

Historic University City/ Delmar Loop Walk

Saturday, August 5, 2017
University City, Missouri



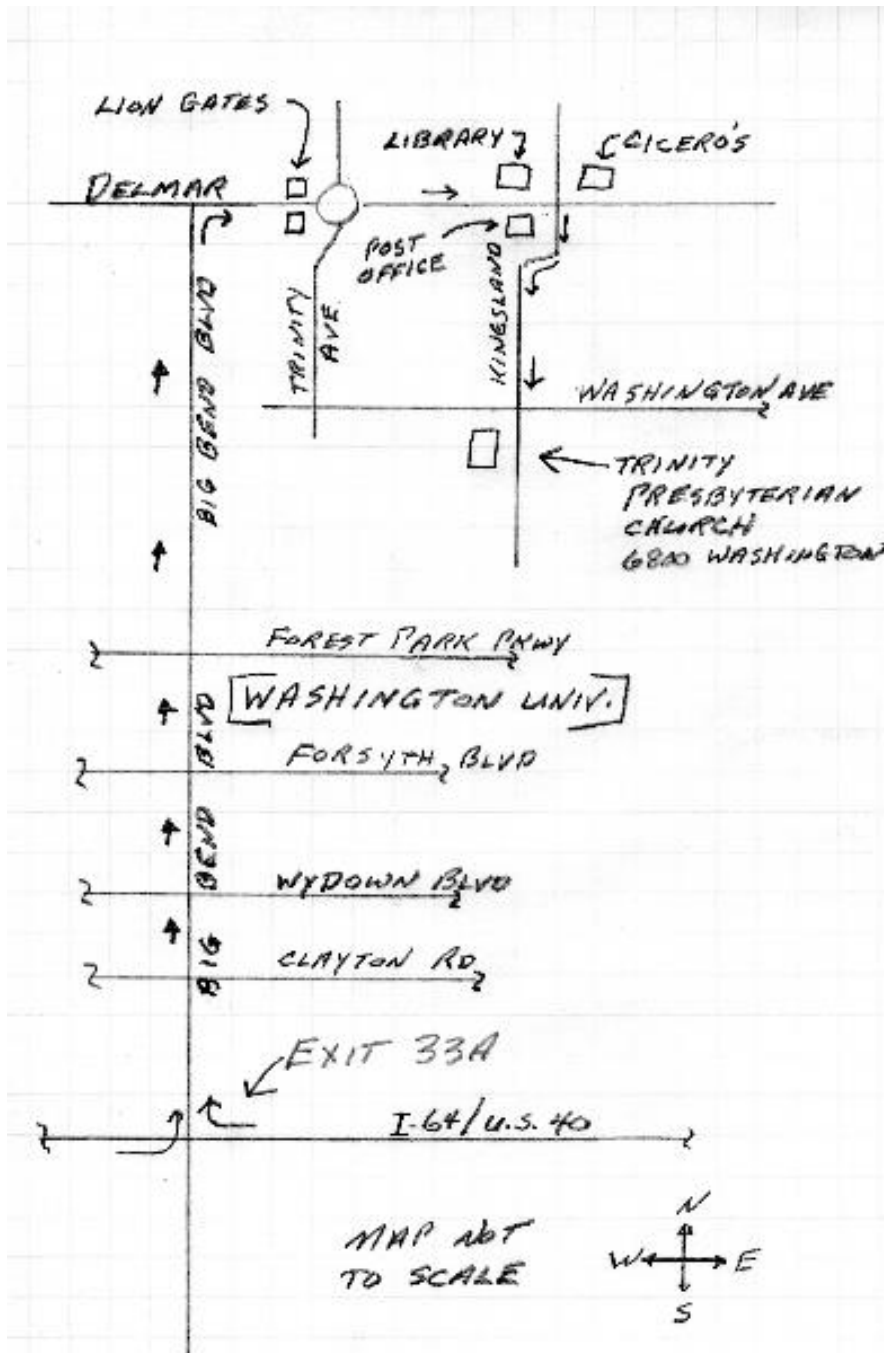
University City Lion Gates

5K Rating: 1A 10K Rating: 1A
EVENT: 108003

SPONSORED BY: GATEWAY MILERS

Special Events:

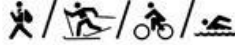
Animal Safari, Doin' the Louisiana Purchase, Food for Thought, Ice Cream Parlors, Make a Wish at a Water Fountain (10k only), Take a Walk in a City Park (10k only), U.S. Post Offices, Walking the USA A-Z, Walk Missouri Counties – St. Louis County & St. Louis City



AVA: America's Walking Club



Eligible for credit towards IVV Achievement Awards



Historic University City / Delmar Loop

Walk through University Heights, an early 1900's upper middle class planned subdivision (10k only), and historic Parkview, an "Urban Oasis" now on the National Register of Historic Places. Visit beautiful Washington University, site of the 1904 Olympics and several recent presidential and vice-presidential debates. Finish your walk by strolling along the famous "Delmar Loop", with its many multinational restaurants, specialty shops, the St. Louis Walk of Fame, and a stature of Rock 'N' Roll icon Chuck Berry.

START LOCATION: Trinity Presbyterian Church, 6800 Washington Ave., University City, MO 63130 – use side entrance off Kingsland Ave. (east side of church)

PARKING: Free street parking on all streets near the church, except Kingsland Ave. between Washington and Delmar, which has parking meters.

TIME: Start between 9 AM and noon. Walk or run at your own pace. You must be finished by 3 PM. Event will take place regardless of weather. Rest rooms will be available at the start point and on the route.

DISTANCE: 5K and 10K routes with detailed directions and maps. These routes are suitable for strollers or wheelchairs. The 10k route has one set of steps, with an alternate route provided, the 5k route has no steps. Both routes are rated 1A.

POC: DeAnne and Gordon Brown; brownstl@swbell.net (Gordon), deeebee333@gmail.com (DeAnne)

SANCTION: Sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). This event counts toward the acquisition of IVV Achievement Awards. Bring both IVV books (event and distance). IVV books are available at the start/finish for \$6.00 each.

REGISTRATION: Fee is \$3 for all walkers. Event is open to the public. This event counts toward acquisition of IVV achievement awards. **There will be no Awards.**

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

PROCEDURE: At the start get a start card and fill it out. Carry this card with you on the walk. Start cards remain the property of the Gateway Milers and must be turned in at the finish point when the walk is completed.

Directions:

From Eastbound or Westbound I-64/ US-40 take Exit 33A and go north on Big Bend Blvd. 1.9 miles to end at Delmar Blvd. Turn right on Delmar approximately 0.3 miles to Kingsland Ave, then right on Kingsland for 1-1/2 blocks to the church (there is a slight jog to the right in Kingsland just south of Delmar)

Web Sites:

Gateway Milers -----www.gatewaymilers.org
American Volkssport Association-----www.ava.org

DISCLAIMER:

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