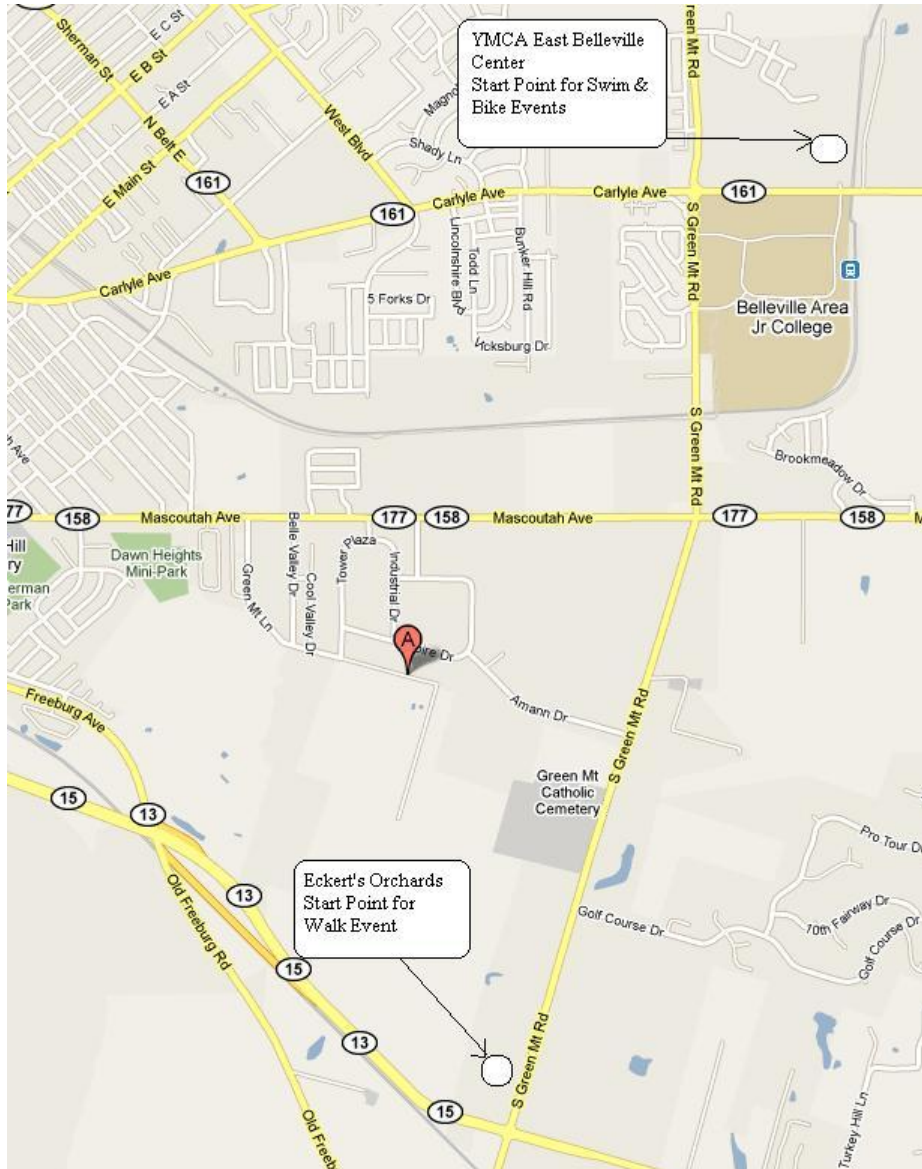
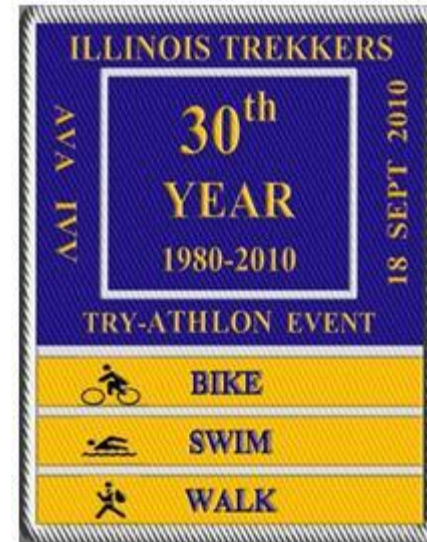


ILLINOIS TREKKERS
P.O. BOX 25063
SCOTT AFB, IL 62225-0063



ILLINOIS TREKKERS VOLKSSPORT CLUB
CELEBRATES IT'S 30th Anniversary
With a Walk, Swim & Bike (Try-Athlon)

Saturday, September 18, 2010
Sunday, September 19, 2010 (Bike only)
Eckert's Orchards (Walk)
YMCA East Belleville Center (Bike & Swim)
Belleville, Illinois



Walk & Bike Trail Rating: 1+



SPONSORED BY:
 THE ILLINOIS TREKKERS,
 THE CITY OF BELLEVILLE TOURISM,
 ECKERT'S ORCHARDS, and GET UP & GO!



This program funded in whole or in part by the city of Belleville Tourism, a committee of the city council.

