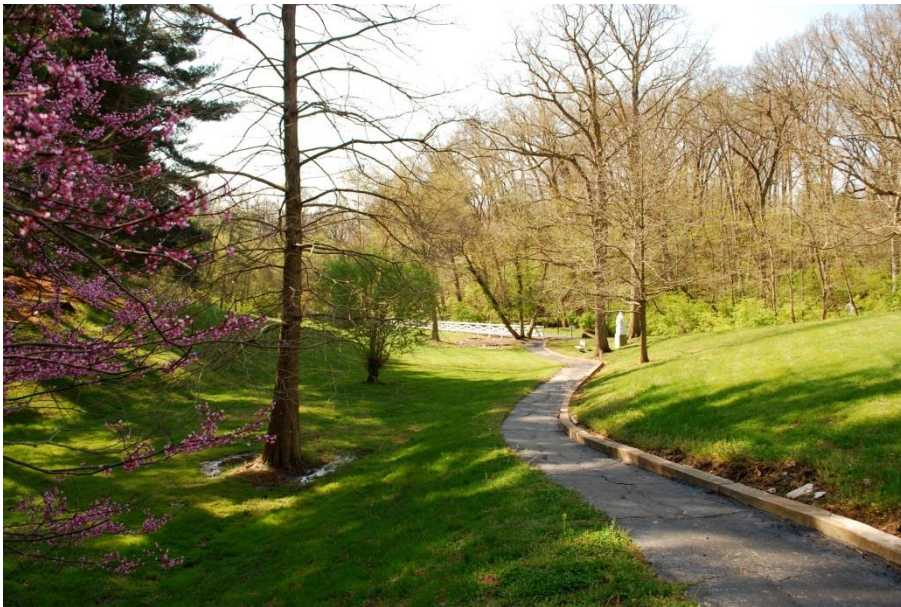




The Illinois Trekkers invite you to take a fall afternoon walk at King's House Retreat nestled on 47 quiet, wooded acres in Belleville, Illinois. King's House Retreat is sponsored by the Missionary Oblates of Mary Immaculate. The walk will take you through the Stations of the Cross, the quiet neighborhood, the nature trail and a walking labyrinth.



What is a Volksmarch: A Volksmarch is literally a "folks walk" or a

walk for the people. It is a self-paced walk for all to enjoy. The purpose of a Volksmarch is to encourage physical fitness, promote fellowship and to enjoy the outdoors.

START LOCATION: King's House Retreat, 700 N. 66th Street, Belleville, Illinois 62223 Phone 618 397-0584

START TIME: Start between 12:00 p.m. and 2:00 pm. Walk at your own pace. You must be finished by 5:00 p.m. Please no pets allowed.

DISTANCE: 5k and 10k walk will be offered. The first 5k loop is on a trail with some stairs. The second 5k loop is on a nature trail with one hill. The walk is unsuitable for wheelchairs and strollers.

TRAIL: The trail is rated 2B and is on walking paths, city streets and grassy nature areas with beautiful views.

REGISTRATION: Everyone is welcome to participate in this event for a fee of \$3. An adult must accompany children age 12 and under. All participants must check in at the registration table and receive a start card. Carry the card with you on the walk. Start Cards remain the property of Illinois Trekkers and must be turned in at the finish point at the end of your walk. There is no refund for monies paid. Event will take place regardless of weather.

REFRESHMENTS: Water and restrooms will be provided at the Start/Checkpoint/Finish.

INFORMATION CONTACT: The point of contact is Diane Prost, phone 256 527-3377, email diaprost@sisna.com

AVA Website is www.ava.org

Illinois Trekkers Website is www.illinois-trekkers.org/

DISCLAIMER: AVA and the sponsors of this event are not liable for accidents, thefts or material damage. Every effort will be made by the sponsors to make this a safe, enjoyable and memorable event.

