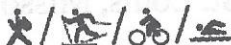


AVA: America's Walking Club



Eligible for credit towards IVV Achievement Awards



## South Grand Avenue: Compton Heights to Tower Grove Heights to Tower Grove Park

The GRAND South Grand walk takes you from historic Compton Heights with its stately homes and mansions and iconic water tower and park to Tower Grove Heights with its mix of residences, stores and restaurants. From there the 10k doubles back to Tower Grove Park for the Festival of Nations held this weekend. The 5k skips Tower Grove Heights and goes directly to Tower Grove Park. Both routes pass Ices Plain & Fancy where you can watch your ice cream made with liquid nitrogen. (Adult drinks are available, too!) The 10k continues around Compton Hill Reservoir Park where you get a good look at the Compton Hill Water Tower and pass by the reservoirs.

**START LOCATION:** Kitchen House Coffee, 3149 Shenandoah Ave, St. Louis, MO 314-732-0009 [www.KitchenHouseCoffee.com](http://www.KitchenHouseCoffee.com)  
Suggestion: Arrive at 8 to enjoy breakfast. Kitchen House gets fresh eggs from their hens. You can see them from the back door.

**PARKING:** Free street parking

**TIME:** Start between 9-11 am. Finish by 2 pm **OR** pre-stamp your books. 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 on the 10k, Carpenter Branch Library.

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

**POC:** DeAnne [deeebee333@gmail.com](mailto:deeebee333@gmail.com) and Gordon [brownstl@swbell.net](mailto:brownstl@swbell.net) Brown

**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. **There will be no Awards.**

**REGISTRATION:** Fee is \$3 for each walker. Event is open to all.

**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), and there are LOTS of ethnic foods to sample at the Festival of Nations!

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

**PROCEDURE:** To register, 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, corner of Shenandoah and Compton.

### **WEB SITES:**

[www.ava.org](http://www.ava.org) or [www.saintlouiswalkers.com](http://www.saintlouiswalkers.com)

### **DISCLAIMER:**

AVA and the St. Louis-Stuttgart Volksmarch Club are not liable for accidents, thefts, and/or material damage. Every effort will be made by the sponsors to make this event safe and enjoyable.

# The GRAND South Grand

Saturday, August 24, 2019  
St. Louis, Missouri



## Tower Grove Park – The Festival of Nations *Compton Heights to Tower Grove Heights*

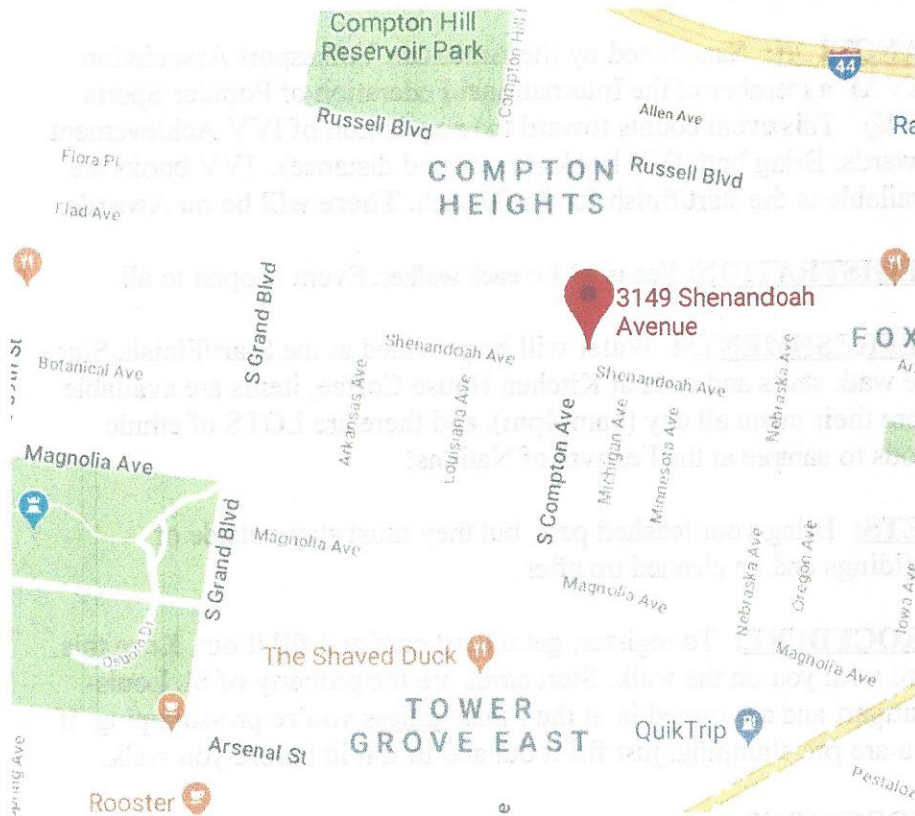
Rating: 1A, 5k/10k

EVENT ID: 113921

**SPONSORED BY: St. Louis-Stuttgart Volksmarch Club**

### *Special Events:*

*Doin' the Louisiana Purchase, Ice Cream Parlors,  
Make A Wish At A Water Fountain, Points of  
Reference, Take a Walk in a City Park, Walking  
the USA A-Z, Walk Like An Olympian*



**Kitchen House Coffee**  
3149 Shenandoah Avenue

Directions to Kitchen House are inside.