



**Urbana, Get Your U! Seasonal**  
**5k/6k/10k/11k**  
**Thurs, Aug 1 - Sun, Dec 29, 2019**  
**Urbana, MD**  
Event #113886/Y2496/IVV Credit Only –  
Rated 5/6k-2A; 10/11k-2B

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

**Start/Finish:** Giant Food, Villages at Urbana, 3530 Sugarloaf Pkwy, Frederick, MD 21704; (301) 874-1200. Hours: Mon-Fri: 6am to 12am; Sun: 6am to 11pm. **WALK DURING DAYLIGHT HOURS ONLY**

**Trail:** The 5km trail takes you to the old part of Urbana, Urbana District Park and through some of the Villages of Urbana (celebrating their 20-year anniversary in 2019). The 10km trail includes more of the Villages of Urbana and some woods walking on paved and natural surfaces, and a muddy section (really hard for strollers; wear hiking boots or old tennis shoes). The 6 and 11Km trail takes you to the “site” of the old Peter Pan Restaurant, an indelible memory to all of us who lived in the general area during the 1960’s and 70’s.

**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:** Bridges, Ice Cream Parlors, Walking the USA, A-Z

**Parking:** Parking available at shopping center.

**Conditions:** You may walk with a group or alone. Restrooms are available in Giant food 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 Giant Food, 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: Kathy Berry - 240-281-0760; k.berry@verizon.net

**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:** From South: Take 270 N. At exit 26, take ramp on right for MD-80 toward Buckeystown / Urbana. Turn left onto MD-80 E. At roundabout, take 3rd exit onto Sugarloaf Pkwy. At next roundabout, take 2nd exit to stay on Sugarloaf Pkwy. Turn Left at entrance to shopping center.

From North: Take 270S. At exit 26, take ramp on right for MD-80E toward Urbana. At roundabout, take 1st exit onto MD-80 E / Fingerboard Rd. At next roundabout, take 3rd exit onto Sugarloaf Pkwy. At next roundabout, take 2nd exit to stay on Sugarloaf Pkwy. Turn Left at entrance to shopping center.

