

2009 LOWER MAINLAND VOLKSSPORT SCHEDULE – WEEKENDS & HOLIDAYS

DATE	DAY	TIME	TYPE/RATE	KM	LOCATION	CLUB
Jan 1	Thursday	13:00	YRE 3A	5/10	New Year's Day – New Westminster	STVC
Jan 3	Saturday	10:00	MW 1A	10	Surrey – Newton Athletic Park	STVC
Jan 4	Sunday	10:00	YRE 2B	5/10	Vancouver – Stanley Park	VVVC
Jan 10	Saturday	10:00	YRE 1B	5/10	Burnaby – Central Park	VABC
Jan 11	Sunday	10:00	YRE 2B	5/10	Surrey – Tynehead Regional Park	STVC
Jan 17	Saturday	10:00	YRE 2B	5/10/11	Surrey – Cedar Hills (Cenotaph/University Route)	STVC
Jan 18	Sunday	10:00	YRE 2B	5/10	Vancouver – Kitsilano/Point Grey (Route A)	VVVC
Jan 24	Saturday	10:00	YRE 1B	5/10	South Delta – Ladner	VABC
Jan 25	Sunday	10:00	MW 2B	10	Surrey – Fleetwood Community Centre	STVC
Jan 31	Saturday	10:30	YRE 2A	5/10/15	Vancouver – False Creek	STVC
Feb 1	Sunday	10:00	YRE 2B	5/10	West Vancouver – Ambleside	VVVC
Feb 7	Saturday	10:00	MW 2B	10	Coquitlam – Colony Farm Regional Park	STVC
Feb 8	Sunday	10:00	YRE 2B	5/10/11	Langley – Langley Parks	STVC
Feb 14	Saturday	10:00	MW 1B	5/10	Richmond – Hamilton Area	VVVC
Feb 15	Sunday	10:00	YRE 3B	5/11	Surrey – Crescent Beach	STVC
Feb 21	Saturday	10:00	MW 3B	10	New Westminster – Queen's Park	STVC
Feb 22	Sunday	10:00	YRE 2A	5/10	Vancouver – Downtown	VVVC
Feb 28	Saturday	10:00	YRE 1B	5/10	Richmond – Steveston	VABC
Mar 1	Sunday	10:00	MW 2A	10	Surrey/White Rock – Semiahmoo Area	STVC
Mar 7	Saturday	10:00	YRE 2B	5/10/11	Surrey – Cedar Hills (Bear Creek Park Route)	STVC
Mar 8	Sunday	10:00	YRE 2A	5/10	Vancouver – Shaughnessy/Queen E Park	VVVC
Mar 14	Saturday	10:00	MW 1B	11	Delta – S Delta RC to Wellbrook Winery (Linear #9)	STVC
Mar 15	Sunday	10:00	YRE 1B	5/10	Richmond – Terra Nova	VABC
Mar 21	Saturday	10:00	MW 1B	5/11	Burnaby – Burnaby Lake Regional Park	VVVC
Mar 22	Sunday	10:00	YRE 2B	5/10	North Delta – Burns Bog	STVC
Mar 28	Saturday	10:00	YRE 1B	10	Coquitlam – Coquitlam Centre/TCT	VABC
Mar 29	Sunday	10:00	YRE 3A	5/10	New Westminster	STVC
Apr 4	Saturday	10:00	YRE 1B	6/11	Richmond – Richmond Centre	VABC
Apr 5	Sunday	10:00	MW 1B	10	Surrey – Mud Bay Park	STVC
