

ILLINOIS TREKKERS FOOTNOTES

NO. 2017-03

May 2017



President: Diane Prost; email diaprost@sisna.com; phone (618)726-7030

Vice President: Trudy Duffman; email trudyduffman@yahoo.com (618) 670-6920

Secretary: Vickie Ridgeway; email ridgeway410@msn.com; phone (618)416-5533

Treasurer: Dee Wojtysiak; email drw488@gmail.com; phone (618)530-3325

A Message from our President

President's Message

April showers bring May flowers, but April thunder storms and flash flooding caused the April traditional event to be cancelled. The safety of our walkers is our first priority. April showers made walking a challenge, but the rain should make the May flowers beautiful. There are many walks in May for your walking enjoyment. The Gateway Milers will host the Lafayette Square & Soulard Neighborhoods Walk in St. Louis and the St Louis-Stuttgart Volksmarch Club will host the Valley of the Flowers Walk in Florissant on May 6th. The Lebanon Cedar Cruisers will host the Highland, Illinois Walk on May 13th. Then on May 20th the Gateway Milers will host the SIUE Walk. St Louis-Stuttgart Volksmarch Club on May 27th will host the Memorial Weekend Walk. Trekkin Tuesdays will continue in May. In May Three Mile Thursdays will be held at the Richland Creek Greenway & Historic District Walk. Registration will be at 6:15 pm at St. Elizabeth Hospital, 211 S 3rd. St., Belleville, Illinois. The walks will start at 6:30 pm on May 11th, May 18th and May 25th.

Please read the proposed changes to the AVA By-laws and Linda Neu's comments in this edition of the Footnotes. We will be discussing these changes and voting on these changes at our club meeting. The club will also be deciding who to vote for President and officers of the AVA. Our delegate to the Convention will be voting for us at the convention in Billings, Montana.

Trudy Duffman was elected Vice President at the April club meeting. Thank you Trudy for volunteering to be Vice President.

Please give your ideas for walks for 2018 to any officer or bring your ideas to our next club meeting or email to diaprost@sisna.com. Volunteers are

needed to work at traditional events, to be POC for the Shrine YRE walk, POC for the Way of Lights walk in November and Chairman of the Volkssport Committee.

Please come to our next club meeting to help plan future walks and help shape the future of the Illinois Trekkers and the AVA. The next meeting will be May 4, 2017 @ 6:30 pm in the Kinsella Room at the Fairview Heights Library. The Fairview Heights Library is located at 10017 Bunkum Road, Fairview Heights, IL. When you reach 10017 Bunkum Road turn right onto Library Drive and continue to the library parking lot behind the library. Enter through the door on the lower level at back of library.

Submitted by Diane Prost

President, Illinois Trekkers Volkssport Club



Upcoming Walks

The Illinois Trekkers do not have any traditional walking events scheduled for the month of May. However, sister clubs have events scheduled during the month.

May 6 – Valley of Flowers, Florissant YRE Kick-Off Event, St Ferdinand Park, Florissant, MO – St Louis-Stuttgart Volksmarch Club

May 6 – Lafayette Square/Soulard Traditional Event, St Louis, MO – Gateway Milers

May 13 – Highland, IL Traditional Event – Lebanon Cedar Cruisers

May 20 – SIUE Traditional Event – Edwardsville, IL – Gateway Milers

May 27 – Willmore Park Traditional Event, St Louis, MO – St Louis-Stuttgart Volksmarch Club



REMEMBER THE WEATHER IS GETTING NICE, SO LACE UP YOUR SHOES AND WALK!

Keep on Trekkin'

Upcoming "Trekkin" Dates for your Calendar

May 2: Trekkin' Tuesday – Rescheduled Laderman Park Traditional Event/Group Walk – 10:45am registration with walk at 11:00am OR 6:15pm registration with 6:30pm walk

May 4: 6:30 pm Trekkers Meeting, Fairview Heights

May 9: Trekkin' Tuesday – Richmond Heights, MO 9:45am registration with walk at 10:00am

May 11: 3-Mile Thursday Evening Walk – Richland Creek, Belleville, IL – 6:15pm registration with walk at 6:30pm

May 16: Trekkin' Tuesday – Shrine, Belleville, IL – 9:45am registration with walk at 10:00am

