



**Seneca Valley Sugarloafers
Volksmarch Club**

P.O. Box 3716
Gaithersburg, MD 20885-3716

We're on the Web!
www.sugarloafers.org
www.ava.org
www.mdvolks.org

The Seneca Valley Sugarloafers Volksmarch Club welcomes everyone who is interested in promoting non-competitive sports with a focus on fun, fitness, and fellowship.

For more information contact:

Jim Hathaway 301-229-1356
Maribeth Evans 301-946-5496
Carolyn Thurber 301-926-0915

Regular Events in 2010

January 16
C & O Towpath/Carderock

March 6
Bethesda

March 19 - May 15
Kenwood Cherry Blossoms
and Spring Flowers

June 12
Silver Spring

July 17
C & O Towpath/Blockhouse
Point

October
Ag History Farm Park,
Derwood

November
Seneca Creek State Park
Moonlight Walk

December
Kensington

Check our club website for
details:
www.sugarloafers.org

hathawayjd@aol.com
gammie0612@verizon.net
cbthurber@verizon.net

SENECA VALLEY SUGARLOAFERS



**Maryland & DC
2010 YEAR-ROUND EVENTS**

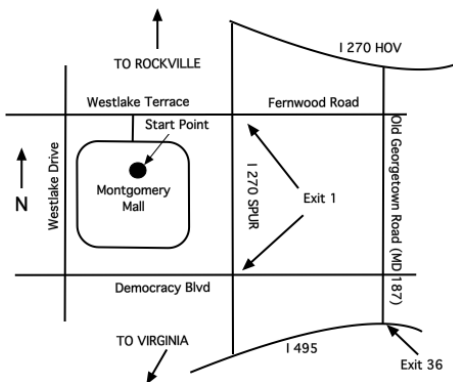
Credit only

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Y1539 (5/10 km) — Jan 1 to Dec 31**AVA SPECIAL PROGRAMS:** Railroad Heritage (Cabin John Park-10 km)**START/FINISH:** Caribou Coffee, Westfield Montgomery Mall, 7101 Democracy Blvd, Bethesda, MD 20817. Phone 301-365-2259**HOURS:** Daily 8am-9:00pm; Sun: 10am-6pm; Closed Easter, Thanksgiving, and Christmas Days.**TRAILS:** 5/10 km **indoor trails**, rated 1, are entirely inside Montgomery Mall. Trails are suitable for strollers and wheelchairs. In addition, 5/10 km **outdoor trails** in Cabin John Park, rated 2, are available. Trails are not suitable for strollers and wheelchairs. Only one event credit is allowed.**CONDITIONS:** Restrooms, water, and food are available at the Mall. Pets are not allowed inside the Mall. Pets are allowed in Cabin John Park, if kept on a leash and cleaned up after.**REGISTRATION:** Self registration instructions are in the file box marked "AVA — Walk Box." The employees do appreciate a "Thank You!" for keeping our box. Patronize Caribou Coffee if you would like a snack.**GENERAL INFORMATION:** See page 10.**POC:** Carolyn Thurber, 301-926-0915, cbthurber@verizon.net**DIRECTIONS TO START POINT: From Virginia:** I-495N (Capital Beltway) to I-270N (Rockville/Frederick). Take exit 1 (Democracy Blvd.); keep left at fork, following signs for Democracy Blvd W. *Turn left at Democracy Blvd. **Turn right at Westlake Drive. Turn right at Westlake Terrace, then right at first entrance to Westfield Montgomery Mall. Go 1 short block; entrance 5 straight ahead. Use entrance 5 and walk to end of corridor. Turn left and walk to elevator at end of corridor. Turn right; Caribou Coffee is a kiosk straight ahead.**From the East:** I-495W (Capital Beltway) to exit 36-Old Georgetown Rd toward Rockville/Bethesda. Go north on Old Georgetown Road. Follow from * above. **From the north:** I-270S toward Virginia. Stay in right lane at split; exit at Democracy Blvd. Go right and follow from ** above.**VICINITY MAP**

(Not to scale—all streets not shown)



tion to American Volkssporting.