Apr 10	Friday	10:00	YRE 2B	5/10/11	Good Friday – Langley – Langley Parks	STVC
Apr 11	Saturday	10:30	YRE 1B	10	Port Moody – Rocky Point	VABC
Apr 12	Sunday	10:00	YRE 2B	5/10	Easter Day – Surrey – Tynehead Regional Park	STVC
Apr 13	Monday	10:00	YRE 2C	5/10	Easter Monday – North Delta – Watershed Park	STVC
Apr 17-19	Fri-Sun	Various	VM	5-42	Victoria, BC – Victoria Volkssport Phoenix Festival	IVV
Apr 18	Saturday	10:00	YRE 2B	5/10	North Delta – Burns Bog	STVC
Apr 19	Sunday	10:00	VM	5/10	Victoria, BC – Walk (in am) + VABC AGM (in pm)	VABC
Apr 24-26	Fri-Sun	Various	VM	5-42	Vancouver, WA – International Walking Festival	IVV/IML
Apr 25	Saturday	10:00	MW 3C	11	Coquitlam – Minnehada Regional Park	STVC
Apr 26	Sunday	10:00	YRE 3B	5/11	Surrey – Crescent Beach	STVC
May 2	Saturday	10:00	MW 1B	5/10	Burnaby – Burnaby Fraser Foreshore Park	VVVC
May 3	Sunday	10:00	Prewalk 2B	10	Prewalk – Surrey – Softball City – “Unmarathon”	STVC
May 9	Saturday	10:00	YRE 1B	5/10	South Delta – Ladner	VABC
May 10	Sunday	10:00	Prewalk 3C	11	Prewalk – Surrey – Softball City – “Unmarathon”	STVC
May 16	Saturday	10:00	MW 2A	5/10	Vancouver – Shaughnessy Map Walk	VVVC
May 17	Sunday	10:00	MW 2C	10	Langley – Campbell Valley Regional Park	STVC
May 18	Monday	07:00+	Pre 2B/3C	10-42	Victoria Day – Prewalk – Surrey – “Unmarathon”	STVC
May 22-24	Fri-Sun	Various	Various	Various	North Bay, ON – CVF/FCV Convention & AGM	CVF/FCV
May 23	Saturday	10:00	YRE 2C	5/10	North Delta – Watershed Park	STVC
May 24	Sunday	10:00	YRE 2B	5/10	West Vancouver – Horseshoe Bay	VABC
May 30	Saturday	10:00	YRE 2B	10	Coquitlam – Mundy Park (from parking lot)	VABC
May 31	Sunday	10:00	MW 2B	10	Langley – High Knoll Park	STVC
Jun 6	Saturday	10:30	YRE 2A	5/10/15	Vancouver – False Creek	STVC
Jun 7	Sunday	10:00	YRE 3B	5/11	Surrey – Crescent Beach	STVC
Jun 13	Saturday	TBA	SEAS 3B	12/15	Gulf Islands – Mayne Island	VVVC
Jun 14	Sunday	10:00	MW 1B	6/13	Pitt Meadows – Pitt Polder Dykes	STVC
Jun 20	Saturday	10:00	YRE 2B	5/10	Surrey – Tynehead Regional Park	STVC
Jun 21	Sunday	10:00	MW 1B	5/10	Tsawwassen – Centennial Beach	VVVC

