



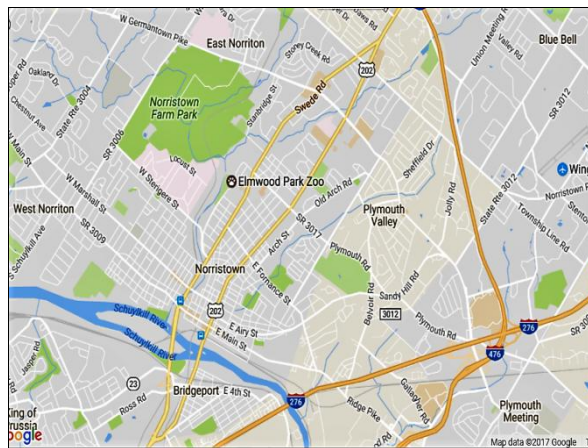
PICNIC

The LBW Annual Picnic will begin at 12:30. All participants and/or family members and guests are invited to attend. There is no charge to attend the picnic. The club will provide food and refreshments including hot dogs, brats and hamburgers.

In addition, there will be salads and desserts provided by LBW members. Those wishing to contribute by bringing a salad or dessert are asked to contact the picnic coordinator **Linda Mueller**, 215-322-5648, omapete@gmail.com

DIRECTIONS

From the PA Turnpike I-276, take Exit 333/Norristown. Go through the toll booth and take the ramp for Plymouth Rd. Turn left on Plymouth Rd., then Right on Germantown Pike. Drive approx. 4 miles, then turn Left at the traffic light for Barley Sheaf Rd./North Wales Rd. Drive past the apartment complex on the left to enter the park. Then follow the park road past the main visitor lot and park office. Continue 1 mile to Lot #3. Follow signs for the pavilions.



Liberty Bell Wanderers

AVA 238

Invite You To A

**10K/5K Walk
&
Annual Picnic**

At

Norristown Farm Park

Norristown, PA

Saturday

September 9, 2017



AT17/107850



DATE: Saturday, September 9, 2017

SPONSOR: Liberty Bell Wanderers

LOCATION:

Norristown Farm Park
Barley Sheaf Rd. & Germantown Pike
Norristown, PA 19403

START POINT: Pavilion at Lot #3

START TIME:

9:00 am – 11:00 am

FINISH:

Walkers must be off the trail by 3:00 pm.

DISTANCE: 10K or 5K

FEES:

This is a **Credit Only** event. **IVV Credit is \$3.00.** The event is **Free** to those not receiving IVV Credit.

SPECIAL PROGRAMS: Event qualifies for Animal Safari, Honoring Our Flag, Bridges, Treasure Hunt, Trekking With the Trees, Water Towers, You'll Never Walk Alone, PA County Program (Montgomery), and KSPA State Parks & Forests Challenge.

TRAIL DESCRIPTION:

AVA Trail Rating – 1A

The trail is paved with minor inclines through agricultural fields and wooded areas. There is a small section of natural trail which is slightly rough and crosses a creek (this section can be bypassed). Trail also goes by trout nursery. Suitable for strollers wheelchairs.

NORRISTOWN FARM PARK

Norristown Farm Park represents a diverse history of farming, manufacturing and institutional associations. There are 15 historic buildings on the property, the earliest dating from 1794.

The property was originally owned by William Penn and was later transferred to Isaac Norris, namesake of Norristown, by way of William Penn's son in 1704.

Norristown State Hospital was opened in the 1870's as a mental hospital. It is a modern psychiatric hospital today. The park itself is on state owned land that surrounds the hospital.

It is still an actively farming park with eighty percent of the park dedicated to growing farm crops.

CONTACT INFORMATION:

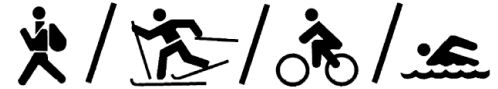
Dave Brown, 610-906-6252

ocmdbreeze@aol.com

www.libertybellwanderers.net

www.ava.org Traditional Events

Start Point Cell No. 610-906-6252



This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV), and counts towards the acquisition of IVV Achievement Awards.

ELIGIBILITY:

This event is open to the public. You do not need to be a member of the Liberty Bell Wanderers to participate. Adult supervision is required for all children.

PROCEDURE:

All participants must register and complete a Start Card which is carried on the walk, and must be returned at the Finish. This also applies to free walkers. Start Cards remain the property of the Liberty Bell Wanderers.

FACILITIES:

Parking is free. Parking is not permitted on the grass. Restrooms in the form of porta-potties are available at the Start/Finish. Water will be available at the Start/Finish and should be carried along the route.

CONDITIONS:

This event will be held regardless of weather conditions. There are no refunds. No littering. Pets are permitted but must be leashed and picked up after.

DISCLAIMER:

The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property. All participants must sign a waiver.