THANK YOU for walking our Sugarloafer YRE trails!**Walk 10 in 2010****A Special Program of the Seneca Valley Sugarloafers**

The Seneca Valley Sugarloafers are sponsoring this special program to encourage participation in our club sponsored year-round and regular events. Record books will be provided free of charge.

Walk 10 (ten) Seneca Valley Sugarloafer events for IVV credit during the 2010 calendar year and receive an award.

Completed record books must be submitted no later than January 31, 2011 to:

POC : Alecia Naugle

20487 Summersong Ln, Germantown, MD 20874-3939

301-528-4308

alecianaugle@verizon.net

GENERAL INFORMATION
FOR ALL OUR YEAR-ROUND EVENTS

SPONSORS: Seneca Valley Sugarloafers Volksmarch Club, Inc. in cooperation with the Start Point Businesses & Parks listed in this brochure.

SANCTION: Events listed in this brochure are sanctioned by Maryland Volkssport Assn. (MVA) and American Volkssport Assn. (AVA), member of International Federation of Popular Sports (IVV), promoting leisure sports for family health, recreation, fun and fellowship.

ELIGIBILITY: Events are open to the public. Everyone is welcome, but all participants must register at the start point, sign a waiver of liability, carry the start card on the walk, and turn it in on completion of the walk. Children under 12 must be accompanied by an adult throughout the walk and always receive free IVV credit when walking Sugarloafer events.

WALK IN DAYLIGHT HOURS ONLY!

REGISTRATION: Self registration instructions are in the start box. Please be considerate, keeping in mind the patrons of the business come first. The employees are not volksmarchers; they can not help with registration.

FEES: Walk is free. Walk and IVV credit is \$3.00. There is no additional charge to walk the same event a second time on the same day using the same start card. On completing event, stamp IVV books and note actual distance walked in distance book.

IVV RECORD BOOKS: Please bring your IVV record books. There will be a limited supply of free AVA insert pages. Some of our YRE boxes contain IVV record books for sale @ \$5.00 each. Place correct amount in your envelope if purchasing book(s).

IVV CREDIT: Please note! AVA rules permit you to earn IVV event credit once during the period of Jan 1 to Jun 30 and once more during Jul 1 to Dec 31. Distance credit per year is unlimited.

DISCLAIMER: The sponsors, Seneca Valley Sugarloafers Volksmarch Club, Inc., and the Start Point Businesses & Parks listed in this brochure, shall not be liable for accidents, theft or material damage. Every reasonable effort will be made to make these events safe, enjoyable and memorable.

ADDITIONAL INFORMATION: If you would like more information about these year-round events, our regular events, membership in the Seneca Valley Sugarloafers Volksmarch Club, Inc., or volkssporting in general, please contact Jim Hathaway, hathawayjd@aol.com, 301-229-1356 or Maribeth Evans, gammie0612@verizon.net, 301- 946-5496 or the POC listed.

A sincere "**THANK YOU**" to and a purchase from the folks at our Start/Finish point businesses would be appreciated to recognize their contribu-

GAITHERSBURG
LAKEFOREST MALL

Y1367 (5/10 km) — Jan 2 to Dec 31

AVA SPECIAL PROGRAMS: none

START/FINISH: Silver Diner at Lakeforest Mall, 701 Russell Ave, Gaithersburg, MD 20877. Phone 240-632-2900.

HOURS: Open Mon-Sat 8am - 9pm; Sun 8am - 6 pm; Closed on Thanksgiving and Christmas.

TRAIL: The 10km & 5km trails, rated 1, are **inside Lakeforest Mall**. They are suitable for strollers and wheelchairs. No outdoor trail available.

CONDITIONS: Restrooms, water, and food are available at the Mall. Pets are not allowed inside the Mall.

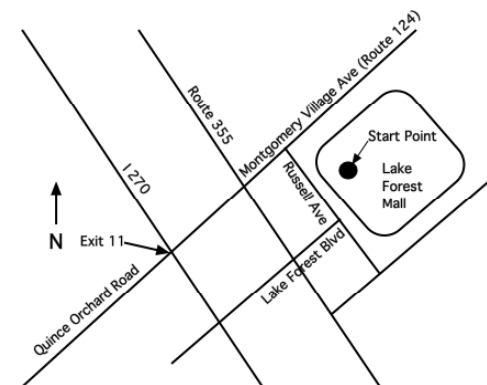
REGISTRATION: Self registration instructions are in the file box marked "AVA - Walk Box." You could plan to have breakfast, lunch, dinner, or a snack at the Silver Diner!

