

Sloat Blvd to Ocean Ave and turn right. Follow Ocean to Sunset Blvd at set of lights and turn left. After about one block and curve of road, the parking lot entrance will be to the right.

INFORMATION and CONTACT:

Lui Yakas (415) 385-4481 or sfbaybandits@aol.com
<https://www.facebook.com/SanFranciscoBayBandits/>
 AVA: www.ava.org CVA: www.cva4u.org



Southwest of the City Rove
Lake Merced to Mt Davidson
10K WALK
Lake Merced to SFSU/Stonestown
5K WALK
SAN FRANCISCO
November 14, 2020

AVA OFFICIAL EVENT START CARD		Start No.												
Name _____														
Address _____														
City _____ State _____	Zip _____													
E-Mail _____														
Distance _____ km	Paid \$ _____	STAMP # _____												
<p>DISCLAIMER OF LIABILITY In consideration of being allowed to participate in any way in AVA volkssporting programs and related events and activities, the undersigned:</p> <ol style="list-style-type: none"> 1. Agrees that before or during my participation, if 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; 2. Acknowledges and fully understands that each participant will be engaging in activities that involve the risk of serious injury, including permanent disability and death and severe social and economic losses which might result not only from my own 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 to us or not reasonably foreseeable at this time. 3. Assumes all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death; 4. Release, waive, discharge and promise not to sue the American Volkssport Association, its affiliated clubs, their respective administrators, directors, agents, or other volunteers and employees of the organization, other participants, sponsoring agencies, sponsors, advertisers and if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releasees", from demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasee or otherwise; 5. 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 similar ways. 		<table border="1"> <tr><td><input type="checkbox"/></td><td>NEW WALKER</td></tr> <tr><td><input type="checkbox"/></td><td>COUPON USED</td></tr> <tr><td><input type="checkbox"/></td><td>AWARD W/ IVV CREDIT</td></tr> <tr><td><input type="checkbox"/></td><td>IVV CREDIT ONLY</td></tr> <tr><td><input type="checkbox"/></td><td>NON-IVV PARTICIPANT</td></tr> <tr><td><input type="checkbox"/></td><td>FREE</td></tr> </table>	<input type="checkbox"/>	NEW WALKER	<input type="checkbox"/>	COUPON USED	<input type="checkbox"/>	AWARD W/ IVV CREDIT	<input type="checkbox"/>	IVV CREDIT ONLY	<input type="checkbox"/>	NON-IVV PARTICIPANT	<input type="checkbox"/>	FREE
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Signature _____		Date _____												



Southwest of the City Rove

SAN FRANCISCO

10K/5K WALK

November 14, 2020

SANCTION NUMBER: PA20/117523

SPONSOR: San Francisco Bay Bandits, AVA 204/CA08

START LOCATION: Lake Merced Parking Lot, Sunset Blvd/Lake Merced Blvd., S.F. 94132

START TIME: 9 AM to 12 PM

FINISH TIME: 3:30 PM

DISTANCE: 10K & 5K

DESCRIPTION: Beginning at one of San Francisco's natural lakes, the 10K and 5K routes will cover city sidewalks with an optional dirt path through Mt. Davidson Park. True to San Francisco's terrain, there will be a variety of elevations. Route will include the City's newest mosaic stairway and a little free library. It will also go through the West Portal business section with good eats and shopping.

SPECIAL PROGRAMS: LFL, ICP

TRAIL RATING: The 10K route is rated 3c with paved city sidewalks, stairs and some steep inclines, with additional 2K option for groomed dirt path with stairs to vista point. 5K route is rated 1A. Wheelchairs and strollers are allowed with consideration for steep hills.

FEES: \$3 for Credit. Donations are welcome.

REGISTRATION: Please fill out the start card on the back of this brochure prior to the walk and bring it to the event.

STIPULATIONS: This event is open to everyone. All are welcome. This walk event will take place regardless of the weather conditions.

DISCLAIMER: All participants must sign a waiver. A parent or guardian must sign for children under 18. Children under 12 must be accompanied by an adult. The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property.

MISCELLANEOUS: Water and restrooms available along the route, as well as many places to stop, shop, and eat. Dogs permitted on leash. There is an option to take a dirt path for panoramic views.

DRIVING DIRECTIONS: East Bay: From Bay Bridge, continue on 101 S to San Jose/Airport towards 280 S and Daly City. In 3 miles take Exit 50 for San Jose Ave/SF State; use the right 2 lanes to turn right onto Sagamore St, continuing for 2 long blocks, veer right onto Brotherhood Way. Stay in right lane to turn right onto Lake Merced Blvd at road's end. Move to left lane. After 4th sets of lights, before road veers right into Sunset Blvd, there is a left turn cut into the parking lot. If you miss the turn, go to designated left turn lane a little further with stop sign, crossing Sunset to enter from other entrance. **South:** Take 280 N to SF. After the CA1 S/Pacifica exit, there are 6 lanes. Use the third lane from the left to be on the 49B exit to CA1 N and GG Bridge. In 1/2 mi, exit onto Brotherhood Way going west. Stay in right lane to turn right onto Lake Merced Blvd at road's end. Move to left lane. After 4th sets of lights, before road veers right into Sunset Blvd, there is a left turn cut into the parking lot. If you miss the turn, go to designated left turn lane a little further with stop sign, crossing Sunset to enter from other entrance. **North:** From GG Bridge, take exit 438 to GG Park/19th Ave. Continue down 19th, crossing