

DIRECTIONS:

From Washington, DC

Take I-95 N toward Baltimore (from Beltway 12 mi)
Take MD-32 E (8 mi)
Take exit 6 Rt175 E onto Annapolis Rd toward Odenton (2 mi)
Destination at far end of Odenton Shopping Center on the right

From I83S/Baltimore

Take I-695 S
Take I-97 S (signs for I-97 S/Annapolis/Bay Bridge) (9mi)

From Harford County/Philadelphia/Bangor ME

Take 95 S to Harbor Tunnel Throughway/I 895B S
Merge onto I-97 S (9 mi)

From I-97 S

Take exit 7 to merge onto MD-3 S/Robert Crain Hwy toward MD-32 W/Bowle/Odenton
Turn Right at Annapolis Rd/Rt 175 W
At Odenton Town Center traffic circle, take third exit onto Odenton Rd.
Destination will be in the Odenton Shopping Center on the right.

From Columbia

Take MD-32 E (10 mi)
Take exit 6 Rt175 E onto Annapolis Rd toward Odenton (2 mi)
Destination at far end of Odenton Shopping Center on the right.

Columbia Volksmarch Club AVA-264

Presents a Saturday Morning
Fall Walk
On the WB&A Trail



Anne Arundel County

Odenton

October 16, 2010

AT2010/87086; 6km &10km

Trail Rated 2



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: 10km with a shorter 6km option. The trail is mostly on sidewalks and road shoulders in quiet residential neighborhoods. The trail includes a portion of the Washington, Baltimore & Annapolis Trail. Wheelchairs and strollers should not have difficulty. TR 2

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 this walk.

REGISTRATION: There will be no pre-registration for this event.

- 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):

- *Spunk! Fitness* (formerly Premier Health & Fitness Clubs)
Odenton
1103 Annapolis Road, Odenton, Maryland 21113.
Start anytime between **8:00 a.m. and Noon.**, finish by 3:00 P.M.
Trail Distances: 6km & 10km; 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 event is open to all. The event 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 Spunk! Fitness 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/>

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)