



# Silver Spring/Takoma Park Seasonal

5k/6k/10k/15k/20k or more  
Sat, June 1 - Sun, Oct 13, 2019  
Silver Spring, MD



Event #111566/Y2031/IVV Credit Only - Rated 2A

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

**Start/Finish:** Safeway, Downtown Silver Spring, 909 Thayer Ave Silver Spring, MD 20910; 301-565-0686. Hours: Mon-Sat: 7am to Midnight/Sun: 7am to 10pm. WALK DURING DAYLIGHT HOURS ONLY

**Trail:** The 5k/10k Silver Spring trails are on sidewalks through downtown Silver Spring's retail area and residential areas. The 6km/10km Takoma Park trails are on sidewalks through the south end of Silver Spring and into Historic Takoma Park. The 10k has one steep hill and includes the border crossing into DC. 6k/10k trails go along Sligo Creek Trail and back to Downtown Silver Spring.

**Eligibility:** We welcome everyone to walk with us. All participants must register & sign a waiver of liability. 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.

**Registration Fee:** Our walk is free. If you wish to receive IVV credit for the walk, you must pay \$3.00. Children 12 and under walk for free.

**Special Programs:** Border Crossings, Ice Cream Parlors, Little Free Libraries

**Parking:** Parking available in garage below Safeway. In addition, there are two county garages located on Wayne Ave & Ellsworth Dr that offer free parking on weekends. Both are in walking distance from Safeway start/finish point.

**Conditions:** You may walk with a group or alone. Restrooms are available in Safeway, Whole Foods and other places noted in walking instructions. Pets are allowed, but must be leashed at all times during the walk. You must clean up after them. Pets are not allowed in the shops or other buildings unless otherwise noted. This seasonal event will be held regardless of the weather, unless conditions cause the sponsors to close the trails for safety reasons.

**Disclaimer:** Neither the Seneca Valley Sugarloafers Volksmarch Club, Inc nor Safeway Food & Drug, Inc will be liable for accidents, theft, or material damage. Every reasonable effort will be taken to conduct a safe, enjoyable and memorable event.

**Event Information:** Contact: Maribeth Evans - 301-787-5410; evansm0612@gmail.com

**Membership:** Membership in the Sugarloafers Volksmarch Club is open to everyone. For questions about membership, contact Carolyn at 301-926-0915 or cbthurber@verizon.net or check our club's website at [www.sugarloafers.org](http://www.sugarloafers.org)

**Volksmarch Info:** [www.ava.org](http://www.ava.org) & [www.mdvolks.org](http://www.mdvolks.org)

### **Directions to Start Point:**

**Points North & West:** Take I-495 East; at exit 31B, take ramp right for Rt 97 South/Georgia Ave toward Silver Spring; bear right onto Rt 97/Georgia Ave. See \*\*

**Points East:** Take I-495 West; at exit 31, take ramp right for Rt 97/Georgia Ave toward Wheaton/Silver Spring, stay to the left & at traffic signal turn left onto Rt 97/Georgia Ave. See \*\*

\*\*Remain on Georgia Ave, going south, cross Colesville Rd, Wayne Ave and Bonifant St, move into left lane and take left turn lane at Thayer Ave traffic signal. Continue on Thayer Ave, pass Safeway on left, turn left onto Fenton St and turn left again into Safeway's garage.

**Points South:** Take I-395N to US 1 North (signs for 14th St), Turn right at Constitution Ave NW, Turn left at 7th St NW, stay on 7th which becomes Georgia Ave near Howard University, continue on Georgia Ave (approximately 5.3 miles), turn right onto Thayer Ave. Continue on Thayer Ave, pass Safeway on left, turn left onto Fenton St and turn left again into Safeway's garage.

