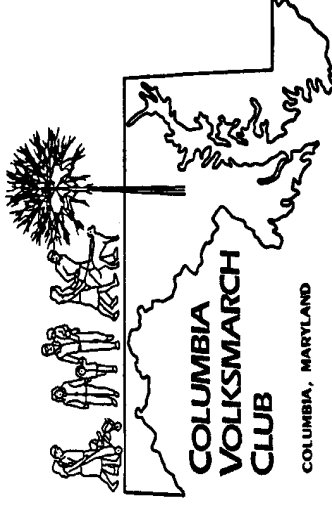


6 Year-Round Walks in Howard County Maryland



January 1 to December 31, 2009

2009

1. Hickory Ridge

America's Artistic Heritage, College Campus
10 km/5km, rated 2

2. Columbia Mall Walk

10 km/5km, rated 1

3. Kings Contrivance

10 km/5km Walk rated 2
with 6 km add-on rated 3+
RiverWalk America & RailRoad Heritage

4. River Hill

10 km/5km, rated 2
Spirit of Walking Cemetery Stroll

5. Ellicott City North

Spirit of Walking Cemetery Stroll
10 km, rated 2

6. Dorsey's Search

RiverWalk America
10 km/5km, rated 2

With support from

Feet First,

Hickory Ridge Sunoco,

Long Gate Sunoco,

Starbucks at Columbia Mall,

McDonald's of Kings Contrivance

McDonald's of River Hill

Sanctioned by: The American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV).



The Columbia Volksmarch Club
is a proud member of the
Maryland Volkssport Association



Eligibility: All are welcome to participate without charge but must register at the start. Children under 12 must be accompanied by an adult throughout the entire trail. Some trails are stroller accessible (see the specific Trail Description for additional information). Dogs are permitted. Howard County laws require that pets be leashed at all times and pet owners must clean up after their pets.

Registration: There will be no pre-registration for these events. Employees at the start location may not be familiar with volkssporting or the event registration procedures. Please be considerate, keeping in mind that patrons of our co-sponsors come first. You register by completing a start card and the registration form, to include reading and signing the Amateur Athletic Waiver and Release of Liability on the registration form. The start card must be validated at each checkpoint and mailed or turned in at the finish. Trail directions are provided.

Conditions: Please walk only in reasonable weather conditions. Sections of the trails may become extremely treacherous during prolonged cold periods after ice or snowstorms. Littering along the trails is strictly prohibited. Restrooms are available at or near all registration locations or at establishments along the trails. Drinks and food are available for purchase at or near registration locations or along the walk routes.

Disclaimer: Neither the Columbia Volksmarch Club nor our co-sponsors, nor the Columbia Association shall be liable for accidents, thefts, or material damage. Every reasonable effort is made to make these walks safe, enjoyable, and memorable events. CVC accepts no responsibility for those who have not registered.

Credit: IVV event credit is limited to one per each half year. Distance credit is unlimited; an IVV credit fee of \$3 ** must be paid each time a course is walked, but you may complete the same course twice in one day for one fee. Walking for no credit is free.

** Frequent Walkers: A reduced rate of \$2.00 is applicable the second time you walk the same event in the same half-year.
** Families: A \$10 rate for families with minor children living together.

Award: There are no awards for these walks; B Awards from previous years may be available for purchase for \$2 only at the Feet First start location.

Ellicott City North

Spirit of Walking Cemetery Stroll
2009/Y216; 10 km Walk, Rated 2

Registration Point: Long Gate Sunoco, 4398 Montgomery Rd., Ellicott City MD 21043; Open 24 hrs.

Directions From: Baltimore, take I-95 South. **Washington, I-95** North. From I-95, Exit 43B Route 100 West toward Ellicott City. From Rt. 100, take Exit 1A, Long Gate Parkway.

Bear Right on Long Gate Parkway toward Rt. 103.

Left at first traffic light into Long Gate Shopping Center.

Right at first Stop sign. Left at next Stop sign.

Pass KFC, McDonalds to Sunoco on right.

From Frederick on I-70, take Rt. 29 South exit.

