

Saturday April 14, 2018

Cape Girardeau County

Swim

SANCTION NO: SC110751

SPONSOR: Gateway Milers

REGISTRATION LOCATION:

Auburn Place Hotel & Suites
3265 William St., Cape
Girardeau, Mo 63703

START TIME: noon-4:00pm

FINISH TIME: Finish by 5pm

DISTANCE: 300 meters

FEES: \$3.00

INFORMATION CONTACT:

Deb & Mark Kruep:
debmarkkruep1@yahoo.com

MEET & GREET: 6:30-8:30PM

SATURDAY April 14, 2018

Cost: \$3.00 per person

Please join our Meet & Greet on Saturday evening. We will have heavy hors d'oeuvres (enough for a meal) and drinks. This will be a chance for all to enjoy the company of the three sponsoring clubs. Do we have surprises? Yes!

Please sign up and pay at the sales/future events table in the morning so we may prepare for the correct number of guests.

Registration/Start Location

All walks/swim will register at the Auburn Inn & Suites Hotel in the court next to the swimming pool in the rear of the hotel.

Auburn Place Hotel & Suites
3265 William St.
Cape Girardeau, Mo 63703
(573)651-4486

Accommodations

A block of rooms has been reserved at the Auburn Hotel & Suites for April 13 & 14 at the rate of \$79.00 plus tax. Reservations must be made by 3/12/18 to receive the discounted rate. Please use the code AVA.

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

DISCLAIMER: 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 a safe, enjoyable, and memorable event.

All events are open to the public and counts toward acquisition of IVV achievement awards.

Pets, strollers and wheelchairs are not recommended on any of the trails.

Web Sites:

AVA Headquarters www.ava.org

Gateway Milers www.gatewaymilers.org

Rolla Roadrunners

www.facebook.com/pages/Rolla-Roadrunners-Volkssport-Club/269939099878658

APRIL 14 & 15 2018

**Cape Girardeau
Sikeston**

**Walking Missouri
Counties**

3 Walks and 1 Swim



AVA: America's Walking Club

AVA
Fun, Fitness, Friendship



SANCTIONED EVENT

Eligible for credit toward IVV Achievement Awards

Saturday April 14, 2018

Sikeston, Mo

Scott & New Madrid counties

(5K is Scott County only)

SANCTION NO: SC11075

SPONSOR: St. Louis Stuttgart

START LOCATION:

Auburn Place Hotel & Suites

*Driving directions to the start of each walk will be given at registration.

START TIME: 7:30-10:00am

FINISH TIME: Finish by 1:30pm

DISTANCE(S): 5K & 11K trails

TRAIL: 2A

FEES: \$3 for all walkers.

INFORMATION CONTACT:

DeAnne & Gordon Brown
deeebee333@gmail.com

TRAIL DESCRIPTION: In 1789 El Camino Real was marked out by orders from the King of Spain following an Indian trail from New Madrid to St. Louis. In 1860 after John Sikes had acquired land along this road, he stated, "I, John Sikes, am going to start me a town and I am going to call it the Town of Sikeston." By the early 1900s Sikeston boasted more millionaires per capita than any other city of its size. Magnificent home were built. The train Depot, a supply depot during the Civil War is now a museum. 5K is Scott county only.

Saturday April 14, 2018

Cape Girardeau, Mo

Nature Trail

Cape Girardeau County

SANCTION NO: SC110750

SPONSOR: Gateway Milers

START LOCATION:

Auburn Place Hotel & Suites,

*Driving directions to the start of each walk will be given at registration.

START TIME: noon-2:30pm

FINISH TIME: Finish by 5:30pm

DISTANCE(S): 5K & 10K trails

TRAIL: 2B

FEES: \$3 for all walkers.

INFORMATION CONTACT:

Rosalie Maul:
rosalie.maul@gmail.com

TRAIL DESCRIPTION: Beginning at the Conservation Nature Center the trail will take us on White Oak Trace nature trails traversing rolling hills marked by sinkholes, hollows and ravines covered with tulip poplar and oak. After walking Wood Duck Swamp and Maple Hollow Trail we will join the LaCroix Recreation trail connecting several city parks before returning to the Conservation Center. Be sure to step inside the center and view the many interactive nature displays.

Sunday April 15, 2018

Cape Girardeau, Mo

River Trail

Cape Girardeau County

SANCTION NO: SC110801

SPONSOR: Rolla Roadrunners

START LOCATION:

Auburn Place Hotel & Suites

*Driving directions to the start of each walk will be given at registration.

START TIME: 9:00am-11:00am

FINISH TIME: Finish by 1pm

DISTANCE(S): 5K & 10K trails

TRAIL: 2A

FEES: \$3 for all walkers.

INFORMATION CONTACT:

Joyce Jarvis:
joycejarvis@hotmail.com
Kari Craun:
jkcraun@gmail.com

TRAIL DESCRIPTION: Starting from the Red House Interpretive Center there are many sights to see. Catch a glimpse at the mighty Mississippi from the view at the Old Bridge, walk the beautiful River Campus. Meet all of Missouri's famous celebrities when strolling by the river. Last but not least visit the beautiful lake in Capaha park, SEMO campus and the stately homes surrounding the area.