May 18: 3-Mile Thursday Evening Walk - Richland Creek, Belleville, IL – 6:15pm registration with walk at 6:30pm

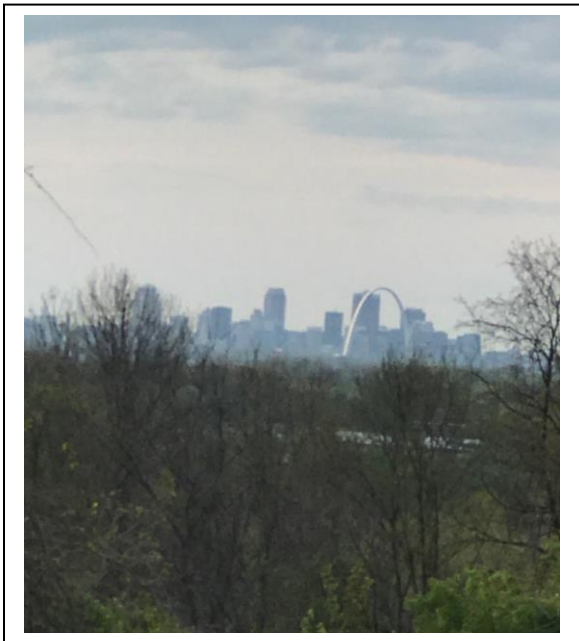
May 23: Trekkin' Tuesday – Jefferson Barracks/Lemay, St Louis, MO – 9:45am registration with walk at 10:00am

May 25: 3-Mile Thursday Evening Walk – Richland Creek, Belleville, IL – 6:15pm registration with walk at 6:30pm

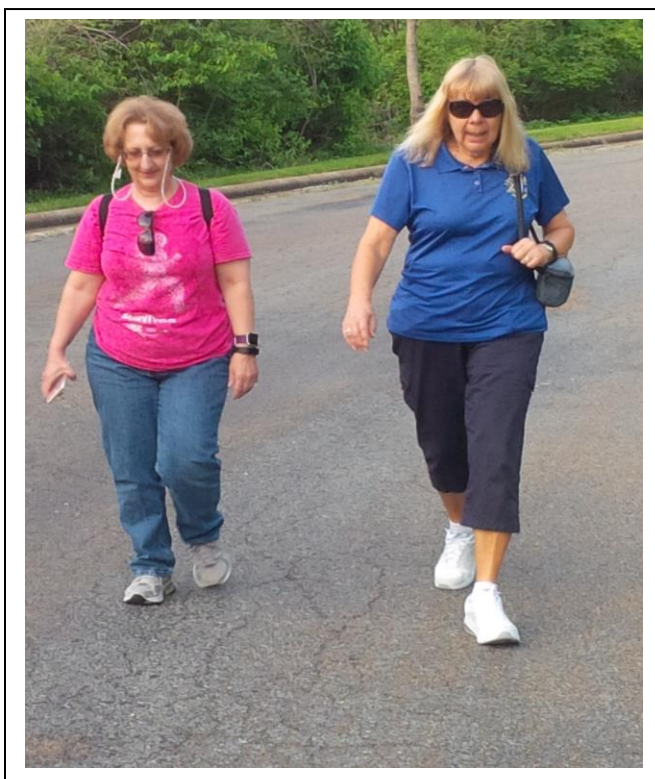
May 30: Trekkin' Tuesday – Springfield, IL – 10:30am registration with walk at 10:45am

Please check our club website for times and places of Trekkin' Tuesdays, 3-Mile Thursdays, and Saturday group walks.

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Fun on 3-Mile Thursday evening walk at the Shrine!
Photos Courtesy of Vickie Ridgeway



3-Mile Thursday evening walk at the Shrine!
Photo Courtesy of Mark Ohl

Thank You

I would like to thank everyone for the Get Well wishes, prayers and thoughts during and after my surgeries. I am recovering and should be on the walking trail by June 1. Your kindness was deeply appreciated.

Trudy Duffman

“All walking is discovery. On foot, we take the time to see things whole.”

Hal Borland

Footnotes Editor: Trudy Duffman
Submit articles by the 25th of each month.

