

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: This walk is mostly on paved surfaces and some natural surface paths, completely within the Botanical Gardens. This is a "treasure within an urban area".

TRAIL BACKGROUND: Founded in 1891, it is a National Historic Landmark. You will see a magnificent museum of plants, flowers and trees located within 250 acres of beautiful land. Special exhibits are offered in the Conservatory at selected dates. Free "Visitor Maps" are located at the entrance to the Garden. Sorry, no pets are allowed in the Garden. This walk is part of a "5 Borough Walk" sponsored by Princeton Area Walkers. 1) Manhattan already has 4 YRE 's Make your choice : Midtown, Central Park, Lower Manhattan and Greenwich Village. (2) Bronx will be a seasonal from June 1 to October 31. (3, 4, 5) Staten Island, Queens and Brooklyn will be one day events on Columbus Day weekend. Brooklyn and Queens will be guided walks offered on the same day. We may be able to extend Brooklyn to 2 days. The Garden is easy to reach! Just 20 minutes from Grand Central Station on Metro-North Railroad Hours.

SPECIAL EVENTS: A-Z

AWARD: There is no special Award for this event. There is no pre-registration.

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

START/FINISH LOCATION: Information Booth (opposite the ticket booth), The New York Botanical Garden, 200th Street and Kazimiroff Blvd, Bronx, NY 10458-5126 ph (718) 817-8700

DATE: June 1 thru October 31, 2008

Strollers: Medium **Wheelchairs:** Medium
Pets: No **Restrooms:** Yes

START: The Garden is open year-round, Tuesday to Sunday, 10 a.m.-6 p.m. except on the following dates: January 14-February 21, 2008: 10 a.m.-5 p.m. May 21, 2008: 10 a.m.-3 p.m. June 5, 2008: 10 a.m.-3 p.m. The Garden is closed Thanksgiving, Christmas, and Mondays, except for the following dates: January 21, Martin Luther King, Jr. Day: 10 a.m.-5 p.m. February 18, President's Day: 10 a.m.-5 p.m. May 26, Memorial Day: 10 a.m.-6 p.m. September 1, Labor Day: 10 a.m.-6 p.m. October 13, Columbus Day: 10 a.m.-6 p.m. The following areas of the Garden are closed to the public on the dates and times noted: Enid A. Haupt Conservatory: February 22, 2008, all day Rock Garden and Native Plant Garden: November 2007-March 2008, reopens April 1, 2008 Peggy Rockefeller Rose Garden: September 16, 2008, closes at 1 p.m. Other special exhibitions and events, such as Members-only Previews, may cause early closing of Garden areas. Please confirm hours on the day of your visit by calling 718.817.8700

REGISTRATION/FEE: 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 located at the entrance in the Visitor Center and at the Garden Café

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.

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: Garden Cafe & Visitor Center Cafe offer a variety of food and drinks at fair prices.

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

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

tba	Colonial Park
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

Fun, Fitness, Friendship

Sponsored by:



Partnered with:

GNC LiveWell

Directions:

TO THE GARDEN BY PUBLIC

TRANSPORTATION By Metro-North

Railroad: Take the Metro-North Harlem local line to Botanical Garden Station. Walk across Kazimiroff Boulevard to the Garden's Mosholu Gate entrance. Just 20 minutes from Grand Central Terminal in Manhattan. Also convenient from other locations. By Subway: Take the B, D, or 4 train to Bedford Park Blvd Station. From the station exit: • Take the Bx 26 bus east to the Garden's Mosholu Gate entrance. • OR walk eight blocks down the hill on Bedford Park Blvd to the end (approximately 20 minutes). Turn left onto Kazimiroff Blvd and walk one block to Mosholu Gate entrance. For schedules and maps, visit the MTA Web site.

TO THE GARDEN BY CAR

From Manhattan (West Side):

West Side Hwy North to Henry Hudson Pkwy North to Mosholu Pkwy (Exit 24). Continue to the end. Turn right onto Kazimiroff Blvd. At the third traffic light, turn left into the Garden.

From Manhattan (East Side): FDR Drive North to Triborough Bridge to Bruckner Expwy East (I-278) to Bronx River Pkwy North to Fordham Rd (Exit 7W). Merge onto Fordham Rd and stay in right lane. Turn right onto Kazimiroff Blvd, and continue to the Garden entrance on the right. From Westchester County: Saw Mill River Pkwy South to Cross County Pkwy East (OR Hutchinson River Pkwy South to Cross County Pkwy West) to Bronx River Pkwy South to Fordham Rd (Exit 7W). Merge onto Fordham Rd and stay in right lane. Turn right onto Kazimiroff Blvd, and continue to the Garden entrance on the right. From Connecticut: New England Thruway South (I-95) to Pelham Parkway West (Exit 8C). Pelham Pkwy turns into Fordham Rd after 2 miles. Turn right onto Kazimiroff Blvd, and continue to the Garden entrance on the right. OR Merritt Pkwy South to Hutchinson River Pkwy South to Cross County Pkwy West to Bronx River

Pkwy South to Fordham Rd (Exit 7W). Merge onto Fordham Rd and stay in right lane. Turn right onto Kazimiroff Blvd, and continue to Garden entrance on the right.

From Long Island: Throgs Neck Bridge to New England Thruway (I-95) North to Pelham Pkwy West (Exit 8C). Pelham Pkwy turns into Fordham Rd after 2 miles. Turn right onto Kazimiroff Blvd, and continue to the Garden entrance on the right.

From Upstate NY: NYS Thruway South (I-87) to Saw Mill River Pkwy South (Exit 7A, just south of I-287) to Mosholu Pkwy (Exit 24). Continue to the end. Turn right onto Kazimiroff Blvd. At the third traffic light, turn left into the Garden.

From New Jersey: George Washington Bridge to Henry Hudson Pkwy North to Mosholu Pkwy (Exit 24). Continue to the end. Turn right onto Kazimiroff Blvd. At the third traffic light, turn left into the Garden. From Brooklyn and Queens: Bronx-Whitestone Bridge to Hutchinson River Pkwy North to Bruckner Expwy West (I-278) to Bronx River Pkwy North to Fordham Rd (Exit 7W). Merge onto Fordham Rd and stay in right lane. Turn right onto Kazimiroff Blvd, and continue to the Garden entrance on the right.

Directions from Manhattan or Long Island may be preferable, depending on your starting point.

PARKING

On-site Parking \$12 per vehicle Valet Parking, when available (usually during high-volume) \$20 per car.

INDEPENDENT PARKING GARAGES The following private parking garages are in the area:

- 2 J's Parking Lot 2776 Webster Avenue Bronx, NY 10458
- G & R Parking Services 1 Fordham Plaza Bronx, NY 10458
- J & A Parking 374 East 184th Street Bronx, NY 10458 M.P.
- Tiebout Parking 2468 Tiebout Avenue Bronx, NY 10458
- Manhattan Parking Garage 260 East 188th Street Bronx, NY 10458.

New York Botanical Gardens

Bronx, New York

June 1 thru October 31, 2008

A 10 Kilometer Non-competitive Walk



Event AT08-80269

Sponsored By

Princeton Area Walkers AVA 776

"Walking all over New Jersey and New York City"



SELECTION
EVENT



Eligible for credit toward
IUV Achievement Awards

What is Volksporting? The German term 'volksport' 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".