Jun 27	Saturday	07:00+	VM 2B/3C	10-42	Surrey – Softball City – “Unmarathon Classic”	STVC
Jun 28	Sunday	10:00	YRE 2B/3B	5/10	West Vancouver – Lighthouse Park (from park)	VABC
Jul 1	Wednesday	10:00	MW 2B	10	Canada Day – Surrey – Tri-Parks	STVC
Jul 4	Saturday	11:00	YRE 1B	5/10	Hope	VABC
Jul 5	Sunday	10:00	YRE 2B	10	Coquitlam – Mundy Park (from parking lot)	VABC
Jul 11	Saturday	10:00	MW 2B	10	North Delta – Burns Bog Map Walk & BBQ	STVC
Jul 12	Sunday	10:00	YRE 1B	5/10	Burnaby – Central Park	VABC
Jul 18	Saturday	TBA	MW 2B	5/10/15	Sunshine Coast – Gibsons	VVVC
Jul 19	Sunday	10:00	YRE 2C	5/10	North Delta – Watershed Park	STVC
Jul 25	Saturday	10:00	MW 2B	12/16	Mission – Hayward Lake	STVC
Jul 26	Sunday	10:30	YRE 1B	10	Port Moody – Rocky Point	VABC
Aug 1	Saturday	10:00	YRE 1B	6/11	Richmond – Richmond Centre	VABC
Aug 2	Sunday	10:00	YRE 3B	5/11	Surrey – Crescent Beach	STVC
Aug 3	Monday	10:00	YRE 3A	5/10	BC Day – New Westminster	STVC
Aug 8	Saturday	10:00	MW 2B	10	Fort Langley – Fort to Fort	STVC
Aug 9	Sunday	10:00	YRE 1B	5/10	Richmond – Terra Nova	VABC
Aug 12	Wednesday	TBA	SEAS 3B	12/15	Gulf Islands – Mayne Island	VVVC
Aug 15	Saturday	10:00	YRE 2B	5/10/11	Surrey – Cedar Hills (Cenotaph/University Route)	STVC
Aug 16	Sunday	11:00	YRE 2B	10	Whistler	VABC
Aug 22	Saturday	10:00	MW 3C	10	Maple Ridge – UBC Malcolm Knapp Research Forest	STVC
Aug 23	Sunday	10:00	YRE 1B	5/10	Richmond – Steveston	VABC
Aug 29	Saturday	Various	MW 2B	10/16/23	Vcr/Bby/New West – SkyTrain Route	VVVC
Aug 30	Sunday	10:00	YRE 2B	5/10	Surrey – Tynehead Regional Park	STVC
Sep 5	Saturday	10:30	YRE 2A	5/10/15	Vancouver – False Creek	STVC
Sep 6	Sunday	10:00	MW 1B	10	Langley – Glen Valley Regional Park	STVC
Sep 7	Monday	10:00	YRE 2B	5/10/11	Labour Day – Langley – Langley Parks	STVC
Sep 12	Saturday	10:00	MW 2B	10	Langley – Sendall Gardens	STVC
Sep 13	Sunday	10:00	YRE 2B	5/10	West Vancouver – Ambleside	VVVC
Sep 19	Saturday	10:00	YRE 1B	5/10	South Delta – Ladner	VABC
Sep 20	Sunday	10:00	YRE 2B	5/10	North Delta – Burns Bog	STVC
Sep 26	Saturday	10:00	MW 2B	7/10	North Vancouver – Grand Boulevard Loop	VVVC
Sep 27	Sunday	10:00	YRE 3A	5/10	New Westminster	STVC
Oct 3	Saturday	10:00	MW 1B	13	Delta – Wellbrook Winery to Mud Bay Pk (Linear #10)	STVC
Oct 4	Sunday	10:00	YRE 2B	5/10	Vancouver – Stanley Park	VVVC
Oct 10	Saturday	10:00	YRE 1B	10	Coquitlam – Coquitlam Centre/TCT	VABC
Oct 11	Sunday	10:00	YRE 2B	5/10/11	Langley – Langley Parks	STVC
Oct 12	Monday	10:00	YRE 2C	5/10	Thanksgiving Day – North Delta – Watershed Park	STVC
Oct 17	Saturday	10:00	MW 2C	10	Langley – Derby Reach Regional Park	STVC
Oct 18	Sunday	10:00	YRE 2A	5/10	Vancouver – Downtown	VVVC
Oct 24	Saturday	10:00	MW 2B	5/10	Vancouver – Pacific Spirit Regional Park	VVVC
Oct 25	Sunday	10:00	YRE 2B	5/10	North Delta – Burns Bog	STVC
Oct 31	Saturday	10:00	MW 2B	10	Surrey – Joe Brown Park	STVC
Nov 1	Sunday	10:00	YRE 2B	10	Coquitlam – Mundy Park (from parking lot)	VABC
Nov 7	Saturday	10:00	YRE 2B	5/10	West Vancouver – Horseshoe Bay	VABC
Nov 8	Sunday	10:00	YRE 2B	5/10	Surrey – Tynehead Regional Park	STVC
Nov 11	Wednesday	10:00	YRE 3A	5/10	Remembrance Day – New Westminster	STVC
Nov 14	Saturday	10:00	MW 3B	10	Surrey – Elgin Heritage Park	STVC
Nov 15	Sunday	10:00	YRE 3B	5/10	Vancouver – Kitsilano/Point Grey (Route B)	VVVC
Nov 21	Saturday	10:00	YRE 2B/3B	5/10	West Vancouver – Lighthouse Park (from park)	VABC
Nov 22	Sunday	10:00	MW 1B	5/10	Harrison Mills – Fraser Valley Bald Eagle Festival	STVC
Nov 28	Saturday	10:00	YRE 2B	5/10	North Delta – Burns Bog	STVC
Nov 29	Sunday	10:30	YRE 1B	10	Port Moody – Rocky Point	VABC
Dec 5	Saturday	10:00	YRE 2B	5/10/11	Surrey – Cedar Hills (Bear Creek Park Route)	STVC
Dec 6	Sunday	10:00	YRE 2A	5/10	Vancouver – Shaughnessy/Queen E Park	VVVC
Dec 12	Saturday	17:00	EMW 2A	5/10	White Rock – Christmas Lights & Potluck Dinner	STVC
Dec 13	Sunday	10:00	YRE 2B	5/10/11	Langley – Langley Parks	STVC
Dec 19	Saturday	10:30	YRE 2A	5/10/15	Vancouver – False Creek	STVC
Dec 20	Sunday	10:00	YRE 2C	5/10	North Delta – Watershed Park	STVC
Dec 25	Friday	—	—	—	Christmas Day	—

