

ILLINOIS TREKKERS FOOTNOTES

NO. 2020-Vol 2

April 2020



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A Message from our President



As I write this article, we are living in a controlled situation created by a very contagious virus. For those of us that like to walk with friends, it has been somewhat frustrating, but the health and welfare of every citizen is paramount. While it is important for our physical and psychological health to stay active and get fresh air, it is also important to heed the guidelines of the Illinois Governor and the Centers for Disease Control (CDC). Social distancing of at least six feet is recommended in all situations outside of your immediate family at home (provided everyone in the household is free of COVID-19 symptoms). You are encouraged to continue walking the local YRE's but keep distance between walkers on the trail. The Illinois Trekkers Board has determined that it is permissible to walk local events, keep a listing of events walked, distance, and date so you can stamp your IVV Record Books at a later date. Remember at that time you will need to fill out a log sheet, start card and remittance for the walk (cash, check or Trekker Bucks or YRE coupons). Watch the Illinois Trekkers website www.illinois-trekkers.org and the Weekly News Alert for additional information.

Please keep all our friends and their families in your thoughts and prayers. It is a great time to pick up the telephone and check on one another.

*Submitted by: Trudy Duffman
President, Illinois Trekkers Volkssport Club*

Keep on Trekkin'

Next traditional event will be a Traveling Guided Walk at Carlyle, IL on Saturday, May 9, 2020. This event will have a 30-minute registration from 9:30 – 10:00am at the Dam East Spillway Shelter #1. Walkers will go around the Carlyle Lake Spillway, across the Dean Bridge, and up the dam levee with breathtaking views of Carlyle Lake. The 10k trail will also give walkers the opportunity to see the community. A Traveling Guided Walk should not discourage anyone who wants to participate in the event. Individuals who walk at a fast pace can leave as a group provided there is a leader and a sweeper to ensure everyone is safe and returns to the finish point. Slower walkers are certainly welcome, and no one will be left behind. The slow pace sweeper will walk at the back of the group to ensure that everyone is feeling fine and has no emergencies. If you are a walker that needs to stop periodically while walking, that is fine. We are walking to have fun, see new sights, make new friends and enjoy walking and talking with everyone. Mark your calendars and plan to attend this event. For more information on the event checkout the Illinois Trekkers website at www.illinois-trekkers.org. The POC for the event is Darleen Kraemer.

3-Mile Thursday Evening Walks

3-Mile Thursday Evening Walks will begin in April. Registration at 5:45pm; Walk 6:00pm.

April 9 Downtown Belleville
April 16 Glen Carbon Library
April 23 Edwardsville YMCA
April 30 Maryville YMCA

These events may all be canceled depending on the guidance from the governor. The weekly Walk Alert will address the current situation. Also check the Illinois Trekkers website frequently.

40th Challenge is Ready

The challenge brochure is available for any **CLUB MEMBER** that wants to participate. We have made it so everyone can be a winner! The brochure is on our website or one of the club officers will have copies.

We built in three levels to allow you to complete one level and receive a gift or complete the second and third levels to receive a gift for each level.

Level one – cap/visor
Level two – fanny pack
Level three – club shirt

Because this is an Illinois Trekker challenge the major part of the walks must be our club events but there are lines that can be stamped with any Greater STL event. So, Gateway, Lebanon Cruisers, Trekker, and STL Walkers stamps can be used. Even the Sunflower Sod Stompers event in St. Charles.

Events can be a bike, swim or walk so do the one you like the most to fill in a lot of the lines.

If you are one of our walkers that try to do 100 (or more) walks per year we even have that covered. After the first challenge brochure is filled start a second one and after each 20 events you will receive a free event coupon (much like last year with 19). Then start a third etc.

The idea is to enjoy yourself, get some exercise, and be reward all at the same time. **GO TREKKERS!**

Submitted by: Leonard Wojtysiak

AVA National Walking Week

These events have been cancelled by the AVA.

The AVA is promoting Heart Health by encouraging clubs to walk one or more events during April 1 – 7, 2020. Emphasis is on the word “WALKING” instead of volksmarching or volkswalking. The idea is to spread the word throughout our communities that we are a ‘walking club’ and help recruit new walkers and club members. The Illinois Trekkers will have a group walk scheduled on each of the seven days. Check the monthly calendar or the website for the locations. This is an opportunity for us to wear our club shirts or AVA apparel and help spread the word.