30th ANNIVERSARY DINNER: Saturday evening a dinner will be held at Eckert's Belleville Country Restaurant at 7 p.m. The cost of the Family Style Chicken dinner is \$17 (payable in advance). Advance reservations may be made at any upcoming IL Trekkers club meeting or walk. Mail reservations are also being accepted. A cash bar will be open at 6 p.m. No reservations will be accepted on the day of the event.

ATTENDANCE PRIZES AND GRAND PRIZE: Drawings will be held from 8 a.m. to 3 p.m. to award attendance prizes. The person must be present to claim the prize. A list will be posted at the walk registration area for the winners. All unclaimed prizes will be awarded at the 30th Anniversary dinner. At the end of the day a drawing will be held for a Grand Prize. You do not need to be present to win the Grand Prize.

LODGING FOR OUT OF TOWN PARTICIPANTS: The Illinois Trekkers have arranged for out of town participants who would like to spend a day or two. They may receive a special rate of \$84 plus local taxes at the Holiday Inn Express – O'Fallon, 3396 Green Mount Crossing Dr., Shiloh, IL 62269. To make a reservations call the Holiday Inn Express at 618-632-0440. Mention booking name of Illinois Trekkers. Reservations must be made by September 11, 2010 to receive this rate. See map for location.

Total \$							
Walk, Bike & Swim \$6							Grand Total \$
Bike \$3							
Swim \$3							
Walk \$3							
Patch \$3							
Dinner \$17							
Name, Address & Phone Number (Please Print)							

REGISTRATION Fees: All participants must pay a minimum of \$3 fee (No free swimmers or bikers) for AVA Credit. An A award patch (on cover) is available for purchase for \$4 (in addition to \$3 registration fee) on the day of the event or \$3 if the person pre-registers. The event will take place regardless of weather conditions. In extreme inclement weather conditions (Electrical Storms) the YMCA will not allow swimmers in the pool and will give Event credit only for those paying the \$3 fee. No refunds will be given. If a person registers for all 3 events then they will receive a \$1 discount on the 3 events, paying a total of \$6 for all three events.

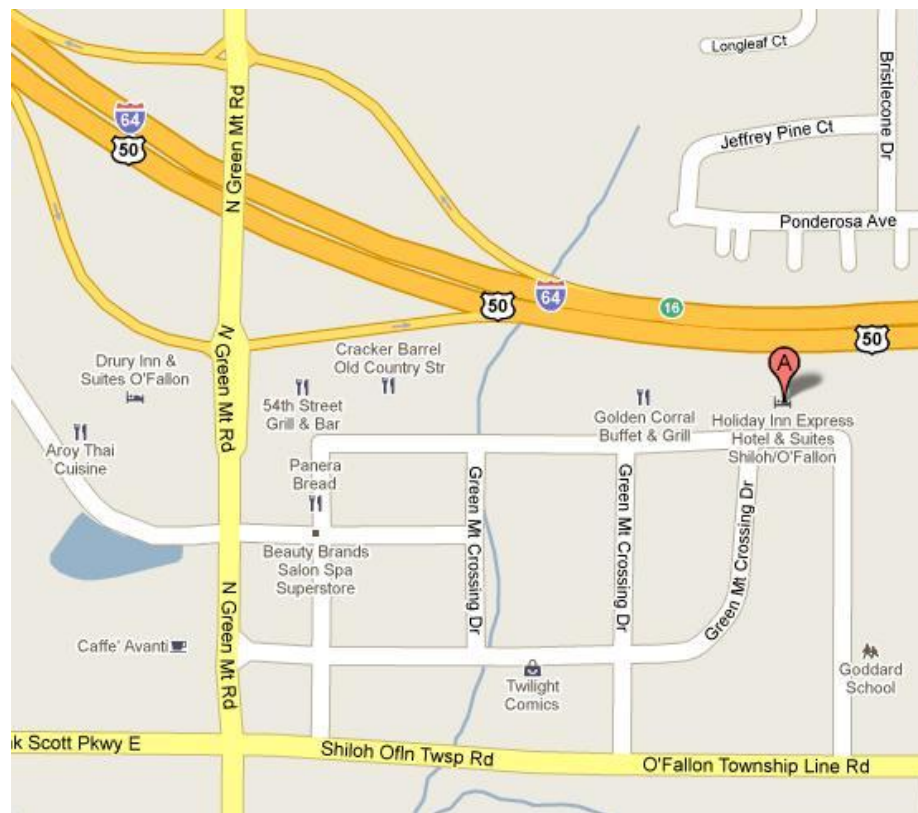
PROCEDURE: Each person must fill out a start card and sign it before starting the swim or bike event. Start cards remain the property of the Illinois Trekkers and must be turned in at the finish point when the swim or bike event is completed.

POC's: Mark or Debbie Kreup:
Phone: 618-277-0830
Email: debmarkkruup@yahoo.com
Leonard or Dee Wojtysiak:
Phone: 618-632-4164
Email: lpw46@sbcglobal.net

DIRECTIONS: See map on back. **FROM INTERSTATE 64** take exit 16 South onto Greenmount Road in the direction of Shiloh. Proceed for approximately four miles. Turn left at the light onto Carlyle Ave. (IL-161). The YMCA will be on your left at the third light. The start is also accessible by Metrolink at College station.