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PROPOSED BYLAWS CHANGES

SUMMARY

Proposed Bylaws Change #1

Change the name of the NEC to Board of Directors effective July 1, 2019. Changes the name in various places throughout the Bylaws.

Rationale: The AVA has outgrown governance by a council deeply involved in executing the day-to-day operations of the association. With so much effort devoted to operations, the NEC historically has not had the time to effectively address many of the key responsibilities of a directing body. This shortcoming is evidenced by the small amount of time devoted to purposeful strategic thinking and direction, effective planning, adequate financial resourcing, effective performance measurement, and ongoing board development and succession. Coupled with the proposed amendment on board committees, this would focus the AVA's governing body strategically on high level direction, leaving operations to the Executive Director, headquarters paid staff, and committees of staff and volunteers who could devote greater attention to the day to day requirements of the AVA. Moreover, by not doing operational work, the board would be in a better position to provide oversight and assessment. This is achievable with the robust national volunteer program being instituted.

NEC Recommendation: Recommend approval.

Proposed Bylaws Change #2

Evaluation of Candidates for NEC Service. There are two paragraphs affected:

Current wording: 5.6(b) It shall be the duty of the Nominating Committee to nominate candidates for the National Offices to be filled by election at the regular membership meeting No member of the Nominating Committee may accept nomination for a National Office. If a committee member does choose to run for National Office, such candidate's membership on the Nominating Committee shall terminate and the National Executive Council shall immediately elect a replacement.

6.6(b) It shall be the duty of the Regional Nominating Committee to nominate candidates for Regional Director in that Region. No member of the Nominating Committee may accept nomination for Regional Director. If a committee member does choose to run for Regional Director, such candidate's membership on the Nominating Committee shall terminate and the Regional Director shall immediately appoint a replacement.

Proposed wording: 5.6(b) It shall be the duty of the Nominating Committee to seek and nominate qualified candidates for the National Offices to be filled by election at the regular membership meeting. No member of the Nominating Committee may accept nomination for a National Office. If a committee member does choose to run for National Office, such candidate's membership on the Nominating Committee shall terminate and the National Executive Council shall immediately elect a replacement.

6.6(b) It shall be the duty of the Regional Nominating Committee to seek and nominate qualified candidates for Regional Director in that Region. No member of the Nominating Committee may accept nomination for Regional Director. If a committee member does choose to run for Regional Director, such candidate's membership on the Nominating Committee shall terminate and the Regional Director shall immediately appoint a replacement.

Rationale: Presently the AVA has no explicit qualifications for candidates for NEC positions. Specifying general qualifications would lead to better candidates for office and better NEC performance. These qualifications should be the same for officers and directors.

The specific rationale for including each qualification purely as an evaluation criterion is:

1. Passion is the most important qualification. If they are passionate, they will do a great job.
2. The board needs leaders since its job is to lead AVA; without good communication skills, prospective candidates cannot effectively lead and advocate for AVA
3. Prior experience is helpful, but not mandatory, because the number of opportunities to serve on a non-profit board are limited; for-profit experience is also valuable.
4. The nonprofit sector is different from the government and for-profit sectors; since prior experience is not always possible, looking at the candidate's actions to acquire an understanding of nonprofits, such as through education and volunteering, would also demonstrate a level of interest and commitment.
5. Specialized expertise is very helpful when striving to achieve strategic goals. It is imperative that every board member bring a special talent.
6. If candidates do not understand what is expected, responsibilities and obligations, they may seek NEC positions without grasping the AVA's expectations for them. This would be a disservice to the candidates and could have negative consequences for AVA.
7. Candidates need the time to commit to the position. This is a major expectation, for without it, the board would govern with a handicap. Candidates must understand this to serve AVA well.

Moreover, the AVA should proactively seek qualified candidates, not wait to see who wants to come forward and hope they are qualified. To find the best candidates, sometimes it is necessary to ask to get who would be a good fit and valuable asset.

NEC Recommendation: Recommend disapproval and refer to the Standards and Evaluations Committee to place this in the Policy Manual.