GENERAL INFORMATION: See page 10.

POC: Jackie Johnson, 301-977-6870, trvlmpr@comcast.net

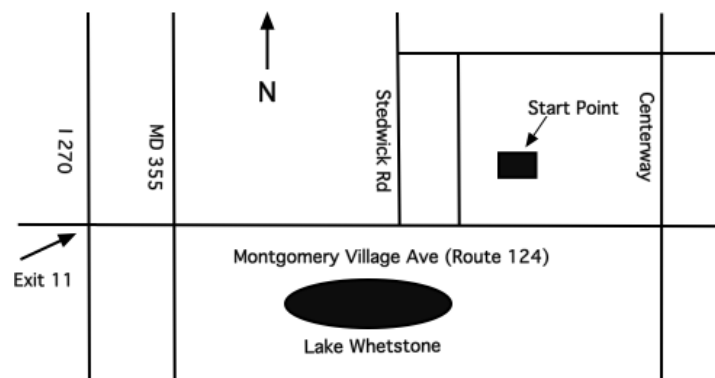
DIRECTIONS TO START POINT: **From I-270**, take exit 11 and follow Route 124 north (Montgomery Village Ave). Cross Frederick Rd (Rt 355). At next light, turn right onto Russell Ave. Take 1st left road (no name) to dead end. Turn left (follow JC Penney sign). Turn right into parking lot near JC Penney. Silver Diner is between JC Penney and Macy's - inside the Mall entrance - on the lower level.

VICINITY MAP - (Not to scale - all roads not shown)



MONTGOMERY VILLAGE LAKES

Y0889 (5/10 km) — Jan 1 to Dec 31

AVA SPECIAL PROGRAMS: none**START/FINISH:** Denny's Restaurant, 19290 Montgomery Village Ave, Gaithersburg, MD 20879 - restaurant in the parking area of Montgomery Village Center. Phone 301-987-8432.**HOURS:** Open daily, 24 hours, year-round.**TRAILS:** Rated 1+, **two 10 km trails** lead thru residential/recreational areas of Montgomery Village on paved paths/sidewalks suitable for strollers/wheelchairs. One trail visits Lake Whetstone, the other trail visits North Creek Lake. A **5 km option** is available for each trail. Only one event credit is allowed.**CONDITIONS:** Pets are permitted on trails, but must be leashed at all times. You must clean up after your pet. Water/restrooms available at Start/Finish point.**REGISTRATION:** Self registration instructions are in the file box marked "AVA - Walk Box."**GENERAL INFORMATION:** See page 10.**POC:** Maria Inocencio, 301-990-8831, binocencio@comcast.net**DIRECTIONS TO START POINT:** **From the north and south:** Take I-270 to Gaithersburg, Exit 11, Rt 124 North, Montgomery Village Ave, cross Rt 355 (Frederick Ave) and **continue to Stedwick Rd. Cross Stedwick and look for Montgomery Village Center sign on left. Turn left at sign to stop sign. Turn right to parking on right. **From Baltimore:** I-70 east to Rt 27 south to Damascus. Continue on Rt 27 to Rt 355 south. Left on Montgomery Village Ave. Continue from ** above.**VICINITY MAP** — (Not to scale—all streets not shown)**Y0553 Embassy Row/National Cathedral AND Embassy Optional:****AVA SPECIAL PROGRAMS:** **Embassy Row:** American Authors, America's Gardens, Artistic Heritage, Cemetery Stroll, Historic Churches, Museums. **Embassy Optional:** American Authors, America's Gardens, Artistic Heritage, Cemetery Stroll, Fire Houses, Historic Churches.**TRAILS:** Rated 2. There are **two 10 km trails**. Each trail goes past many Embassies, to the National Cathedral, and through some of the finest neighborhoods in Washington, DC. The **Embassy Row** trail goes along Massachusetts Ave (Embassy Row) and to the DuPont Circle area. The **Embassy Optional** trail goes up Connecticut Ave to the new Embassy complex. Only one event credit is allowed.**CONDITIONS:** The trails are on sidewalks and paved surfaces which are suitable for wheelchairs and strollers if bypass options (listed in the walk instructions) are followed.**Y1395 Historic Georgetown:****AVA SPECIAL PROGRAMS:** **10 km:** American Authors, Artistic Heritage, Cemetery Stroll, Hooray for Hollywood, Historic Churches, Museums, Railroad Heritage. (**1 km optional:** Native American Culture, Rivers)**TRAIL:** Rated 2. The **10 km trail** goes to historic Georgetown through scenic Rock Creek Park, the Georgetown neighborhoods of Washington DC, and to Georgetown University. The **1 km option** visits the C&O Canal and the Georgetown waterfront along the Potomac River.**CONDITIONS:** The trail is mostly on paved surfaces except in Rock Creek Park where the trail is on a dirt path through the woods. This portion of the trail makes it very difficult for wheels.**Y0552 Zoo/Cathedral AND Adams Morgan & U St/Zoo:****AVA SPECIAL PROGRAMS:** **Zoo - 5 km:** American Authors. **Zoo/Cathedral - 10 km:** American Authors, America's Gardens, Artistic Heritage, Cemetery Stroll, Historic Churches. **Adams Morgan - 10/11 km:** American Authors, Artistic Heritage, Fire Houses, Historic Churches, Hooray for Hollywood, Museums, Native American Culture, Railroad Heritage, Veteran Memorials.**TRAILS:** Rated 2. **The Zoo - 5 km** trail goes to the Zoo, and visits many of the animals, and returns to the start point. The **Zoo/Cathedral - 10 km** trail goes up Connecticut Ave, through the Zoo, to some interesting neighborhoods of Washington, DC, and to the Cathedral. **The Adams Morgan & U St. - 10 km** trail is a treasure trove of décor, murals, colors, trim, and the unusual. There are many illustrated signs that tell stories about these historic neighborhoods of Washington, DC. The architecture of the buildings is varied and quite interesting. There are dozens of restaurants, with many ethnic varieties, on this trail. And the walk also goes past Ben's Chili Bowl Restaurant where President Obama and Bill Cosby eat free. **The 1 km option** returns to the start point via the main path through the Zoo. Only one event credit is allowed. **CONDITIONS:** The trails are mostly on paved surfaces and are suitable for wheelchairs & strollers.

