

ILLINOIS TREKKERS FOOTNOTES

NO. 2020-Vol 4

June 2020



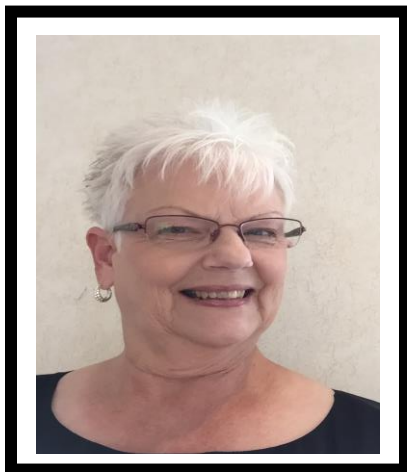
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A Message from our President



As I write this article the Illinois Governor has still placed restrictions on numerous businesses and activities. We can walk as groups less than 10, should have face covered and practice social distancing. 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 community 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). Do not forget the Glen Carbon YRE is available with the start binder at

Casey's. The Historic downtown Belleville YRE is available, and the binder is kept in the Balance Coffee & Tea. Currently with outside dining approved by the Governor, you can request the binder from a staff member and sit at a table to complete your paperwork. Please purchase something small to help them out during these trying times. St Clair Square Mall is now open for business with restrictions. 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 June general membership meeting has been cancelled. We will try for a meeting on Thursday, July 2. Additional information will be forthcoming!

Keep on Trekkin'

The Braeutigam Farm & Orchards Group Walk is scheduled for August 15, 2020. The information is posted on the website. Mark your calendars now. It will be a guided walk and at this time face masks will be required. Peaches galore. More to come in the next issue of the Footnotes. Leonard & Dee Wojtysiak POC at 618-530-3211.

NOTICE: WALK ON SATURDAY

**GROUP WALKS AT CREVE COEUR PARK,
MARYLAND HEIGHTS, MO THIS
SATURDAY, JUNE 5. MEET AT SCHNUCK'S,
2030 DORSETT ROAD, MARYLAND
HEIGHTS, MO.**

Register: 7:45am OR

Register 8:45am

**Masks required. Bring your own pen. Bring
hand sanitizer. Practice social distancing. \$3 fee.**

Groups of ten or less please.

POC DeAnne Brown deeebee333@gmail.com

3-Mile Thursday Evening Walks

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

40th Challenge is Ready

Keep Tabs on Your Walking!

This article appeared in the April 2020 Footnotes. It is being 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 rewarded all at the same time. **GO TREKKERS!**

Submitted by Leonard Wojtysiak

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.

St Charles YRE

The start point for the St Charles YRE, Comfort Inn & Suites, 1400 S. Fifth Street, is closed due to Covid-19. Unfortunately, the start box is inside the hotel. It is a beautiful walk and the restaurants are open for business. Most of the shops are slowly opening too. Please consider walking this event and mark your books in pencil. When the hotel reopens (scheduled for August 1), you can stamp your books and send appropriate fees to the Sunflower Sod Stompers in Topeka, KS.

Submitted by Trudy Duffman

St Clair Square Mall

The Mall is now open for business 11:00am – 7:00pm M – S and 12:00pm – 6:00pm Sunday. Face masks are required, and social distancing is encouraged.

40th Anniversary Walk & Picnic

The 40th Anniversary Walk & Picnic is scheduled for Saturday, October 17 at Cahokia Mounds. The grounds have reopened but unfortunately, the Interpretive Center and Pavilion are closed. There are no staff members to coordinate our event. I plan to visit the Mounds and scope out alternative start points (section of the Pavilion). I will keep everyone informed of the progress and a brochure will be distributed as soon as plans can be finalized.

Submitted by Trudy Duffman

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. **Only white ones available now.**

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 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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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 outside dining!

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 OPEN!

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