

Don't miss the HikaNation finale!

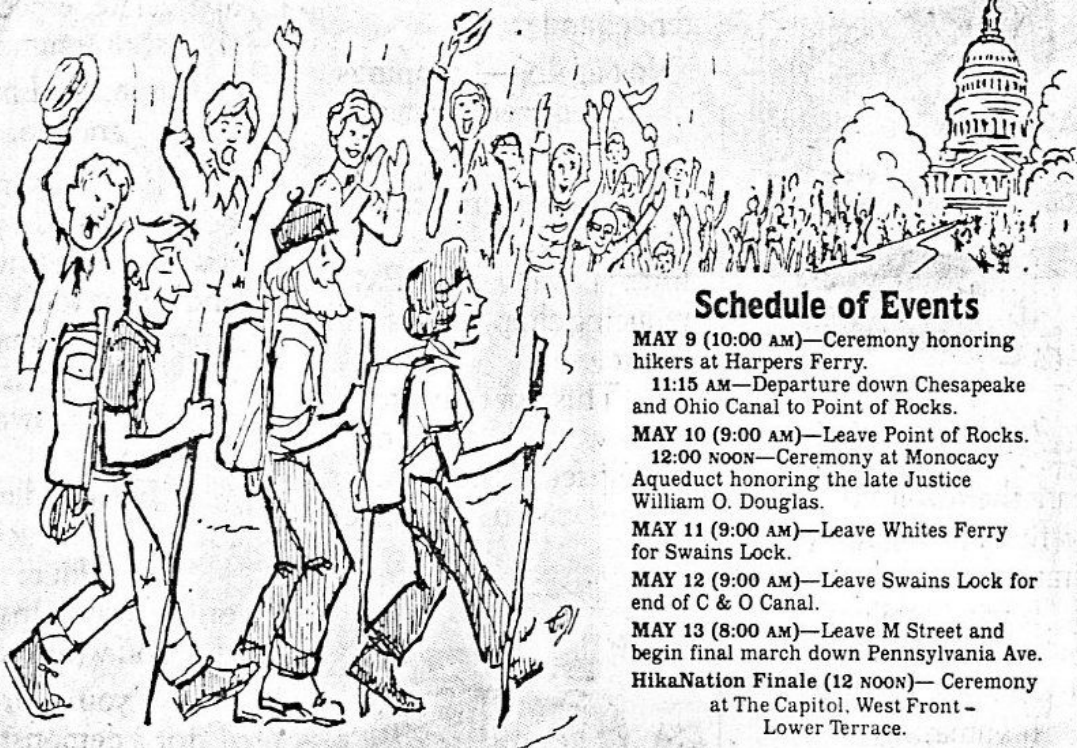
Join **POSTUM** GRAIN BEVERAGE in welcoming the Hikers!

Postum® grain beverage is proud to have sponsored a group of hikers who left San Francisco in April 1980 to walk 4500 miles across America. They dramatized hiking as an ideal recreation for people of all ages.

Now, more than a year later they are nearing

their final destination—Washington, D.C.

Come out and welcome and/or join these hikers as they walk the last miles of their journey. You will also have an opportunity to enjoy Postum® grain beverage, a wholesome blend of natural bran, wheat, and molasses.



Schedule of Events

MAY 9 (10:00 AM)—Ceremony honoring hikers at Harpers Ferry.

11:15 AM—Departure down Chesapeake and Ohio Canal to Point of Rocks.

MAY 10 (9:00 AM)—Leave Point of Rocks.

12:00 NOON—Ceremony at Monocacy Aqueduct honoring the late Justice William O. Douglas.

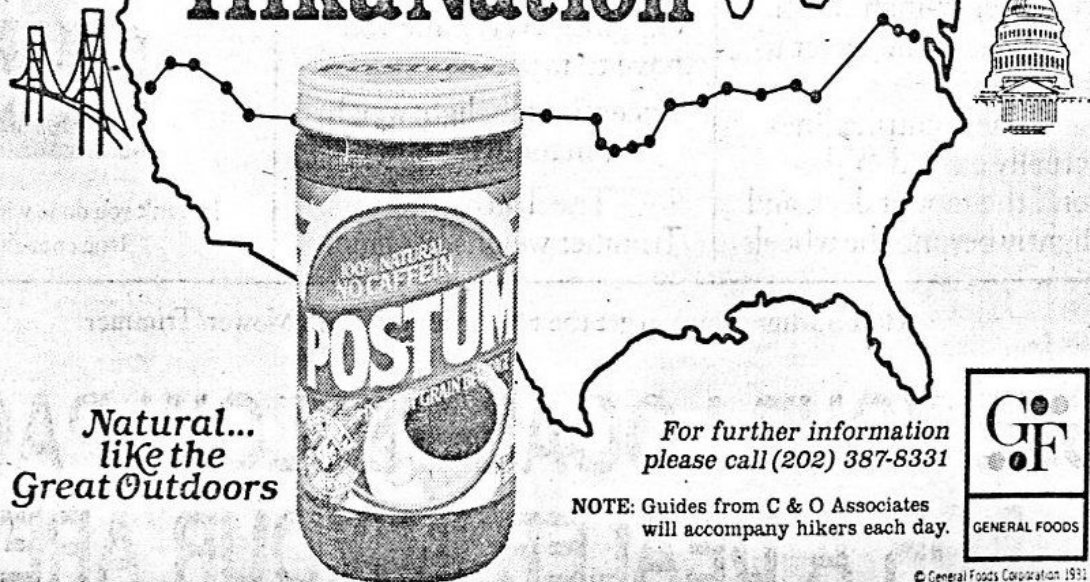
MAY 11 (9:00 AM)—Leave Whites Ferry for Swains Lock.

