

PEAKS ISLAND WALK

**Saturday, October 24, 2009
Peaks Island, Maine**

Choice of 5K and 10K routes



Event number: 84961

Southern Maine Volkssport Association and Portland Recreation and Facilities Management Department welcome you to our Peaks Island Walk.

REGISTRATION LOCATION: At the community building on the island 129 Island Ave., (up the hill from the boat, left at stop sign – less than ½ mile)

REGISTRATION TIMES: 8:05 – 11:30 am

BOAT LEAVES CASCO BAY LINES: 7:45, 9:30 & 10:45 am

START LOCATION: Community building on Peaks Island, ME

GROUP WALK: 10:15 am

FINISH TIME: Must be finished by 3:30 pm

BOAT LEAVES PEAKS ISLAND: 10:00 am, 11:15 am, 12:45 pm, 2:45 pm, 3:45 pm and 5:00 pm

SPONSORS: This event is sponsored by Southern Maine Volkssport Association (www.smva.8m.com) and is co-sponsored by Portland Recreation and Facilities Management (www.portlandmaine.gov)

TRAIL DESCRIPTION: Both the 5K and 10K walks are rated 1+. Routes will take you through residential areas of Peaks Island, pass historic buildings/sites and along the shore with its many scenic vistas. Runners and joggers are also welcome. This is a map-guided event. Please be mindful of weather conditions when walking.

A volksmarch is a non-competitive walk along a prescribed route with each participant setting his/her own pace. All ages and all abilities are invited to walk.

SMVA offers several year-round and seasonal walks, all offering 5K and 10K routes. The City of Portland maintains many parks, walk/bike paths and pools that are ideal for increasing your physical activity.

REGISTRATION AND FEES: This event is open to all at no charge. Everyone must register on the day of the event – each participant must sign an insurance waiver. Pre-registration is not available. Registration will take place on Peaks Island in the community building (less than ½ mile from the dock). The two 5K walks will begin from there.

For those wanting IVV credit, registration fee is \$3.00 on the day of the event. For those not seeking IVV credit, the walk is FREE. Donations are accepted. There are no refunds.

SANCTION AND CREDIT: This event has been sanctioned by the AVA and IVV. Sanctioned events are conducted under the rules of these governing organizations. By registering, the participant agrees to abide by these rules. IVV books will be available for purchase the day of the event for \$5.00 each. Participants who have previously purchased books are reminded to bring them.

AWARD: "IVV Credit only" event. There are no awards for this event. SMVA trinkets will be for sale at this event.

BOAT TICKETS (round-trip) and PARKING: Children under 5 are free; children from 5 – 9 years old and seniors (65 years and above) are \$2.00; those between 10 – 64 years of age are \$4.10. Tickets are taken on the Portland side only. Credit cards are accepted. Parking available at the Casco Bay Garage, located at the terminal. Cost is \$3/1st hour, \$2 additional hours. Garage accepts cash only. Other garages are nearby.

PETS: Dogs are allowed on the ferry (tickets for dogs are \$4.10).
Leashes are required; please remember to pick up after your dog.

DISCLAIMER: The sponsors are not liable for accidents, thefts, and/or material damage. Every reasonable effort will be made by the sponsors to make this a safe, enjoyable, and memorable event. By virtue of registering for these events, the participant agrees to these conditions. Parents and legal guardians will be required to execute a disclaimer for their minor children prior to them being allowed on the walk.

REFRESHMENTS: Water and hard candy will be provided at the start/finish. You may carry refreshments, but please do not litter. There is a café, a grocery store and two restaurants store on the island (subject to change). You may also bring a picnic lunch. You may have your picnic in the community room – or better yet, find the perfect spot along the route.

CONDITIONS: This event will be held "rain or shine"

MISCELLANEOUS: Water and restrooms are available at the terminal in Portland as well as on the ferry. Public restrooms on Peaks Island are available where registration will take place (the community building is less than a half mile from the dock).

ACKNOWLEDGEMENTS: SMVA wishes to give special thanks to Portland Recreation and Facilities Management for printing this brochure, promoting the event and for the use of the community building on Peaks Island.

CONTACT INFORMATION: Check our website smva.8m.com FMI:
Denise Macaronas at SMVA2005@yahoo.com

or leave a message at (207) 774-3415 / (207) 766-2970

Mail: SMVA, P.O. Box 722, Westbrook, ME 04098-0722



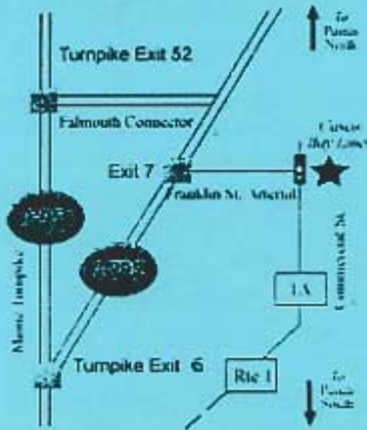
PROCEDURE: Upon registering and signing the insurance waiver, each participant, including free walkers, will receive a start card to carry which must be returned in at the finish.

DIRECTIONS to Casco Bay Line Terminal/Garage:

56 Commercial Street (at the end of Franklin Street)

From the North or South, off Maine Turnpike:

Take the Maine Turnpike (I-95) to exit 45. Follow the signs to I-295, Portland. From I-295, take exit 7 – Franklin Arterial. Follow Franklin Arterial to the end and go straight across the intersection. The terminal and garage are at the end of Franklin Street, on Commercial Street.



ABOUT SMVA: SMVA meets on the 2nd Wednesday of every month at 7:00 pm at the North Deering Congregational Church, 1364 Washington Ave., Portland 04103. Meetings are open to all. Join us at our festive Holiday Get-Together on Wednesday, December 9. Have fun while meeting new people, enjoying good food and good conversation.

Please check SMVA's website at smva.8m.com for updates.

ABOUT PORTLAND RECREATION: Be sure to pick up the Fall/Winter program brochure at the registration table. This brochure lists activities for all ages (preschoolers to senior adults) as well as the aquatics programs. Maps of Portland's parks will also be available.

Please check the city web site for updates: www.portlandmaine.gov