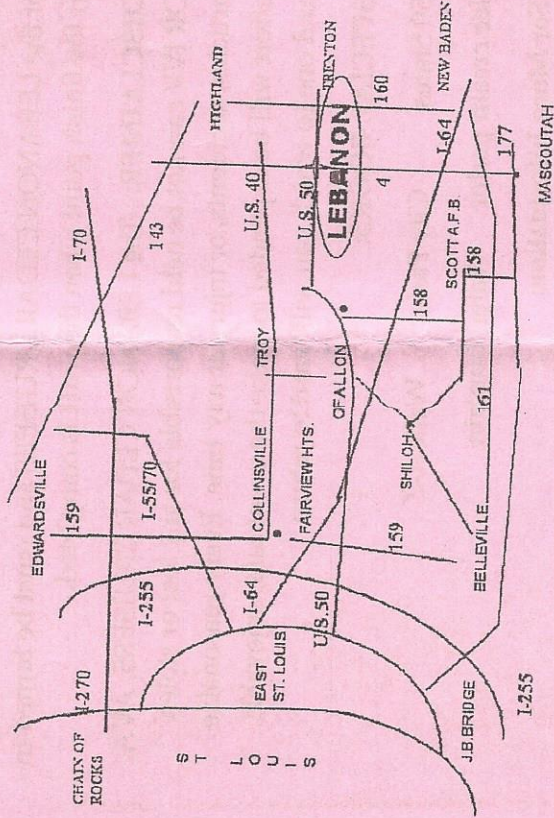


FOR MORE INFORMATION ABOUT THE WALK
PLEASE CONTACT:

Bill Malina
Lebanon Cedar Cruisers
604 Marcia Blvd.
New Baden, IL 62265
618-588-4097
wmalina@charter.net

LOCATION:

Lebanon is located at the junction of US 50 and IL Route 4. US 50 can be reached by I-64 if coming from the west. IL 4 can be reached by US 40 and I-70 from the north. IL 4 can be reached by I-64 from the south.



**A WALKING EXPERIENCE
IN LEBANON, ILLINOIS
5K & 10K Walk-Credit Only
OCTOBER 7, 2017**



**CELEBRATING 30 YEARS
LEBANON CEDAR CRUISERS
Sanction #MA17/107952**



**SANCTIONED
EVENT**

Eligible for credit toward IVV
Achievement Awards

WELCOME:

The members of the LEBANON CEDAR CRUISERS invite you, your family, and your friends to join us for a walk through Lebanon, Illinois.

VOLKSWALK: It is a leisure walk through a scenic or historic area over a mapped route. The walk is non-competitive, open to all, and it is enjoyed by people of all ages. It is not a contest of speed or endurance. Volkswalking (people walking) originated in Germany.

TRAIL INFORMATION: Saturday, October 7, 2017 starting at the Lebanon Visitors Center, 221 W. St. Louis Street, Lebanon, Illinois.

START/FINISH POINT AND TIMES: Start anytime between 8:30 a.m. and 11:00 a.m. Walk or run at your own pace. You must be finished by 1:00 p.m. The event will take place regardless of weather. However, in the event of severe weather conditions which may cause injury, the event may be postponed or cancelled.

DISTANCE: A 5-KM (3.1 miles) and a 10-KM (6.2 miles) course will be offered. The walk will be on various surfaces (streets or roads) by historic, residential areas, by McKendree University and to Horner Park. The walk is suitable for stroller and handicapped with some difficulty. Adequate street parking is available. One may want to come early due to the Fall Festival. Additional parking may be found at the Grade School and then walk 3 blocks to Start Point. Trail rating: A1A (1+) 3 small hills

ELIGIBILITY: All ages are welcome, it is open to all. Family participation is encouraged. An adult must accompany children under 12 years of age. All pets must be leashed and under control at all times. Clean up after your pets (it's the law). All participants desiring credit must register.

REFRESHMENTS: Water will be provided at the control points. Restrooms are available at the start point and the park.

REGISTRATION: \$3.00 for credit only event. There will be no pre-registration, so, no refunds. All Lebanon Cedar Cruiser events are sanctioned by the American Volkssport Association, a member of the International Federation of Popular Sports (IVV). Participants are reminded to bring their IVV/AVA Record Books. Record Books will be available at the walk for a cost of \$6.00 each (Event/Distance). New walker packets will also be available.

PROCEDURE: At the start of the walk, each person must get a start card, which must be completed. This card must be carried on the walk and personally presented at all control points for checking. All start cards remain the property of the LEBANON CEDAR CRUISERS and must be turned in at the finish point when the walk is completed.

DISCLAIMER: The LEBANON CEDAR CRUISERS, AVA, OR IVV can not be held responsible for any lost or stolen articles, accidents, or injury at any time. Every reasonable effort will be expended to make the event safe, enjoyable, and one to which you will want to return.

SPECIAL BOOKS:

50 States City Park Walk A-Z
Ice cream parlor Water fountain

For More Information:

Bill Malina (618) 588-4097

Email: wmalina@charter.net

AVA Website: www.ava.org