Proposed Bylaws Change #3

Separate National and Regional Responsibilities of Directors

There are four paragraphs affected:

Current Wording

6.3. Duties. Each Regional Director shall:

- (a) coordinate and promote the AVA program of activities within the represented Region
- (b) maintain liaison between Members in his Region, the National Executive council and the National Headquarters.
- (c) review applications for membership from groups in the Region and recommend action to the National Executive Council

- (d) approve Volkssport event scheduling for Members within his Region or appoint a designee to do so
- (e) approve event sanctioning and provide notice of sanction approval to the National Headquarters or designate someone to do so
- (f) review delinquency reports and follow up to ensure that all reports have been submitted and debts to the AVA have been paid
- (g) implement disciplinary action against AVA members in the Region for violations of the AVA or IVV rules.
- (h) promote the development of new clubs within the Region by visiting, corresponding with or making presentations to interested groups to promote the growth of AVA
- (i) recommend to the National Executive Council disciplinary action against Members within the region for violation of AVA or IVV rules
- (j) perform such other duties as are prescribed by the AVA President and the National Executive Council.

6.6(a) A Nominating Committee shall be appointed in each Region by the Regional Director at least nine months prior to the regular membership meeting.

6.6(b) It shall be the duty of the Regional Nominating Committee to nominate candidates for Regional Director in that Region. No member of the Nominating Committee may accept nomination for Regional Director. If a committee member does choose to run for Regional Director, such candidate's membership on the Nominating Committee shall terminate and the Regional Director shall immediately appoint a replacement.

7.6(a) Membership. The elected National Officers, a representative of the Regional Directors who has been elected by the Regional Directors, and the Executive Director shall constitute the Executive Committee. Each member of the Executive Committee shall have one vote, except the Executive Director who shall have no vote.

Proposed wording:

6.3 Duties. Each National Director shall:

- (a) apply their regional familiarity to the general national supervision of the AVA
- (b) with regional assistants, coordinate and promote the AVA program of activities
- (c) with regional assistants, promote the development of new clubs within the Region
- (d) perform such other duties as are prescribed by the AVA President and the National Executive Council.

6.6(a) A Nominating Committee shall be appointed in each Region by the respective National Director at least twelve months prior to the regular membership meeting. It shall work in coordination with the National Nominating Committee to ensure the Board of Directors has members with the expertise it needs to lead the AVA strategically.

6.6(b) It shall be the duty of the Regional Nominating Committee to seek and nominate qualified candidates for National Director from that Region. No member of the Nominating Committee may accept nomination for National Director. If a committee member does choose to run for National Director, such candidate's membership

on the Nominating Committee shall terminate and the National Director shall immediately appoint a replacement. The Regional Nominating Committee shall consider the same criteria as in section 5.6(b) when evaluating candidates to be nominated.

7.6(a) Membership. The elected National Officers, two representatives of the National Directors who have been elected by the National Directors, and the Executive Director shall constitute the Executive Committee. Each member of the Executive Committee shall have one vote, except the Executive Director who shall have no vote.

Rationale:

Presently, regional directors have two important, but distinctly different roles: that of regional AVA representative and national board member. Each places very different demands on the director. This proposed amendment would create two different positions for each region, one for each of those roles.

As a national board member, directors would be elected in their regions to perform all responsibilities in the bylaws associated with service on the NEC—same as RDs today. To ensure NEC membership is well-rounded nationally, providing the skills needed on the board, regional and national nominating committees would coordinate recruitment efforts.

Freeing Directors to address national matters and adding a second one to the EC would make the NEC more productive strategically while adding regional positions would give clubs and state organizations a second avenue of access to the NEC.

This amendment would become effective in July 2019 so that those elected directors would know what would be expected of them and the AVA would have time to work out details for implementing regional assistants (the role of assistants would be defined in yet-to-be-written AVA policy [e.g., selection procedures, integrating them into the staff, refining responsibilities, defining the relationships with clubs and state organizations, under what circumstances directors and assistants could be one in the same individual]; not being part of the AVA governance structure, this content should not be addressed in the bylaws).

If not adopted, RDs would continue serving two different masters with two very different needs.

NEC Recommendation: Recommend disapproval - needs more work from the Bylaws Committee.

Proposed Bylaws Change #4.

Standing Committees and Their Orientation. There are three paragraphs affected:

Current Wording: Standing Committees

10.1 Committees, standing and special, as deemed necessary by the National Executive Council to carry on the work of the AVA shall be appointed by the AVA President with the advice and approval of the National Executive Council.

