

Nov 3 Walk Start at Palm Coast Central Park

975 Central Ave, Palm Coast, FL 32164

From the Best Western: Turn right out of Flagler Plaza Dr onto FL-100/East Moody Ave. and then make a U-turn at traffic light (Old King's Road) to reverse direction on FL-100. Drive under I-95 overpass and then continue 1.5 miles to Bulldog Rd. Turn right on Bulldog Rd. for 0.5 miles to Central Ave. Turn left on Central Ave. Start point is on right, at the lake, near the hardstand bathrooms. Circle the pond if needed to find parking.



- 1** Nov 1 p.m. Walk Flagler Beach
- 2** Nov 2 a.m. Walk Palm Coast Com. Center
- 3** Nov 2 p.m. Walk Princess Place Preserve
- 4** Nov 3 a.m. Walk Palm Coast Central Park



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facebook.com/Walkaroundflorida33



Panther Tracks
WAF33 News Bulletin
Release date: Sep 22

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WALK AROUND FLORIDA 33



OLD FRIENDS, NEW TRAILS

Nov 1-3, 2024

4 Walks, a Bike & a Swim in the Palm Coast Area



WAF33 is sponsored by Happy Wanderers, Mid-Florida Milers and the Suncoast Sandpipers, members of the American Volkssport Association (AVA).

The AVA has sanctioned these events which count towards the acquisition of IVV Achievement Awards. The AVA or its subsidiary clubs are not responsible for theft or loss of personal belongings or property.



About WAF33



Welcome! The Happy Wanderers, Mid-Florida Milers and Sun-coast Sandpipers invite everyone to their 33rd Walk Around Florida, a weekend of volkssports, food, and friendship. This year's theme is the celebration of Florida nature: beautiful, complex and sometimes challenging. Join us as we head onto sandy trails, park paths and bike lanes in our tour of the Palm Coast area in a series of walks, a bike ride, and a swim.

Palm Coast. One of Florida's newest cities, Palm Coast boasts a vibrant lifestyle working hand in hand with the natural environment, home to a dozen beautiful parks and 130+ miles of connecting trails and paths for walking and bicycling. Parks trails lined with historic oaks, towering pines and indigenous vegetation showcase the splendid elegance of the native Florida landscape. Birdwatching is popular at St. Joe Walkway and Linear Park, which are designated as Great Florida Birding & Wildlife Trails, and visitors can spot dolphins and seabirds as they stroll along the Intracoastal at Waterfront Park. This is a **not** to be missed weekend!

Volkssports. Sponsors are volkssport clubs that offer members opportunities to earn credit towards distance and event accomplishments as they walk, bike and swim. Met goals are recorded in books which are then submitted to AVA headquarters for recording and recognition. If interested, ask at start points.

General Policies. Events are held rain or shine. We cannot make refunds for no shows. Water will be available at walk starts and checkpoints but the autumn Florida can be warm; please carry water. See walk descriptions for pet eligibility.

Accommodations. WAF33 headquarters is the Best Western Plus-Flagler Beach in Palm Coast, Florida. Group rate is \$102.00 per night inc. taxes for up to 4 nights, Oct 31 – Nov 3 (check out Mon, Nov 4). For online reservations:

https://www.bestwestern.com/en_US/book/hotel-rooms.10425.html?groupid=7W3EH3K0

Or call the hotel direct: (386) 832-8323; say Walk Around Florida or Happy Wanderers.

Fees & Award. The participation fee for each event is \$4. To heighten the fun, sponsors offer a nautical whitewashed wooden box to store WAF33 treasures. Purchase a 4" X 3" box for \$4 and you are signed into the WAF33 Treasure Hunt. Fill your box with **unbought** treasures you find during events and turn in at the Sat dinner. Participants will vote on the "best box." Winner will receive a great prize! There will be 25 awards with no reorders.



WAF33
Treasure Hunt



Triathlon. A WAF first! Earn triathlete status by participating in a walk (5K minimum), bike (15K minimum) and swim event (300M minimum) this weekend. There is no additional fee to participate. Look for more details in the WAF33 news bulletin: *Panther Tracks*.