SPECIAL BOOKS: Walking the United States

Walking the USA A-Z

Make A Wish at a Water Fountain

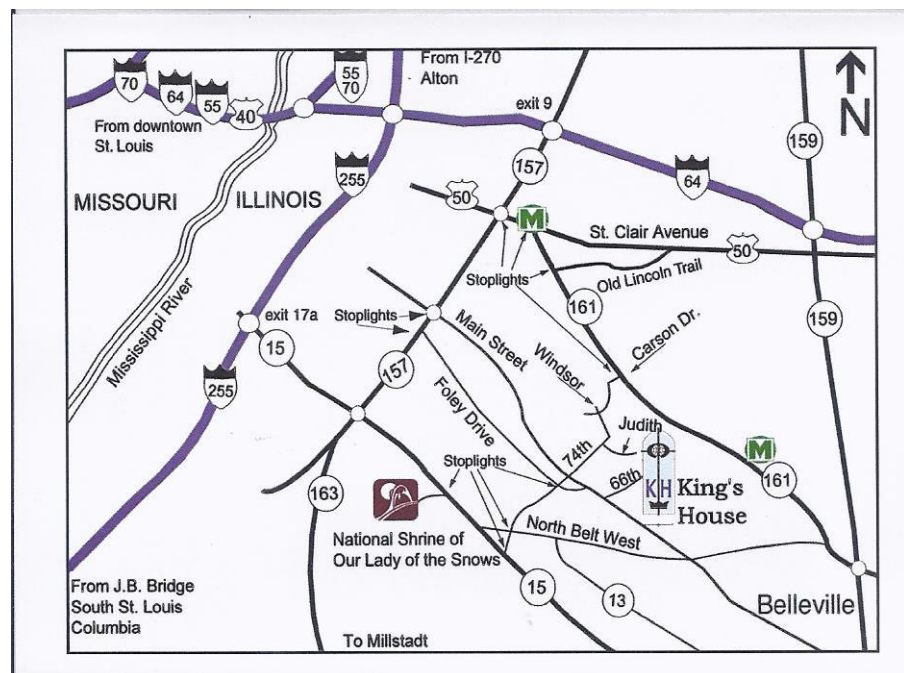
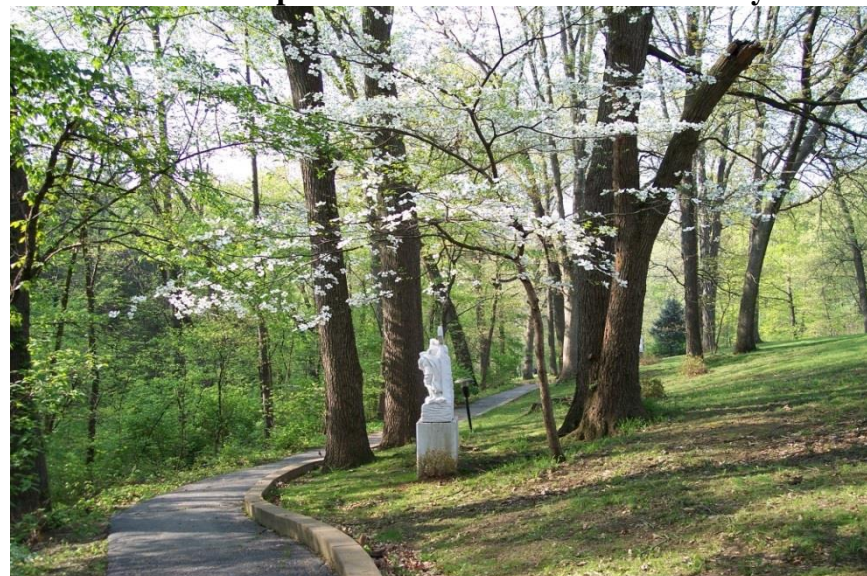


Fall Afternoon Walk at Kings House Retreat Belleville's Hidden Treasure

A Non-competitive 5k & 10k Walk Credit Only

DIRECTIONS: From Interstate 255 take exit 17a Route 15 toward Belleville. Exit to the left from Route 15 onto North Belt West. At stoplight turn left onto 74th Street. Stay on 74th Street until Judith Drive. Turn right on Judith Drive. Then turn right into parking lot for King's House Retreat.

From Main Street in Belleville. Go west on Main Street until 74th Street. Turn right on 74th Street. Then turn right on Judith Drive. Turn right into parking lot for King's House Retreat.



Presented by Illinois Trekkers

Sunday October 15, 2017

AVA Sanction Number: MA17-107897

AVA: America's Walking Club



SANCTIONED EVENT

Eligible for credit toward IVV Achievement Awards