

ILLINOIS TREKKERS FOOTNOTES

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August 2020



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A Message from our President



As I write this article the Illinois Governor has placed St Clair County on a watch list due to the elevated positivity rate of coronavirus cases. You are encouraged to continue walking the local YRE's but keep distance between walkers on the trail. Face masks are required in all businesses and when once cannot socially distance of at least six feet. 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). There are still three events that do not have the start binders at the start point (Edwardsville, Maryville, and O'Fallon). 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*

Membership Meeting

The August general membership meeting is scheduled for August 13, 2020 at the Senior Center, 7 Drive, Shiloh, IL 62269. Meeting 6:30pm. Mask required during the meeting. Hand sanitizer will be provided. No food or drink please. A special thank you to Shiloh for allowing us to meet in the Senior Center with the normal fee waived.

Keep on Trekkin'

BRAEUTIGAM ORCHARDS WALK

August 15, 2020

It is here! The first traditional event for the club in 2020. Come out and enjoy the fresh air and hopefully sunshine. If it rains, bring your rain gear and have fun anyway.

This is a walk you might like to bring your kids and their kids because there is a lot to see and do besides the walk. There are animals and farm machinery to check out. Fresh vegetables and bake goods for sale. I believe they will have coffee to wash down any "energy pills" you might want to eat before the walk starts.

The walk will be two 5 kilometers loops. Loop one will be in and around the farm so the walking will be uneven on farm lanes and on the edges of the fields. Loop two will be on the road and through a subdivision so strollers and wheelchairs could be used on this loop.

This is a group walk so the trail will not be marked but if you have a group that wants to walk together, we will work with you to make that happen. In fact, it might be the best to keep the group(s) smaller.

We will have fast group and slow group leaders to accommodate must walkers that wish to walk at more their normal speed.

Of course, face masks will be required. We will have some available for those of us that forget ours at home. You just do not know where I have been or who I have been with so for your own safety wear your face mask!

Submitted by Leonard Wojtysiak

3-Mile Thursday Evening Walks

3-Mile Thursday Evening Walks are currently being scheduled by Diane Prost. Check the calendar for locations. Registration is 6:15pm. Start is 6:30pm.

40th Challenge is Ready Keep Tabs on Your Walking!

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

AVA Headquarters

The AVA is open on a limited staff during the week. To cut financial spending, the office is CLOSED on Fridays. 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
Hotel is CLOSED!**

The start point for the St Charles YRE, Comfort Inn & Suites, 1400 S. Fifth Street, is closed due to Covid-19. Corporate offices do not know anything about a reopening date! 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 you can stamp your books and send appropriate fees to the Sunflower Sod Stompers in Topeka, KS.

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. THE MALL WILL ALLOW ENTRANCE 30 MINUTES PRIOR TO SCHEDULED OPENING TIMES. DO NOT ENTER THE MALL BEFORE THAT TIME, EVEN IF THE DOORS ARE UNLOCKED. YOU WILL BE ASKED TO LEAVE BY SECURITY PERSONNEL.

O'Fallon Parks YRE

The Schnuck's Customer Service area is currently closed in O'Fallon. Employees have other responsibilities in the store during this phase of the COVID-19 pandemic. Nikki Wilcoxon has the start binder. Contact her if you need to register and pay for events walked.

40th Anniversary Walk

The 40th Anniversary Walk is scheduled for Saturday, October 17 at Cahokia Mounds. The grounds are open, and the Interpretive Center is also open with limited visitors at one time. Anyone entering the center must wear a mask. Due to the COVID-19 concerns in the local area, the picnic has been cancelled. The club will have something special for each attendee. Mark your calendar to save the date!!!

Submitted by Trudy Duffman

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

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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.