From Rt. 29, take right exit onto Route 103

At top of ramp, Turn Left on Rt. 103.

Long Gate Shopping Center/Sunoco is on your right at second light.

Please park in shopping center parking across from Sunoco.

You will drive 3 miles from Registration at Sunoco to walk route.

Trail Description: Trail is through residential areas north of downtown Ellicott City. The trail is along sidewalks and road shoulders. It is suitable for strollers but not wheelchairs. Pets are allowed but must be leashed.

Contact: Kevin Theall, (410) 290 - 3777

Alternate Trail: There is an alternate trail which starts at Long Gate Sunoco and goes through Meadowbrook Park and residential areas for those who want to avoid the extra drive.

Dorsey's Search

RiverWalk America
2009/Y370; 10 km Walk, Rated 2

Registration Point: Long Gate Sunoco, 4398 Montgomery Rd., Ellicott City MD 21043; Open 24 hrs.

Directions: See Ellicott City North Directions.

You will drive 3 miles from Registration at Sunoco to walk route.

Trail Description: Trail is along sidewalks and asphalt paths within the Columbia Village of Dorsey's Search. Suitable for strollers but not wheelchairs. Pets are allowed but must be leashed. Restrooms and refreshments are available at the Registration Point and Village Center at the start of the walk.

Contact: Tony Willoughby, 4249 Lilac Lane, Ellicott City MD 21042; Phone (410) 461-5758; e-mail: arwill7@msn.com

River Hill

Spirit of Walking Cemetery Stroll

2009/Y1757; 05km/10 km Walk, Rated 2

Start Point: McDonald's River Hill Village Center, 6095 Daybreak Circle, Clarksville, MD

From I-95, take Route 32 West (Exit 38) toward Columbia to Clarksville.

From I-70, take Route 32 South to Clarksville.

Exit onto MD Route 108 (Exit 20) East toward Columbia.

Go approximately ¼ mile to the River Hill Village Center, and turn right.

Park in the Village Center parking lot (**Please not at McDonald's**).

Trail Description: Trail is along sidewalks and asphalt paths within the Columbia Village of River Hill primarily in shade. Suitable for strollers but not wheelchairs. Pets are allowed but must be leashed. Restrooms and refreshments are available at the Start and adjacent Village Center.

Contact: Linda Jensen, (410) 531 – 8919;
jensenswalk@comcast.net

Web Sites of Interest

Columbia Volksmarch Club
<http://www.geocities.com/walkcolumbia>

Maryland Volkssport Association
<http://www.mva.org>

American Volkssport Association
<http://www.ava.org>

Hickory Ridge

America's Artistic Heritage, College Campus

2009/Y1042, 5km/10 km Walk, Rated 2

Start Point: Feet First Athletic Footwear, Hickory Ridge Village Center, 6420 Freetown Road, Columbia, MD 21044. Phone: (410) 992-5800.

Open Mon-Fri 10am-9pm; Sat 10am-6pm; Sun 11am-5pm.

Closed New Years, Easter, Thanksgiving, and Christmas.

Note: Walkers must finish walk during Feet First operating hours to receive credit and stamp books. You must start the walk 3 hours before store closing or sunset (whichever is earlier).

Alternate Start: Hickory Ridge Sunoco, 6440 Freetown Road, Columbia, MD 21044. Phone: (410) 531-9077. Open daily, dawn to dusk. Directions/Maps only

Directions: From Baltimore, MD, take I-95 South.

From Washington D.C., take I-95 North.

From Interstate 95, take Route 32 West (Exit 38) toward Columbia for 4 miles.

Exit at Cedar Lane (Exit 17)

Proceed approximately ¾ mile to the light at Freetown Road just past the Hickory Ridge Village Center, and turn right.

Enter the second entrance to the Village Center on the right (Sunoco station on the left).

Park at the Village Center parking lot to the right.

Trail Description: This trail features the Village of Hickory Ridge and the Howard Community College. It is along sidewalks and asphalt paths. The trail is suitable for strollers but not wheelchairs. Pets are allowed but must be leashed. Restrooms are available at the Giant across from Feet First.

