

FACILITIES: Water and restroom facilities are available at the Quality Inn, the Market Platz and along the routes.

PARKING: At the Quality Inn, please park your car on Windcrest St. on the south side of the motel, leaving the motel parking for the paying guests.

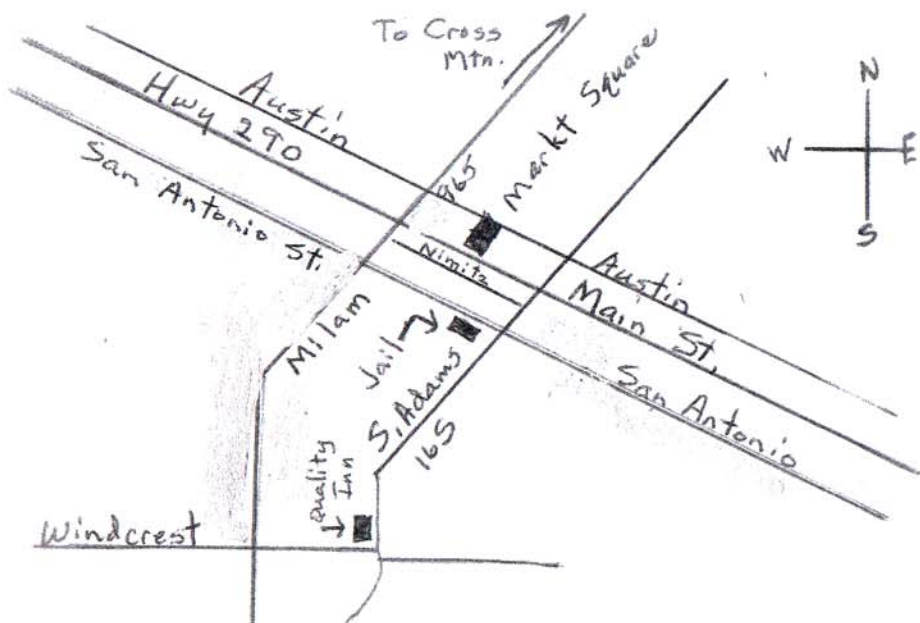
IVV CREDIT: You can receive two event credits per year for each route; one every six months. There is no limit to distance credit. You may walk twice on the same day on the same card. Stamp your book upon completion.

DISCLAIMER: VVF, the Quality Inn, and the City of Fredericksburg cannot be held responsible for any lost or stolen items, or for accidents or injury. Every reasonable effort will be made to keep the routes safe, enjoyable and memorable.

VVF invites you to also walk their Year-Round Events located at a State Park and a State Natural area:

LBJ State/National Park is on 290 E, 15 miles from Fredericksburg and just past Stonewall, Texas.

Enchanted Rock State Natural Area is on Hiway 965, 18 miles north of FBG. For more information or for a flyer, use the contact information above. There are also flyers in the walk box at the Quality Inn.



Volkssportverein Friedrichsburg (VVF)

WELCOME TO HISTORIC FREDERICKSBURG

Fredericksburg was founded in May of 1846 by German immigrants. The first Volkssport Event in America was held in Fredericksburg in June 1976. The first Year-Round Event was established in Fredericksburg in 1980.

SANCTIONED: American Volkssport Association (AVA), a member of the International Volkssportverband (IVV).

SPONSOR: Volkssportverein Friedrichsburg Volkssport Club

INFORMATION: VVF, Box 503, Fredericksburg, TX 78624.

Contact: Laura Wilson (830) 997-7967 or Joyce O'Rear, (830) 992-2053. tnjocole@austin.rr.com or

www.walktx.org/AVA1

START/FINISH: All events check in at the Quality Inn, 908 S. Adams St. (Hyw 16S). See map. The 10K Historical and the Town & Country YREs begin at the Quality Inn. The 5K Historical begins on W. San Antonio St. (See map). To begin the Cemetery Walk, drive to the Markt Platz on Austin St. To begin the Cross Mountain walk, drive to the Cross Mtn. parking lot. (See map). Instructions for registering, directions and maps for each route can be found in the Volkssport walk box in the motel lobby. Year-Round Events can only be done during daylight hours. These events are open all year.

REGISTRATION & FEES: Everyone must sign the registration form and waiver and carry a Start Card. IVV Credit - \$3.00; Fun Walkers - Free. There is no "A" award; "B" awards are in the box and are \$1.00 each.

ELIGIBILITY: Children under 12 must be accompanied by an adult. Everyone must sign the waiver with the registration. Pet are welcome on a leash, but are not allowed in the buildings.

FOUR SANCTIONED 5 K & 10K WALKS

HISTORICAL, Y0001: This route, the first YRE in the US, takes you through the downtown area with a commentary on buildings and historical sights along the way. It is all on paved streets, rated 1, and suitable for strollers and wheel chairs. This walk qualifies for Honoring Law Enforcement, Historic Churches, Museums, Firehouses, America's Gardens, and Artistic Heritage. The 10K begins at the Quality Inn. The 5K begins on San Antonio St. just off Adams/16S. (Drive to start).

CEMETERY, Y0107: Drive to Markt Platz (Market Square) to begin this route. It takes you through the two historical cemeteries where many pioneers are buried. Der Friedhof was established in 1846 and the Catholic Cemetery in 1850. The route goes through each cemetery, along tree-lined streets of both older and newer neighborhoods. The route is rated 1+. Wheelchairs may have some difficulty in the cemeteries, but you may by-pass these and stay on the city streets. Strollers should have no difficulty. This walk qualifies for Museums, Historic Churches, and America's Gardens.

TOWN & COUNTRY, Y0108: This route goes around some of the outskirts of Fredericksburg. There is a nice overview of town as you walk up to the top of a hill. The walk is on paved roads, but due to some steep hills it is rated 1+. Strollers and wheelchairs may have some difficulty. This walk qualifies for Authors & Literary Landmarks.

CROSS MOUNTAIN, Y1114. Drive to the Cross Mountain Parking Lot on Milam/965N to begin this route. It goes through lovely neighborhoods and the 10K goes to a small historic cemetery up on a hillside. Cross Mountain was recognized as a landmark before Fredericksburg was settled. There is a 360 degree view from the top. Most of the walk is on paved street, except the trail up the mountain that is rough and rocky. It is rated 1+ except the trail that is rated 4. This walk qualifies for Authors & Literary Landmarks.