

**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:** From the start point you will drive about a mile to the Manasquan Reservoir. 10 Km loop around the lake on a well used natural surface trail. A popular walking route with local residents involving woodlands and lake vistas.

**TRAIL BACKGROUND:** The Manasquan Reservoir is a source of water for municipalities and utilities. The Reservoir is also a natural setting for recreational activities and outdoor pursuits. The 770-acre Reservoir is part of a larger 1,204 acre site that includes woods and wetlands, a 5-mile perimeter trail, fishing and boating areas, and a Visitor Center.

The 5.1 mile gravel Perimeter Trail offers panoramic views of the Reservoir and provides a great trail experience for all users. This trail loops all the way around the reservoir and has a fairly even, well-maintained surface. Mileposts are marked on the trail. An additional 1.1 mile Cove Trail is a scenic nature trail which explores the lakeshore around the Environmental Center and is open to pedestrians only.

**SPECIAL EVENTS:** Walking A-Z

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

**START/FINISH LOCATION:** La Bella Cucina, 4046 Rte 9 South, Howell, NJ. From the start point you will drive about a mile to the Manasquan Reservoir, Visitor Center parking lot off Windeler Road

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

**DATE:** Saturday, May 30, 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, park Visitors Center, and Nature Center (halfway 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 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. Food and beverages can be purchased at La Bella Cucina.

**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:**

Judy Travis  
Walkeejt@optonline.net (732) 536.4073



**[www.princetonareawalkers.com](http://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**

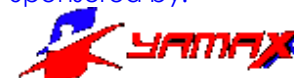
March 28	South River
April 25	Princeton Communiversitry
August 16	Colonial Park
August 16	PAWs Picnic

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](http://www.AVA.org)

**Fun, Fitness, Friendship**

Sponsored by:



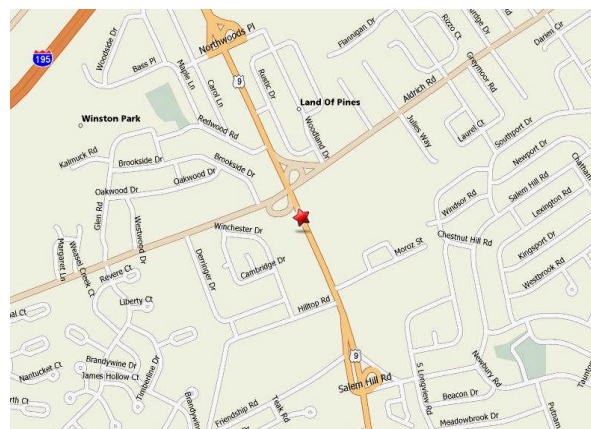
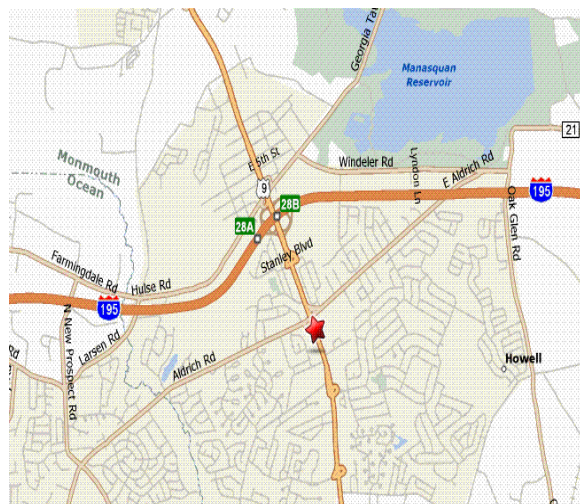
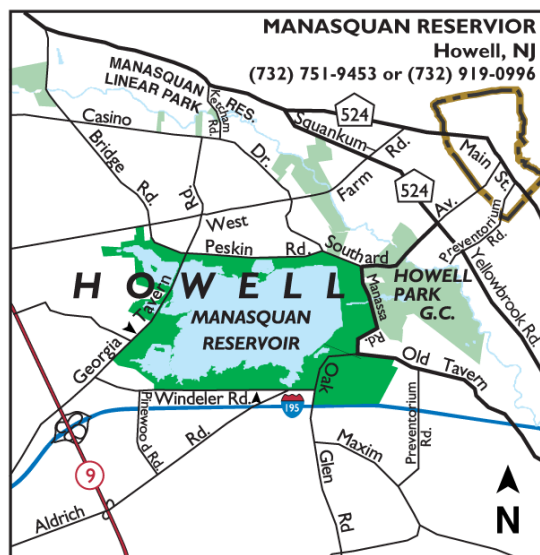
Partnered with:

**GNC LiveWell.**

**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:

Take Rt. 195 to Rt. 9 South. La Bella Cucina is a bagel and deli store in the Howell Plaza Shopping Center about a mile south. Sears is the anchor store in the center.



# MANASQUAN RESERVOIR

Howell, New Jersey  
(Monmouth County)

Saturday May 30, 2009

A 10 Kilometer  
Non-competitive Walk



Event AT09-83641  
Sponsored By  
Princeton Area Walkers AVA 776  
"Walking all over New Jersey & New York City"

