

ILLINOIS TREKKERS FOOTNOTES

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A Message from our President



As I write this article, we are still 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). Effective May 1, Governor Pritzker mandated that all citizens wear a face mask when entering any situation where social distancing is impossible, and in all business establishments. Remember, covering your face protects those around you. This is a two-way street—cover your face to protect others and they should cover theirs to protect you. He has recommended that we wear them even on trails when walking or biking due to the proximity of people on the two-way trails. That is a decision each of you must make at the time you walk or ride. Some communities seem to be enforcing the wear of the mask, so research the communi-

ty you live in or plan to walk/ride in. Compliance is an individual responsibility. 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 later. 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). Don't forget the Glen Carbon YRE is available with the start binder at Casey's. Watch the Illinois Trekkers website www.illinois-trekkers.org and the Weekly News Alert for additional information (currently the Walk Alert is on hold as we have not scheduled any group events).

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*

Membership Meeting

The May general membership meeting has been cancelled. We will try for a meeting on Thursday, June 4. Additional information will be forthcoming!

Keep on Trekkin'

The Carlyle event scheduled for Saturday, May 9 has been cancelled. Darleen Kraemer will consider hosting it again in 2021. Thank you, Darleen and Diane Prost, for your dedication and hard work planning a trail, coordinating with the Corp of Engineers and creating a fantastic brochure.

3-Mile Thursday Evening Walks

3-Mile Thursday Evening Walks will begin in June if the Governor lifts the restrictions on stay-at-home.

40th Challenge is Ready

This article appeared in the April 2020 Footnotes. It is be reprinted so everyone knows to keep accurate account of the events you complete, so when we do reconvene as a group, you can provide your completed event categories to Dee Wojtysiak.

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

40th Anniversary Club Shirts

The 40th Anniversary Club shirts have been ordered by Dee. If you need any information regarding your order, contact her at drw488@gmail.com. Thank you, Dee, for taking on this task.

AVA Headquarters

The AVA is open on a limited staff during the week. If you need to contact them, do not forget it is important to keep the Mid-America Regional Director apprised of club or AVA issues. Bob has been very diligent about sending AVA updates and meeting information to us. I try to ensure that everyone sees his latest information.



Walking / Trekking Poles

There was a recent video on the AVA Facebook page regarding the benefits of using poles while walking or hiking. It was sponsored by a brand name, but as a hiking pole user, I can attest they do help with posture, centered balance, upper body workout, stability, less pressure on the knees and hips, and certainly have prevented me from tripping on roots and rocks. A 1999 study in The Journal of Sports Medicine found that trekking poles reduced impact on the knees by up to 25%. When I purchased mine in 2015, the company representative told me 33%. I am sold. Check it out for yourself!

Submitted by Trudy Duffman

Mid-America Conference

The Mid-America Regional Conference scheduled for June 19, 20, & 21, 2020 in Dayton, OH has been cancelled. Those who paid in advance will be reimbursed. Most of you should have received a personal email from Dawn Gruber. Hotel reservations will be cancelled and she will inform you of the details. Everyone who was registered for the conference will receive a commemorative coin in the mail. Thank you Dawn and your committee for all of your efforts to host a fantastic event. Unfortunately, the COVID-19 situation has created a change of plans. The conference will be rescheduled for 2022.

Face Masks

The AVA is selling cloth face masks with the new AVA logo on the mask. They are washable cotton/poly-cotton blend, made in two layers. There is a choice of black or white.

One mask is \$9.75 or two masks is \$17.50 plus postage.

There is a limited supply so order now if you want one.

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.



To order and prepay, contact Marian at the National Office at Marian@AVA.ORG or 210-659-2112.

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 Trekkin' 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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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! POC has binder.

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