



- I-64 Eastbound, exit 36C, to left on Vandeventer**
- I-64 Westbound, exit Forest Park Blvd, to right on Vandeventer**
- I-44 eastbound, take Vandeventer exit, to left on Vandeventer**
- I-44 westbound, take Vandeventer exit, to right on Vandeventer**

Parking is available on the Ikea Store lot, located 1 block south of the start point. Parking meters in effect on the city streets.

**St. Louis-Stuttgart VM Club  
MIDTOWN SPRING WALK**

*Kaldi's Coffee Shop*

*1 South Vandeventer Ave.*

*St. Louis, Missouri*

**10/5 Kilometer Recreational Walk**



**Saturday, April 6, 2019**

**AVA-0355 / SC 19-113678**



**EDMENT  
SANGTIONED**



*Eligible for credit toward  
IUU Achievement Awards*

**What is a Volkswalk?** A Volkswalk is an individually paced walk on a designated course, open to all ages and levels of ability. The purpose of a Volkswalk is to encourage participation in the healthful hobby of walking and to provide opportunities to explore cities, neighborhoods, parks or forests. Family participation is encouraged (children under 12 must be accompanied by an adult). Volkswalk events can be free, but donations to cover club expenses are requested. Also, an optional incentive program is available which enables walkers to keep records of events and distances completed. To participate in this optional program, walkers purchase record books to record their events and distances. Completed books are sent to The American Volkssport Association for a certificate, pin, and a patch, recognizing the number of kilometers walked and/or number of events completed. Record books are available for sale at the registration table, where we will be available to answer any Volkssport questions.

**Welcome to The CWE and Cortex Business District –**

**Founded in 2002, Cortex is the premier innovation hub of bioscience and Tech research, development and Commercialization, serving as the anchor of St. Louis' growing ecosystem for innovative startup programs and established companies.**

**The Cortex Innovation Community is home to a vibrant 200-acre innovation hub and technology district integrated into St. Louis' historic Central West End and Forest Park Southeast residential neighborhoods, surrounded by nationally ranked universities and medical centers and abundant cultural and recreational assets.**

**Eligibility** – This event is free and open to the public and family participation is encouraged. Children under 12 must be accompanied by an adult. There is a \$3.00 fee for IVV Credit.

**Start/finish** – Kaldi's Coffee Shop, 1 Vandeventer Ave., *Participants must register* and may begin the walk starting at 8:00 AM until 12:00 Noon. Participants must be finished by 3:00 PM. Event will be held rain or shine.

**Trail** – The trail is paved with some gentle inclines (rate 1a). The trail consists of a 10-K and 5-K route. It will accommodate wheelchairs, strollers, etc.

**Parking** – Is available on the Ikea Store parking lot, located 1 block south of the start point. Parking meters in effect on the city streets.

**Award/Credit** – This event has no award. Patches from prior events will be available, at a small cost, to be earned as “B” awards. IVV credit is \$3.00. If neither award or IVV credit is desired, donations to cover club expenses for this walk would be greatly appreciated.

**Water** – will be available at the start/finish & at the check point.

**Pets** – Allowed, but must be properly leashed and under control at all times. Please clean up after your pets.

**Special Event Credit –**

**Safety First** – Every effort has been made to ensure the safety of our participants. The sponsors of this event cannot be held liable for any lost, stolen items, damage, accidents, or injury at any time. You will be asked to sign a Disclaimer of Liability Form at the time of registration.

**The St. Louis-Stuttgart VM Club**, Is also affiliated with the St. Louis-Stuttgart Sister Cities, Inc., a non-profit organization which maintains the friendship between St. Louis and her sister city, Stuttgart Germany, through an active schedule of educational, cultural and business exchanges. The SLSSC, the original sponsor of our Volkssporting events, introduced our citizens to an activity typically enjoyed in the country of our sister city.

**For Additional Information –**

Contact Harrison Billy at 314 609-6734 (cell)

Or Harrison-b3752@sbcglobal.net

Visit these Volkssporting internet sites:

[www.sites.google.com/site/stlouisava/](http://www.sites.google.com/site/stlouisava/)

[www.avva.org](http://www.avva.org)      [www.ivv.org](http://www.ivv.org)

**St. Louis-Stuttgart Volksmarch Club, Inc.**

**6312 Lindenwood Ct #4**

**Saint Louis, MO 63109**