10.2. All committees . . . shall consist of at least one member of the National Executive Council. A majority of the members shall not be members of the National Executive Council. No member of the National Executive Council shall be on the Nominating Committee. The AVA President shall be a member ex-officio of all committees except the Nominating Committee.

10.3. There shall be the following standing committees: Audit, Bylaws, Convention, Internet Technology, Publicity and Standards and Evaluation.

5.3(a)(2) [The President shall] serve as ex-officio as a member of all committees except the Nominating Committee.

Proposed Wording:

10.1 Board committees, standing and special, as deemed necessary by the National Executive Council to carry on the work of the NEC shall be appointed by the AVA President with the advice and approval of the National Executive Council. All committees dealing with day to day operational subjects shall be established and overseen by the Executive Director.

10.2 All committees, standing and special, shall have a majority of members from the National Executive Council. One member of the National Executive Council shall be on the Nominating Committee. The AVA President shall chair the Governance Committee and be a member ex-officio of all other board committees except the Nominating Committee.

10.3. There shall be the following standing committees: Audit, Executive, Governance, Finance and Investments, and National and IVV Awards.

5.3(a)(2) [The President shall] chair the Governance Committee and be a member ex-officio of all other board committees except the Nominating Committee.

Rationale:

The NEC as a national board has important legal responsibilities to oversee the AVA. When the NEC establishes the committees heavily involved in AVA operations and appoints their members it cannot carry out that stewardship responsibility objectively.

This proposed amendment aligns NEC committee with the conduct of the board's business. Non board members would continue to serve on NEC committees for their special expertise and as a way to expose potential future board members to NEC service. The president would continue to serve as an ex officio member of NEC committees, and would chair the new governance committee, which would convert current standing committees into subcommittees.

Information on committees dealing with operations would be moved from the AVA's governance document to policies established by the ED to be responsible for executing tasks assigned to the national headquarters.

This reflects non-profit best practices. If not adopted, the NEC would be burdened with operational committees which would continue to jeopardize its objectivity when performing its legal responsibilities.

NEC Recommendation: Recommend disapproval - needs more work from the Bylaws Committee.

ILLINOIS TREKKERS VOLKSSPORT CLUB MEETING MINUTES April 6, 2017

- 1. CALL TO ORDER:** 6:30 p.m. by President, Diane Prost.
- 2. GUESTS:** Special Guest: Suzanne Koziatek, Freelance writer for Belleville News Democrat who writes Prime Life for readers > 50.
- 3. NEW MEMBERS:** None
- 4. SECRETARY'S REPORT :** Leonard made a motion to approve the minutes; it was seconded and approved by the members.
- 5. TREASURER'S REPORT:** Dee reported on February and March. Muriel made a motion to approve the report, it was seconded and approved by the members.
- 6. COMMITTEE REPORTS:**
 - A. Volkssport Committee:** Diane Prost, Acting chair, reported.
 - 1) Individual incentive program: **Tour De Saint Louis.**
 - a) 2017 brochures available tonight
 - b) Can be downloaded or printed from Illinois Trekkers' website.
 - 2) Step into Spring-Moody Park: Darleen Kraemer. Darlene mentioned that we had 50 walkers at our first event. Diane mentioned that she had gotten many good comments about the walk. Kudos to Darlene and Louis for extra effort for last minute change in their trail plans.
 - 3) April 29th walk: Packy Botula reported. Everything is ready. Worksheet passed around. Will begin at Pavilion #2 in Laderman's Park. Working around the considerable construction going on in Belleville right now, but confident have a good walk plan in place now.
 - 4) Maryville walk/Volksswim event June 17, 2017: Vickie Ridgeway reported. Will need Volunteers to help with walk & swim. Swim at Edwardsville YMCA : a)Members of any YMCA will be charged \$3.00 for swim event b)Non YMCA Members will be charged \$6.00 for swim event as YMCA charges \$5.00 for open swim, Illinois trekkers must pay AVA \$0.25 per swimmer for the event.
 - 5) July 15th walk, Grant's Trail move to Waterloo, IL. Sue Bacon has asked to change the location and is working on details. Discussion was positive to allow for change in location. Trudy made the motion to accept change and was carried unanimously.
 - 6)Belleville Downtown YRE
 - a) New start point: Balance Coffee and Tea Shop, 723 South Illinois Street, Belleville, IL. Opens at 6am. Saturday and Sunday, opens 8am -9pm. Susan spoke of the owner's shop and several community happenings at the shop already.
 - b) St. Elizabeth's Hospital opens November 4, 2017 in O'Fallon.
 - c) New walks are completed.
 - d) Packy made motion to move walk start point to new location as of June 1, 2017 as Susan Hodgson, POC, has requested. Motion passed unanimously.
 - 7)Soup Walk November 4, 2017 O'Fallon, IL: Trudy Duffman. 1 can soup, 1 can nonperishable for the Food Pantry. Walk route is ready.
 - 8)New YRE for O'Fallon, IL 2018 Nikki Wilcoxon, POC. Susan Hodgson has worked on the routes which includes Rock Springs Park, and 2 other parks of O'Fallon. 2 5K loops. Start point will be at Schnucks. Susan has already sanctioned event, stating that she walks this event with her family frequently and will personally sanction event if club decides not to sanction until 2018. Dee made motion to accept the sanction; seconded and unanimously accepted by the members at hand.
 - 9)50th Anniversary Spassfest Volksmarch in Germantown, IL on August 19, 2017. Diane reporting that the Germantown Historical Society has a shuttle bus that will take walkers to a private Fort tour of