40th Anniversary Club Shirts

Be sure to get your order for one or more shirts into Dee Wojtysiak by April 1. You should have received an email with an order form. If you need additional information regarding the shirts, contact Dee at drw488@gmail.com. Dee will order the shirts and headgear when permitted to do so.

CLUB MEETING

THE MEETING FOR APRIL HAS BEEN CANCELED. THE LIBRARY IS CLOSED AND GROUP GATHERINGS ARE DISCOURAGED AT THIS TIME. WE WILL KEEP YOU POSTED REGARDING THE MAY MEETING.

AVA Headquarters

The AVA is closed at the present time. All the employees can be contacted through email. Check the AVA website for individual email addresses.

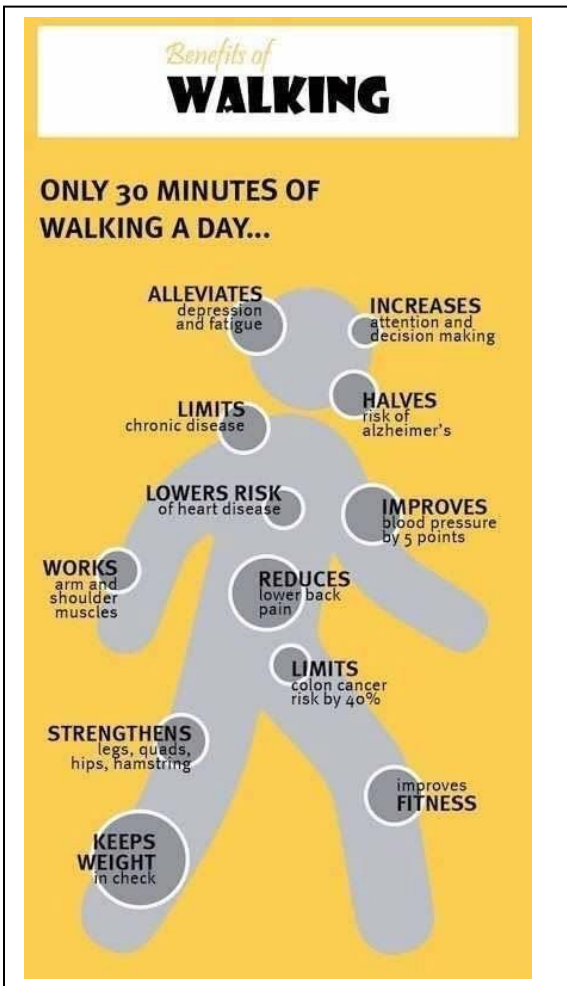
FOOTNOTES NEWSLETTER

The Footnotes newsletter will be published monthly. This is your newsletter so everyone is encouraged to write an article or two to share with fellow walkers. Articles can be about new walks, health and fitness, dog tales from the trail, or other ideas. Send the articles to Trudy Duffman, trudyduffman@yahoo.com or bring to the monthly meetings prior to the next issue. Thank you for your support of the Illinois Trekkers.

WEBSITE

Please check our club website for times and places of Trekin' Tuesdays, 3-Mile Thursdays, and Saturday group walks. The website is currently updated routinely by Diane Prost. Thank you Diane for doing a fantastic job!

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AVA's Vision: Increasingly engage Americans in lifelong walking and other noncompetitive physical fitness activities.

AVA's Mission: Promote and organize noncompetitive fitness activities that encourage lifelong fun, fitness, and friendship for all ages and abilities.



2020 YREs

Belleville Downtown, Historic District & Richland Creek Greenway (Walk) Start binder at drive thru!

Balance Coffee and Tea, 732 S. Illinois Street, Belleville, IL 62220

POC: Susan Hodgson, 618-416-5533 **Please purchase something at the start point**



East Belleville - YMCA (Walk/Bike) YMCA CLOSED-POC has the binder!

YMCA, 2627 Carlyle Ave., East Belleville, IL 62221

POC: "Packy"/Susan Botula, 618-236-9521

Belleville - National Shrine of Our Lady of the Snows (Walk) Guesthouse CLOSED!

