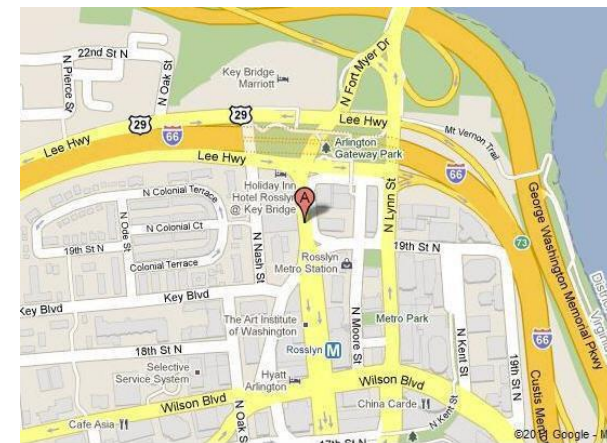
**LOCATION:** All walks begin and end at the official event hotel: Holiday Inn, Rosslyn at Key Bridge, 1900 N Fort Myer Drive, Arlington, VA 22209 N38° 53' 50" W077° 4' 17". The hotel is located three blocks from the Rosslyn Metro station which is part of the Washington Metrorail system ([www.wmata.com](http://www.wmata.com)). The hotel has paid parking and there is paid parking available on the local streets

The hotel has a block of rooms [Code FW8] available for weekend [Friday and Saturday] rate of \$119 plus tax per night; weekday [Thursday and Sunday] rate of \$149 plus tax per night. Make your reservations at the following phone number: (703) 807-2000 or [info@hirosslyn.com](mailto:info@hirosslyn.com)

The Rosslyn Metro is the best way to get to this event. You can park free on weekends at any Metro commuter lot. If you plan to drive know that traffic and parking can be a problem. Please arrive early and pay attention to parking restrictions on meters.

**WALKING DIRECTIONS:** Head North on Fort Myer Dr. towards N Nash St. Start will be on your left

**DRIVING DIRECTIONS:** From I-95 in Virginia, travel north on I-395 to exit 8B and merge onto Washington Blvd towards the PENTAGON. Travel north on Route 27 to Route 50 and take the right exit onto Route 50. Immediately take the Lynn Street ramp and turn right. Turn left at Lee Highway and next left on Ft Myer Drive



[www.usfreedomwalk.org](http://www.usfreedomwalk.org)

[www.ava.org](http://www.ava.org)

Register online through [active.com](http://active.com), by mail, or at the door

**RAIN or SHINE!**

**POINT OF CONTACT:**

Dolores @ (703) 209-0174; [usfwf@yahoo.com](mailto:usfwf@yahoo.com);  
[www.ava.org](http://www.ava.org)