

## SLIGO CREEK PARK YRE

AT05/Y1167 — January 2, 2005 to December 31, 2005. Closed major holidays.

**START/FINISH:** The Wooden Shoe Pastry Shoppe, 11301 Georgia Avenue, Wheaton, MD 20902.

**PHONE:** (301) 942-9330

**HOURS:** Tue-Fri: 10am-7pm; Sat: 10AM-6pm; Sun: 10AM-3pm. Closed Monday.

**TRAIL:** One trail rated 1. The 11km trail leads through Sligo Creek Park and residential neighborhoods on paved paths/sidewalks suitable for strollers/wheel- chairs.

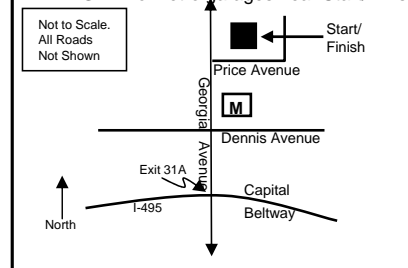
**CONDITIONS:** Pets permitted on trail on a leash at all times. Please clean up after them. Pets not permitted inside Start/Finish and checkpoint. Restrooms on trail as noted in instructions.

**POC:** Klaus Waibel (301) 681-9084. Email to: [waibel100@verizon.net](mailto:waibel100@verizon.net)

**DIRECTIONS TO START POINT** (See Map): Take I-495 to Exit 31A. Go North toward Wheaton about 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.



# 5

## Year 2005 YEAR-ROUND EVENTS



Gaithersburg

Montgomery Village

Rockville

Wheaton

## CREDIT ONLY EVENTS



## GENERAL INFORMATION FOR ALL EVENTS

**SPONSORS:** Seneca Valley Sugarloafers Volksmarch Club, Inc. and the Start Points & 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 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 SVS events.

**YOU MAY WALK IN DAYLIGHT HOURS ONLY!**

**REGISTRATION:** Register yourself. Personnel at Start Points cannot assist you. Follow registration procedure found in start box located in stores serving as start points and inside the YMCA.

**EVENTS:** Seneca Creek State Park (Gaithersburg): one event, three trails, Y339; Montgomery Village: one event, two trails, Y889; Rock Creek Park (Rockville): two events, Y887 and Y888; and Sligo Creek Park (Wheaton) one event, Y1167.

**FEES:** Walk is free. Walk and IVV credit is \$3.00. Walk, "B" award and IVV credit is \$5.00. 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.

**TRAILS:** All trails listed in this brochure are 10 km (6.2 miles), except Y888 has a 12 km option and Y1167 is 11 km.

**IVV RECORD BOOKS:** Please bring your IVV record books. There will be a limited supply AVA insert pages and IVV books available in the start box. If you find neither of these in the start box, indicate on your envelope which item you want. We will mail it to you with the appropriate event/distance stamp(s) recorded in it. The price of IVV credit books is \$5.00 each. Price is subject to change. Please place correct amount in your envelope if purchasing book(s). Insert pages are free.

**IVV CREDIT:** Please note! AVA rules permit you to earn IVV event credit once during the period of Jan. 2 to Jun. 30 and once more for the July 1 to Dec. 31 period. Earning unlimited distance credit per event per year is allowed.

**DISCLAIMER:** The sponsors, Seneca Valley Sugarloafers Volksmarch Club, Inc., and the Start Points & 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.

**LODGING:** Lodging at family rates is available in many area motels.

**ADDITIONAL INFORMATION:** If you would like more information about these events, our other events, membership in the Seneca Valley Sugarloafers Volksmarch Club, Inc., or volkssporting in general, please contact Event Coordinator, Ed Branges [eb@webtv.net](mailto:eb@webtv.net) or Jone Parr [jone.p@comcast.net](mailto:jone.p@comcast.net) or (301) 926-8580.

A sincere thank you to and a purchase—if possible—from the folks at our Start/Finish point stores would be appreciated to recognize their contribution to American Volkssporting.

SENECA VALLEY SUGARLOAFERS AVA 419

## SENECA CREEK STATE PARK YRE

AT05/Y339 — Jan. 2 to Dec. 31, 2005

**START/FINISH:** Upper Montgomery County YMCA, 10011 Stedwick Rd., Gaithersburg, MD 20879, across from post office. YMCA phone is (301) 948-9622.

**HOURS:** M-F: 6:30am – 9:45pm; Sat: 6:30am – 6:45pm; Sun: 10am – 6:45pm. Closed New Year's Day, Martin Luther King Day, Easter, Thanksgiving and Christmas Day. May close in extreme weather, and **will** close one to two weeks near end of August. Please call ahead.

**REGISTRATION:** After registering, drive 3.25 miles to park. Trails start and end at park offices. Driving directions are at beginning of your walk directions. On completing walk, return to YMCA, turn in start card, and stamp your books. Restrooms available at YMCA and at Park as noted in instructions. Water may not be available on trail.

**TRAILS:** Y339 offers three optional trails: one trail around Clopper Lake mostly on natural paths with some moderate hills; one trail on park roads suitable for wheelchairs, strollers and individuals with limited abilities; and one trail along Seneca Creek. Only one event credit is allowed. Trails offer scenic beauty and wildlife, best seen early or late in day. Wet conditions may affect natural trails and raise rating. Hiking boots and walking sticks suggested. Park may be closed in extreme weather conditions. If in doubt, call (301) 924-2127.

