



Winter Wonderland Canal Walk

10 km (6.2 miles) or 5 km (3.1 miles) Walk

Saturday – January 19, 2019

Cabin John, MD

Credit only event #110790 -- AVA trail rating 1B

Sponsor: Seneca Valley Sugarloafers Volksmarch Club, Inc. (AVA 419), a member of the Maryland Volkssport Association.

Sanctioned by: The Maryland Volkssport Association and The American Volkssport Association, a member of the International Volkssport Verband, to promote leisure sports in the interest of family health, recreation, fun, and companionship.

Start/Finish: The **THIRD** parking area at Carderock Recreation Area at C&O Canal Towpath, Cabin John, MD. Follow signs in park. **The GPS coordinates are: 38.976280, -77.205389.**

Start Time: Registration 10 am – 11 am. Must finish the walk by 2 pm.
*(Credit walkers **MUST** pre-register)*

Pre-Registration: Send \$3.00 check, payable to SVSVC, to: Carolyn Thurber, 17616 Mill Creek Dr., Derwood, MD 20855-1015. Write "C & O" and your phone number on the check.
Please mail check early enough to be received by Tues., Jan. 15, 2019.

Trail: There are 10 km and 5 km trails. AVA rating 1B.
It's an easy out and back walk on the C & O Canal towpath, going upstream from Carderock to the Widewater area, to Locks # 15 & # 16, and to beginning of Great Falls overlook trail. An optional 1 km trail will take you out to Olmsted Island to view the Great Falls of the Potomac River. Relatively flat natural surfaces. Suitable for strollers, but not for wheelchairs.

Eligibility: We welcome everyone to walk with us. All participants must register and sign a waiver of liability. Each participant must carry a start card throughout the walk. Please turn the card in at the end of your walk so we know that you are safely off the trail. An adult must accompany children 12 and under throughout the entire walk. Parents of minor children must sign a waiver of liability for the children.

Refreshments: Walkers may bring a snack and water for use on the trail.

Event Information: For more information about this event, please contact:

Jone Parr (301) 385-0054 Jone.P@comcast.net
Maribeth Evans (301) 946-5496 evansm0612@gmail.com



Conditions: WATER WILL NOT BE AVAILABLE EXCEPT IN THE RESTROOMS AT THE START POINT. Trail instructions will be available. Pets are allowed in the park, but must be leashed at all times during the walk. Restrooms are available at the start/finish. This walk will be held, unless conditions cause the sponsor to close the trail for safety reasons. If in doubt, call Jone Parr at 301-385-0054 - cell

Fees The fee for IVV credit is \$3.00. Children **12** and under earn IVV credit for **no charge** at all events sponsored by the Seneca Valley Sugarloafers. Because financial transactions are **not** allowed on park property, **PRE-REGISTRATION IS REQUIRED FOR IVV CREDIT.** Prepaid registrants who do not participate will forfeit the fee. No cash or checks will be accepted at this event. We can **not** sell record books in the park, but we will have insert cards available. You may walk for free without IVV credit.

AVA Special Programs: Bridges and National Parks Centennial (C&O Canal Towpath National Historical Park).

Disclaimer: Neither the Seneca Valley Sugarloafers Volksmarch Club, Inc., nor Chesapeake and Ohio Canal National Historical Park shall be liable for accidents, theft, or material damage. Every reasonable effort will be made to make this a safe, enjoyable, and memorable event.

Membership: Membership in the Sugarloafers is open to everyone interested in walking for fitness, fun, and fellowship. Members are encouraged to walk our volksmarch trails and to help with events and other club activities. Dues are \$10.00 per year and include the club newsletter, which keeps members informed about volkssporting activities and news. To join, send your name, address, e-mail address, and phone number, (or membership form from our website, www.sugarloafers.org) with a check for \$10.00 payable to SVSVC to:

Carolyn Thurber, 17616 Mill Creek Dr., Derwood, MD 20855-1015.

For more information about the club, contact Carolyn at 301-926-0915 or cbthurber@verizon.net

Volksmarch Information: www.sugarloafers.org & www.ava.org & www.mdvolks.org

DIRECTIONS TO START POINT

FROM MARYLAND AND WASHINGTON, DC:

From I-495 (Capital Beltway outer loop going southwest toward Virginia) take Exit 41 in **Maryland** (Carderock, Great Falls). You will be going **west** on Clara Barton Parkway. Proceed about .8 mile to **Carderock exit** on **RIGHT**. * Go up ramp. Turn **LEFT** to cross over the Parkway and **follow signs** ahead for Carderock. After driving through a short tunnel to stop sign, turn **RIGHT** and go .4 mile to the **THIRD** parking lot, our starting point.

FROM VIRGINIA:

From I-495 (Capital Beltway inner loop going northeast toward Maryland), immediately after crossing American Legion Bridge over Potomac River (use **RIGHT** lane on bridge), take Exit 41 (Clara Barton Parkway, Carderock). Use **LEFT** lane as exit ramp splits, to go to Carderock on Clara Barton Parkway. Proceed about 1 mile to **Carderock exit** on **RIGHT**. Continue as above *.