

First Coast Trail Forgers Walking Club



INFORMATION CONTACT: Kristin Raasch, 904-563-6953(cell) or

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<http://www.firstcoasttrailforgerswalkingclub.org/>

STIPULATIONS: The event is open to everyone, and takes place under all weather conditions unless deemed unsafe due to lightning or named storm requiring evacuation. Fee for all walkers is \$3. No refunds are provided after the start of the walk.

PROCEDURE: Arrive for the walk at 8:30 am with the walk to begin promptly at 9:00 am. The walk returns to the start and the completion time is 1 to 3 hours.

PARTICIPATION: This is a fun event for all persons. People of all ages are welcome to participate though an adult must accompany children under 18.

REGISTRATION: Register at the start and begin the walk.

FOOD and WATER: In Florida it is suggested that you carry your own drinking water, sunscreen and insect repellent.

SANCTIONED: This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV).

DISCLAIMER: The sponsors will expend every reasonable effort to make this event safe and enjoyable for all; however, the American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property.

PRE-REGISTRATION: None.

AWARDS: None

FEES: Fee for all walkers is \$3.

Green Cove Springs, FL Walk

DATE: April 27, 2019, Sanction # 113702

LOCATION: Spring Park, located on Magnolia Ave., between Walnut and springs Streets, Green Cove Springs, Fl. For GPS use the address of GCS City Hall, 321 Walnut St, Green Cove Springs, Fl.

START TIME: Register at 8:30 a.m., walk starts promptly at 9:00 a.m.

DISTANCES: 5k and 10k

TRAIL RATING: 1A

AVA Special Prog: Take A Walk in a City Park, Points of Reference, Walking the USA A-Z

DESCRIPTION: The walk begins and ends in Spring Park which includes a sulfur water spring. The walk includes charming residential areas with many view of the St. Johns River and continues through the historic downtown area. The area was settled around 1850. Green Cove became a prime tourist attraction, famous for the warm, therapeutic springs. The spring is one of approximately a dozen sulfur water springs in Florida and is still popular today as a tourist site and a public swimming facility. The water boils up from a large fissure, some twenty feet below the surface at the rate of approximately 3,000 gallons per minute. The water is crystal clear and when the sun strikes the water at midday, the sun projects prismatic hues. The 78-degree spring feeds the municipal pool and then flows down Spring Run into the St. Johns River.



DIRECTIONS: From the north, take US17 from Orange Park, about 10 miles to Green Cove Springs. About 1 mile past Governor's Creek, turn left on Spring St. Go two blocks to Spring Park. From the south, take US17 North past State Rd. 16 about ¾ of a mile to Spring St. Turn right and go two blocks to Spring Park.

MAP: <http://goo.gl/maps/VvbQh> For GPS use the address of GCS City Hall, 321 Walnut St., Green Cove Springs, FL