**EMBASSY ROW / NATIONAL CATHEDRAL
HISTORIC GEORGETOWN**

NATIONAL ZOO / NATIONAL CATHEDRAL / ADAMS MORGAN

Y0553 Embassy (10 km); Y1395 Georgetown (10/11 km); Y0552 Zoo (5/10/11 km): Jan 1 to Dec 31

START/FINISH: McDonald's, 2616 Connecticut Ave., NW, Washington, DC 20008. Phone: 202-462-8773. McDonald's is located adjacent to the Metro escalators, on lower level below the CVS pharmacy. It has two entrances: one is on Connecticut Ave and the other is at the rear on 24th St. The rear entrance is wheelchair accessible - ring bell for assistance. **START POINT**
HOURS: Daily 6 am - 10 pm. Closed at 3pm on Thanksgiving and Christmas.
CATHEDRAL HOURS: 10am to 4:30pm. The grounds are open during day light hours.
ZOO HOURS: Daily: 10am to 4:30pm Oct through April; 10am to 6pm May through Sept. Closed Christmas Day. The Zoo may close due to ice or snow. If in doubt, call the Zoo at 202-633-4800.

WALK DURING DAYLIGHT HOURS only.

REGISTRATION: Self registration instructions are in the file box marked "AVA - Walk Box." Please patronize McDonald's if you would like breakfast, lunch, a snack or supper.

GENERAL INFORMATION: See page 10.

TRAILS and AVA SPECIAL PROGRAMS: See page 9.

