

VOLKSMARCH SPONSOR: Princeton Area Walkers, AVA 776

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

TRAIL DESCRIPTION: The trail is mostly a sidewalk trail along the streets of South River. Strollers: Medium; Wheelchairs: Medium; Pets: Yes.

TRAIL BACKGROUND: This walk, which winds its way through the historic town of South River in east-central New Jersey, passes through the residential community as well as shopping areas. An impressive 911 Memorial will be on the route. The start point houses the football field of the famous "South River Rams." Graduates of the high school include Joe Theisman later of Notre Dame and the Washington Redskins, Drew Pearson of the Dallas Cowboys, and Kenny Jackson of the Philadelphia Eagles.

SPECIAL EVENTS: Walking A-Z

DISTANCE: 10 KM. **DIFFICULTY:** 1

START/FINISH LOCATION: South River High School, 15 Montgomery Street, South River, NJ

START: Register between 9:00 a.m. and 12:00 noon Finish by 3:00 p.m.

DATE: Saturday, March 28, 2009

REGISTRATION/FEES: Non-refundable fee for IVV credit is \$3. For non-IVV members we are requesting a \$3 donation to assist in covering our expenses.

FACILITIES: Restrooms available at start point.

CONDITIONS: The event will be held regardless of weather conditions, but keep in mind that severe weather will increase the trail difficulty. Please, no littering along the trail. Pets are not permitted.

AWARD: There is no special Award for this event. There is no pre-registration.

EVENT PROCEDURE: At the start point, each participant will receive a start card, which must be filled out legibly with the individual's name and address (preprinted address labels are suggested). The start card must be carried during the event and personally presented at control points along the trail. Participants missing a control point may be refused an award/or IVV credit. All cards remain the property of the sponsoring club and must be turned in at the completion of the event.

ELIGIBILITY: Anyone is welcome to participate in the walk. Children under 12 must be accompanied by an adult along the trail.

IVV RECORD BOOKS: Participants are reminded to bring their IVV record books. Additional books will be available for purchase at \$5 each.

REFRESHMENTS: Water and hard candy will be available at the start point.

DISCLAIMER: The sponsors of this event, their officials, members, and agents cannot be held responsible for any lost or stolen items, accidents, or injury at any time. Every reasonable effort will be made to make these events safe & enjoyable for all.

FURTHER INFORMATION:

John Budzin
Walkerbudz@aol.com. (732) 254.3313



www.princetonareawalkers.com

Year Round & Seasonal Events

Asbury Park / Belmar Walk
Atlantic City Walk
Barnegat Light Walk
Cape May
2 Long Branch Walks & 1 Bike
Moorestown Walk
4 New York City Walks
2 Princeton Walks
Red Bank Walk
Sea Girt \ Spring Lake Walk
Titusville \ Washington Crossing Walk
Westfield Walk

2009 Event Schedule

March 28	South River
April 25	Princeton Communiversity

For information on these events or club membership contact Maureen Penta (maurpenta@comcast.net) 732-229-8169.

The AVA National office maintains a voice message listing of all events by state updated monthly which can be accessed at 1-800-830-WALK (9255) and a web site at www.AVA.org

Fun, Fitness, Friendship

Sponsored by:



Partnered with:



What is Volksporting? The German term 'volkssport' literally means a 'sport of the people'. Anyone of any age can participate in walking, biking, swimming, or cross country skiing events. These events are not a contest of speed, rather each participant sets their own pace and only needs to complete the event before the stated finish time -- thus everyone is a "WINNER".

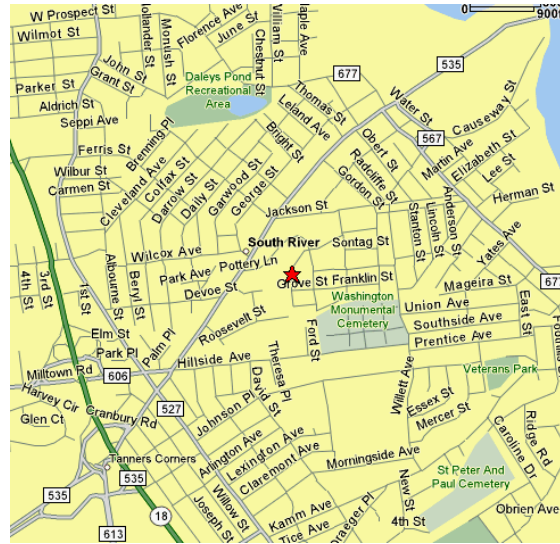
Directions:

From North & South: New Jersey Turnpike, Exit 9 * Route 18 South. Go through 5 lights and under 2 overpasses. Jughandle to Arthur Street. Turn left and cross over Route 18; follow to the end. Turn **LEFT** onto Old Bridge Turnpike, then 4th right onto Arlington. Go straight to the high school parking lot.

From West: Route 18 South, * above.

From East: Route 18 North to East Brunswick. Pass Pathmark on left, turn right onto Arthur Street to end. **LEFT** onto Old Bridge Turnpike, then 4th right onto Arlington. Go straight to the Denny Stadium parking lot.

Start and finish at Denny Stadium. Parking at South River High School.



SOUTH RIVER

South River, New Jersey
(Middlesex County)

Saturday March 28, 2009

A 10 Kilometer
Non-competitive Walk



Event AT09-83557
Sponsored By
Princeton Area Walkers AVA 776
"Walking all over New Jersey & New York City"

