

# ILLINOIS TREKKERS FOOTNOTES

NO. 2019-06

September 2019



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## A Message from our President



Fall is here and it is the beautiful season to get out and enjoy the fresh air, fall flowers, fall decorations and the changing of the tree colors. The Illinois Trekkers and our sister clubs have booked up all Saturdays in the month of October. Try to come out and enjoy the fun. Each walk has something different to offer. Bring a relative, friend or neighbor and introduce them to walking at its best. I personally want to thank everyone in the club who helped during my absence in July and August due to a family emergency in Kansas. That is what active clubs do. We have wonderful, hard working members and I want to shout out a heartfelt "thank you". Check the Illinois Trekkers Website [www.illinois-trekkers.org](http://www.illinois-trekkers.org) for more information about these walks. Hope to see you on the trail.

*Submitted by Trudy Duffman  
President, Illinois Trekkers Volkssport Club*

## Keep on Trekin'

Next traditional event is in Millstadt, IL on Saturday, October 26. This is a unique event which will allow participants to dress up as the Old Tin Man Water Tower, a true icon in Millstadt. The other option for a costume is the Tin Man from the Wizard of Oz. Get your creativity juices flowing and come dressed to win a prize. The Friends of the Old Millstadt Water Tower will be judging for the best of the best costume. Susan Hodgson and Diane Prost have been working hard to make this a fun filled day. The merchants of Millstadt will be giving away treats along the trail. This will also give walkers the opportunity to stop in businesses and shop. How much fun can we have on an event? Come join the fun and bring your friends. What a great way to introduce new walkers to volksmarching. For more information on the event checkout the Illinois Trekkers website at [www.illinois-trekkers.org](http://www.illinois-trekkers.org). Diane has posted the walk brochure there for your convenience.

**NOTICE: THE COLUMBIA IL YRE IS TEMPORARILY CLOSED DUE TO STREET CONSTRUCTION AND START POINT HOURS OF OPERATION.**

## 3-Mile Thursday Evening Walks

3-Mile Thursday Evening Walks will be winding down in October. Walks will be held at the St. Clair Square Mall in Fairview Heights, IL. Registration will be at the Walgreen's, 6505 N. Illinois Street, Fairview Heights, IL at 5:45pm. \$3 fee applies. We will drive to the Mall to walk. **There will be no walk on Thursday, October 31 so everyone can enjoy Halloween Day.**

## **Guided Walk Popeye Parade/Picnic Chester, IL**

The Illinois Trekkers hosted a Guided Walk in Chester, IL on Saturday, September 7, 2019. Walkers participated in the Popeye Parade along with numerous bands, Popeye and Olive Oyl look alike, and horse riders. It was a great day and everyone who walked had a fantastic time. A special thank you to Vickie Ridgeway for investing so much time and effort coordinating the event with the city of Chester. Diane Prost was a tremendous help to Vickie and the Illinois Trekkers. A special recognition to Susan Budd who drove in from Fort Wayne, Indiana to walk with us and enjoy socializing at the Harvest House in Chester. This was another unique event hosted by the Illinois Trekkers.

## **Wednesday Walks**

Wednesday walks continue with events that the Illinois Trekkers don't get to do too often as a group. We normally meet at Dee Wojtysiak's house at 201 S. Apple Street, O'Fallon, IL to carpool to the start location. Check for the time as it changes with events. In October we will walk the following locations:

October 2 – Downtown St. Louis – Meet at Dee's at 9:15 am with registration at the Pear Tree Inn, 2211 Market Street, Saint Louis, MO 9:45am.

October 9 – Washington, MO – Meet at Dee's house 8:00am. Carpool to Washington, MO for 9:45am registration at the Amtrak Station, 301 West Front Street.

October 16 – Springfield, IL – Meet at Dee's house at 8:00am to carpool to Springfield. Registration at the Carpenter Hotel, 525 N 6<sup>th</sup> Street at 9:45am. Plan to have lunch and see the sites before returning to O'Fallon.

October 23 – Lemay, MO (St Louis) – Meet at Dee's house 8:00am and carpool to Walgreen's. 2700 Telegraph Road, Lemay, MO. Register at 9:00am and drive to start point at Veteran's Park.

October 30 – Litchfield, IL – Meet at Dee's house at 8:30am to carpool to Litchfield. Register at Walgreen's, 1202 W. Union Avenue, Litchfield, IL at 9:30am in the pharmacy area of the store. Plan to stay for lunch at one of the diners.

November will be Swim/Water Walk at the Edwardsville YMCA. Meet at 9:45am to register. Open pool is at 10:00am. YMCA members will only pay the \$3 AVA fee. Non-members must pay the YMCA a \$5 fee to swim/water walk. Vickie Ridgeway is looking forward to your support and participation.

