

**1. BELLEVILLE
DOWNTOWN, HISTORIC
DISTRICTS & RICHLAND
CREEK GREENWAY**

Stamp _____

2. BELLEVILLE EAST YMCA

Stamp _____

3. BELLEVILLE SHRINE

Stamp _____

4. COLUMBIA

Stamp _____

**5. A WALK TO EDWARDSVILLE
PARKS**

Stamp _____

6. FAIRVIEW HEIGHTS MALL

Stamp _____

7. GLEN CARBON OLD TOWN

Stamp _____

8. MARYVILLE CMT YMCA

Stamp _____

9. MILLSTADT

Stamp _____

**10. O'FALLON-A WALK IN THE
PARKS**

Stamp _____

**TRADITIONAL OR YEAR ROUND
WALK EVENTS IN ILLINOIS**

11. Stamp _____

Distance: _____

12. Stamp _____

Distance: _____

13. Stamp _____

Distance: _____

14. Stamp _____

Distance: _____

15. Stamp _____

Distance: _____

16. Stamp _____

Distance: _____

17. Stamp _____

Distance: _____

18. Stamp _____

Distance: _____

19. Stamp _____

Distance: _____

20. Stamp _____

Distance: _____



Walking is a great way to exercise, relieve stress, meet new people, and see some areas in Illinois during the Illinois Bicentennial.

The Illinois Trekkers Volkssport Club is sponsoring this 2018 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

As an incentive to explore Illinois and be involved in the fun, fitness and fellowship of volkssporting, our goal for 2018 is to walk at least 200k.

By walking 200k you receive a zipper light, a water bottle holder or “One Free Walk” coupon to celebrate your achievement. One

award for each 200k completed. Coupons are only honored at Trekkers walk.

In order to receive the award you will need to walk each Trekkers event listed in this brochure & walk Illinois walks of your choice for a total of 200k, pay the appropriate registration fee at each, and stamp the challenge book. This program ends 31 December 2018. 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 200k 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 _____

**Walk 200k in Illinois
to Celebrate Illinois
Bicentennial**
**2018 WALKING
CHALLENGE**



Illinois Trekkers
AVA CLUB #047