YRE TOTALS

BELEVILLE HISTORIC DOWNTOWN

July 14 YTD 65

BE YMCA – Walkers

July 12 YTD 95

BE YMCA – Bikers

July 0 YTD 33

COLUMBIA

July 19 YTD 47

EDWARDSVILLE PARKS – Walkers

July 14 YTD 53

EDWARDSVILLE YMCA – Swimmers

July 5 YTD 15

GLEN CARBON HISTORIC

July 23 YTD 65

O’FALLON PARKS

July 12 YTD 118

MARYVILLE CMT YMCA – Walkers

July 15 YTD 66

MARYVILLE CMT YMCA – Bikers

July 7 YTD 21

SHRINE

July 11 YTD 89

ST CLAIR SQUARE MALL

July 0 YTD 43

2020 YREs

Belleville Downtown, Historic District & Richland Creek Greenway (Walk) OPEN

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

POC: Susan Hodgson, 618-416-5533

East Belleville - YMCA (Walk/Bike) YMCA OPEN – BINDER AT THE DESK.

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 OPEN!

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

POC: Trudy Duffman, 618-670-6920

Columbia – A Walk in Historic Columbia (Walk) NEW TRAIL AND START POINT

Columbia Police Department, 1020 N. Main Street, Columbia, IL 62236

POC: Sue Bacon, 571-345-8301

Edwardsville – YMCA (Walk/Swim) YMCA OPEN LIMITED-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) MALL OPEN-OBSERVE HOURS!

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

POC: Trudy Duffman, 618-670-6920

Glen Carbon – Old Town (Walk) OPEN

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

POC: Susan Hodgson, 618-416-5533

Maryville - CMT YMCA (Walk/Bike) YMCA OPEN MEMBERS ONLY-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

July 8, 2020

1. **Call to Order:** 6:40pm per Trudy Duffman, President
2. **Special Guests:** None.
3. **New Members:** None.
4. **Secretary's Report:** Minutes for March were approved as written.
 - Dee Wojtysiak made the motion & Joyce Bevirt seconded it. Passed
5. **Treasurer's Report:** Report was approved pending audit.
 - Muriel Barber made the motion & Sue Bacon seconded it. Passed
6. **Committee Reports:**
 - A. Volkssport Committee- Diane Prost, POC
 - Braeutigam Walk – August 15
 - Walk is ready, awaiting final trail layout.
 - 40th Celebration at Cahokia Mounds – October 17
 - Walk is still scheduled, just waiting to see if we can have a picnic or not.
 - Way of Lights – Nov 23
 - Snows officials are having a meeting July 13, we will have a better idea if the club can hold the walk at that time.
 - New Year's Eve Walk/Dinner – December 31
 - Plan tabled, too early to tell how the COVID-19 will affect us at that time.
 - Tuesday and Saturday Walks
 - Back on the schedule with 7:15 AM sign-up/7:30 AM group walk during the summer heat.
 - 3-Mile Thursday Walks
 - Back on the schedule with 6:15 PM sign-up/6:30 PM group walk.
 - Columbia YRE Walk
 - Sue Bacon has been working on new trails and a new start point. She felt the walk start point needed better hours and she wanted to freshen up the walk, if she could. Club members were asked to test the new trails she had laid out. Stay tuned for future updates.
7. **Old Business**
 - A. None.
8. **New Business:**
 - A. Time to sanction YREs for 2021.
 - Club is not totally committed on which YREs should be sanctioned at this time and if any new YREs might be available for next year. Currently we are looking to drop our Belleville walk because we do not have a POC for it.
 - Glen Carbon YRE needs a POC.
 1. Leonard & Dee Wojtysiak volunteered to be POCs.
9. **President's Report**
 - A. None.
10. **Items from the Floor:**
 - A. Dee Wojtysiak is ordering club shirts. She will submit the order 15 July.
11. **Attendance Drawing:** Diane Prost won the door prize.
12. **Next Meeting:** August 13, meeting will be held at Shiloh Senior Center at 6:30pm.
13. Meeting adjourned at 8:10pm.