Registration. Preregistration is required for Sat dinner and is encouraged for walk/bike/swim events (see registration form and waiver). On Fri, Nov 1, you'll receive an Activity Card showing what you've signed up for. Please present card at every event and checkpoint. If not preregistered, you may sign up for all events on Fri



WAF33 Locations & Driving Directions



Nov 1 Walk, Bike & Swim Registration Flagler Beach Walk/Meet & Greet (Parrot Head Party)

Nov 1-3 Bike Ride/Swim Start

WAF33 HQ: the Best Western Plus-Flagler Beach
200 Flagler Plaza Dr, Palm Coast, FL 32137

From I-95: take Exit 284 towards Flagler Beach; hotel is just east of the highway. Turn right on Flagler Plaza Dr, between the Circle K and Woody's BBQ. Follow through the parking areas and past the Hampton Inn to the Best Western.

Nov 2 a.m. Walk Start at Palm Coast Community Center

305 Palm Coast Pkwy NE, Palm Coast, FL 32137
(parking at 303 Palm Coast Pkwy NE)

From the Best Western: Turn left out of Flagler Plaza Dr and move to the right lane to enter I-95 North. Drive 5 miles to Exit 289 – Palm Coast Pkwy. Turn right at bottom of exit ramp and drive east about .6 miles to a left turn (Walk Start sign) at the St. Mark Christian Day School – immediately adjacent to the Center. Park here. Short walk to start.

From I-95: Use Exit 289 – Palm Coast Pkwy. Turn right at bottom of exit ramp (from points south), or left and then under the bridge (from points north) and drive east about .6 miles to a left turn (Walk Starts sign) at the St. Mark Christian Day School – immediately adjacent to the Center. Park here. Short walk to start.

Nov 2 p.m. Walk Start at Princess Place Preserve

2500 Princess Place Rd, Palm Coast, FL 32137

From the Best Western & I-95 North: Use exit 293 for Matanzas Woods Pkwy. Drive east for .7 miles to Old Kings Rd. Turn left and drive 2.7 miles north to Princess Place Rd. (park entrance). Turn right into the park and drive ~1.5 miles straight ahead, crossing the bridge to reach the park loop area. Look for signs to the parking area and pavilion.

From I-95 South: use exit 298 for US Rt 1. Exit and turn right (south) on US 1 for 1.4 miles to Old Kings Rd. Turn left for 1.5 miles, crossing back under I-95 to Princess Place Rd. (park entrance). Then same as above.

Nov 2 Dinner at VFW Post 8696

47 Old Kings Rd N, Palm Coast, FL 32137

From the Best Western: Use I-95 north and drive 5 miles to exit 289 towards Palm Coast (exit right) onto Palm Coast Pkwy and then .2 miles to traffic light at Old King's Road (get in left lane). Turn left on Old King's and then .7 miles further to the VFW Post *on your left*. Park in front.

Or, take **Old King's Road** – turn right out of Flagler Plaza Dr to stop light (left lane) at Old King's Road. Turn left on Old King's for 6.5 miles, crossing Palm Coast Pkwy and then .7 miles further to the VFW Post *on your left*. Park in front.

WAF33 Event Descriptions

Please see schedule on pg 3 for start & finish times.

Nov 1. Flagler Beach 5/10K Walk. #125152/ Y1904

Start WAF33 with an old friend – a specially modified version of this Happy Wanderers Year Round Event (YRE). Enjoy a beautiful and quaint beachside village as you wander through the Betty Steflik wetlands preserve out to the Matanzas River, then cross the boardwalk to town and stroll the golden sands of the Atlantic Ocean along FL A1A, now designated the “Jimmy Buffett Memorial Highway.” Delight in the historic downtown, visit the museum, and finish back in the wetlands. Walk is rated 1C (uneven surfaces; hard for strollers/wheelchairs). No pets are permitted on the beach; walkers could use FL A1A.

Nov 2 a.m. Palm Coast – Community Center 6/10K Walk. #126938

Local Palm Coast residents will join us Sat morning at the Palm Coast Community Center for this walk of lovely shaded residential areas along the Matanzas River, through Linear Park and on the St. Joe Trail. Both walks visit the “European Village” shopping district with restaurants and shops. WAF33 are partnering with Palm Coast Parks & Recreation on this event. Walk is rated 1A (easy; ok for strollers/wheelchairs). Pets OK.