Dec 26	Saturday	10:00	MW	2B	10	Boxing Day – Surrey – Cloverdale	STVC
Dec 27	Sunday	10:00	YRE	1B	5/10	Burnaby – Central Park	VABC

E = evening; MW = map walk; SEAS = seasonal event; VM = Volksmarch; YRE = year-round event

CVF/FCV = Canadian Volkssport Federation; IML = International Marching League; IVV = Internationaler Volkssportverband;

VABC = Volkssport Association of BC

<u>CLUB PRESIDENTS /</u>	Surrey Trekkers Volkssport Club	STVC	Brenda Dudfield	604-584-1900
<u>CONTACT PERSONS</u>	Vancouver 'Venturers Volkssport Club	VVVC	Verni Brown	604-682-8390
	Volkssport Association of BC	VABC	Ethel Hansen	1-250-756-9796

START/FINISH POINTS FOR LOCAL YREs/SEAS (& WALKING PROGRAMS)

*** different S/F if a group walk**

- Burnaby – Central Park YRE (Holiday Inn Express Metrotown, 4405 Central Blvd, across from Metrotown SkyTrain station)
- Coquitlam – Mundy Park YRE (Hasti Mart, 2188 Austin Ave) *
- Coquitlam – Trans Canada Trail YRE (Ronsons Shoe Store, Coquitlam Centre, 2929 Barnet Hwy, at Lougheed Hwy) (“**Scholar**”)
- Delta (North) – Burns Bog YRE (Esquires Coffee House, 11146 – 84 Ave) (“**Scholar**”)
- Delta (North) – Watershed Park YRE (Esquires Coffee House, 6345 – 120 St) (“**Scholar**”)
- Delta (South) – Ladner YRE (Beanies Coffee Bar, 4811 Delta St) (“**Cenotaph**” / “**Scholar**”)
- Gulf Islands – Mayne Island SEAS (RE/MAX Realty Office, across from ferry ticket booth) (“**Lighthouse**”) (from Apr 1 to Sep 30) *
- Hope YRE (Hope and District Recreation Centre, 1005 – 6th Ave) (“**Yellowhead**”)
- Langley – Langley Parks YRE (Best Western Langley Inn, 5978 Glover Rd) (“**Cenotaph**” / “**Scholar**”)
- New Westminster YRE (Inn at Westminster Quay, 900 Quayside Dr) (“**Cenotaph**” / “**Scholar**”)
- Port Moody – Rocky Point YRE (Jake’s Crossing Pub, 2414 St. Johns St)
- Richmond – Richmond Centre YRE (Ronsons Shoe Store, 6551 No. 3 Rd, near Sears) (“**Cenotaph**”)
- Richmond – Steveston YRE (Steveston Community Centre, 4111 Moncton St, east of No. 1 Rd) (“**Scholar**”)
- Richmond – Terra Nova YRE (Thompson Community Centre, 5151 Granville Ave, east of Railway Ave) (“**Scholar**”)
- Surrey – Cedar Hills YRE (Shoppers Drug Mart, 12874 – 96 Ave) (“**Cenotaph**” / “**Scholar**”)
- Surrey – Crescent Beach YRE (Esquires Coffee House, 12823 Crescent Rd) (“**Cenotaph**” / “**Scholar**”)
- Surrey – Tynehead Regional Park YRE (Esquires Coffee House, 16011 Fraser Highway) (“**Scholar**”)
- Vancouver – Downtown YRE (Bread Garden Bakery/Café, 812 Bute St, south of Robson St) (“**Brewery**” / “**Cenotaph**” / “**Scholar**”)
- Vancouver – False Creek YRE (Tilley Endurables, 2401 Granville St, at West 8th Ave) (“**Brewery**” / “**Scholar**”)
- Vancouver – Kitsilano/Point Grey YRE (Running Room Store, 2083 Alma St, south of West 4th Ave)
- Vancouver – Shaughnessy/Queen E Park YRE (Running Room Store, 1578 West Broadway, west of Granville St) (“**Scholar**”)
- Vancouver – Stanley Park YRE (Running Room Store, 679 Denman St, at West Georgia St) (“**Cenotaph**” / “**Lighthouse**”)
- West Vancouver – Ambleside YRE (Café Crema, 1495 Bellevue Ave, at 15th St) (“**Cenotaph**”)
- West Vancouver – Horseshoe Bay YRE (Gleneagles Community Centre, 6262 Marine Dr, beside golf course)
- West Vancouver – Lighthouse Park YRE (Gleneagles Community Centre, 6262 Marine Dr, beside golf course) (“**Lighthouse**”) *
- Whistler YRE (Wild Willie’s Ski Club, 7011 Nester Rd) (“**Covered Bridge**”)