

**1. BELLEVILLE RICHLAND
CREEK/HSTORIC**

Stamp _____

2. BELLEVILLE YMCA

Stamp _____

3. BELLEVILLE SHRINE

Stamp _____

4. FAIRVIEW HEIGHTS MALL

Stamp _____

5. GLEN CARBON OLD TOWN

Stamp _____

6. MARYVILLE

Stamp _____

7. ST. LOUIS - FENTON

Stamp _____

**TRADITIONAL OR YEAR ROUND
WALK EVENTS**

8. Stamp _____

Location: _____

9. Stamp _____

Location: _____

10. Stamp _____

Location: _____

11. Stamp _____

Location: _____

12. Stamp _____

Location: _____

13. Stamp _____

Location: _____

14. Stamp _____

Location: _____

15. Stamp _____

Location: _____

16. Stamp _____

Location: _____

17. Stamp _____

Location: _____

18. Stamp _____

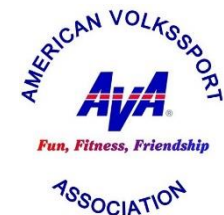
Location: _____

19. Stamp _____

Location: _____

20. Stamp _____

Location: _____



Walking is a great way to exercise, relieve stress, meet new people, and see some areas in the Metro Saint Louis region.

The Illinois Trekkers Volkssport Club is sponsoring this 2016 incentive program.

The program is non-competitive 5k (3.1 miles) or 10k (6.2 miles) walks. Walks are by yourself, or in a group, a club, or with a family member. The Year Round walk directions are acquired at each site. A registration start card is provided in a “walk box.” The start card must be filled out prior to the walk. If it is a Traditional walk the start cards are at the registration table on that day.

For detailed information on walks:

www.ava.org
www.illinois-trekkers.org

Tour de Metro Saint Louis

Metro East is the crossroads of the American Heartland. As an incentive to explore the region and be involved in the fun, fitness and fellowship of volkssporting, our incentive goal for 2016 is to walk at least 20 walks.

By participating in 20 Year-Round or Traditional events you receive a “One Free Walk” coupon to celebrate your

achievement. Coupons are only honored at Trekkers walk.

In order to receive the coupon you will need to walk each Trekkers event listed in this brochure at least once and 13 other Saint Louis metro walks of your choice, pay the appropriate registration fee at each, and stamp the Tour De Metro East book. This program ends 31 December 2016. This is not an AVA special program and there is no cost for the book.

See our Illinois Trekkers website for specific details. Approved for use of the IVV Certification Stamp by Executive Director.

Once you have finished all 20 walks send the completed program book to:

**Illinois Trekkers Volkssport Club
P.O. Box 603
O’Fallon, IL 62269**

YOUR MAILING INFORMATION

Name _____

Address _____

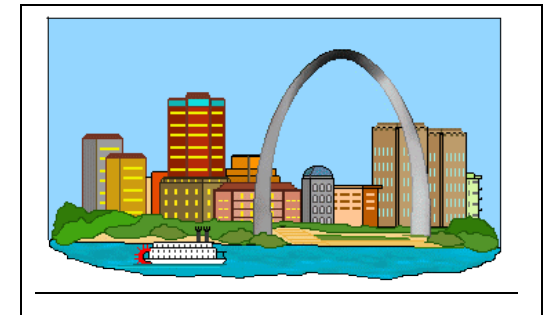
City _____

State _____ Zip _____

Email _____

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TOUR DE METRO SAINT LOUIS 2016 WALKING CHALLENGE



Illinois Trekkers
AVA CLUB #047

