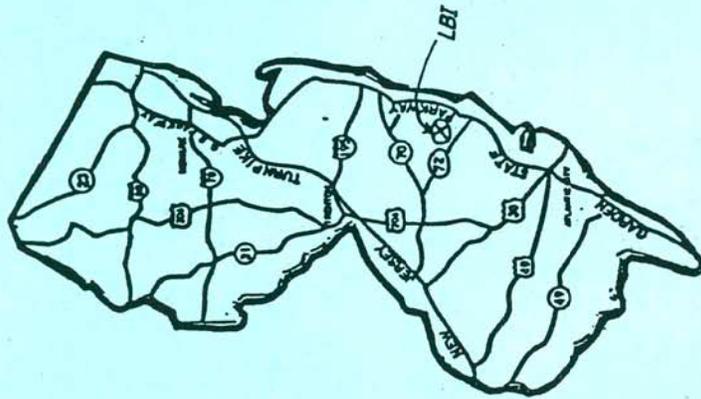


What is Volkssporting? The German term 'volkssport' literally means a 'sport of the people.' Anyone of any age can participate in walking, biking, swimming, or cross country skiing events. These events are not a contest of speed, rather each participant sets their own pace and time --- thus everyone is a "WINNER." One can also receive a commemorative award upon completion of the event by paying the proper fee at registration. In addition, one may enroll in the International Achievement Awards Program.

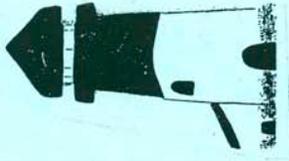


DIRECTIONS: To get to the start point.....

- Garden State Parkway East to Exit 63. To Route 72 East to Long Beach Island to Last Street in Ship Bottom.
- Left on Long Beach Boulevard
- Left at 8th Street in town of Barnegat Light (by North Shore Inn). Pass through Surf City, North Beach, Harvey Cedars, and Loveladies to Barnegat Light.
- Left at 7th Street (US Coast Guard, Barnegat Light sign).
- Kubel's Restaurant on left at end of street. On/Off street parking across from bay & docks.



Princeton Area Walkers Invites
You to
LONG BEACH ISLAND, NJ
Lighthouse Walk



**Saturday
June 5, 2004**

**Begin Walk Anytime
Between 9 AM & 12 Noon
Finish by 3 PM**

**10 KM WALK
Credit Only
Event #AT04-67772**

Trail Rating: 1+ (Easy)

Sponsored by the Princeton Area Walkers
AVA 776
"Walking all over New Jersey"



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: No hills, lighthouse open, easy walk on pavement, walkway by lighthouse. May be difficult for strollers and wheelchairs.

START/FINISH: Kubel's Restaurant, 7th Street and Bayview Avenue, Bamegat Light, NJ 08006, 609-494-8592

START:
Register for walk anytime
between 9 AM & 12 Noon
Finish by 3 PM

DATE: Saturday, June 5, 2004

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

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). All cards remain the property of the sponsoring club and must be turned in at the completion of the event.

REGISTRATION/FEE: Those participating for IVV Credit: \$3.00. Those not participating for IVV Credit will be given a complimentary PAW coupon for the first walk. For subsequent walks PAW will be requesting a \$3 donation to help with expenses - a donation that will be much appreciated.

REFRESHMENTS: Water and hard candy will be available at the start point and checkpoints. Food can be purchased at Kubel's - lunch, dinner, bar atmosphere.

FACILITIES: Restrooms will be available at lighthouse park, Kubel's after 11 AM.

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 welcome if leashed and cleaned up after. May be difficult for wheelchairs.

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

DISCLAIMER: The sponsors of this event, the State of New Jersey, Kubel's, 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 and enjoyable for all.

FURTHER INFORMATION: Walk: Mary Lou Griggs, 14 Harvest Lane, Burlington, NJ 08016 (609) 386-7852. (redgriggs@earthlink.net)

Princeton Area Walkers 2004 Every Day Year Round Events

Atlantic City Walk
Long Branch: 2 Walks & 1 Bike
Moorestown Walk
Princeton: 2 Walks
Titusville (Washington Corssing) Walk
Westfield Walk



2004 Event Schedule

March 20 Plainsboro, NJ
April 18 Estell Manor, NJ
May 8 South River, NJ
June 5 Long Beach Island, NJ
August 7 Allentown, NJ
October 2 Metuchen, NJ
October 23 Freehold, NJ

For information on these events or club membership contact Maureen Penta, 470D Ocean Boulevard, Long Branch, NJ 07740, 732-229-8169 (maurpenta@comcast.net).

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.

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