Bob Eversgard for a small donation. Several other items to check out along the walk: Cooperstown plaque of Red Schoendienst, and German stations of the cross.

B. Special Activities Committee: Nikki Wilcoxon, Chairwoman.

2)**Refreshments:** Darleen Kraemer, Chair. Dee provided refreshments this evening. Diane Prost is up for next month.

7. OLD BUSINESS:

A. Volkssport Committee Meetings. These meetings are open to anyone interested in planning walks. Start thinking of ideas for 2017 and 2018 walks

B. 2017 Illinois Trekkers' membership forms available online.

1. Don't forget to renew your membership.

2. Dee has recently been sending out emails to past members in hopes of encouraging communication and membership numbers.

C. Three Mile Thursdays Schedule. Walks will start at 6:30 unless further notice given. Be there at 6:15 to sign up.

1)April 13, 20, & 27, 2017: Our Lady of the Snows Shrine YRE

2)May 11, 18 & 25, 2017 Richland Creek YRE

3)June 8, 15, 22, & 29, 2017 Millstadt YRE

4)July 13, 20, & 27, 2017 Maryville YRE

5)August 10,17, 24, 31, 2017 Belleville East YMCA YRE

6)September 14, 21, & 28, 2017 Glen Carbon YRE

7)October 12, 19, 26 St. Clair Mall YRE

D. Mid-America Conference

Mid America's 2017 Conference date is October 27, 28 & 29, 2017 in Evansville, Indiana.

E. Traveling Stamp

8. REPORTS ON YEAR-ROUND EVENTS (YRE'S):

<u>Our Lady of the Snows:</u> Dale Gerlach –	Walkers:	4 -	March;	18– YTD
<u>Richland Creek:</u> Nikki Wilcoxon –	Walkers:	5 -	March;	19 –YTD
<u>Belleville YMCA:</u> Packy and Sue Botula –	Walkers:	12 -	March;	28 –YTD
	Bike:	0 -	March;	0 –YTD
<u>Maryville:</u> Vickie Ridgeway -	Walkers:	5 -	March;	18 - YTD
	Bike:	0 –	March;	0 –YTD
<u>Fenton:</u> Tom and Cindy Stucky-	Walkers:	4 -	March;	9 -YTD
<u>Glen Carbon:</u> Susan Hodgson -	Walkers:	9 -	March;	53 -YTD
<u>St. Clair Square Mall:</u> Trudy Duffman -	Walkers:	2 -	March;	23-YTD
<u>Millstadt:</u> Jackie McKay	Walkers:	16 -	March;	47-YTD

9. OPPORTUNITIES FOR SERVICE:

A. Volunteer to POC for Way of Lights Walk

B. Volunteer to be POC for the Shrine YRE

C. Volunteers to work at traditional events

D. Members for committees

1). Need Chairman for Volkssport committee

2. Need Members for Volkssport committee

10. NEW BUSINESS:

A. Vice President vacancy

- 1) Volunteer
- 2) Trudy Duffman has volunteered. Susan Hodgson motioned we accept Trudy as our Vice President; seconded and passed unanimously

B. Group walk leader at Traditional events. Would require a 5K leader and a 10K leader. Discussion. Possible inclusion on worksheet. Diane mentioned that data shows that attendance has grown in clubs that include a leader and designated time for walkers to get together at events, mentioning Empire State Club. Further discussion postponed until a later date.

