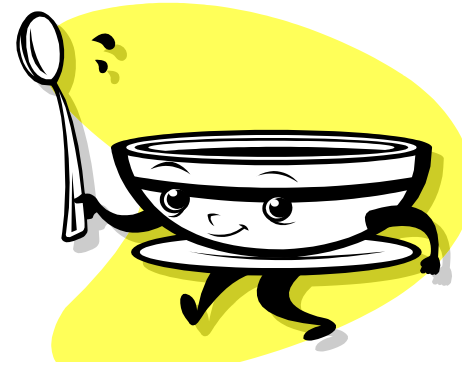


SOUP WALK
COMMUNITY FOOD COLLECTION
Faith Lutheran Church
O'Fallon, IL



Saturday, November 4, 2017

5K, 10K, & 20K Kilometer Distances
Trail Rating: 1A

EVENT: MA17-107898

HOSTED BY:
ILLINOIS TREKKERS VOLKSSPORT CLUB

O'FALLON FOOD PANTRY



ILLINOIS TREKKERS
P.O. BOX 603
O'FALLON, IL 62269



WELCOME TO THE TREKKERS SOUP WALK: We invite you to this volksmarch. We ask all walkers to bring 1 can of soup per person (CHICKEN NOODLE OR VEGETABLE BEEF). The soup will be added to a pot for poor man's soup pot for the soup and bread social following the walk. All walkers can share in soup, hot bread, and fellowship. Desserts will be available for a nominal donation. Please join us for a great walk and a meal among friends, old and new!!!!

WHAT IS A VOLKSMARCH: A volksmarch is a leisurely walk through a scenic, historic, and/or interesting area over a clearly marked trail. The event is a family oriented, noncompetitive walk done at your own pace. An achievement program is available to keep track of your accomplishments.

LOCATION: Faith Lutheran Church, 520 E. Hwy 50, O'Fallon, IL 62269.

PARKING: Ample parking is available in church parking lot.

START/FINISH: Start between 9 am and 12 pm, finish by 3 pm. Walk or jog at your own pace. You must be on the trail by 12 pm and finished by 3 pm. Event will take place regardless of weather. Restrooms are available at the start point and at the checkpoint.

DISTANCE: There will be a 5K trail and a 10K trail marked with arrows and streamers. Trails are paved and suitable for strollers and wheelchairs. The 10K trail can be repeated to complete a 20K walk.

REGISTRATION: The fee is \$3 for all walkers and is open to everyone -- all ages are welcome. **Walkers are asked to bring one or more nonperishable item(s) to donate to the O'Fallon Food Pantry.** An adult must accompany children under the age of 12. There is no pre-registration for this event and **no refunds**. Pets are welcome but must be kept on a leash and it is your responsibility to clean up after your pet(s). Pets are NOT allowed in the church or other businesses.

SANCTION: The American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV), sanctions this event. We remind you to bring both IVV books (event and distance). IVV books are available at the start/finish for \$6.00 each.

AWARDS: There will be no award for this walk.

PROCEDURE: At the start, get a start card and fill it out. Carry this card with you on the walk and present it at the checkpoints. Walkers missing a checkpoint may be refused IVV credit. Start cards remain

the property of the Illinois Trekkers and must be turned in at the finish point when the walk is completed.

REFRESHMENTS: Water will be provided at the Start/Finish/Checkpoint. Soup will be served at the end of the walk for walkers to enjoy. Desserts will be available for a nominal donation.

WEBSITES: www.ava.org
www.illinois-trekkers.org

DIRECTIONS: FROM Downtown St. Louis and points north and west: Take I-64 East to exit 14 O'Fallon. Turn LEFT at traffic signal and continue on Hwy 50 through O'Fallon. The OTHS will be on your left and the Faith Lutheran Church will be on your RIGHT.

FOR MORE INFORMATION CONTACT:

Trudy Duffman 618-670-6920 trudyduffman@yahoo.com

DISCLAIMER: The sponsors of this event are not liable for accidents, injury, lost or stolen items, and/or material damage. Every effort will be made by the sponsors to make this a safe, enjoyable and memorable event.

