

**DIRECTIONS:**

**To Nightmare Graphics (July 31)**

**From I-95:** take MD Route 100.

Take Exit 2 104/108.

Take third exit on traffic circle onto Rt. 108

Right on Rt. 108W.

Proceed three traffic lights to Red Branch Road.

TURN RIGHT on Red Branch Road.

**From Rt. 29:** take MD Route 108E.

Proceed two traffic lights to the second Red Branch Road.

TURN LEFT on Red Branch Road.

Parking is ONLY available on the RIGHT side of Red Branch Rd.. Parking is available as well in some of the industrial park parking lots. PLEASE DO NOT PARK IN THE PARKING LOT IMMEDIATELY BEHIND NIGHTMARE GRAPHICS.

**To St. Paul, Catonsville (August 14)**

**From Route 29:** Take US-40 towards Ellicott City

Continue 4 miles to Rolling Road.

Turn RIGHT (South) onto N Rolling Rd

Turn RIGHT (West) onto Old Frederick Rd

**From I-695 (Baltimore Beltway):** Take exit 15B, onto US-40 [Baltimore National Pike] towards US-40 / Ellicott City.

Turn LEFT (South) onto N Rolling Rd

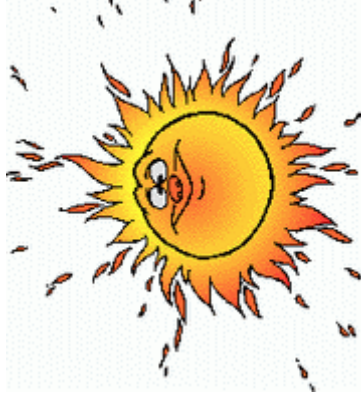
Turn RIGHT (West) onto Old Frederick Rd

**CVC Year-Round Events (and start points)**

- Hickory Ridge (Feet First – Alternate Sunoco)
- Harper’s Choice (Feet First – Alternate Sunoco)
- Kings Contrivance (McDonalds)
- Ellicott City North (Long Gate Sunoco)
- Centennial Lake (Long Gate Sunoco)
- Columbia Mall (Starbucks)

**Columbia Volksmarch Club  
AVA-264**

**Presents Saturday Morning  
Summer Walks**



**Howard County**

**1. East Columbia**

July 31, 2010

AT2010/87061; 5km &10km

**2. Catonsville**

August 14, 2010

AT2010/87085; 5km, 10km &15km

Trail Rated 2



ELICOTT CITY

Eligible for credit toward  
IUV Achievement Awards



**SPONSORED BY:** The Columbia Volksmarch Club  
(AVA 264).



A proud member of the  
Maryland Volkssport Association

**SANCTIONED BY:** The American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV), promoting leisure sports in the interest of family health, recreation, fun and companionship.

**COURSE DESCRIPTIONS:** There is one event for each walk: 10km with a shorter 5km option. The Catonsville walk has an extra 5km option to make a 15km distance. The trail for each event is mostly on sidewalks and road shoulders in quiet residential neighborhoods. Wheelchairs and strollers should not have difficulty.

- **July 31:** Walk on sidewalks, lightly traveled roads, and pathways in the East Columbia Villages & Columbia Hills. TR 2
- **August 14:** Walk on sidewalks in Catonsville. TR 2  
Optional 5km addition on converted Trolley Trail.

TR = Trail Rating on scale of 1 (easiest) to 5 (hardest)

**PROCEDURE:** Each participant will be issued a start card. It must be carried on the walk and presented for validation at each checkpoint. Only one start card will be validated per participant. Start cards 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 the Event Award and/or IVV credit. The trail may be walked two times per start card on the same day at no additional cost.

**AWARD:** There are no awards for these walks.

**REGISTRATION:** There will be no pre-registration for these events.

- The participation fee for IVV Credit Only is \$3. (maximum \$10 for families with minor children living together)
- *There is no fee to walk the trail without receiving the IVV credit or award.*

**START/FINISH** (see directions on back cover):

- **Saturday July 31:** Nightmare Graphics, 9005A Red Branch Road, Columbia, MD 21045.  
Start anytime between **8:00 a.m. and 11:00 a.m.**, finish by 2:00 p.m.  
Trail Distances: 5km & 10km; Trail Rating 2
- **Saturday August 14:** St. Paul Lutheran Church, 2001 Old Frederick Rd., Catonsville, MD 21228.  
Start between **7:30 and 10:00 a.m.** Must finish by 1:00 p.m.  
Trail Distances: 5km, 10km & 15km; Trail Rating 2

**REFRESHMENTS:** Restrooms will be located at the start points. Water and candy will be available at the checkpoints located along the trail.

**CONDITIONS:** The events are open to all. The events will be held during all reasonable weather conditions, including rain. Littering along the trails is prohibited. Dogs are permitted on the trail but not inside buildings.

**DISCLAIMER:** Neither the Columbia Volksmarch Club nor Nightmare Graphics or St. Paul Lutheran Church shall be liable for accidents, theft, or material damage. Every reasonable effort will be made to make this a safe, enjoyable, and memorable event.

**INFORMATION:** call (410) 290-6510 or  
e-mail WalkColumbia@geocities.com  
**CVC Web Page:** <http://www.bangor59.com/CVC/>