AVS SPECIAL PROGRAMS: Both the 5K and 10K will qualify for the following special events: Make a Wish – Water Fountain, Points of Reference, Vice Presidential Walks, Walking the Path of Inventions, Cities in Song, Honoring our Flag, Walking the United States, Walking the USA A-Z, and You’ll Never Walk Alone.

The 10K route will also include the following special events: National Register of Historic Places, Bridges – Spanning the USA, Walk the USA – Street by Street, Amphitheatres, Animal Safari, and Food For Thought.

DRIVING DIRECTIONS:
The Park at The University of Virginia
1015 Massie Road
Lat. 38°3’13.65”N Long. 78°30’18.51” W
Free parking is available at The Park.

• From Interstate 64, take exit 118B towards Charlottesville.
• Merge onto the Route 29/250 Bypass.
• Take the 3rd exit onto Leonard Sandridge Road.
• Turn left at Massie Road (1st stop light) and continue approximately .5 miles until arriving at The Park.

Volksmarching (from German Volksmarsch meaning “peoples’ march”) is a form of non-competitive fitness walking that developed in Europe. Participants typically walk 10 kilometers (6.2 miles) or 5 kilometers (3.1 miles) on an outdoor path. More of a social event and healthy outing as opposed to a competition, routes frequently involve interpretative sites of interests in a wide range of categories.

SPONSOR: Cavalier Volkssporting Club
HOST: The University of Virginia, http://www.recsports.virginia.edu
SANCTION: This event is sanctioned by the American Volkssport Association, a member of the International Federation of Popular Sports (IVV). This event counts toward acquisition of IVV achievement awards.
**PROCEDURES:** At the start point, all participants will be issued their own start card, which must be signed and personally presented at the control points. The individual start cards will be turned in at the awards table after completing the event.

**CONDITIONS:** Water and restrooms will be available near the start/finish and along the trail. The event will be held, rain or shine (no refunds)!

**COURSE DESCRIPTION:** Welcome to the University of Virginia. Founded in 1819 by Thomas Jefferson, UVa is constantly evolving to meet the needs of an ever-changing academic community. Over the course of nearly two hundred years, Jefferson’s original Academical Village extends to the surrounding community now uniquely known as UVa Grounds. Despite the changes, the University remains true to its original roots and preserves its illustrious tradition.

Join us as we embark on a journey that spans the course of three distinct centuries. Both the 5K and the 10K routes of The Wahoo Walk begin at The Park, the University’s playing fields and then immediately enters the lush forested area that includes the Rivanna Trail.

After leaving the Rivanna region, the walk continues through the highly-distinguished Darden School of Business where you will visit the Jefferson Statue and the Jones Fountain in Flagler Court. This portion of the course takes you through the North Grounds region of the UVa Grounds.

Once leaving North Grounds, both routes continue past Klockner Soccer Stadium and John Paul Jones Arena. At this point, the 10K splits off and heads towards Central Grounds where you will see such sites as The Dell, Newcomb Hall, a portion of the Berlin Wall, the Rotunda, the Corner, and other sites.

Both routes start with a trail walk then continue on sidewalks and pavement. Neither route will be accessible for wheelchairs or strollers. The 5K course is rated 2B with a 475 foot elevation gain while the 10K course is also rated 2B with a 795 elevation gain.

**DISCLAIMER OF LIABILITY:** The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property.

**FOR FURTHER INFORMATION:** cavaliervolkssporting@virginia.edu; 434-924-3791 or www.ava.org > Events