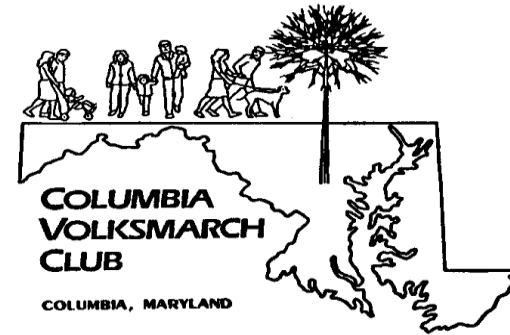
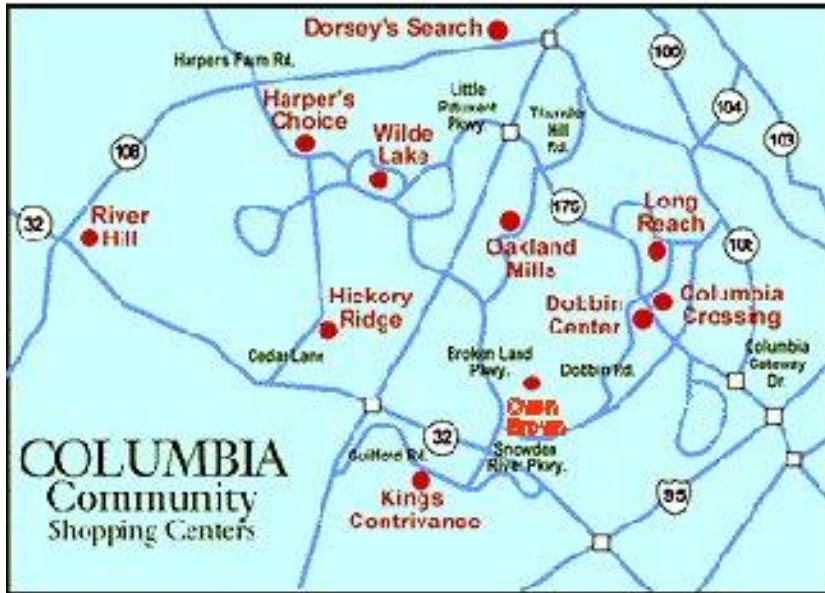


6 Year-Round Walks in Howard County Maryland



January 1 to December 31, 2010



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1. **Hickory Ridge**
America's Artistic Heritage
10 km/5km, rated 2
2. **Columbia Mall Walk**
10 km/5km, rated 1
3. **Kings Contrivance**
10 km/5km Walk rated 2
RiverWalk America
4. **Harper's Choice**
10 km/5km, rated 2
5. **Ellicott City North**
Spirit of Walking Cemetery Stroll
10 km, rated 2
6. **Centennial Lake**
RiverWalk America
10 km/5km, rated 2

With support from
Feet First,
Hickory Ridge Sunoco,
Long Gate Sunoco,
Starbucks at Columbia Mall,
McDonald's of Kings Contrivance

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



The Columbia Volksmarch Club
is a proud member of the
MARYLAND VOLKSSPORT ASSOCIATION



Eligibility: All are welcome to participate without charge but must register at the start. Children under 12 must be accompanied by an adult throughout the entire trail. Some trails are stroller accessible (see the specific Trail Description for additional information). Dogs are permitted. Howard County laws require that pets be leashed at all times and pet owners must clean up after their pets.

Registration: There will be no pre-registration for these events. Employees at the start location may not be familiar with volkssporting or the event registration procedures. Please be considerate, keeping in mind that patrons of our co-sponsors come first. You register by completing a start card and the registration form, to include reading and signing the Amateur Athletic Waiver and Release of Liability on the registration form. The start card must be validated at each checkpoint and mailed or turned in at the finish. Trail directions are provided.

Conditions: Please walk only in reasonable weather conditions. Sections of the trails may become extremely treacherous during prolonged cold periods after ice or snowstorms. Littering along the trails is strictly prohibited. Restrooms are available at or near all registration locations or at establishments along the trails. Drinks and food are available for purchase at or near registration locations or along the walk routes.

Disclaimer: Neither the Columbia Volksmarch Club nor our co-sponsors, nor the Columbia Association shall be liable for accidents, thefts, or material damage. Every reasonable effort is made to make these walks safe, enjoyable, and memorable events. CVC accepts no responsibility for those who have not registered.

