



# Lake Frank and Meadowside Nature Center Walk

Saturday  
May 20, 2017

Rock Creek Village Center, Rockville MD  
Credit Only Event, AVA 107437  
10km (6.2 miles) AVA trail rating 2B  
5km (3.1 miles) AVA trail rating 2A

**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:** Patio next to Urban Bar-B-Que, Rock Creek Village Shopping Center, 5566 Norbeck Rd., (Rt. 28 and Bauer Drive) Rockville, MD 20853. Parking is available in and behind the shopping center.

**Start Time:** 9:00 a.m. - 11:30 a.m.; finish walk by 3:00 p.m.

**Special Programs:** Lakes and Reservoirs, Bridges, Amphitheaters, Walk 10, 20, 30 in 2017



**Trails:** The trails start on community sidewalks and then enter the park to follow a trail with views of Lake Frank and then onto the dam. The **5km trail** reverses direction at the far end of the dam bypassing the Nature Center. The **10km trail** continues from the end of the dam on natural-surface nature trails to the Meadowside Nature Center. The Nature Center is home to injured, un-releasable birds of prey which are located in enclosures behind the nature center. After your visit to the Nature Center, the trail continues along the Rock Creek North Branch and then back to the dam. From the dam, both trails return on the paved Rock Creek Park trail connector and up a significant hill to the start/finish.

**Walking sticks are recommended for the 10km trail.**

**The 5km trail maybe suitable for wheelchairs and strollers.**

**Conditions:** Restrooms are available in shopping center stores at the start/finish, and at the Nature Center. Pets are allowed on the trail but not in buildings and must be leashed at all times. This walk will be held regardless of the weather, unless conditions cause the sponsors to close the trails for safety reasons.

**Fee:** The fee for IVV credit is \$3.00. Children 12 and under may earn IVV credit for no charge. IVV record books and New Walker Packets will be available for sale. You may walk for free without IVV credit.

**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.

**Disclaimer:** Neither the Seneca Valley Sugarloafers Volksmarch Club, Inc., Montgomery County Department of Recreation and Parks, nor Rock Creek Village Shopping Center shall be liable for accidents, theft, or material damage. Every reasonable effort will be made to make this a safe, enjoyable and memorable event.

**Event Information:** Alice Filemyr [alice.filemyr@gmail.com](mailto:alice.filemyr@gmail.com) 240-753-0009

**Volksmarch Information:** [www.sugarloafers.org](http://www.sugarloafers.org), [www.ava.org](http://www.ava.org) and [www.mdvolks.org](http://www.mdvolks.org)

**Membership:** Membership in the Sugarloafers Volksmarch Club is open to everyone interested in walking. For questions concerning membership, contact Carolyn Thurber 301-926-0915 or [membership@sugarloafers.org](mailto:membership@sugarloafers.org).

**Directions to the Start Point:**

FROM I-270: Take EXIT 6, (Rt. 28) East for 2.2 miles. Then a slight left to Rt. 28/586. In 0.4 miles use the left 2 lanes to turn left onto First St/Norbeck Road. Continue 2 miles and then turn right on Bauer Drive. The shopping center is on your right.

**Additional Parking:** There is a quiet parking area available behind the Patio. To access this parking bypass the first entrances to Rock Creek Village Center and turn in at the rear of the Safeway. Follow the driveway past the back of the Safeway and then to the right. The Patio is at the next corner.