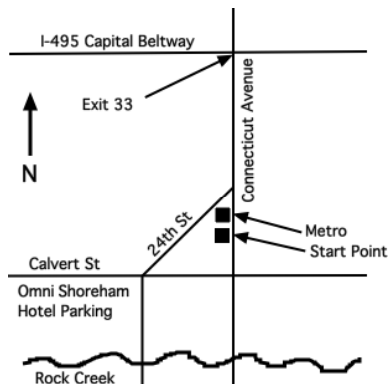
CONDITIONS: Restrooms/Water are available at the Start Point, the National Zoo, and the National Cathedral, as well as in Georgetown as noted in the walking instructions. **Pets are not allowed** in the Start Point, in the National Zoo, or on the grounds of or in the National Cathedral. Pets are **allowed** on the Georgetown trail, if kept on a leash and cleaned up after.

POC: Jim Hathaway, 301-229-1356, hathawayjd@aol.com

DIRECTIONS TO START POINT: By

Metro: Red Line to Woodley Park-Zoo/Adams Morgan Station. Start point is in bldg. adjacent to Metro escalators. **By Car:** I-495 (Capital Beltway) to Exit 33, Connecticut Avenue, South. Proceed south on Connecticut Avenue ~ 6 miles to Calvert St. Turn right on Calvert St. Park on neighborhood streets (weekends only) or in the Omni Shoreham Hotel parking lot on Calvert St (at hourly rates).

VICINITY MAP - (Not to scale—all streets not shown)



SENECA CREEK STATE PARK

Y0339 (5/10 km) - Jan 1 to Dec 31

AVA SPECIAL PROGRAMS: Native American Culture, Hooray for Hollywood

START/FINISH: Denny's Restaurant, 19290 Montgomery Village Ave, Gaithersburg, MD 20879 -- restaurant in the parking area of Montgomery Village Center. Phone 301-987-8432.

HOURS: Start Point: Daily, 24 hours, year-round. State Park: Daily, 8am to sunset April through Oct; 10am to sunset Nov through March.

TRAILS: There are **three 10 km trails**: 1) trail around Clopper Lake mostly on natural paths with some moderate hills, rated 2; 2) trail on park roads suitable for wheelchairs and strollers, rated 1+; and 3) trail mostly on natural paths along Seneca Creek, rated 2+. There is also **one 5 km trail** available on park roads rated 1+. Only one event credit is allowed. Trails offer scenic beauty and wildlife. Wet conditions may affect natural trails and raise the rating. Hiking boots and walking stick suggested for natural paths. Park may be closed in extreme weather conditions. If in doubt, call Park Office at 301-924-2127.

CONDITIONS: Pets are **not** permitted in the State Park.

REGISTRATION: Self registration instructions are in the file box marked "AVA - Walk Box." After registering, drive ~3.25 miles to park. Trails start and end at park offices. Driving directions are at beginning of the walk instructions. Restrooms available at park as noted in instructions. Water may not be available on trail.

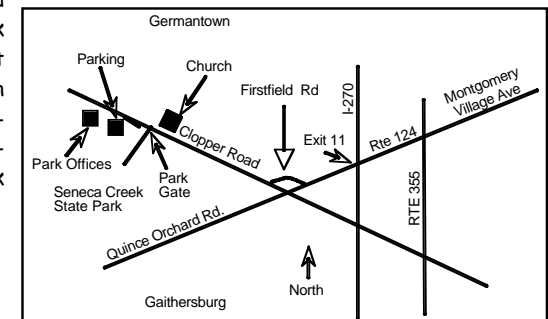
GENERAL INFORMATION: See page 10.

POC: Maria Inocencio, 301-990-8831, binocencio@comcast.net

DIRECTIONS TO START POINT: See directions and map to Denny's Restaurant on page 4 for Montgomery Village Lakes YRE.

DIRECTIONS TO PARK: Leaving Denny's, turn Left to exit road, and turn Left to Montgomery Village Ave. Turn Right on Montgomery Village Ave. to Firstfield Rd on right, crossing under I-270. Turn Right on Firstfield Rd. Turn Right on Clopper Rd and go ~ 1.25 miles to park entrance on left, passing St Rose of Lima Church on right. Turn Left into Seneca Creek State Park entrance. Turn Right to Park Offices parking.

VICINITY MAP - (Not to scale—all roads not shown)



ROCKVILLE
ROCK CREEK PARK

Y0887 (5/10/12 km) — Jan 2 to Dec 31

AVA SPECIAL PROGRAMS: Cemetery Stroll (Parklawn 10km)

START/FINISH: Caribou Coffee, Rock Creek Village Shopping Ctr, 5562 Norbeck Rd, Rockville, MD 20853 -- at Norbeck Rd (Rt 28) and Bauer Dr. Phone 301-460-0047.

