

AVA: America's Walking Club



Eligible for credit towards IVV Achievement Awards



**Grand Avenue, Tower Grove Park & Compton Heights**  
The Grand South Grand walk takes you through historic Compton Heights with its stately homes and mansions and down Grand Avenue to Tower Grove Park to enjoy the Festival of Nations held this weekend. It passes by an ice cream parlor where you can watch your ice cream made with liquid nitrogen. (Adult drinks also available) The 10k goes farther down Grand to pass lots of ethnic restaurants before reaching Carpenter Library and returning through Tower Grove Park. The 10k continues around Compton Hill Reservoir Park where you get a good look at the Compton Hill Water Tower and the reservoirs.

**START LOCATION:** Kitchen House Coffee, 3149 Shenandoah Ave, 314-732-0009

Suggestion: Arrive at 8 to enjoy breakfast. Kitchen House gets fresh eggs from their chickens.

**PARKING:** Free street parking

**TIME:** Start between 9-11 AM. Finish by 3 PM **OR** pre-stamp your books to allow more time. Trail take-down at 12:30. Keep your maps.

This event will take place regardless of weather. Restrooms are available at the Start Point, Starbucks, Tower Grove Park, and Carpenter Library (on the 10k).

**DISTANCE:** 5K and 10K routes have detailed directions and maps. They are suitable for strollers or wheelchairs. Both are flat and paved.

**POC:** DeAnne and Gordon Brown: [brownstl@swbell.net](mailto:brownstl@swbell.net) (Gordon), [decebee333@gmail.com](mailto:decebee333@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. Since the walk starts and ends at Kitchen House Coffee, items are available from their menu all day (8am-4pm) LOTS of international foods to eat at the Festival of Nations!

**PETS:** Bring your leashed pets, but they must stay outside of buildings and be cleaned up after.

**PROCEDURE:** At the Start get a Start card and fill it out. Keep this card with you on the walk. Start cards are the property of St. Louis-Stuttgart and are turned in at the Finish unless you're pre-stamping. If you are pre-stamping, just fill it out and turn it in before you walk.

**DIRECTIONS:**

From Hwy 40/I-64 or I-44 **eastbound**, exit on Grand Ave South. Turn left on Shenandoah, to 3149 Shenandoah (corner of Shenandoah and Compton). +++++ From Illinois **westbound**, take I-55/I-64 across the river, then I-44 west to Exit 288, Louisiana Ave. Make an immediate right on Lafayette, then right on Compton, then left on Shenandoah to 3149 Shenandoah on the corner.

**WEB SITE:**

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.