

Directions: From I-15S, (after Miramar) exit onto CA-163 toward downtown. After about 8 mi., take exit 3B (Hotel Circle). Go Left on Hotel Circle N about 1mi. to the Crowne Plaza.

From I-5S, (after CA-56) staying left at the fork, exit onto I-805. After about 8 mi, take exit 20 to merge onto CA-163S. After about 2 ½ mi, take exit 3B (Hotel Circle). Go left on Hotel Circle N about 1 mi to the Crowne Plaza.

Hotel: Crowne Plaza, 2270 Hotel Circle N, San Diego, CA 92108. To make a reservation call (866) 257-7930 using the code "State Walking Convention" for our group rate of \$134.00 per night and \$8.00 per day parking fee (note: parking fee for non-hotel residents is also \$8.00 per day). Cut-off for group rate is **April 3, 2019**.

Times: Convention walks & on site sign-ins:

Friday: Noon till 6PM

Saturday: 8AM till 6PM

Sunday: 8AM till Noon

Award: 3 inch brightly colored embroidered patch as pictured on flyer.



Fun, Fitness, Friendship

VOLKSWALK

CVA Convention

San Diego, CA

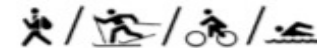
May 3-5, 2019

Three 5/10K Walks



**Low Desert Roadrunners
Green Valley Gaiters
Central Coast Beach Boardwalkers**

AVA: America's Walking Club



SANCTIONED EVENT

Eligible for credit toward IVV Achievement Awards

VOLKSMARCH: A Volksmarch is simply a walk along a pre-marked route. These walks are non-competitive & non-timed. This makes them excellent recreational events for the entire family. Children under the age of 12 must be accompanied by an adult. Anyone who pays the registration fee & completes the distance will receive the event credit. **“EVERYONE IS WELCOME”**

Events: All walking events have a remote start. Please carpool.

Walk 1: Mission Bay East, 5K & 10K, Sanction # PA-113691, rated 1A. This event takes place on the east side of the largest man-made aquatic park in the country. It is a flat, out & back walk along a wide paved bike/walking path in a lovely waterfront environment. It is suitable for wheelchairs & strollers. **Sorry, dogs are NOT allowed between 9AM & 6PM.**

Walk 2: Seven Historical Bridges, 5K & 10K, Sanction # PA-113692, rated 2A. This event is a delightful exploration of many well-established neighborhoods & historic bridges surrounding Balboa Park. It includes unique wooden, steel & concrete pedestrian bridges built across some of the many canyons of San Diego. You'll love the sway of the suspension bridge! Obviously the 5K will not cross all the bridges. The rating of 2 is due to a few steps and short hills. This walk would be hard for wheelchairs & strollers. Leashed pets are allowed with clean-up.

Walk 3: Exploring Ocean Beach, 5K & 10K, Sanction # PA-113693, rated 2A. Ocean Beach is a funky old fashioned beach town with spectacular views of the pounding surf. The walk starts at Dog Beach where you'll enjoy watching the dogs cavorting in the sand. The 5K & 10K will walk on city streets (or on the sand) to the famous fishing pier. The pier is the longest concrete pier on the West Coast. The 5K will walk the pier and then return to the start point. The 10K continues uphill on city streets with a great view of the ocean. You'll be right on the edge of the cliffs with the roar of the ocean on your side. The rating will be higher if you choose to walk in the sand to the pier. This walk would be hard for wheelchairs & strollers. Leashed pets are allowed with clean-up.

RESTROOMS & WATER: Restroom & water are available at the start/finish and along the trails.

DISCLAIMER: The sponsors are not liable for accidents, thefts and/or material damage. Reasonable effort will be made by the sponsors to make this a safe, enjoyable and memorable event. A waiver must be signed by those participating in any event. A parent or guardian must sign for children under 18.

Names _____

Address _____

Telephone _____ e-mail _____

Event 1: IVV Credit \$3 ___ Free ___ How many? ___ Total \$ ___

Event 2: IVV Credit \$3 ___ Free ___ How many? ___ Total \$ ___

Event 2: IVV Credit \$3 ___ Free ___ How many? ___ Total \$ ___

Convention Award \$5 _____ How many? ___ Total \$ ___

Box Lunch \$10 _____ How many? ___ Total \$ ___

Box lunch Choices:

Turkey ____, Ham ____, Roast Beef ____ or Veggie ____

Friday Nite Meet & Greet (no cost) Yes or No (circle one)
at 7:00 p.m.

If Yes, How many _____

Make your check/money order payable to LDR (no cash please)
and mail to Jean Vik, 19310 E Ontario Ave, Corona, CA 92881
Mail by April 15, 2019

No refunds for no-shows. **FOR MORE INFORMATION: Jean Vik
951.317.7860**

walkervik@aol.com www.lowdesertroadrunners.org
www.AVA.org Traditional Events

Times: Meet & Greet (free): Friday evening 7:00 pm. Saturday Box Lunch: 11:30am – 1:00pm (preregistration only). Delegate registration: Saturday 11:30am - 1:00pm. Annual Meeting: Saturday, May 4 at 1:00pm in hotel meeting room.