EVENT PRE-REGISTRATION: MUST BE RECEIVED BY SEPTEMBER 11, 2010. Mail the completed form and payment to:

**ILLINOIS TREKKERS
P.O. BOX 25063
SCOTT AFB, IL 62225-0063**



GENERAL INFORMATION

SANCTION: Sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Poplar Sports (IVV). These events count toward acquisition of IVV achievement awards. IVV books (event or distance) are available at the start/finish for \$5.00 each.

ELIGIBILITY: These events are open to everyone and all ages are welcome. An adult must accompany children under the age of 12. On the walk pets are welcome but must be kept on a leash and it's your responsibility to clean up after your pet(s).

WEBSITES: www.ava.org
www.illinois-trekkers.org
www.eckerts.com

DISCLAIMER: The sponsors of these events cannot be held responsible for any lost or stolen items, accident, or injury at any time. Every reasonable effort will be made to make this a safe, enjoyable and memorable events.

ECKERT'S WALK EVENT INFORMATION

Walk 6km/10km; Trail Rating: 1+
Credit Event with Optional A Award
Special Event: Cemetery Stroll
Event: MA10-87260

WHAT IS A VOLKSMARCH: A volksmarch is a leisurely walk through a scenic, historic, and/or interesting area over a clearly marked trail. The walk is a family oriented, non-competitive walk done at your own pace. An achievement program of logbooks is available to keep track of your accomplishments.

DATE: Saturday, September 18, 2010.

LOCATION: Eckert's Orchards, 921 S Green Mount Road, Belleville, Illinois. Plan to spend time enjoying all the Eckert Orchards activities of the day.

PARKING: Ample parking in Eckert's Garden Center parking lots.

START/FINISH: Start table under the tent at the Fun Corral anytime between 8 AM and noon. Walk or jog at your own pace. You must be on the trail by noon and finished by 3 PM.

WALK: 6K & 10K courses are available. Trails of shorter distances are available for those unable to complete a 10K walk. Walkers can repeat the 10K course a second time to receive 20K credit at no additional cost. The walk is **not suitable** for strollers or wheelchairs. Walk will be on gravel or dirt paths through fields and orchards. Restrooms available at start/finish point and checkpoint.

REGISTRATION Fees: **All participants** must pay a minimum of \$3 fee (No free walkers) for AVA Credit. An A award patch (on cover) is available for purchase for \$4 (in addition to \$3 registration fee) on the day of the event or \$3 if the person pre-registers. The event will take place regardless of weather conditions. In extreme inclement weather conditions the Illinois Trekkers will not allow walkers on the trail and will give Event credit only for those paying the \$3 fee. No refunds will be given. If a person registers for all 3 events then they will receive a \$1 discount on the 3 events, paying a total of \$6 for all three events.

PROCEDURE: Each person must fill out a start card and sign it before starting to walk. Carry this card with you on the walk and present it at the checkpoints. Walkers missing a checkpoint may be refused IVV credit. Start cards remain the property of the Illinois Trekkers and must be turned in at the finish point when the walk is completed.

REFRESHMENTS: Water & apple cider will be provided at the Start/Finish and checkpoints. Food is available for purchase at Eckert's Country Store, Restaurant or Custard stand.

POC's: Shirley Martin: Phone: 618-632-3435

Email: samartin11@charter.net

Gary Staley: Phone: 618-344-0225

Email: staley.ng@sbcglobal.net

DIRECTIONS: See map on back. **FROM INTERSTATE 64:** Exit South on I-255 to IL route 15. Take exit 17A East on IL route 15 and drive for approximately 12 miles. IL Route 15 and 13 combine. Continue on IL Route 15/13 until you get to Greenmount Road. Eckert's will be on your left. Turn left on Greenmount road. Park in the Eckert Garden Center parking lot. **FROM IL ROUTE 161:** Take Greenmount road South (South Western Illinois College (SWIC) is on the corner). Drive South until you reach IL route 15/13, the Eckert Garden Center is on the right. Park in the Eckert Garden Center parking lot.

SWIM / BIKE EVENT INFORMATION

Credit Events with Optional A Award

Swim Event 300m: MA10-87261

Bike 13km/26km; Trail Rating: 1

Special Events (Bike): Railroad Heritage & Artistic Heritage

BikeEvent: MA10-87262

DATE: Saturday, Sept. 18, 2010 and Sunday, Sept. 19, 2010 (Bike only)

LOCATION: YMCA East Belleville Center, 2627 Carlyle Ave., Belleville, IL 62221.

PARKING: Ample parking in YMCA parking lot.

START/FINISH: Start table will be located in the lobby of the YMCA. The bike event registration is from 8 AM to 1 PM. Riders must be finished by 4 PM. The Swim event registration begins at noon and ends at 3 PM. You must be finished by 4 PM. On Sunday, the bike start table will be under a tent canopy in front of the YMCA. Sunday's bike event registration starts at 10 AM and ends at 11 AM. You must be finished by 1 PM.