



Silver Lake Park
3035 Highland Park Rd. Highland, IL 62249

DIRECTIONS: From St Louis MO:
Follow I-55N and I-70E to IL-143 in Marine Township. Take exit 24 from I-70E. Follow IL-143 to Highland Park Rd. in Highland.

Silver Lake Park
Saturday, September 28, 2019
Highland, IL



Distances: 5K & 10K Rating: 1B

EVENT: MA19 -

SPONSORED BY: THE GATEWAY MILERS

***Special Events: Walking the United States,
Walking the USA A-Z,***



The Silver Lake Park has 90 acres providing beautiful views of Silver Lake with 4.5 miles of Hiking Trails. Along the forested area are Disc Golf trails, volleyball courts, playgrounds, and fishing areas. The seclusion of Silver Lake provides a quiet area to walk, hike, picnic, and/or fish.

WHAT IS A VOLKSMARCH? A volksmarch is a leisurely walk through a scenic, historic, and/or interesting area over a clearly marked trail. The walk is family oriented, non-competitive walk done at your own pace. An achievement program of logbooks is available to keep track of your accomplishments.

START LOCATION: Silver Lake Park Pavilion on your right entering the park. Look for the AVA flag and the Start location signs.

PARKING: At the pavilion or if needed additional parking before and after the pavilion.

TIME: Start time is between 9 a.m. and 11 a.m. You must be finished by 2 p.m.

REGISTRATION: Fee is \$3 for all walkers. Event will take place regardless of weather. No refund will be given. Event is open to the public. This event counts toward acquisition of IVV achievement awards. An adult must accompany children under the age of 12. Leashed pets are allowed.

PROCEDURE: Every walker must fill out a start card and sign it before starting the walk. Carry this card with you on the walk. Start cards remain the property of the Gateway Milers and must be returned when the walk is completed.

TRAIL: The trail consists of a 5K and a 10K walk marked with arrows and streamers. You will walk on grass following the 18-hole Disc Golf route and for the 10K also a boardwalk trail.

AWARD: This is a “credit only” event.

REFRESHMENTS: Water and restrooms available at the start/finish.

POC: Lois La Fleur (618-660-6396) fleurs1106@gmail.com
Rosalie Maul (618-5801945) rosalie.maul@gmail.com

SANCTION: Sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). IVV books, event and distance, are available at the start/finish for \$6.00 each. New Walker packets are available for those that wish to participate in IVV/AVA award programs.

DISCLAIMER: The sponsors of this event cannot be held responsible for any lost or stolen items, accidents or injury at any time. Every reasonable effort will be made to make the event safe and enjoyable.

DIRECTIONS: See Back Cover

GATEWAY MILERS WALKING CLUB
P.O. Box 115
O’Fallon IL 62269

WEBSITES:
Gateway Milers --- <http://www.gatewaymilers.org/>
AVA Headquarters ---- <http://ava.org/>