MAY 12 (9:00 AM)—Leave Swains Lock for end of C & O Canal.

MAY 13 (8:00 AM)—Leave M Street and begin final march down Pennsylvania Ave.

HikaNation Finale (12 NOON)— Ceremony at The Capitol, West Front - Lower Terrace.

HikaNation



Natural...
like the
Great Outdoors

For further information
please call (202) 387-8331

NOTE: Guides from C & O Associates
will accompany hikers each day.



From: Gene Oliva
Carl Byoir & Associates, Inc.
380 Madison Avenue, 212-986-6100
New York, New York 10017

For Immediate Release

Contact: Rhoda Kaufman, Assistant Manager
Corporate Communications
General Foods Corporation
914-683-2404

CALENDAR OF POSTUM HIKANATION EVENTS

A noon ceremony May 13 on the west steps of the Capitol building will cap five days of hiking and special events on the Chesapeake and Ohio Canal between Harpers Ferry, W. Va., and Washington.

The public is invited to attend the events and join the Postum HikaNation group for day hikes on the C&O Canal towpath.

The day hikes and events are scheduled as follows:

Saturday,
May 9: The hikers will be honored at a 10:30 a.m. ceremony at the Mather Training Center in Harpers Ferry National Historical Park. The governors of West Virginia, Virginia and Maryland have been invited. Day hikers may join the group for a 12.7-mile walk from Harpers Ferry to Point of Rocks, with a lunch break at Brunswick.

Sunday,
May 10: A noon ceremony at the Monocacy River Aqueduct will honor the late Supreme Court Justice William O. Douglas, who played a key role in preserving the C&O Canal as a national hiking and biking trail. Day hikers will join the group for 12.7 miles between Point of Rocks and Whites Ferry.

Monday,
May 11: The group will hike 19 miles from Whites Ferry to Swains Lock. There will be break points with road access at Edwards Ferry and Seneca for those wishing for a shorter hike.

Tuesday,
May 12: The hikers will walk 13.4 miles to Fletchers Boat-house in Washington, with a lunch break at Carderock.

(more)

CALENDAR OF POSTUM HIKANATION EVENTS--2/

Wednesday, HikaNation Arrival Day. The assembly for the final
May 13: hike will begin at 10 a.m. at Fletchers Boathouse.
The route will be along the towpath from the Boat-
house to Georgetown and from there along Pennsylvania
Avenue to the west front of the Capitol for a noon
arrival ceremony and festivities.