Contact: John Dye, 6887 Garland Lane, Columbia MD 21045;
phone: (410) 290-6510; e-mail: johndye@comcast.net

Columbia Mall

2009/Y1663; 5km/10 km Walk; Rated 1

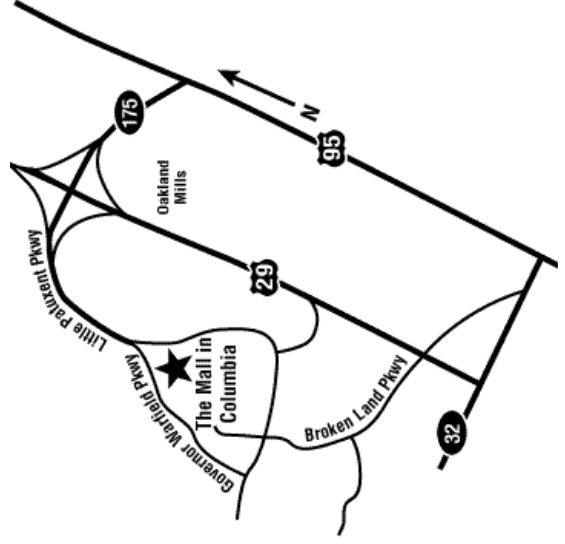
Start Point: Starbucks Coffee Columbia Mall, 10300 Little Patuxent Parkway, Columbia, MD 21044. Phone: (410) 992-5974. Open Mon-Fri 6:30am-9:30pm; Sat 7am-10pm; Sun 8:30am-7pm.

Directions: From Washington, DC, take I-95 North. From Baltimore, take I-95 South. From I-95, take Route 175 West toward Columbia (Exit 41B). Follow approximately 5 miles. After crossing MD Rte 29, Route 175 becomes Little Patuxent Parkway. Continue towards the Mall in Columbia for two traffic lights and turn right onto Governor Warfield Parkway. At first traffic light, turn left toward Mall. Turn right past Nordstrom's & theatres. Starbucks is in the Mall on the second level between Sears and L.L.Bean.

Trail Description: The trail is completely inside the Mall in Columbia. It is suitable for strollers but not wheelchairs. Pets are not allowed.

Alternate Trail: For those who prefer the open air, there is an alternate 10km outdoor trail rated 2.

Contact: John Dye, 6887 Garland Lane, Columbia MD 21045; phone: (410) 290-6510; e-mail: johndye@comcast.net.



Kings Contrivance

RiverWalk America & RailRoad Heritage

Walk: 2009/Y740, 10 km, Rated 2 with 6 km add-on Rated 3+

Start Point: McDonald's of King's Contrivance, 8600 Guilford Road, Columbia MD 21046. Phone: (410) 381-7938. Hours: Mon-Sat 6am-10pm; Sun 7am-10pm. Closed Thanksgiving and Christmas.

Directions: From Baltimore, MD, take I-95 South. From Washington D.C., take I-95 North. From I-95 take Exit 38B (Route 32 West) to the second exit (Shaker Drive) and turn right to cross over Route 32. Go past two traffic lights and turn left into the King's Contrivance Village Center. Park near McDonald's.

Walk

NOTE: CVC has adopted a 2 kilometer section of the Patuxent Branch Trail from Vollmerhausen Road to the Truss Bridge. We would appreciate you helping us by notifying us of any problems with the trail.

Trail Description: Trail is along sidewalks, asphalt and hard packed paths through housing areas and park-like settings in the Columbia Village of King's Contrivance. It features the Patuxent Branch Trail with the Historic Truss Bridge. The hard packed sections of the trail can get wet and muddy. Some parts of the trail have slight to moderate inclines. It is suitable for strollers but not wheelchairs.

The optional add-on segment continues on the Patuxent Branch Trail and goes into the Wincopin Area of Savage Park which is all natural surface trails. It is not suitable for strollers.

Pets are allowed but must be leashed. Restrooms and water are available at the start.

Contact: Jim Moore, 7328 Kindler Road, Columbia MD 21046; Phone: (410) 381-1837; e-mail: jimbo7328mr@netscape.net