**CONDITIONS:** Pets are not permitted in the park.

**DIRECTIONS TO START POINT:** (See Map with Montgomery Village YRE, two columns to right.)

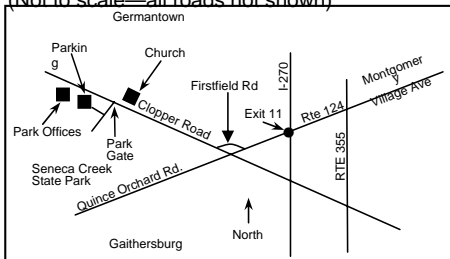
**FROM DC AND VA:** I-495 to I-270 north to Exit 11 (Rte 124 north). \*Continue on Montgomery Village Ave to traffic light at Stedwick Rd. Left on Stedwick Rd. Right on Mills Choice Rd. to YMCA parking lot on your right.

**FROM FREDERICK:** I-270 south to Exit 11 (Rte 124 north). Turn Left and proceed from \* above.

**FROM BALTIMORE:** I-70 east to Rte 27 south to Damascus. Continue on Rte 27 to Rte 355 south. Left on Watkins Mill Rd. Right on Stedwick. Left on Mills Choice Rd. to YMCA parking lot on your right.

**DIRECTIONS TO PARK:** Leaving YMCA, left on Mills Choice Rd. Left on Stedwick. Right on Montgomery Village Ave. Continue straight for 2 mi. to Firstfield Rd. on Right, passing Frederick Rd (Rt. 355) and crossing under I-270. Right on Firstfield Rd. Right on Clopper Rd and go 1.25 mi. past St. Rose of Lima Church on right, to park entrance on Left. Right to Park Offices.

**VICINITY MAP — Seneca Creek State Park YRE (Not to scale—all roads not shown)**



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## MONTGOMERY VILLAGE YRE

AT05/Y889 — Jan. 2 to Dec. 31, 2005.

**START/FINISH:** Upper Montgomery County YMCA, 10011 Stedwick Rd., Gaithersburg, MD 20879, across from post office. YMCA Phone is (301) 948-9622.

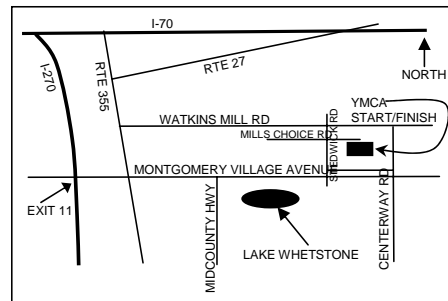
**HOURS:** M-F: 6:30am – 9:45pm; Sat: 6:30am – 6:45pm; Sun: 10am – 6:45pm. Closed New Year's Day, Martin Luther King Day, Easter, Thanksgiving and Christmas Day. May close in extreme weather, and **will** close one to two weeks near end of August. Please call ahead.

**TRAILS:** Rated 1+, two optional trails lead thru residential/recreational areas of Montgomery Village on paved bike paths/sidewalks suitable for strollers/wheelchairs. One trail visits Lake Whetstone, the other visits North Creek Lake.

**CONDITIONS:** Pets are permitted on trails but must be leashed at all times. You must clean up after your pet. Please carry water for your pets. Water/restrooms available at Start/Finish point. Fast-food restaurants on trail.

## VICINITY MAP — Montgomery Village YRE

(Not to scale—all streets not shown)



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## ROCK CREEK PARK YREs

AT05/Y887; AT05/Y888 — Jan. 2 to Dec. 31, 2005

**START/FINISH:** Caribou Coffee, Rock Creek Village Shopping Ctr, 5526 Norbeck Rd, Rockville, MD 20851, Norbeck Rd (Rte 28) and Bauer Dr. Restrooms in store and on trail.

**HOURS:** Daily 7am–9pm; Sun: 7am-7pm; Closed Thanksgiving and Christmas Day.

**TRAILS:** Y887—Lake Needwood  
Y888—Parklawn

Trails, rated 1+, almost entirely on paved surfaces—suitable for strollers and wheelchairs—most meander along Rock Creek in the park. Parklawn trail has restrooms in the Memorial Park. Needwood trail may have port-a-johns at the lake.

**CONDITIONS:** Pets permitted on Rock Creek Park trails but must be kept leashed at all times unless pet is wearing a valid "NO LEASH" tag. Owners must clean up after pets. Please carry water for your pets. Pets are not permitted in Parklawn Memorial Park (Event #Y888). However, we are offering an optional trail for event #Y888 which bypasses Parklawn Memorial Park. Look for these trail directions in the start box. Trails may be iced over in winter. For trail conditions, call park office at (301) 948-5053 or Park Police at (301) 949-3010.

**DIRECTIONS TO START PONT:** (See Map)

**FROM FREDERICK:** I-270 to Exit 6 (Rte 28). Turn LEFT onto Rte 28 east and \*proceed 1.7 mi (follow signs for Veirs Mill Rd/Wheaton). At first traffic light after crossing Rte 355, turn LEFT onto Rte 28 and continue about 1.5 mi to Bauer Dr. RIGHT onto Bauer Dr. RIGHT into shopping center parking lot.

**FROM VIRGINIA AND SOUTH:** I-495 to I-270 north to Rockville, Exit 6. Turn RIGHT on Rte 28 east and proceed from \* as above.

**FROM BALTIMORE:** I-70 west to Rte 97 south (Georgia Ave). Follow Rte 97 south to Rte 28 (Norbeck Rd). RIGHT onto Rte 28. \*Go 2 mi to Bauer Dr. LEFT onto Bauer Dr. RIGHT into shopping center parking lot. See map below.

**FROM SILVER SPRING:** North on Georgia Ave (Rte 97) to Rte 28. LEFT onto Rte 28. Proceed from \*as from Baltimore above.

**VICINITY MAP — Rock Creek Park YREs**

(Not to scale—all streets not shown)

