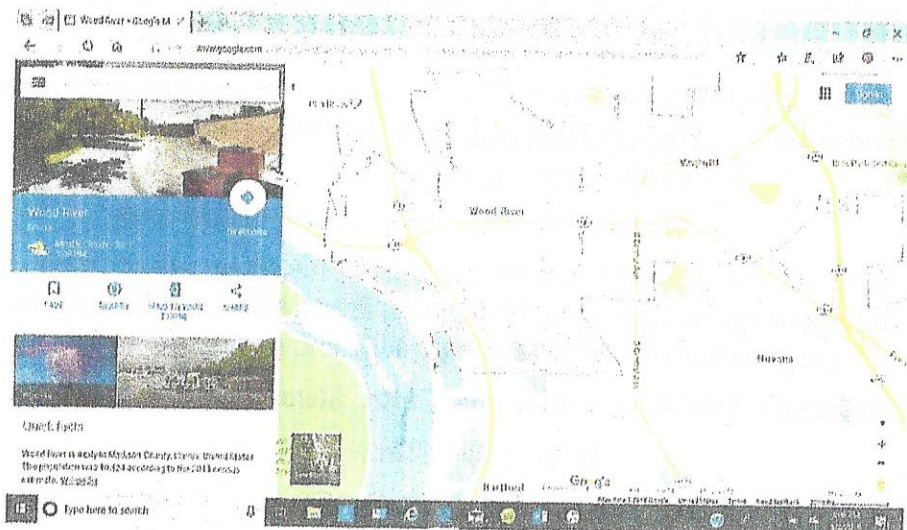




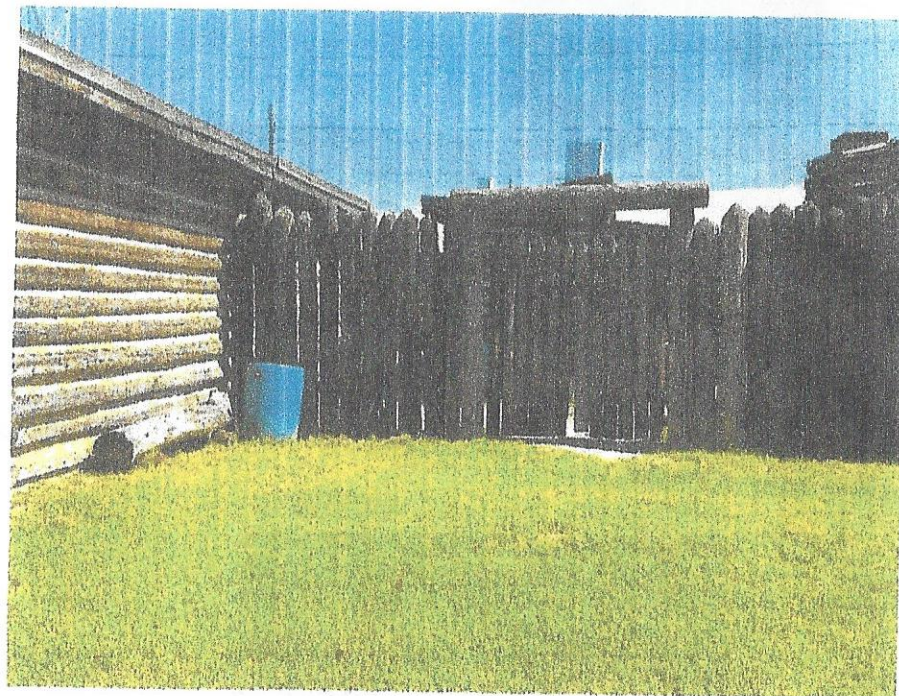
Fun, Fitness, Friendship

DIRECTIONS: From Interstate 255 North, take Exit #6 to Illinois State Route 143. Turn Left toward Wood River onto Illinois State Route 143. Turn Right on 2nd Street. Immediately turn Left into parking lot on Left. Park behind Madison's Tea Room and Banquet Center. Enter through back door from the parking lot.



Sites of Wood River Walk

A Non-competitive 5k, 10k and 20K Walk Credit Only



Presented by Illinois Trekkers

Saturday October 20, 2018

AVA Sanction Number: MA18-111818

AVA: America's Walking Club

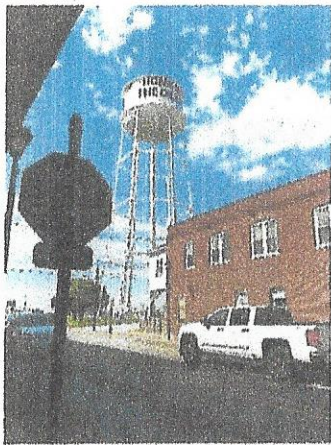


Fun, Fitness, Friendship



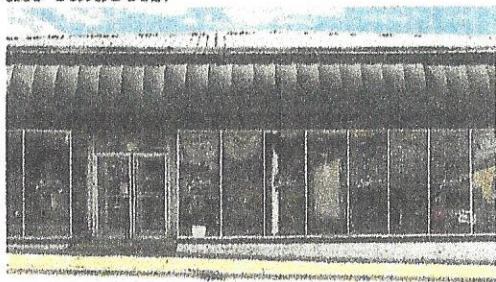
SANCTIONED EVENT

Eligible for credit toward IVV Achievement Awards



The Illinois Trekkers invite you to walk historic Wood River to help Illinois celebrate its Bicentennial.

What is a Volksmarch: A Volksmarch is literally a "folks walk" or a walk for the people. It is a self-paced walk for all to enjoy. The purpose of a Volksmarch is to encourage physical fitness, promote fellowship and to enjoy the outdoors.



START LOCATION: Madison's Tea & Banquet Center located at 144 E Ferguson Ave, Unit B, Wood River, IL 62095

START TIME: Start between 9:00 a.m. and 11:00 am. Walk at your own pace. You must be finished by 2:00 p.m. Pets are allowed on the walk, but not in the restaurant, please.

DISTANCE: 5k and 10k walk will be offered. Both 5K loops start from the front door of the restaurant. The first 5k loop takes you through the resident areas of Wood River and includes many beautiful homes such as seen on the Historical House

Standard/Amoco and Executive homes for employees noted in the city. Also note the Frank Lloyd Wright model and the oldest Tri Level home built in Illinois. The second 5k loop takes us out to the DuBois State Park, Lewis & Clark's Winter Camp, who arrived at the site December 12, 1803.

TRAIL: The trail is rated 2B. While the residential trail is ok for wheelchairs/strollers; the trail to Camp DuBois goes on an overpass over train tracks and rough terrain at the camp and is not suitable for same.

REGISTRATION: Everyone is welcome to participate in this event for a fee of \$3. An adult must accompany children age 12 and under. All participants must check in at the registration table and receive a start card. The start card must be carried on the walk. Start Cards remain the property of the Illinois Trekkers and must be turned in at the finish point at the end of the walk. There is no refund for monies paid. Event will take place regardless of weather.

REFRESHMENTS: Restrooms will be provided at the Start/Checkpoint (Camp)/Finish. Madison's Tea Room Restaurant and staff have graciously opened their doors to the public for this Saturday. Breakfast and Lunch Menus available.

INFORMATION CONTACT: The point of contact is Vickie Ridgeway @ ridgeway410@msn.com or 618-792-3881

AVA Website is www.ava.org

Illinois Trekkers Website is www.illinois-trekkers.org/

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

SPECIAL BOOKS: Walking the United States

Walking the USA A-Z

United States Post Offices