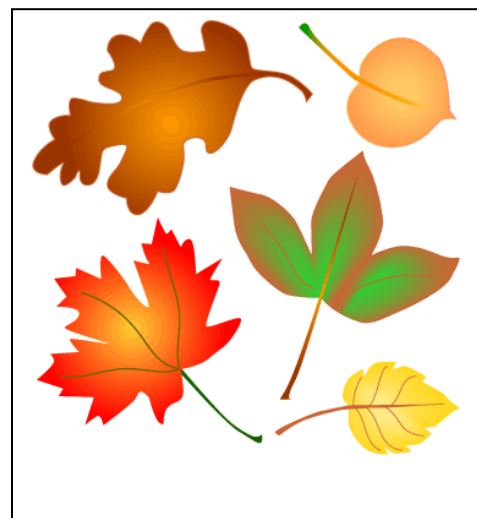
## **Member Awards – TAW (Sept 2019)**

### **Events**

**75  
400  
650**

**John Manfredi  
Mark Ohl  
Diane Gebhardt**

### **Welcome Fall!**



## FOOTNOTES NEWSLETTER

The Footnotes newsletter will be published monthly. This is your newsletter so everyone is encouraged to write an article or two to share with fellow walkers. Articles can be about new walks, health and fitness, dog tales from the trail, or other ideas. Send the articles to Trudy Duffman, [trudyduffman@yahoo.com](mailto:trudyduffman@yahoo.com) or bring to the monthly meetings prior to the next issue. Thank you for your support of the Illinois Trekkers.

## WEBSITE

Please check our club website for times and places of Trekkin' Tuesdays, 3-Mile Thursdays, and Saturday group walks. The website is currently updated routinely by Diane Prost. Thank you Diane for doing a fantastic job!

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**AVA's Vision: Increasingly engage Americans in lifelong walking and other noncompetitive physical fitness activities.**

**AVA's Mission: Promote and organize noncompetitive fitness activities that encourage lifelong fun, fitness, and friendship for all ages and abilities.**



# COME WALK WITH US!



*Group walk on Saturday, September 14 in O'Fallon, IL.*

**Walkers, including Susan Budd from Fort Wayne, getting ready to form up in the Popeye Parade, Chester, IL Saturday, September 7.**





**Illinois Trekkers at the Popeye Parade  
in Chester, IL.**

**Walkers enjoying the St. Charles YRE on  
Wednesday, September 4.**





**Walkers in front of City Hall in Nashville, IL during the Guided Group Event on Saturday, August 17.**

**Walkers enjoying the trail in Creve Coeur and lunch at the Lakehouse Restaurant following the walk on Saturday, August 10.**



*Photos Courtesy of DeAnne Brown*

**2019 YREs**

**Belleville Downtown, Historic District & Richland Creek Greenway (Walk)**

Balance Coffee and Tea, 732 S. Illinois Street, Belleville, IL 62220

POC: Susan Hodgson, 618-416-5533

**East Belleville - YMCA (Walk/Bike)**

YMCA, 2627 Carlyle Ave., East Belleville, IL 62221

POC: "Packy"/Susan Botula, 618-236-9521

**Belleville - National Shrine of Our Lady of the Snows (Walk)**

Shrine Motel, 451 S. De Mazenod Drive, Belleville, IL 62223

POC: Trudy Duffman, 618-670-6920

**Columbia – A Walk in Historic Columbia (Walk) **Temporarily Closed!****

Café on the Abbey, 340 S. Main Street, Columbia, IL 62236

POC: Trudy Duffman, 618-670-6920

**Edwardsville – YMCA (Walk/Swim)**

**A Walk to Edwardsville Parks**

YMCA, 1200 Esic Drive, Edwardsville, IL 62025

POC: Vickie Ridgeway, 618-792-3881

**Fairview Heights – St. Clair Square Mall (Walk)**

**Walgreen's, 6505 N. Illinois Street, Fairview Heights IL 62208**

POC: Trudy Duffman, 618-670-6920

**Glen Carbon – Old Town (Walk)**

Casey's General Store, 70 W. Main Street, Glen Carbon IL 62034

POC: Susan Hodgson, 618-416-5533

**Maryville - CMT YMCA (Walk/Bike)**

YMCA, 1 Town Center Drive, Maryville, IL 62062

POC: Vickie Ridgeway, 618-792-3881

**O'Fallon – Walk in the Parks (Walk)**

Schnuck's Market, 907 E. Hwy 50, O'Fallon, IL 62269

POC: Nikki Wilcoxon, 618-973-3825

**Seasonal Walk (04/01/2019-12/31/2019)**

**Mascoutah, IL**

St. Louis Coffee World Coffee Shop, 200 East Main Street, Suite 200, Mascoutah, IL 62258

