

# Salt Lick Point Land and Water Reserve Walk

Saturday, October 14, 2017


Valmeyer, Illinois



6K Rating: 1B or 3C    10K Rating: 2C or 3C  
EVENT: MA17-107908

SPONSORED BY: GATEWAY MILERS

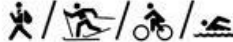
***Special Events:***  
***Food for Thought, A-Z, Treasure Hunt***




AVA: America's Walking Club

Fun, Fitness, Friendship

Eligible for credit towards IVW Achievement Awards





**Salt Lick Land and Water Reserve**

The Salt Lick Point Land and Water Reserve is a 600-acre site owned by the Village of Valmeyer. The reserve protects bluff and forest. Salt Lick Point is a unique area in Illinois containing hill prairies and glades and is home to several rare, threatened, and endangered plant and animal species that are native only to Illinois Bluff areas. We will be offering two 5k routes and two 10k routes (easy/moderate and challenging). One 5k route will follow the Johnston trail. This is beautiful, flat trail following the bluffs past giant limestone boulders. The other 5k option will head up to the bluffs for a spectacular view of the patchwork of farmland and lakes at the highest spot above sea level in Monroe County. Both 10k options will have an uphill hike following a creek but one option will also climb up to the bluffs while the other route will follow the flat Johnson's trail. The Village of Valmeyer itself has an interesting history as the entire town was relocated to higher ground 2 miles east after the great flood of 1993. Hiking shoes and walking poles are highly recommended. Will be walking on unpaved trails, roots and rocks, the ground will be uneven.

**START LOCATION:** Borsch Park, Mar Graphic Dr. off of Bluff Road, Valmeyer, Il Pavilion # 1

**PARKING:** Ample parking near pavilion

**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

**DISTANCE:** Two-6k and two 10k trails will be marked with arrows and streamers. These trails are unsuitable for strollers or wheelchairs. One 5k option is flat and rated a 1B and the other 6k option is rated 3C for those 6k walkers who prefer a more challenging trail. 10k options are rated a 2C & 3C

**POC:** Cindy Stucky: [clstucky8890@gmail.com](mailto:clstucky8890@gmail.com)  
Deb Kruep: [debmarkkruep1@yahoo.com](mailto:debmarkkruep1@yahoo.com)

**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 and checkpoint. Lunch will be served at the pavilion for a modest fee.

**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 St. Louis: Take I-64/ US-40 East to IL-3 S and I-255 S/US-50 W to Palmer Rd in Columbia. Take the Palmer Rd exit from IL-3 Follow Bluff Rd to Borsch Park approx. 14miles (just past Rock City sign).

From Illinois: Take I-255 South to Columbia to Il-3, Palmer Rd exit then (follow same directions as St. Louis)

**Web Sites:**

Gateway Milers -----[www.gatewaymilers.org](http://www.gatewaymilers.org)  
American Volkssport Association-----[www.ava.org](http://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.