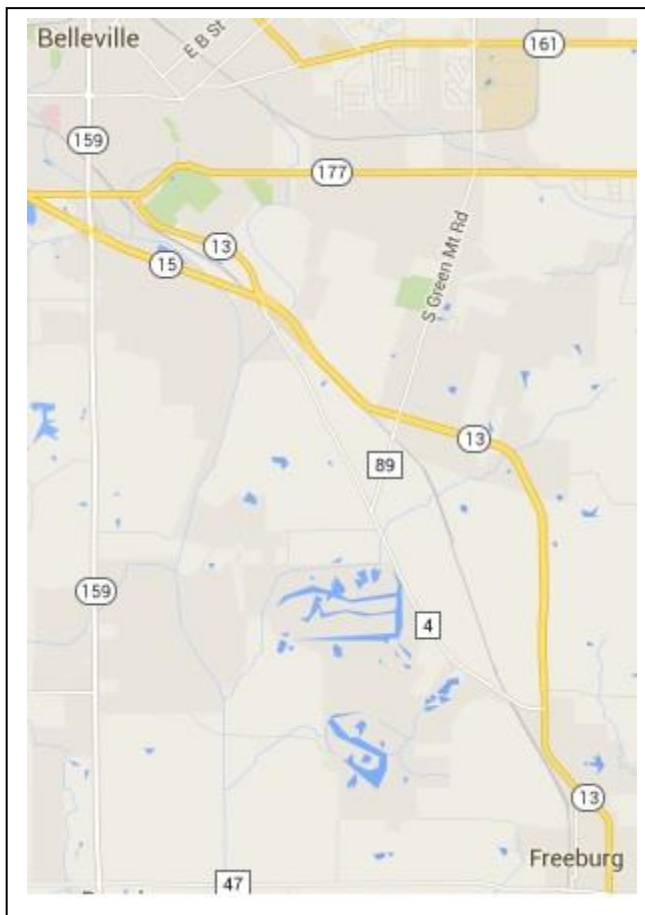


ILLINOIS TREKKERS  
P.O. BOX 603  
O'FALLON, IL 62269

## Mid-Winter Soup Walk St Joseph's Catholic Church Parish Center

Freeburg, Illinois



**Saturday, February 23, 2019**

**5k, 10k, & 20k Distances  
Trail Rating: 1A**

**EVENT: MA19-113564**

***Special Programs- Walking the USA A-Z, State Street  
Sashay, & Walking the USA – Street by Street.”***

**SPONSORED BY:  
ILLINOIS TREKKERS VOLKSSPORT CLUB  
ST JOSEPH'S CATHOLIC CHURCH**

AVA: America's Walking Club

**AVA**  
Fun, Fitness, Friendship

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**SANCTIONED EVENT**

Eligible for credit toward IVV Achievement Awards

**WELCOME TO THE TREKKER SOUP WALK:** We invite you to this volksmarch. We ask all walkers to bring 2 cans of soup per person. One can of soup will be added to a pot for poor man's soup pot and the other can will be donated to the local food pantry. Warm bread will also be served. Desserts will be available for a nominal donation. Please join us for a great walk and a meal among friends, old and new!!!!

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

**LOCATION:** St Joseph's Catholic Church Parish Center, 6 N. Alton Street, Freeburg, IL 62243.

**PARKING:** Ample parking is available in church parish parking lot.

**START/FINISH:** Start between 9 am and 12 pm, finish by 3 pm. Walk or jog at your own pace. You must be on the trail by 12 pm and finished by 3 pm. Event will take place regardless of weather. Restrooms are available at the start point and at the checkpoint.

**DISTANCE:** There will be a 5K trail and a 10K trail marked with arrows and streamers. Trails are paved and suitable for strollers and wheelchairs. The 10K trail can be repeated to complete a 20K walk.

**REGISTRATION:** The fee is \$3 for all walkers and is open to everyone -- all ages are welcome. An adult must accompany children under the age of 12. There is no pre-registration for this event and **no refunds**. Pets are welcome but must be kept on a leash and it is your responsibility to clean up after your pet(s). Pets are NOT allowed in the church parish or other businesses.

**SANCTION:** The American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV), sanctions this event. We remind you to bring both IVV books (event and distance). IVV books are available at the start/finish for \$6.00 each.

**AWARDS:** There will be no award for this walk.

**PROCEDURE:** At the start, get a start card and fill it out. 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 will be provided at the Start/Finish/Checkpoint. Restrooms available. Soup will be served at the end of the walk for walkers to enjoy. Desserts will be available for a nominal donation.

**WEBSITES:** [www.ava.org](http://www.ava.org)  
[www.illinois-trekkers.org](http://www.illinois-trekkers.org)

For more information on St Joseph's Catholic Church, 11 N. Alton Street, Freeburg, IL 62243 or call 618-539-3209.

**DIRECTIONS:** FROM Downtown St. Louis and points north and west: Take I-64 East to exit Green Mount Road (Shiloh Exit) continue south to IL 13/IL 15 (Eckert's on the right). Turn LEFT on IL 13/IL 15 and continue to Freeburg, IL. Turn Right on W. White Street and Right on N. Alton. The church parish center is on your right. Park in the parish center parking lot. See map on back.

**FOR MORE INFORMATION CONTACT:**

Trudy Duffman 618-670-6920 [trudyduffman@yahoo.com](mailto:trudyduffman@yahoo.com)

**DISCLAIMER:** The sponsors of this event are not liable for accidents, injury, lost or stolen items, and/or material damage. Every effort will be made by the sponsors to make this a safe, enjoyable and memorable event.

