

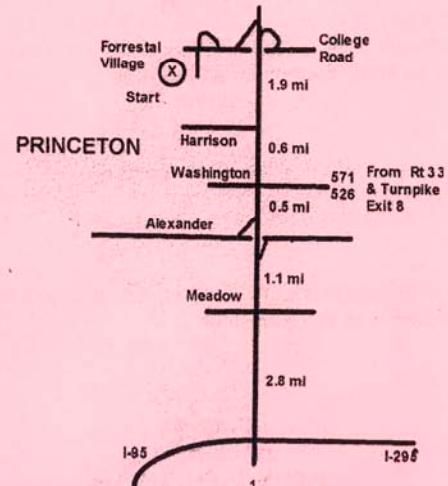
The AVA National office maintains a voice message listing of all events by state updated monthly which can be accessed at 1-800-830-WALK (9255) and a web site at www.AVA.org.

What is 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:

Walk start is just off Route 1 near Princeton. Access Route 1 from the south in the Trenton area from either I-95 N or I-295N. Access from the north in the New Brunswick area via I-287 or the Garden State Parkway. Exit Route 1 at College Road west to Forrestal Village. Take first jughandle to go left into Forrestal Village. At circle plaza go 1/4 around then to the right. The food court is at the back end. Park in lot just after passing last stores. (This is back near "Windows" housing development).

THE
Spirit
OF WALKING



PLAINSBORO, New Jersey

"Princeton
Landing/Kingston"

**Saturday
March 20, 2004**

Trail Rating: 2

CREDIT ONLY

10 Kilometer GROUP WALK
Register 9:30 AM
Walk 10:00 AM

Event AT04-67363
Sponsored by
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: Some mild hills and rough trail. Other natural surface sections in a few parts.

TRAIL BACKGROUND: From our start at Forrestal Village food court, the route quickly joins natural surface trails to visit the site of Scudder's Mill and then onto the Kingston Lock along the Delaware and Raritan Canal and Lake Carnegie. Mostly free of traffic. Wear sturdy shoes. We will walk as a group, so come on out and meet your fellow club members. Assume seasonal porta-potties along the trail will be closed.

DISTANCE: 10KM.

DIFFICULTY: AVA Rating 2.

START/FINISH: Forrestal Village Shopping Center (behind Westin Hotel), upper level of food court next to Subway, Plainsboro, NJ.

REGISTER: 9:30 AM WALK: 10:00 AM

DATE: Saturday, March 20, 2004

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. Sorry, pets are not permitted in the park.

FACILITIES: Porta-potties along the trail may be closed.

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



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: David Scull, 609-712-1349, avawalknj1@aol.com

Princeton Area Walkers

Every Day Year Round Events

Atlantic City Walk

Long Branch: 2 Walks & 1 Bike

Moorestown Walk

Princeton: 2 Walks

Titusville (Washington Crossing) Walk

Westfield Walk

2004 Event Schedule

March 20	Plainsboro, NJ
April 18	Estell Manor
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 470 D Ocean Boulevard, Long Branch, NJ 07740, 732-229-8169 (maurpenta@comcast.net).

www.princetonareawalkers.com

PRINCETON AREA
WALKERS