

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: City sidewalks and easy natural surface. Much of the trail is along a walk/bike path paralleling the Hudson River.

TRAIL BACKGROUND: The trail begins at the impressive campus of Columbia University, also passing by scenic Barnard College. Walk by the magnificent Riverside Church (do stop in), Grant's Tomb (National Historic Landmark) and proceed along beautiful views of the Hudson to the famous "Little Red Lighthouse" situated under the George Washington Bridge.

This was actually Jeffrey's Hook Lighthouse erected in 1880, the narrow 48 foot tall cast iron creation -- technically a light *station* because keepers never visited daily. In 1917 the lighthouse was dismantled and in 1921 crossed state lines to take up residence at Jeffrey's Hook, eventually making it to the George Washington Bridge. Jeffrey's Hook became the setting in a popular children's book called ***The Little Red Lighthouse and the Great Gray Bridge***.

SPECIAL EVENTS: American Revolution; Civil War; College Campus; Lighthouse - Little Red Lighthouse; National Heritage; US Presidents; A-Z (N for New York).

DISTANCE: 5 & 7KM **DIFFICULTY:** 1+ City sidewalks & soft natural surfaces. Not all curbs are cut.

DISTANCE: 11 KM **DIFFICULTY:** 2+ City sidewalks & soft natural surfaces (includes 50+ stair steps at one point). Not all curbs are cut.

START/FINISH LOCATION: Columbia University, Lerner Hall, 2960 Broadway between West 114th and West 115th Streets, New York. Meet near the Snack Bar.

START: Register between 10:00 and 12:00 Noon
Finish by 3:00 p.m.

DATE: Saturday, May 14, 2005

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 allowed in all outdoor areas.

REGISTRATION/FEES: This event is FREE to those who wish to participate without receiving IVV credit. Fee for IVV credit is \$3. For new walkers not walking for credit - you will receive a free PAW coupon for your first walk. For subsequent walks we are requesting a \$3.00 donation in order to cover our expenses.

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 check points along the trail. 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: Food and beverages are available for purchase at the Snack Bar area.

DISCLAIMER: The sponsors of these events, 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:
Judi Travis 732-536-4073 or walkeejt@optonline.net



www.princetonareawalkers.com

Year Round & Seasonal Events

Atlantic City Walk
2 Long Branch Walks & 1 Bike
Moorestown Walk
4 New York City Walks
2 Princeton Walks
Titusville Walk
Westfield Walk

2005 Event Schedule

April 9	Historic Keyport
May 14	New York City
June 4	Liberty State Park
June 23	Atlantic City
June 25	Trenton
September 18	Rutgers University

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



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:

The Columbia campus on Morningside Heights is located at Broadway and 116th Street in Manhattan.

By Car from the North

Take the New York Thruway (I-87) or the New England Thruway (I-95) south to the Cross Bronx Expressway (I-95) in the direction of the George Washington Bridge. Take the exit for the Henry Hudson Parkway south (the last exit before the bridge). Exit the Parkway at West 95th Street and Riverside Drive and follow the directions "From Riverside Drive and 95th Street," below.

By Car from South or West

Take the New Jersey Turnpike north or I-80 east to the George Washington Bridge. As you cross the bridge, take the exit for the Henry Hudson Parkway south. Exit the Parkway at West 95th Street and Riverside Drive and follow the directions "From Riverside Drive and 95th Street," below.

By Car from Long Island

Take the Long Island Expressway or the Grand Central Parkway west to the Cross Island Parkway north. Cross the Throgs Neck Bridge onto the Cross Bronx Expressway (I-95 south) and proceed as in "By Car from the North," above.

From Newark: Follow directions under "By Car from the South or West," above.

From Riverside Drive and West 95th Street
Go north on Riverside Drive to 116th Street. Turn right and go two blocks to Broadway and the University's main gate. Please note that the main gate is not open to traffic.

Parking

You may park on the street or use the local parking garages. The 512-520 Garage is located at the corner of 112th Street and Amsterdam Avenue; the Riverside Church Parking Garage is located on 120th Street between Claremont Avenue and Riverside Drive; the GMC Garage is located on 122nd Street between Broadway and Amsterdam (Seminary Row).

By Train or Bus

Trains to New York arrive at Grand Central Station or Pennsylvania Station, while buses stop at the Port Authority Bus Terminal. Visitors arriving at these stations can take either public transportation or a taxi north to the campus.

By New York City Public Transportation

Five bus lines (M4, M5, M11, M60, M104) and one subway line (the #1 or #9 local) serve the Columbia neighborhood. The M60 bus is a direct link between campus and LaGuardia Airport. The Columbia stop is 116th Street. Do not use express trains #2 and #3, which follow a different route and do not stop at Columbia University; if you do, be certain to transfer at 96th Street to the 1/9 local. Any questions about directions may be found on the Columbia University web <http://www.columbia.edu> or call 212-854-5800.

New York City

**Columbia University
Little Red Lighthouse**

Saturday, May 14, 2005

**A 5, 7, or 11 Kilometer
Non-competitive walk**



10:00 AM - 12:00 Noon Start

Event AT05-70971

Sponsored by

Princeton Area Walkers

AVA 776

"Walking all over New Jersey"



*Eligible for credit toward
JUV Achievement Awards*