

WELCOME:

The members of the LEBANON CEDAR CRUISERS invite you, your family, and your friends to join us for a walk through Lebanon, Illinois.

VOLKSWALK: It is a leisure walk through a scenic or historic area over a mapped route. The walk is non-competitive, open to all, and it is enjoyed by people of all ages. It is not a contest of speed or endurance. Volkswalking (people walking) originated in Germany.

TRAIL INFORMATION:

**Saturday, October 5, 2019, starting at the
Lebanon Visitors Center
221 W. St. Louis Street, Lebanon, Illinois.**

START/FINISH POINT AND TIMES: Start anytime between 8:30 a.m. and 11:00 a.m. Walk or run at your own pace. You must be finished by 1:00 p.m. The event will take place regardless of weather. However, in the event of severe weather conditions which may cause injury, the event may be postponed or cancelled.

DISTANCE: A 5k (3.1 miles) and a 10k (6.2 miles) course will be offered. The walk will be on various surfaces (streets or roads) by historic, residential areas, by McKendree University and to Horner Park. The walk is suitable for stroller and handicapped with some difficulty. Adequate street parking is available. One may want to come early due to the Fall Festival. Additional parking may be found at the Grade School and then walk 3 blocks to Start Point. Trail rating: 1A (1+) 3 small hills.

ELIGIBILITY: All ages are welcome. The walk is open to all. Family participation is encouraged. An adult must accompany children under 12 years of age. All pets must be leashed and under control at all times. Clean up after your pets (it's the law). All participants desiring credit must register. No preregistration. Restrooms are available at the start point as well as along the trail. Please carry your own water if needed.

REFRESHMENTS: Water will be provided at the control points. Restrooms are available at the start point and the park.

REGISTRATION: \$3.00 for credit only event. There will be no pre-registration, so, no refunds. All Lebanon Cedar Cruiser events are sanctioned by the American Volkspoint Association, a member of the International Federation of Popular Sports (IVV). Participants are reminded to bring their IVV/AVA Record Books. Record Books will be available at the walk for a cost of \$6.00 each (Event/Distance). New walker packets will also be available.

PROCEDURE: At the start of the walk, each person must get a start card, which must be completed. This card must be carried on the walk and personally presented at all control points for checking. All start cards remain the property of the LEBANON CEDAR CRUISERS and must be turned in at the finish point when the walk is completed.

DISCLAIMER: The LEBANON CEDAR CRUISERS, AVA, OR IVV cannot be held responsible for any lost or stolen articles, accidents, or injury at any time. Every reasonable effort will be expended to make the event safe, enjoyable, and one to which you will want to return.

SPECIAL BOOKS: Ice Cream Parlors, Take a Walk in a City Park, Walk the USA – Street by Street, Walking the United States (50 States/51 Capitals), Walking the USA A - Z

For More Information:

Bill Malina at (618) 588-4097

Email: wmalina@charter.net

AVA Website: www.ava.org



FOR MORE INFORMATION ABOUT THE WALK

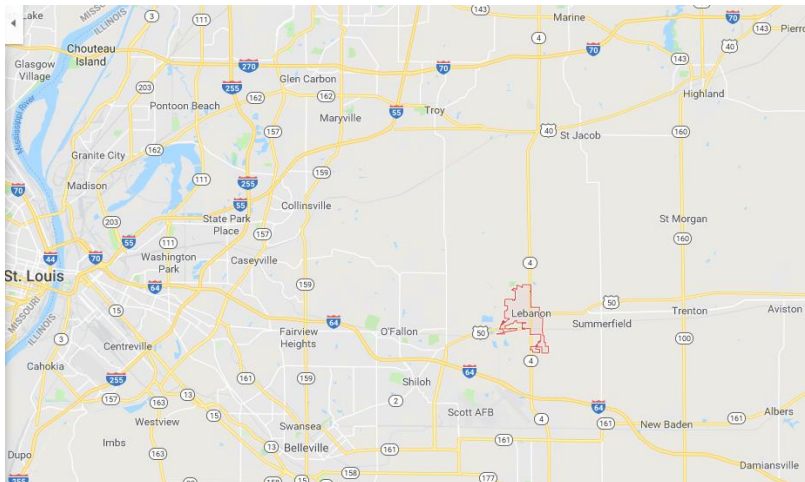
PLEASE CONTACT:

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Lebanon Cedar Cruisers
604 Marcia Boulevard
New Baden, IL 62265
618-588-4097

wmalina@charter.net

LOCATION:

Lebanon is located at the junction of US 50 and IL Route 4.
US 50 can be reached by I-64 if coming from the west.
IL 4 can be reached by US 40 and I-70 from the north.
IL 4 can be reached by I-64 from the south.



A WALKING EXPERIENCE IN LEBANON, ILLINOIS

5k & 10k Walk – Credit Only

SATURDAY, OCTOBER 5, 2019



One of the oldest towns in Illinois!

Presented By
LEBANON CEDAR CRUISERS

Sanction #MA19/114420

