

From D.C./Maryland: over the Bay Bridge to US Rt. 50/301. CONTINUE north on US Rt. 50/301, then US Rt. 301 only after the split, to MD Rt. 304; RIGHT (east) on MD Rt. 304 into Bridgetown and MD Rt. 312; LEFT (north) on MD Rt. 312 to MD Rt. 313; RIGHT (east) on MD 313 into Goldsboro and MD Rt. 287; CONTINUE east on MD Rt. 287 into Delaware and Del. Rt. 10; CONTINUE east on Del. Rt. 10 into Camden and US Rt. 13; LEFT (north) on US Rt. 13 to the intersection of South State Street (US Rt. 113A; Carroll's Corner shopping center/Dover Pool). Turn LEFT (north) on South State Street and continue a little over one block, then look for the entrance to the YMCA parking lot on the RIGHT, just after the traffic light.

From Wilmington and points North: exit I-95 west of Wilmington and follow Del. Rt. 1 south into Dover. In Dover continue on Del. Rt. 1 south to exit 98 for Downtown Dover and Del. Rt. 8, **passing** Dover Downs and **through** the toll gates. Go right (west) on Del. Rt. 8 to US Rt. 13, then left (south) on US Rt. 13. Continue on US Rt. 13, moving into the right lane after passing Court St., to the intersection of South State Street (US Rt. 113A; look for Dover Pools in Carroll's Corner shopping center). Turn right (north) on South State Street and continue a little over one block, then look for the entrance to the YMCA parking lot on the right, just after the traffic light.

From the South: US Rt. 13 north into Dover, to the intersection of South State Street (US Rt. 113A; Carroll's Corner shopping center/Dover Pool). Turn left (north) on South State Street and continue a little over one block, then look for the entrance to the YMCA parking lot on the RIGHT, just after the traffic light.

KENT is the middle of the three counties which comprise the State of Delaware. Its major communities are Dover (Delaware's state capitol and the county seat), Smyrna, Milford and Harrington. A rural county, Kent offers its citizens a high quality of life with all of the conveniences of being close to the major metropolitan areas of the Northeast, but the unhurried pace and outdoor opportunities of open country.

WHAT ARE VOLKSSPORTS

The American Volkssport Association & The First State Webfooters promote physical fitness and wholesome recreational activities for persons of all ages. Invite your family, neighbors and friends to walk with you – especially the young people. What a great way to see the country.

The term "Volkssports" literally means "popular sports", a new and exciting way to exercise. Commonly referred to as Volksmarches, Volksswims, etc., they are non-competitive recreational walking, swimming, biking or x-country skiing events. A small fee is usually charged. Participants pay fees to the American Volkssport Association in order to receive credit and achievement awards from them or awards from the individual club sponsoring the event.

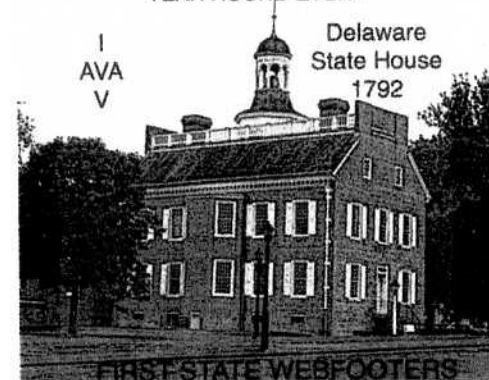
**AVA Hotline:
1-800-830-WALK(9255)**

THANK YOU FOR WALKING WITH THE
FIRST STATE WEBFOOTERS

EIGHTH ANNUAL YEAR ROUND WALK in DOVER, DELAWARE

January 2 – December 30, 2009

DOVER, DE
YEAR ROUND EVENT



**SPONSORED BY THE
FIRST STATE WEBFOOTERS
WALKING CLUB AVA-065**

EC 2009/Y1756-82829

TRAIL RATING 1+

10KM

(6.2 Miles)

This event sanctioned by the AVA in the IVV



Eligible for credit toward IVV Achievement Awards