C. AVA Convention June 7-9, 2017 Billings, MT

- 1) Sue and Andy Bacon to represent Illinois Trekkers at Convention
- 2) Convention hotel rooms are totally booked
- 3) Check with the hotel, to make sure you still have reservations there.
 - a) Hotel name change
 - b) Some reservations were lost
 - c) Hotel direct telephone number is (406)248-7151.
- 4) Walks prior to convention start June 3, 2017
- 5) Post-convention walks June 10 & 11, 2017
- 6) Two AVA President Candidates
 - a) David Bonewitz, Southeast Regional Director
 - b) Bob Wright

D. German Plates and medals. Dee talked about the German plates and medals on display tonight that she and Leonard have collected and held for the club over the years from previous members. Discussion and more ideas needed for what we should do with these treasures for future.

11. PRESIDENT'S REPORT:

A. The Big Give this year will be May 4, 2017. AVA will be participating again this year. A motion was made by Vickie, seconded and passed by the club to give the same amount as last year, which was \$100.

B. Start thinking about ideas for 2018 walks!

C. Highlights from the recent NEC Meeting January (see New Business)

(not brought up, but in Diane's notes:

- 1) Bike cue sheets will be added to the trailmasters guide
- 2) New program proposed to start January 1, 2018 - Walk Like an Olympian
- 3) First prequel IML event – San Antonio, TX – February 24-26, 2017.

12. REVIEW OF AVA HEADQUARTERS' CHECKPOINT.

Link available on IL Trekkers website or can have it emailed to you.

13. ITEMS FROM THE FLOOR:

Susan Hodgson invited us to Carlinville walk on April 22, sponsored by Lebanon Cruisers.

14. ATTENDANCE DRAWING:

Vickie Ridgeway won the drawing!

15. NEXT MEETING:

May 4, 2017 @ 6:30 pm in the Kinsella Room at the Fairview Heights Library. The Fairview Heights Library is located at 10017 Bunkum Road; Fairview Heights, IL. When you reach 10017 Bunkum Road, turn right onto Library Drive and continue to the library parking lot behind the library. Enter through the door on lower level at the back of the library.

16. MEETING ADJOURNED: 7:50pm

Submitted by Vickie Ridgeway, Illinois Trekkers Secretary

2017 YREs

Belleville Historic District & Richland Creek Greenway (Walk)

St. Elizabeth Hospital, 211 S. 3rd Street, Belleville, IL

POC: Nikki Wilcoxon, 618-973-3825

Belleville - YMCA (Walk/Bike)

YMCA, 2627 Carlyle Ave., East Belleville, IL

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

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

Shrine Motel, 451 S. De Mazenod Dr., Belleville, IL

POC: Diane Prost (Interim) 256-527-3377

Fairview Heights – St. Clair Square Mall (Walk)

Schnuck's, 625 Lincoln Highway, Fairview Heights IL

POC: Trudy Duffman, 618-670-6920

Glen Carbon – Old Town (Walk)

Casey's General Store, 70 S. Main St, Glen Carbon IL

POC: Susan Hodgson, 618-416-5533

Maryville - CMT YMCA (Walk/Bike)

YMCA, 1 Town Center Dr., Maryville, IL

POC: Vickie Ridgeway, 618-792-3881

Millstadt – Village & Nature Park (Walk)

IGA Store, 625 East Washington Street, Millstadt, IL

POC: Jackie McKay, 618-616-1330

St Louis – Fenton, Mo (Walk)

Riverchase of Fenton Recreation Center, 990 Horan Street, Fenton, MO. 63026

POC: Cindy/Tom Stucky, 314-270-3100

Illinois Trekkers Volkssport Club
P. O. Box 603
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