

**DATE(S):** October 12, 2019  
**SANCTION NO:** 114167 - 2019  
**SPONSOR(S):** Gateway Milers  
**LOCATION:** The Mud House, 2101 Cherokee St., St. Louis  
**START TIME:** 9am-11am  
**FINISH TIME:** 2pm  
**DISTANCE(S):** 5K, 10K – 1A rating

**TRAIL:** The trail is level and paved, on city sidewalks and, on the 10K, on a paved path through a city park.

**DESCRIPTION:** Both walks take you through an old, historic part of south St. Louis. The 10/5K routes are the same as they pass buildings widely believed to be haunted, the location of a former station on the Underground Railroad, and the site of a supposed exorcism. The 10K continues through old neighborhoods where you see lots of mansard roofs, some brick sidewalks, and a few “flounder” homes. There is no known paranormal activity beyond the 5K. Information on the Lemp Family and the haunted Lemp Mansion as well as the exorcism will be available for you to read at the S/F table.

**PROCEDURE:** To register, fill in a Start card. Keep it with you on the walk. Start cards are the property of Gateway Milers and are turned in at the Finish when your books are stamped.

**FEES:** \$3 for all walkers

**INFORMATION CONTACT:** DeAnne and Gordon Brown, 314-878-8647, [deeebee333@gmail.com](mailto:deeebee333@gmail.com)

**STIPULATIONS:** This walk is open to everyone. Children under 12 must be accompanied by an adult. Leashed dogs are allowed, although not in buildings and they must be cleaned up after.

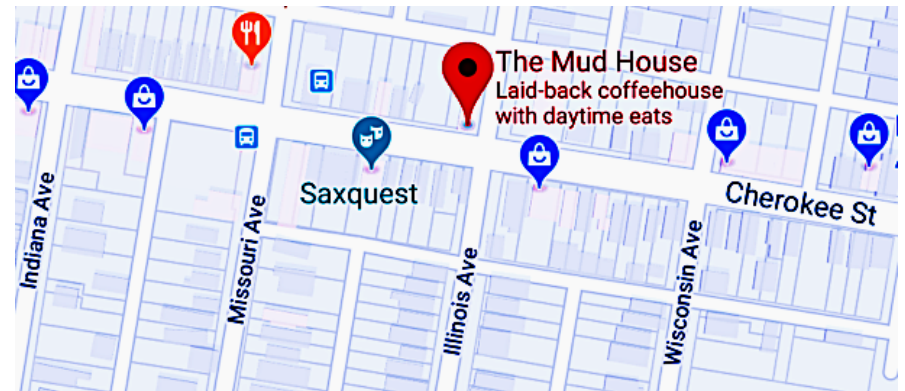
**MISCELLANEOUS:** Restrooms are available at Start/Finish, at some gas stations along the route, and from 9am-2pm in Cherokee Park (on 5/10K routes) and in Benton Park (on 10K route, but a short distance from the 5K route). Bring your own water or order water or a drink from The Mud House (coffee shop). We will be there until 2 pm. Food is available at The Mud House and along Cherokee Street. Parking is free on the streets near The Mud House. The walk will take place regardless of weather, unless it's extreme.

**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. New IVV books are available at S/F for \$6 each. THERE WILL BE NO AWARDS.

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

**WEBSITES:** [www.ava.org](http://www.ava.org) or [www.gatewaymilers.org](http://www.gatewaymilers.org)

#### DIRECTIONS AND MAP



From I-44 or I-64E go south on Jefferson St. to Cherokee Street, then turn left to The Mud House, 2101 Cherokee. Street parking available.

From the south: Take I-55 north to exit 206A, left on Potomac St., right on S. Broadway, left on Cherokee St. to the Mud House, 2101 Cherokee. Street parking available.

**SPECIAL PROGRAMS:**

**Bridges (10K)**

**Doin' the Louisiana Purchase**

**Ice Cream Parlors (10K)**

**Little Free Libraries (10K)**

**Take a Walk in a City Park (10K)**

**Underground Railroad**

**U.S. Post Offices (10K)**

**Walk the USA Street by Street**

**Walk Like an Olympian**

**Walking Missouri Counties (St. Louis City)**



# **FIENDS AND PHANTOMS**

**Traditional Event, Sanction #114167  
Rating 1A**

**Sponsored by The Gateway Milers**



**Start/Register at The  
Mud House**

**2101 Cherokee St, St. Louis, MO**

**Saturday, October 12, 2019**

**Yea though I walk through the valley of the shadow  
of death, I will fear no evil for Thou art with me.  
Psalm 23**