



The Baltimore Walking Club, AVA 0418, Presents

## Downtown Baltimore Walks

Cities in Song, Honoring Our Flag, Little Free Libraries, Carousels Across America.

Two Trails:

#1 11 Km Walk Along the Waterfront to the Inner Harbor

#2 10 Km Walk Through Patterson Park to Little Italy

Both Trails Have a 5 Km Alternate Trail

All Walks Rated 1 A

Saturday, March 30, 2019

Start: FutureCare (Canton Harbor)

1300 South Elwood Avenue  
Baltimore, Maryland 21224

### Directions to FutureCare (Canton):

From the north or south on I-95 toward Baltimore: Take exit 57 (Baltimore Travel Plaza exit) to O'Donnell-Boston St. If you are coming from the south you will need to be in a right lane of the Fort McHenry tunnel as Exit 57 is shortly after the toll plaza. At the traffic light for Boston Street, turn west toward downtown Baltimore. Drive approximately 1 mile on Boston St. to the FutureCare facility on the right at Boston St. and Ellwood Ave. Parking is available on streets and across Boston St. in the park parking lot at the waterfront

Directions from the north on I-83 going to downtown Baltimore: I-83 becomes President St. in the city. Continue on President about 0.5 miles to Fleet Street. Turn left onto Fleet for about 1 mile to Boston St. Turn right on Boston for about 1 mile to South Ellwood Ave. Parking is available as described above.

**Event Numbers: 11k 111117, 10k 111118**

**Sanctioned by:** The American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV), and the Maryland Volkssport Association (MVA).

**Start/Finish Location:**

FutureCare (Canton Harbor)  
1300 Elwood Avenue  
Baltimore, MD 21224

**Start/Finish Times:** Start anytime between 8 AM and 12 PM.

Participants must complete the walk by 3 PM.

**Distances and Rating:** One 11 Km and one 10 Km with an extra 1 Km option. Both trails will have a 5 Km alternate trail. All trails are rated 1A.

REGISTRATION: The fee for IVV Credit or Non-IVV Credit is \$3.00. Children 12 and under (IVV Credit included) walk for free courtesy of the Baltimore Walking Club. The same trail may be walked for distance credit twice on the same start card on the same day with no extra charge.

**Conditions:** All are welcome to participate, but must register at the start, carry a start card on the walk, and turn it in upon completing the walk. Children under 12 must be accompanied by an adult during the entire walk. All Volkssport participants must sign the disclaimer. Children under 12 always walk free at Baltimore Walking Club events. The events will be held in all reasonable weather conditions. If in doubt, contact the persons listed below. Pets are welcome but not inside the FutureCare facility. Pets must be leashed during the entire walk, and cleaned up after according to city regulation.

**Disclaimer:** Neither the sponsors of this event nor the start/finish location owners can be held responsible for any lost or stolen items, accidents or injuries that might occur. Every reasonable effort has been made to assure safe and enjoyable trails.

**Description of the Events:**

Each of the trails will offer a different view of the city, harbor, and historic areas. One walk follows a waterfront trail to the Inner Harbor area. It tours Little Italy, Fells Point, and the Canton business and residential areas on the return. Another goes to Patterson Park through the Canton, Highlandtown, and Little Italy communities. All walks will have curbs. Strollers and wheelchairs may have difficulty in some areas.

**For More Information Contact:**

Frank or Marie Kupres  
410-592-3171  
[fkupres@comcast.net](mailto:fkupres@comcast.net)

**What is the Baltimore Walking Club?**

The Baltimore Walking Club is a member of the American Volkssport Association (AVA). The club sponsors 3.1 mile (5 Km) and 6.2 mile (10 Km) walks in and around the Baltimore area. These walks are non-competitive and walkers do not solicit pledges. We walk for the fun and health of it! Participants do the walks alone, with friends, with family, or even with their dog. Trails are along city streets, through parks or in rural areas – anywhere you can walk! Trails are rated easy to difficult (1-5) depending on hills and ease of footing.

Come join us. For membership and meeting information call Marie Kupres at 410-592-3171 ([mkupres@comcast.net](mailto:mkupres@comcast.net)) or visit us at [www.baltimorewalkingclub.com](http://www.baltimorewalkingclub.com). For information about volkssporting throughout the United States visit [ava.org](http://ava.org).

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