Nov 2 p.m. Princess Place Preserve 5/10K Walk. #126940

Sat afternoon finds us at Princess Place Preserve, a Flagler County gem. Visit historic sites and take in great views of the Matanzas River and Pellicer Creek. Enjoy the varied Florida wildlife including turtles, shore birds, owls, bald eagles, red foxes and more! This beautiful 1500-acre preserve is located at the confluence of Pellicer Creek, Moody Creek, and the Matanzas River. The original lodge built by Henry Cutting still stands as Flagler County's oldest intact structure. Also on-site is Florida's very first in-ground swimming pool. Walk is rated 1C (uneven surfaces; hard for strollers/wheelchairs). Pets OK.

Nov 3. Palm Coast – Central Park 5/10K Walk. 125157/Y1885

Join us for the final walk of WAF33 on a new trail starting/finishing at Palm Coast's Central Park on the large pond opposite the Palm Coast City Hall. You'll visit adjoining neighborhoods including portions of the scenic connecting path to the Lehigh Trail. The 10K walk also includes a portion of the Lehigh trail itself and a visit to the new Palm Coast Southern Recreation Center. Note: *participants will be asked to complete a short survey on hotel/tourism as part of the new Center's ongoing grant certification.* Walk is rated 1A (easy; ok for strollers/wheelchairs). Pets OK.

Nov 1-3 Self-Guided 15/25K Bike Ride #126939

Come cycling with us during WAF33 on the scenic Lehigh Trail along with connecting neighborhoods & parks in Palm Coast, FL. This is a paved, multi-use rail-trail through forests with good shade and limited road crossings. Complete for triathlon credit. Ride is rated 1A. Interested a bike rental? Please email johnmc82@cfl.rr.com for recommendations.

Nov 1-3. Self-Guided 300M Swim @Hotel or Palm Coast Aquatic Center. #126941

Complete a 300M swim at the hotel pool for IVV Event credit and the volkssport triathlon. NOTE: The Palm Coast Aquatic Center is available on Fri & Sun (only) for swimmers that want to swim in a full-lap pool. Address is 339 Parkview Dr, Palm Coast, FL 32164. Call (386) 986-4741 to check on weather conditions before driving 10-15 minutes to the aquatic center. Admission Fee: adult - \$4.00; seniors (65+) \$3.00.

afternoon and receive the Activity Card. On Sat, Nov 2, and Sun, Nov 3, unregistered participants sign up at walk starts.



Meet & Greet Parrot Head Party. On Fri, Nov 1, all are invited to enjoy a frozen concoction as we celebrate State Highway A1A becoming the Jimmy Buffett Memorial Highway. Break out your tropical shirts and flip flops and join the fun. Look for signs for party location.

VFW Post 8696 Dinner. On Sat evening, guests will enjoy an Italian buffet featuring pasta, meatballs, sausage and garlic bread. Dessert will be a Veterans Day special! Cost is \$35, including tip. There will be a cash bar.

Special Programs (Walks)

Flagler Beach (Nov 1)	PC/Com Ctr (Nov 2)	Princess Pl Pr (Nov 2)	PC Cent. Pk (Nov 3)
Step to the Beat Town Hall/City Hall Veterans Walk USA A-Z (F)	Par for the Course Walk USA A-Z (P)	Walk USA A-Z (P)	Rails to Trails Town Hall/City Hall Walk USA A-Z (P)

Special Programs (Bike)

Rails to Trails



WAF33 Schedule

Nov 1	Flagler Beach 5/10K Walk	Start 12-3 p.m.; finish by 6 p.m.
	300M Swim at hotel or aquatic ctr.	Start 12-3 p.m.; finish by 6 p.m.
	15/25K Bike (self-guided)	Start 12-3 p.m.; finish by 6 p.m.
	Meet & Greet Parrot Head Party	6 p.m. in meeting room
Nov 2	Palm Coast-Com. Ctr 5/10K Walk	Start: 8:30-10 a.m.; finish by 12:30 p.m.
	15/25K Bike (self-guided)	Start: 8 am; finish by 5 p.m.
	300M Swim at hotel only	Start: 8 am; finish by 5 p.m.
	Princess Place Preserve 5/10K Walk	Start Noon–2 p.m.; finish by 4:30 p.m.
	Dinner arrival/social at Post	6:30 p.m.
	Dinner served	7 p.m.
Nov 3	Palm Coast Central Park 5/10K Walk	Start: 9-10:30 am; finish by 1 pm
	15/25K Bike (self-guided)	Start: 9 am; finish by noon.
	300M Swim at hotel or aquatic ctr.	Start: 9 am; finish by noon.



