

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 through the town of Camden, crossing US Rt. 13. Continue east on Del. Rt. 10 for about 2 miles, passing the Gateway South shopping center on the right. Continue east for about another ½ mile to the Microtel Hotel on the left.

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, **passing** Dover Downs and going **through** the tollgates, to exit 95 for Del. Rt. 10. Go left (south) on US Rt. 113/Bay Road, then right (west) on Del. Rt. 10 to the Microtel Hotel on the right.

From the South: Del. Rt. 1 north to the exit for the north gate for the Dover Air Force Base and Del. Rt.10. Left (west) on Del. Rt. 10 to the Microtel Hotel on the right

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

SECOND ANNUAL YEAR ROUND *W A L K* of the **KENT COUNTY GREENWAYS TRAIL, DELAWARE**

January 2 – December 30, 2009

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

CREDIT ONLY

**EC 2009/Y1357-82827
TRAIL RATING 1**

10KM

(6.2 Miles)