Credit: IVV event credit is limited to one per each half year. Distance credit is unlimited; an IVV credit fee of \$3 ** must be paid each time a course is walked, but you may complete the same course twice in one day for one fee. Walking for no credit is free.

** Frequent Walkers: A reduced rate of \$2.00 is applicable the second time you walk the same event in the same half-year.

** Families: A \$10 rate for families with minor children living together.

Award: There are no awards for these walks.

Ellicott City North

Spirit of Walking Cemetery Stroll
2010/Y216; 10 km Walk, Rated 2

Registration Point: Long Gate Sunoco, 4398 Montgomery Rd., Ellicott City MD 21043; Open 24 hrs.

Directions From: Baltimore, take I-95 South. **Washington,** I-95 North. From I-95, Exit 43B Route 100 West toward Ellicott City. From Rt. 100, take Exit 1A, Long Gate Parkway.

Bear Right on Long Gate Parkway toward Rt. 103.

Left at first traffic light into Long Gate Shopping Center.

Right at first Stop sign. Left at next Stop sign.

Pass KFC, McDonalds to Sunoco on right.

From Frederick on I-70, take Rt. 29 South exit.

From Rt. 29, take right exit onto Route 103

At top of ramp, Turn Left on Rt. 103.

Long Gate Shopping Center/Sunoco is on your right at second light.

Please park in shopping center parking across from Sunoco.

You will drive 3 miles from Registration at Sunoco to walk route.

Trail Description:** Trail is through residential areas north of downtown Ellicott City. The trail is along sidewalks and road shoulders. It is suitable for strollers but not wheelchairs. Pets are allowed but must be leashed.

** Alternate Trail: There is an alternate trail which starts at Long Gate Sunoco and goes through Meadowbrook Park and residential areas for those who want to avoid the extra drive.

Centennial Lake

RiverWalk America
2010/Y370; 10 km Walk, Rated 2

Registration Point: Long Gate Sunoco, 4398 Montgomery Rd., Ellicott City MD 21043; Open 24 hrs.

Directions: See Ellicott City North Directions.

You will drive 3 miles from Registration at Sunoco to walk route.

Trail Description:** This is a *new* Trail is along sidewalks and asphalt paths within the Columbia Village of Dorsey's Search. Suitable for strollers but not wheelchairs. Pets are allowed but must be leashed. Restrooms and refreshments are available at the Registration Point and Village Center at the start of the walk.

Harper's Choice

2010/Y1757; 05km/10 km Walk, Rated 2

Start Point: Feet First Athletic Footwear, Hickory Ridge Village Center

Alternate Start: Hickory Ridge Sunoco

Directions: See Hickory Ridge Directions.

You will drive 1 mile from Registration at Feet First or Sunoco to walk route.

NOTE: This walk can be combined with the Hickory Ridge for 20K. In which case, you do not have to drive to the start of the trail.

Trail Description: This is a *new* Trail is along sidewalks and asphalt paths within the Columbia Village of Harper's Choice and Cedar Lane Park. Suitable for strollers but not wheelchairs. Pets are allowed but must be leashed. Restrooms and refreshments are available at Registration Points and the Start and adjacent Village Center.

Points of Contact:

Mail: 6887 Garland Lane, Columbia MD 21045

Phone: John or Karen Dye (410) 290-6510;
Tony Willoughby (410) 461-5758

e-mail: johndye@comcast.net
arwill7@msn.com
karendye@comcast.net

Hickory Ridge

America's Artistic Heritage, College Campus

2010/Y1042, 5km/10 km Walk, Rated 2

Start Point: Feet First Athletic Footwear, Hickory Ridge Village Center, 6420 Freetown Road, Columbia, MD 21044. Phone: (410) 992-5800.

Open Mon-Fri 10am-9pm; Sat 10am-6pm; Sun 11am-5pm. Closed New Years, Easter, Thanksgiving, and Christmas.

Note: Walkers must finish walk during Feet First operating hours to receive credit and stamp books. You must start the walk 3 hours before store closing or sunset (whichever is earlier).

Alternate Start: Hickory Ridge Sunoco, 6440 Freetown Road, Columbia, MD 21044. Phone: (410) 531-9077. Open daily, dawn to dusk. Directions/Maps only

NOTE: This walk can be combined with the Harper's Choice for 20K.