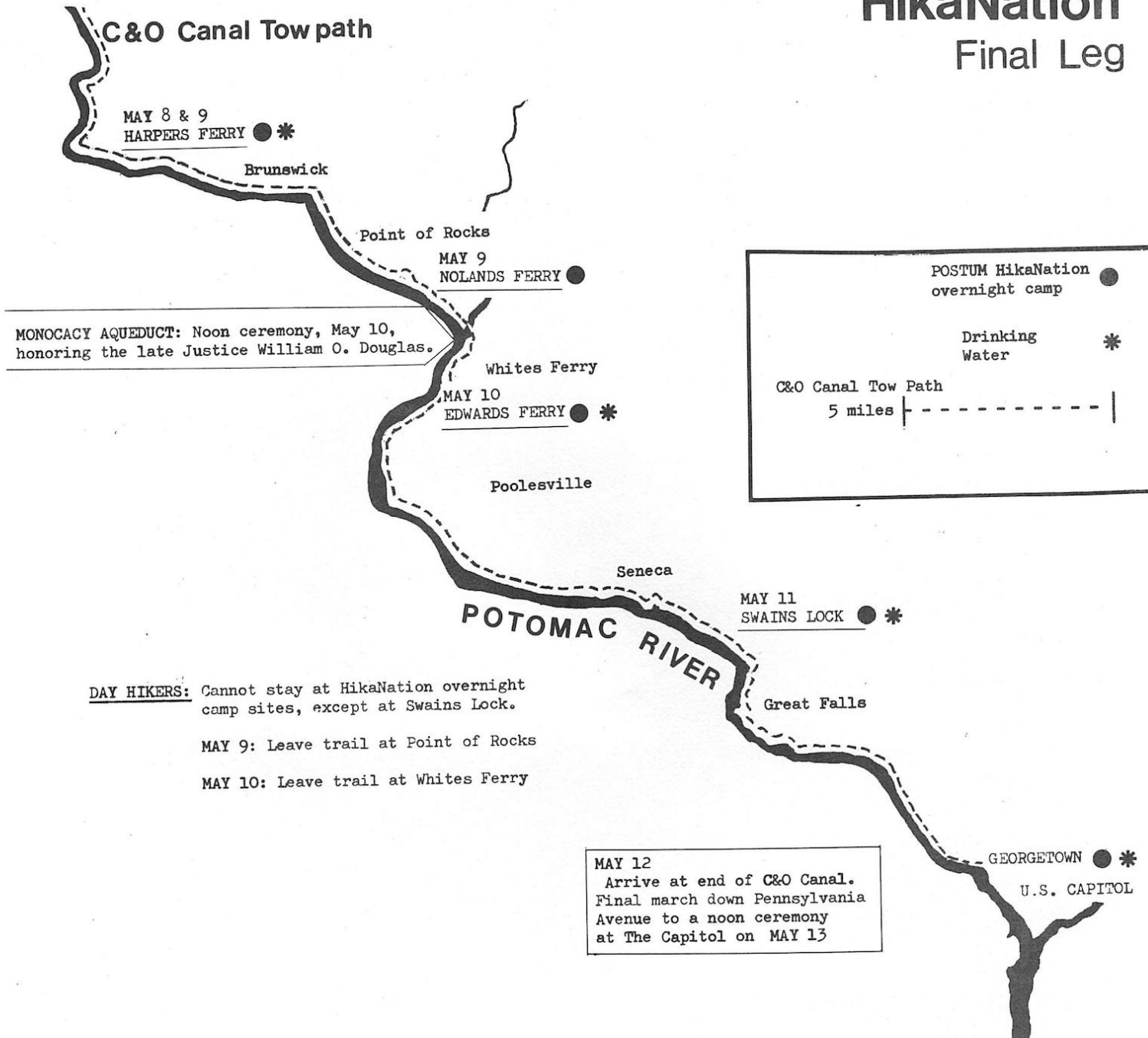
The HikaNation core group will camp along the C&O Canal on
the nights of May 9-11. The public is invited to join them on a
day-hike basis for any part or all of the Harpers Ferry-to-
Washington segment.

On May 9, persons wishing to walk from Harpers Ferry to
Brunswick have access to and from the hike by Amtrak trains leaving
Washington, Cumberland and points between. Amtrak has been asked
to make special stops at Point of Rocks on May 9 and 10.

On May 10, a shuttle bus will operate to return hikers from
Whites Ferry to Point of Rocks.

For more information, check the Postum HikaNation Arrival
Hotline at 202-387-8331.

POSTUM HikaNation Final Leg



AMTRAK SCHEDULE

FOR DAY HIKERS WISHING TO JOIN POSTUM HIKANATION

Amtrak will provide rail access from Washington, D.C. for day hikers wishing to join the Postum HikaNation hikers during their trek on Saturday, May 9, and Sunday, May 10. The program and Amtrak schedules are as follows:

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Amtrak Schedule
Saturday, May 9 and Sunday, May 10

<u>Leave Union Station</u>	10:00 a.m.	<u>Leave Brunswick</u>	3:40 p.m.
Silver Spring	10:15 a.m.	Point of Rocks	3:50 p.m.
Rockville	10:28 a.m.	Gaithersburg	4:10 p.m.
Gaithersburg	10:35 a.m.	Rockville	4:17 p.m.
Point of Rocks	10:55 a.m.	Silver Spring	4:30 p.m.
Brunswick	11:05 a.m.	Union Station	4:45 p.m.
Harpers Ferry	11:15 a.m.		

Hiking Distances Between Points

Washington to Point of Rocks	12.7 miles
Harpers Ferry to Brunswick	6.8 miles
Brunswick to Point of Rocks	6.8 miles

For details on fares, connections, etc., day hikers are advised to call the Postum HikaNation Arrival Hotline: 202-387-8331.