Fall Back

Clocks go back one hour

2 a.m., Nov 3!



WAF33 Registration Form



Please print/copy this page; complete forms, and sign waiver. You may sign up to 2 people with same address. **Check box if entrant is a minor. A signed waiver must be on record for all entrants.** A parent or guardian must sign the below waiver for children under 18 and sign both a Release of Liability Assumption of Risk and a Photo Liability for Minors when you pick up the Activity Card. Mail WAF33 event registration form with check made out to The Happy Wanderers to: The Happy Wanderers, PO Box 290153, Port Orange, FL, 32129-0153. Envelope must be postmarked by **Oct 25**.

Please check box if minor:

Name #1: _____

Name #2: _____

Address: _____

Cell phone #1: _____

Cellphone #2: _____

Email #1: _____

Email #2: _____

Volkssports Registration

Please check desired credit options. (IVV Credit = you stamp books.) The award is the same for all events and its price does not include walk fee. For one award, check **an award block next to a checked walk fee box.**

Event	IVV Credit \$4	No Credit \$4	Award \$4
Flagler Beach (W)	#1		
Nov 1	#2		
Hotel Pool (S)	#1		
Nov 1-3	#2		
Palm Coast Bike Ride (B)	#1		
Nov 1-3	#2		
Palm Coast Com Ctr (W)	#1		
Nov 2	#2		
Princess Pl Pr (W)	#1		
Nov 2	#2		
Palm Coast Cent Pk (W)	#1		
Nov 3	#2		
\$Total:			_____

Other Event Registration

Please check if you are participating. If you have dietary issues, send email to John McClellan/ johmmc82@cflrr.com

Meet & Greet: Parrot Head Party	#1	
Free snacks and frozen concoction	#2	
Nov 1-3 Triathlon	#1	
No charge	#2	
VFW Post Dinner	#1	
\$35	#2	
\$Total:		_____

\$Total enclosed: _____

You may write one check for both participants. Please indicate on check who is included.



You got fins to the left,
fins to the right,
And you're the only bait
in town....!

See schedule on pg. 3 of flier for times.

WAF33 Waiver

All walk participants must sign waiver (adults for kids under 18). You will not receive an activity card without a signed waiver on file.

Amateur Athletic Waiver and Release of Liability

In consideration of being allowed to participate in any way in American Volkssport Association (AVA) volkssporting programs and related events and activities, the undersigned:

- Agrees that before or during my or my minor child's participation, I believe anything is unsafe, I will immediately advise the event supervisor or other person in authority at the volkssporting program and the related events and activities of such conditions and refuse to participate;
- Acknowledges and fully understands that each participant will be engaging in activities that could involve risk of serious injury, including permanent disability and death and severe social and economic losses which might result not only from my own or my minor child's actions, inactions or negligence of others, or the condition of the premises, the trail or any equipment used. Further, that there may be other risks not known or not reasonably foreseeable at this time.
- Assumes all the foregoing risks and accepts personal responsibility for the damages following injury, permanent disability or death;

- Releases, waives, discharges and promises not to sue AVA, its affiliated clubs, their respective administrators, directors, agents, volunteers or employees, other participants, sponsoring agencies, sponsors, and advertisers, and, if applicable, owners and lessors of premises used to conduct the event from demands, losses or damages on account of injury, including serious injury, permanent disability, or death, or damage to property, caused or alleged to be caused in whole or in part by the negligence of any such person or organization, or otherwise.

- Members, please be aware that when you share photos, via digital image or otherwise, with AVA, such photos or images become the property of AVA and AVA, its legal representatives and assigns, retain the right and permission to publish any such photo or image in any written or electronic publication, including Checkpoint or TAW, on social media, websites or in audiovisual presentations, promotional literature, advertising or in any similar method.

The undersigned has read the above waiver and release, understands that I have given up substantial rights by signing it and sign it voluntarily. I further understand that if I place my name on the form upon which this waiver and release is printed, that I voluntarily agree that I understand that I have given up substantial rights.

Signature #1: _____

Signature #2: _____

(For minor, if applicable)

Date: _____