HOURS: Mon-Thurs: 6am—9:30pm; Fri: 6am - 10pm; Sat: 7am - 10pm; Sun: 7am-8pm. Closed Christmas. Hours vary for other major holidays plus New Year's Eve and Christmas Eve; please call to verify hours.

TRAILS: There are **two 10 km trails**—one to Lake Needwood and one to Parklawn Memorial Park Cemetery. Each trail has a **5 km option**. Trails, rated 1+, are entirely on paved surfaces—suitable for strollers and wheelchairs. They meander along Rock Creek in the park. An **alternate trail** is available for those who prefer to walk through neighborhoods instead of the parkland, and for wheelchairs. Only one event credit is allowed.

CONDITIONS: Restrooms in store and on the trails. Pets permitted on Rock Creek Park trails, but must be kept leashed at all times. Owners must clean up after pets. Pets are **not permitted** in Parklawn Memorial Park. However, we offer a **12 km trail** which bypasses Parklawn Memorial Park. Trails may be icy in winter.

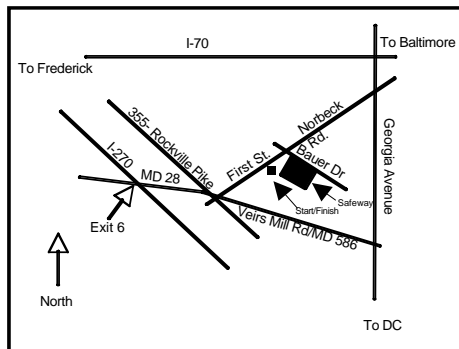
REGISTRATION: Self registration instructions are in the tall wooden start box in the back of the store.

GENERAL INFORMATION: See page 10.

POC: Verk Eubanks, 301-460-4513, verkanneeubanks@msn.com

DIRECTIONS TO START POINT: **Take I-270** to Exit 6 (Rt 28). Turn EAST onto Rt 28 towards Rockville and proceed 1.7 mi (follow signs for Veirs Mill Rd/Wheaton). At first traffic light after crossing Rt 355, turn LEFT onto Rt 28 at 1st St and continue ~ 1.5 mi to Bauer Dr. Turn RIGHT onto Bauer Dr. Turn RIGHT into shopping center parking lot. Caribou Coffee is in far right corner of shopping center. **From Sliver Spring:** North on Georgia Ave (Rt 97) to Rt 28. LEFT onto Rt 28. LEFT on Bauer Dr and RIGHT into shopping center parking lot to Caribou Coffee in far right corner.

VICINITY MAP — (Not to scale—all streets not shown)



SLIGO CREEK PARK

Y1167 (5/11 km) — Jan 2 to Dec. 31

AVA SPECIAL PROGRAMS: none

START/FINISH: Caramelo Bakery, 11301 Georgia Ave, Wheaton, MD 20902. Phone 301- 942-9330.

HOURS: Mon-Sat, 7am to 7pm; Sun, 7am-3pm. Closed most major holidays.

TRAIL: Rated 1, the **11 km trail** leads through Sligo Creek Park and residential neighborhoods on paved paths/sidewalks suitable for strollers and wheelchairs. The **5 km trail** is entirely in the park, rated 1.

CONDITIONS: Pets permitted on trail on a leash at all times. Please clean up after them. Pets not permitted inside Start/Finish and check-point. Restrooms on trail as noted in instructions.

REGISTRATION: Self registration instructions are in the file box marked "AVA - Walk Box."

GENERAL INFORMATION: See page 10.

POC: Maribeth Evans, 301-946-5496, gammie0612@verizon.net

DIRECTIONS TO START POINT: **Take I-495** to Exit 31A. Go North toward Wheaton ~2.2 miles to Price Avenue on Right. The Start/Finish is on the corner of Georgia and Price Avenues. **By Metro:** Take Red Line to Wheaton metro station, one block south of Start/Finish.

PARKING: Two metro garages near Start/Finish.

VICINITY MAP - (Not to scale - all roads not shown)

