

LAKWOOD PUBLIC LIBRARY AND THE VALLEY VAGABONDS PRESENT

BIRDTOWN TRAIL

SATURDAY, AUGUST 2, 2008



What is a Volksmarch? A volksmarch is an organized non-competitive hike or walk designed to appeal to everyone. It is a great family activity that is extremely popular in European countries. The Lakewood Birdtown Trail is organized by the Lakewood Public Library and the Valley Vagabonds.

Attention Swimmers — Lakewood Volkswim! From 9:30 a.m. – 11:00 a.m., Madison Community Park Pool will be open free of charge to any participants in the Lakewood Birdtown Trail. Special thanks to Lakewood Department of Recreation (<http://www.lakewoodrecreation.com>).

Start/Finish Location: Lakewood Public Library Madison Branch, 13229 Madison Avenue, Lakewood, Ohio 44107. Free parking available at Madison Community Park.

Time: Start between 9:00 a.m. and 1:00 p.m. Finish no later than 4:00 p.m. Event held in any weather.

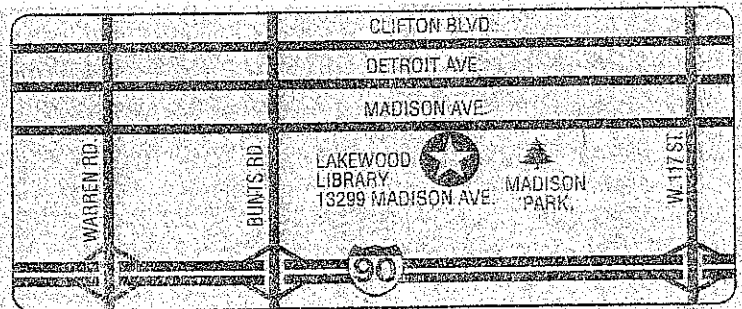
Distance: 10 km (6.2 miles) with a 5km (3.1 miles) alternate route. Trail: The walk is rated 1 (easy) and is primarily on sidewalks passing historic sites on the southern and eastern end of Lakewood, Ohio. The trail is suitable for strollers and wheelchairs. No pets allowed. Written directions and a map will be provided. Water and restrooms facilities available at start and checkpoint.

Registration/Awards: Registration is free and all are welcome to participate. A commemorative 1-inch oval pin will be awarded to the first 250 registrants upon the completion of their walk. To reserve pins, pre-register by July 1, 2008. No re-orders will be available. Due to AVA regulations, all participants must register and carry a start card. For those wishing to receive IVV credit, please include \$3.00 with your registration. No refunds.

Disclaimer: The sponsors are not liable for accident, theft, and/or material damage. Every effort will be made by the sponsors to make this event safe, enjoyable and memorable. This event is sanctioned by the AVA and counts toward acquisition of IVV achievement awards.

Directions: Lakewood is located approximately 5 miles west of downtown Cleveland. **From the West:** Merge into I-90E via exit number 1A toward Cleveland. Take Exit 165 toward Warren Road/Bunts Road/W.140th St. Stay straight to go onto S. Marginal Drive. Turn left onto W.140th St (becomes Bunts Rd). Turn right on Madison Avenue. **From the East:** Take I-90W toward Toledo/I-71 South/Columbus. Take Exit 166 to W.117 St. Turn right on W.117th Street. Turn left on Madison Avenue. From the South on I-77: Merge onto I-77. Merge onto I-490W via Exit 161B toward Toledo. I-490W becomes I-90W. Take Exit 166 to W.117 St. Turn right onto W.117. Turn left onto Madison Avenue. **From the South on I-71:** Take I-71N until W.150 Street, Exit 240. Turn left, going north, onto W.150th. Proceed about 2 miles to Madison Avenue. W.150th St. changes to Warren Road. At Madison Avenue, turn right. The Madison Branch is located at 13229 Madison Avenue on the south side of the street.

For More Information: Call Deva Simon at 440-572-1675 or email deval17@aol.com or call Kim Paras at 216-226-8275, ext. 102.



LAKWOOD BIRDTOWN TRAIL REGISTRATION FORM REGISTRATION FORM

Pre-registration deadline is July 1, 2008. The first 250 registrants get a free commemorative pin at the completion of their walk!

Name _____

Address _____ Zip Code _____

City/State _____ Phone _____

E-mail _____ Total Enclosed _____

Checks made payable to Valley Vagabonds. Mail to: Valley Vagabonds c/o Jan Weeks, 140 Westbrook Drive, Euclid, OH 44132

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