POC: Susan Jones, 951-818-6662

# Illinois Trekker Membership Meeting

## September 5, 2019

1. **Call to Order:** 6:31pm per Trudy Duffman, President
2. **Special Guests:** none
3. **New Members:** none
4. **Secretary's Report:** Minutes for June & July were approved as written.
  - Dee Wojtysiak made the motion & Muriel Barber seconded it. Passed
5. **Treasurer's Report:** Treasure report was approved pending audit.
  - Muriel Barber made the motion & Nikki Wilcoxon seconded it. Passed
6. **Committee Reports:**
  - A. Volkssport Committee- Diane Prost, POC
    - Future Traditional Events
      - September 7 – Popeye Walk. Vickie Ridgeway, POC. Vickie gave a brief report on the procedure to get ready to walk in the parade.
      - October 26 – Old Tin Man Walk. Diane Prost, POC. Everything is ready to go for the walk.
      - November 25 – Way of Lights Walk. Diane Prost, POC. Will mark trail morning of walk. Will try to have Christmas music and singers at our event. Nikki Wilcoxon is Girl Scout coordinator and will invite Girl Scouts troops and run their registration.
      - Trudy Duffman will be POC for the Snow's YRE.
      - Sue Bacon will be POC for Columbia's YRE.
      - Mascoutah Seasonal walk will not be renewed for 2020.
      - 2019 Incentive Program: 13 completed.
      - Club Christmas Walk and party – Nikki reported “The oar was in the water but had not been pulled back”.
7. **Old Business**
  - A. Nashville Guided Walk – 25 walkers enjoyed the walk despite a couple of rain showers. We had a great time talking and walking with cookies halfway through the 5K. It doesn't get any better than that! Thanks to a local couple George and Phillis Myers. Their yard was outstanding, as well, with all the flags!
  - B. Wednesday walks are going well. Check the weekly email for info.
8. **New Business:**
  - AVA's trial media campaign is not working like we expected. It is hard/impossible to contact the company that is supposed to be running it.
  - All YREs will be renewed except for Mascoutah walk.
    - Dee Wojtysiak made the motion & Nikki Wilcoxon seconded it. Passed
  - Vickie had to resign as secretary due to family health issues.
    - Vickie Ridgeway made the motion to elect Leonard Wojtysiak as secretary & Nikki Wilcoxon seconded it. Passed
  - The clubs 40<sup>th</sup> anniversary will be next year; plans are starting to be made for this milestone.
    - Diane Prost will work on food/awards/door prizes.
    - Dee & Leonard will work on walk and brochure.
    - Nikki will work on publicity.
    - Dee & Leonard & Trudy will work on the 40<sup>th</sup> Incentive Program.
      - Suggestions for an award at 10, 20, 30 & 40 walk levels. Everyone can be a winner.
9. **President's Report**
  - A. None give due to the full meeting schedule.



**10. Items from the Floor:**

A. None

**11. Attendance Drawing:** Louis Kummel won the door prize.

**12. Next Meeting:** The October meeting will be held at Fairview Heights Library, 10017 Bunkum Road, Fairview Heights, IL 62208 on October 3, 2019 at 6:30pm.

**13.** Meeting adjourned at 7:44pm.

**POCs for 2020 Year-Round Events:**

<u>EVENT</u>	<u>TYPE</u>	<u>POC</u>
Belleville Downtown	Walk	Susan Hodgson
Columbia	Walk	Sue Bacon
East Belleville YMCA	Walk	Packy Botula
	Bike	Packy Botula
Edwardsville Parks	Walk	Vickie Ridgeway
	Swim	Vickie Ridgeway
Glen Carbon	Walk	Susan Hodgson
Maryville	Walk	Vickie Ridgeway
	Bike	Vickie Ridgeway
O'Fallon	Walk	Nikki Wilcoxon
Shrine	Walk	Trudy Duffman
St. Clair Square Mall	Walk	Trudy Duffman

**Report on Year-Round Events:**

Downtown, Historic Districts	Walkers: August= 8	YTD=64
Columbia	Walkers: August= 6	YTD=55
East Belleville YMCA	Walkers: August= 0	YTD=54
	Bike: August= 0	YTD=12
Edwardsville Parks	Walkers: August= 3	YTD=49
	Swim: August= 3	YTD=20
Glen Carbon	Walkers: August=11	YTD=70
Maryville	Walkers: August=14	YTD=69
	Bike: August= 0	YTD=25
Mascoutah	Walkers: August= 3	YTD=38
O'Fallon	Walkers: August= 6	YTD=60
Shrine	Walkers: August= 8	YTD=71
St. Clair Square Mall	Walkers: August= 0	YTD=73