Directions: From Baltimore, MD, take I-95 South.

From Washington D.C., take I-95 North.

From Interstate 95, take Route 32 West (Exit 38) toward Columbia for 4 miles.

Exit at Cedar Lane (Exit 17)

Proceed approximately $\frac{3}{4}$ mile to the light at Freetown Road just past the Hickory Ridge Village Center, and turn right.

Enter the second entrance to the Village Center on the right (Sunoco station on the left).

Park at the Village Center parking lot to the right.

Trail Description: This is a *revised* trail featuring the Village of Hickory Ridge and the Howard Community College. It is along sidewalks and asphalt paths. The trail is suitable for strollers but not wheelchairs. Pets are allowed but must be leashed. Restrooms are available at the Giant across from Feet First.

Columbia Mall

2010/Y1663; 5km/10 km Walk; Rated 1

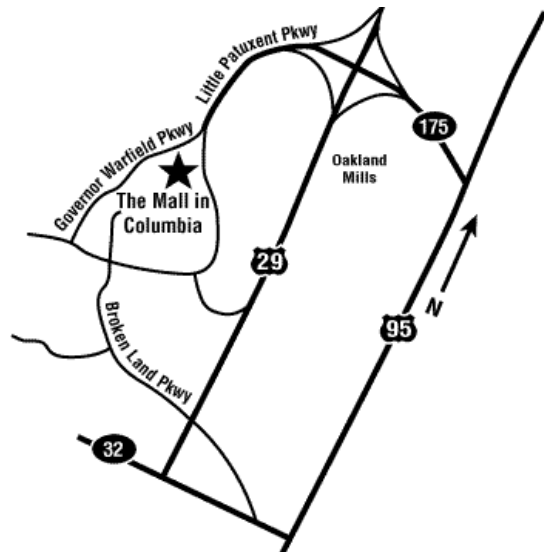
Start Point: Starbucks Coffee Columbia Mall, 10300 Little Patuxent Parkway, Columbia, MD 21044. Phone: (410) 992-5974.

Open Mon-Fri 6:30am-9:30pm; Sat 7am-10pm; Sun 8:30am-7pm.

Directions: From Washington, DC, take I-95 North. From Baltimore, take I-95 South. From I-95, take Route 175 West toward Columbia (Exit 41B). Follow approximately 5 miles. After crossing MD Rte 29, Route 175 becomes Little Patuxent Parkway. Continue towards the Mall in Columbia for two traffic lights and turn right onto Governor Warfield Parkway. At first traffic light, turn left toward Mall. Turn right past Nordstrom's & theatres. Starbucks is in the Mall on the second level between Sears and L.L.Bean.

Trail Description: The trail is completely inside the Mall in Columbia. It is suitable for strollers but not wheelchairs. Pets are not allowed.

Alternate Trail: For those who prefer the open air, there is a *new* alternate 10km/5km outdoor trail rated 1+.



Kings Contrivance

RiverWalk America

Walk: 2010/Y740, 10 km, Rated 2

Start Point: McDonald's of King's Contrivance, 8600 Guilford Road, Columbia MD 21046. Phone: (410) 381-7938. Hours: Mon-Sat 6am-10pm; Sun 7am-10pm. Closed Thanksgiving and Christmas.

Directions: From Baltimore, MD, take I-95 South. From Washington D.C., take I-95 North. From I-95 take Exit 38B (Route 32 West) to the second exit (Shaker Drive) and turn right to cross over Route 32. Go past two traffic lights and turn left into the King's Contrivance Village Center. Park near McDonald's.

Walk

NOTE: The a 2 kilometer section of the Patuxent Branch Trail that CVC has adopted will be under county engineering sewer work in 2010. We will not be using any parts of this trail in 2010.

Trail Description: This is a *new* Trail is along sidewalks, asphalt and hard packed paths through housing areas and park-like settings in the Columbia Village of King's Contrivance. Some parts of the trail have slight to moderate inclines. It is suitable for strollers but not wheelchairs.

Pets are allowed but must be leashed. Restrooms and water are available at the start.

Web Sites of Interest

Columbia Volksmarch Club:
<http://www.bangor59.com/cvc>

Maryland Volkssport Association
<http://www.mdvolks.org>

American Volkssport Association
<http://www.ava.org>