



DIRECTIONS: From I-44 or I-64, take Grand Blvd. Exit south to Tower Grove Park Entrance; right (west) On Main Parkway Drive to first full circle; go 3/4 around circle to Cypress South Gazebo.

St. Louis-Stuttgart VM Club

ITALIAN "HILL" VOLKSWALK

Cypress South Gazebo

In TOWER GROVE PARK

St. Louis, Missouri

10/5 Kilometer Recreational Walk



Saturday, August 12, 2017

AVA-0355 / SC 17-107661



**SANCTIONED
EVENT**



*Eligible for credit toward
IVU Achievement Awards*

What is a Volkswalk? A Volkswalk is an individually paced walk on a designated course, open to all ages and levels of ability. The purpose of a Volkswalk is to encourage participation in the healthful hobby of walking and to provide opportunities to explore cities, neighborhoods, parks or forests. Family participation is encouraged (children under 12 must be accompanied by an adult). Volkswalk events can be free, but donations to cover club expenses are requested. Also, an optional incentive program is available which enables walkers to keep records of events and distances completed. To participate in this optional program, walkers purchase record books to record their events and distances. Completed books are sent to The American Volkssport Association for a certificate, pin, and a patch, recognizing the number of kilometers walked and/or number of events completed. Record books are available for sale at the registration table, where we will be available to answer any Volkssport questions.

Welcome to Tower Grove Park and the "HILL" Neighborhood – Let's explore one of our city's treasured park and neighborhood as well as the surrounding areas. Enjoy an invigorating walk through historic streets lined with well-kept homes of varying sizes with small meticulously attended yards. Allow time to shop the ethnic grocery stores, the bakeries and interesting shops, and especially, save time to enjoy a meal in one of the many great restaurants on "The Hill" – it will be hard to choose among them so plan on a return visit to this great neighborhood.

Eligibility – This event is free and open to the public and family participation is encouraged. Children under 12 must be accompanied by an adult. There is a \$3.00 fee for IVV Credit.

Start/finish - "Cypress South Gazebo", located in Tower Grove Park. **Participants must register** and may begin the walk starting at 8:00 AM until 12:00 Noon. Participants must be finished by 3:00 PM. Event will be held rain or shine.

Trail – The trail is paved with some gentle inclines (rate 1a). The trail consists of a 10-K and 5-K route. It will accommodate wheelchairs, strollers, etc.

Parking – is available along the park streets near the Cypress South Shelter.

Award/Credit – This event has no award. Patches from prior events will be available, at a small cost, to be earned as "B" awards. IVV credit is \$3.00. If neither award or IVV credit is desired, donations to cover club expenses for this walk would be greatly appreciated.

Water – will be available at the start/finish & at the check point.

Pets – Allowed, but must be properly leashed and under control at all times. Please clean up after your pets.

Special Event Credit –

Safety First – Every effort has been made to ensure the safety of our participants. The sponsors of this event cannot be held liable for any lost, stolen items, damage, accidents, or injury at any time. You will be asked to sign a Disclaimer of Liability Form at the time of registration.

The St. Louis-Stuttgart VM Club, Is also affiliated with the St. Louis-Stuttgart Sister Cities, Inc., a non-profit organization which maintains the friendship between St. Louis and her sister city, Stuttgart Germany, through an active schedule of educational, cultural and business exchanges. The SLSSC, the original sponsor of our volkssporting events, introduced our citizens to an activity typically enjoyed in the country of our sister city.

For Additional Information –

Contact Esther Rhodes – 314 544-2198 – ekr995@aol.com

Joe or Jackie Burgoon – 314 839-2567–burgoonjt@aol.com

Visit these Volkssporting internet sites:

www.sites.google.com/site/stlouisava/

www.ava.org

www.ivv.org

St. Louis-Stuttgart Volksmarch Club, Inc.

1980 Avon Drive

Florissant, MO 63033-1323