

**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:** Mostly flat sidewalk and trails through Colonial Park. Strollers: medium; Wheelchairs: hard; Pets: leashed.

**TRAIL BACKGROUND:** This walk goes through Colonial Park. Colonial Park, located in Franklin Township, offers a spectacular variety of features and activities for park visitors. Acquired in 1965, this 685.5 acre facility includes scenic frontage on both the historic Delaware and Raritan Canal and the Millstone River. Recreation facilities, prize winning horticultural displays, and pristine natural areas are spaced amid the broad lawns and ponds of this diverse Somerset County park.

**SPECIAL EVENTS:** A-Z

**DISTANCE:** 5 & 10 KM. **DIFFICULTY:** 1+

**START/FINISH LOCATION:** Ball Fields off Mettler Road in Colonial Park.

<http://www.somersetcountyparks.org/activities/parks/colonialPk.htm>

**START:** Guided walk starts at 10:00 a.m.; A picnic follows at 12:30 p.m.

**DATE:** Saturday, September 20, 2008

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

**FACILITIES:** Restrooms are available in the park about 1/2 mile from the ball fields. We will pass 1 set on the 5 K and both sets on the 10 K.

**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 if leashed.

**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 will be available at the start; please carry your own on the trail. We are planning a picnic; please bring a salad or dessert. Cost \$2 for hotdogs/hamburgers

**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.



**[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

### **2008 Event Schedule**

April 26	Princeton Community
September 20	Colonial Park
tba	Stockton Covered Bridge
October 8	5 Borough \ NYC Walks

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 Volksporing?** 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:** By Car

Mettlers Road, Somerset, NJ

Take Route 287 to Exit 10. Take Easton Avenue to the first light and make a right onto Cedar Grove Lane, continue for 2 miles then make a left onto Weston Road. Follow Weston Road to the first intersection, turn right onto Elizabeth Ave. Entrance to park is 1/4 mile on right. Drive through park to end at Mettlers Road, turn right, ball fields are on right about .1 mile

# Colonial Park Walk

Franklin Township, New Jersey  
(Somerset County)

Saturday September 20, 2008

A 5 & 10 Kilometer  
Non-competitive Guided Walk



Event AT08-81036

Sponsored By

Princeton Area Walkers AVA 776

“Walking all over New Jersey and New York City”



Eligible for credit toward  
IUU Achievement Awards