Shrine Motel, 451 S. De Mazenod Drive, Belleville, IL 62223

POC: Trudy Duffman, 618-670-6920

Columbia – A Walk in Historic Columbia (Walk) POC has the binder! Abbey has curbside service!

Café on the Abbey, 340 S. Main Street, Columbia, IL 62236

POC: Sue Bacon, 571-345-8301

Edwardsville – YMCA (Walk/Swim) YMCA CLOSED-POC has the binder!

A Walk to Edwardsville Parks

YMCA, 1200 Esic Drive, Edwardsville, IL 62025

POC: Vickie Ridgeway, 618-792-3881

Fairview Heights – St. Clair Square Mall (Walk) Box available but Mall is CLOSED!

Walgreen's, 6505 N. Illinois Street, Fairview Heights IL 62208

POC: Trudy Duffman, 618-670-6920

Glen Carbon – Old Town (Walk) Store is open for business!

Casey's General Store, 70 W. Main Street, Glen Carbon IL 62034

POC: Susan Hodgson, 618-416-5533

Maryville - CMT YMCA (Walk/Bike) YMCA CLOSED-POC has the binder!

YMCA, 1 Town Center Drive, Maryville, IL 62062

POC: Vickie Ridgeway, 618-792-3881

O'Fallon – Walk in the Parks (Walk) Customer Service CLOSED-POC has binder!

Schnuck's Market, 907 E. Hwy 50, O'Fallon, IL 62269

POC: Nikki Wilcoxon, 618-973-3825

Illinois Trekker Membership Meeting

March 5, 2020

1. **Call to Order:** 6:37pm per Trudy Duffman, President
2. **Special Guests:** None
3. **New Members:** None
4. **Secretary's Report:** Minutes for February were approved as written.
 - Darleen Kraemer made the motion & Vickie Ridgeway seconded it. Passed
5. **Treasurer's Report:** Report was approved pending audit.
 - Louis Krummel made the motion & Leonard Wojtysiak seconded it. Passed
6. **Committee Reports:**
 - A. Volkssport Committee- Diane Prost, POC
 - Carlyle Walk - May 9
 - Braeutigam Walk – August 15
 - Red Bud – To Be Determined
 - 40th Celebration at Cahokia Mounds – October 17
 - Way of Lights – Nov 23
 - B. All POCs need to use our Worker Sign-Up Sheet for each walk and turn it in to Dee.
 - C. Our incentive program is up and running for an exciting 40th year of walking.
 - Everyone can participate, club members and non-club members. Please read articles for more information.
 - Four levels of achievement awards for members.
 - Two levels of achievement awards for non-members.
7. **Old Business**
 - A. Mid-America Conference – June 19-21.
 - Raffle Basket will have a “RED” theme this year for our 40th anniversary. Please have donations turned into Trudy by our June meeting.
8. **New Business:**
 - A. Our club will support AVA's National Walk Week, in April, by scheduling a walk for all seven days.
 - STL Walkers will be hosting a walking Wednesday, April 1 at Creve Coeur, check their website for more details.
 - B. The Big Give is on again and AVA is a part of it. You can donate
9. **President's Report**
 - A. Trudy will be in San Antonio, Texas Mar25 -28. She will pick up items for the club from AVA Hdqtrs.
 - B. Bunny Hop Walk in O'Fallon Mar 17. Breakfast 7-9am at the Masonic.
10. **Items from the Floor:**
 - A. None.
11. **Attendance Drawing:** Vickie Ridgeway won the door prize.
12. **Next Meeting:** The April 2 meeting will be held at Fairview Heights Library at 6:30pm.
13. Meeting adjourned at 7:20pm.

Report on Year-Round Events:

Belleville Downtown, Historic Districts
Columbia
East Belleville YMCA

Edwardsville Parks

Glen Carbon
Maryville

O'Fallon
Shrine
St. Clair Square Mall
YTD=36

Walkers: February= 16 YTD= 32
Walkers: February= 6 YTD= 6
Walkers: February= 7 YTD= 16
Bike: February= 3 YTD= 3
Walkers: February= 13 YTD= 13
Swim: February= 2 YTD= 6
Walkers: February=13 YTD= 23
Walkers: February= 14 YTD=18
Bike: February= 2 YTD= 2
Walkers: February= 12 YTD= 26
Walkers: February= 22 YTD= 31
Walkers: February= 16