

**DIRECTIONS**

Goose Creek State Park is located in Beaufort County on the north side of the Pamlico River. From I-95, take US 264 east. After driving through Washington, follow US 264 east for 10 miles. Then turn right onto Camp Leach Road and travel 2.3 miles to the park entrance.

The Start Point will be at the Flicker Field picnic shelter.

**REGISTRATION FORM**  
**Must be received by March 20**

| Name | Credit<br>\$3.00 | Free | Specialties<br>(See list) | Total |
|------|------------------|------|---------------------------|-------|
|      |                  |      |                           |       |
|      |                  |      |                           |       |
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|      |                  |      |                           |       |

**Specialties:**

|                |        |       |             |         |       |
|----------------|--------|-------|-------------|---------|-------|
| Record Books   | \$5.00 | _____ | Club Shirts | \$12.00 | _____ |
| New Walker Kit | \$5.00 | _____ | Club Pins   | \$3.00  | _____ |
| Book Covers    | \$3.00 | _____ |             |         |       |

Mail to: Triangle Trailblazers, 5504 Bentgrass Drive., Raleigh, NC 27610

The Triangle Trailblazers Volkssport Club is affiliated with the American Volkssport Association and a member of the Tarheel State Walkers Volkssport Association. We invite you to join our club. Membership dues are \$12.00/yr (family or individual). For more information, see our website at [www.triangletrailblazers.org](http://www.triangletrailblazers.org) or call 919-212-3380.



*Triangle Trailblazers*  
*Volkssport Club*

AVA 0786

*Presents a*

**11K/6K Walk Event**

At

**Goose Creek State Park**  
**Washington, NC**  
*Beaufort County*

**Saturday, March 27, 2010**

**Sanction No. SE07/78001**

This event sanctioned by the AVA in the IVV



Eligible for credit toward IVV Achievement Awards

**START & FINISH POINT:**

Goose Creek State Park  
Camp Leach Rd.  
Washington, NC

**DATE:** Saturday, March 27, 2010

**START:** 8:30 – 11:00 AM

**FINISH BY:** 2:00 PM

**AWARD:** Credit Only Event

**FEES:**

**IVV Credit Only - \$3.00**

Walkers not desiring IVV Credit may participate for free.

**REGISTRATION:**

Goose Creek State Park will not allow us to collect any fees or sell merchandise in the park. **Participants requiring IVV Credit or wishing to purchase specialties must pre-register.**

**TRAIL DESCRIPTION:**

11K distance, Rated a 1+. A shorter 6K distance will be offered. Not recommended for wheelchairs and strollers.

Giant, old oaks draped in Spanish moss welcome you to this special world where broad, lazy Goose Creek joins the Pamlico River. Walk on boardwalks through a freshwater marsh and through black gum and cypress swamps. See red-winged blackbirds, herons and egrets.

**SPECIAL PROGRAMS:**

State Parks, Native American Culture, Cemetery Stroll

**ELIGIBILITY:**

This event is open to the public. Everyone is welcome. Family participation is encouraged. Children under 12 must be accompanied by an adult.

**FACILITIES:**

Water and restrooms will be available at the Start Point. Water will be provided at the Check Point.

**STIPULATIONS:**

Every participant must complete a Start Card which will be carried on the walk and checked at the Check Point. All Start Cards remain the property of the Triangle Trailblazers and must be turned in at the Finish Point when the walk is completed.

This event will be held rain or shine. There will be no refunds of registration fees.

Pets must be leashed.

**CONTACT:**

Pat Morefield, 919-212-3380, [lamadre742@aol.com](mailto:lamadre742@aol.com)

**DISCLAIMER:**

The sponsors are not responsible for accidents, thefts, and/or material damage. Every effort has been made to make this a safe, enjoyable and memorable event.

**WHAT ARE VOLKSSPORTS?**

Non-competitive outdoor events aimed at getting all people, regardless of age or athletic ability, to exercise; and to promote fun, fitness and friendship. These events are sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). American GI's brought volkssporting from Germany in the 1960's. See the AVA website at [www.ava.org](http://www.ava.org) for more information on volkssporting events.

**RECORD BOOKS**

Volkssporters enjoy keeping track of the walks they've done and being awarded for their achievements. An Event Book keeps track of the number of events walked, and a Distance Book keeps track of total kilometers walked. This is called "walking for credit", and the walker pays a \$3 credit fee for each event. When each book is filled, it is sent to the AVA, and the walker receives a hat pin, patch and certificate; and the walker's name is published in "The American Wanderer".