



The Illinois Trekkers invite you to a guided walk of Nashville. View the Washington County Court House, the Nashville L&N train depot that is on the National Register of Historic Places & that is a museum for the Washington County Historical Society, the State Movie Theatre, beautiful homes, a home that honors all members of the military & veterans plus a Statue of Liberty, a city park & the Mill ponds. Walkers will pass the beautiful mural pictured above.



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: Bonnie Café; Street; 824 North Mill Street, Nashville, Illinois 62263. Phone 618 327-9777

START TIME: Registration between 8:30 a.m. and 9:00 am. Guided walk will start at 9:00.

DISTANCE: A guided 5k and 10k walk will be offered. The first 5k loop is on sidewalks & city streets past many beautiful homes, L&N train depot, the Court House, the mural & the Statue of Liberty. The second 5k loop includes more houses, the Mill ponds & the city park. The walk is suitable for wheelchairs and strollers.

TRAIL: The trail is rated 1A and is on sidewalks and city streets.

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. Pets are welcome but must be kept on a leash and you must pick up after your pet.

REFRESHMENTS: Water and restrooms will be provided at the Start/Checkpoint/Finish.

INFORMATION CONTACT: The point of contact is Diane Prost, phone 256 527-3377, email diaprost@sisna.com

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: United States Post Offices

Walking the USA A – Z

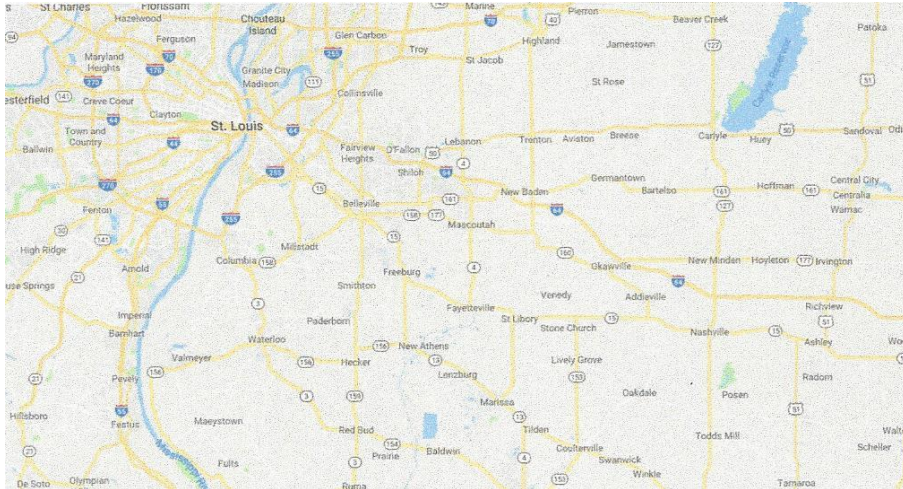




Guided Nashville Walk

A Non-competitive 5k & 10k Walk Credit Only

DIRECTIONS: From Interstate 64 take Exit 50 & turn right on State Route 127 toward Nashville. Continue on State Route 127 approximately 3 miles. Bonnie Café will be on the left before the railroad tracks. Turn left into parking lot for the Bonnie Café.



Presented by Illinois Trekkers
Saturday August 17, 2019

AVA Sanction Number: MA19- 113941

AVA: America's Walking Club



Fun, Fitness, Friendship




SANCTIONED EVENT

Eligible for credit toward IVV Achievement Awards