



# "Walk Around San Diego."

Welcome to the 2019  
CVA Convention in San Diego,  
May 3, 4 and 5, 2019

Sponsored by Low Desert Roadrunners,  
Green Valley Gaiters and  
Central Coast Boardwalkers



**Fun, Fitness, Friendship**

## Where:

Hotel: Crowne Plaza , 2270 N Hotel Circle, San Diego , CA 92108. To make a reservation, please call the hotel directly (866) 257-7930.  
Hotel: Crowne Plaza , 2270 N Hotel Circle, San Diego , CA 92108. Call (866) 257-7930 using the code "State Walking Convention" for our group rate.

## Directions:

**From I-15S**, (after Miramar) exit onto CA-163 toward downtown. After about 8 mi., take exit 3B (Hotel Circle). Go Left on N Hotel Circle about 1mi. to the Crowne Plaza.

**From I-5S**, (after CA-56) staying left at the fork, exit onto I-805. After about 8 mi, take exit 20 to merge onto CA-163S. After about 2 ½ mi, take exit 3B (Hotel Circle). Go left on N Hotel Circle about 1 mi to the Crowne Plaza.

## Registration:

All members are **urged to pre-register** by sending a check or money order (no cash please) made payable to LDR (see registration form on next page). Walk-up registration will also be accepted at the convention registration table. Box lunches must be prepaid.

## Times:

Convention activities & on site sign-ins:

Friday: Noon till 6PM

Saturday: 8AM till 6PM

Sunday: 8AM till Noon

## CVA Annual Meeting:

Saturday, May 4 1:00 pm in hotel meeting room.

All members are encouraged to attend.

## Award:

**Three** inch brightly colored embroidered patch as pictured above.

**"EVERYONE IS WELCOME"**

**VOLKSMARCH:** A Volksmarch is simply a walk along a pre-marked route. These walks are non-competitive & non-timed. This makes them excellent recreational events for the entire family. Children under the age of 12 must be accompanied by an adult. Anyone who pays the registration fee & completes the distance will receive the event credit.

**All walking events have a remote start. We suggest you car pool.**

**Walk 1: Mission Bay East, 5K & 10K, Sanction # PA-113691, rated 1A.** This event takes place on the east side of the largest man-made aquatic park in the country. It is a flat, out & back walk along a wide paved bike/walking path in a lovely waterfront environment. It is suitable for wheelchairs & strollers. **Sorry, dogs are NOT allowed between 9AM & 6PM.**

**Walk 2: Seven Historical Bridges, 5K & 10K, Sanction # PA-11362, rated 2A.** This event is a delightful exploration of many well-established neighborhoods & historic bridges surrounding Balboa Park. It includes unique wooden, steel and concrete pedestrian bridges built across some of the many canyons of San Diego. You'll love the sway of the suspension bridge! Obviously the 5K will not cross all the bridges. The rating of 2 is due to a few steps and short hills. This walk would be hard for wheelchairs and strollers. Leashed pets are allowed with clean-up.



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**Walk 3: Exploring Ocean Beach, 5K & 10K, Sanction # PA-11363,, rated 2A.** Ocean Beach is a funky old fashioned beach town with spectacular views of the pounding surf. The walk starts at Dog Beach where you'll enjoy watching the dogs cavorting in the sand. The 5K and 10K will walk on city streets (or on the sand) to the famous fishing pier. The pier is the longest concrete pier on the West Coast. The 5K will walk the pier and then return to the start point. The 10K continues uphill on city streets with a great view of the ocean. You'll be right on the edge of the cliffs with the roar of the ocean on your side. The rating will be higher if you choose to walk in the sand to the pier. This walk would be hard for wheelchairs & strollers. Leashed pets are allowed with clean-up.

**RESTROOMS & WATER:** Restroom & water are available at the start/finish and along the trails.

**DISCLAIMER:** The sponsors are not liable for accidents, thefts and/or material damage. Reasonable effort will be made by the sponsors to make this a safe, enjoyable and memorable event.

**FOR MORE INFORMATION:** Contact Jean Vik at 951.317.7860 or email at [Walkervik@aol.co](mailto:Walkervik@aol.co), Also LDR website ([www.lowdesertroadrunners.org](http://www.lowdesertroadrunners.org)) or AVA website ([www.AVA.org](http://www.AVA.org))



### 2016 CVA Convention/Annual Meeting (Mail in) Registration Form

Name(s): \_\_\_\_\_ Club Affiliation: \_\_\_\_\_

Mailing Address: \_\_\_\_\_ Email: \_\_\_\_\_  
(City, State zip)

Phone: \_\_\_\_\_

Event 1: IVV Credit \$3 _____	Free _____	How many? _____	Total \$ _____
Event 2: IVV Credit \$3 _____	Free _____	How many? _____	Total \$ _____
Event 3: IVV Credit \$3 _____	Free _____	How many? _____	Total \$ _____
Convention award \$5 _____	.....	How many? _____	Total \$ _____
Box Lunch \$10 _____	.....	How many? _____	Total \$ _____
Box Lunch Choices:			Total Amount Submitted \$ _____

Roast Beef \_\_\_\_\_ Turkey \_\_\_\_\_  
Ham \_\_\_\_\_ Veggie \_\_\_\_\_

Friday eve. no cost *Meet and Greet*? Yes/No \_\_\_\_\_  
If yes, how many \_\_\_\_\_

**Please complete registration above and make your check/money order payable to LDR (no cash please) and mail to Jean Vik, 19310 E. Ontario Ave, Corona, CA 92881. Please mail by no later than April 15, 2019. Sorry, no refund for No-Shows**