



TOUR DE METRO **SAINT LOUIS**

2016 WALKING **CHALLENGE INFORMATION**

GENERAL INFORMATION

Walking is a great way to exercise, relieve stress, meet new people, and see some areas in the Metro Saint Louis region. The Metro area is the crossroad of the American Heartland. As an incentive to explore the region and be involved in the fun, fitness and fellowship of volkssporting, our Year Round and Traditional walks planned for 2016 are awesome. Our incentive program is non-competitive 5k (3.1 miles) or 10k (6.2 miles) walks. These walks may be completed by yourself, or with a group, a club, or a family member. Please check the website for current walk information. In all cases a start card is required prior to the walk. Approved for use of the IVV Certification Stamp by Executive Director.

For detailed information on walks:

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

PROCEDURE

By participating in 20 Year-Round or Traditional walking events sponsored by the Illinois Trekkers, you receive a "One Free Walk" coupon to celebrate your achievement. In order to receive the coupon you need to walk each of the Trekkers named events listed in the incentive brochure at least once and 13 other Metro Saint Louis walks of your choice, pay the appropriate registration fee at each, and stamp your Tour De Metro Saint Louis sheet with the stamp. This program ends 31 December 2016.

You may download the 2016 Incentive Book from the Illinois Trekkers website: www.illinois-trekkers.org. Limited incentive books are available at Illinois Trekkers Traditional walks as well as at our club meetings. There is no cost for the book itself only for walks.

The specified Year Round walks which must be walked at least once are:

Belleville Richland Creek/Historic
Belleville YMCA
Belleville Shrine
Fairview Heights Mall
Glen Carbon Old Town
Maryville
St. Louis - Fenton

The remaining 13 walks are your choice of Traditional or Year Round walks in the Saint Louis Metro area. You may walk the same Year Round walk more than once.

All walks must be for AVA credit and participants must sign a start card and pay the \$3.00 fee.

You may complete as many 2016 walk incentive books as you want and receive a "One Free Walk" coupon for each book completion. Your coupon is honored only for Illinois Trekkers walks (either Traditional or YRE).

Once you have finished all 20 walks, send completed Tour De Metro Saint Louis 2016 Incentive book to:

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



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