

## WEBSITES:

[www.ava.org](http://www.ava.org) **American Volkssport Assoc/America's Walking Club**

[www.saintlouiswalkers.com](http://www.saintlouiswalkers.com) **St. Louis-Stuttgart Volksmarch Club**

## **AVA COVID-19 GUIDELINES:**

*During Registration, line up single file, six feet apart. Masks are required. Put \$3 cash or a check inside a bag that will be nearby. Bring your own pen and hand sanitizer. Hand sanitizer and sanitizing wipes will be available at Registration.*

*Keep a maximum of ten walkers per group. If we have more than ten, we will need to break up the group and stagger departures by about 5-10 minutes.*

*Walkers are advised to stay six feet apart on the trail. Masks are optional but strongly encouraged to be worn when around others. Be sure to use your hand sanitizer when using restrooms or porta-potties.*

**SANCTION:** Sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). This event counts toward the acquisition of IVV Achievement Awards. Bring your Event, Distance, and Special Program books for stamping. IVV books are available at the Start/Finish for \$6 each.

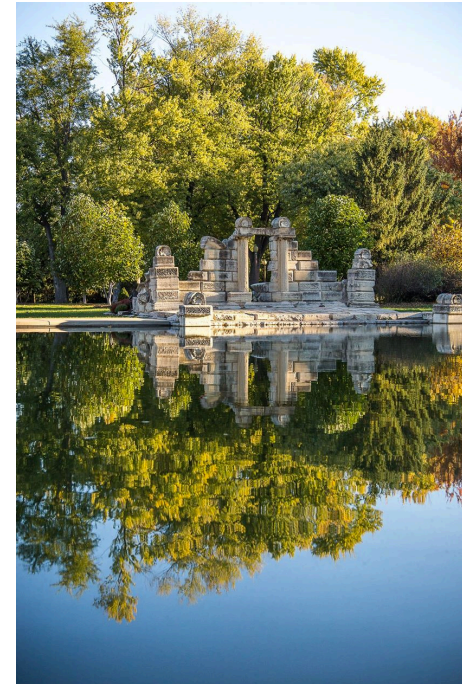
**DISCLAIMER:** The AVA and the St. Louis-Stuttgart Volksmarch Club are not liable for accidents, thefts, and/or material damage. Every effort will be made by the sponsors to make this event safe and enjoyable.

# The GRAND South Grand Walk

**Saturday, August 22, 2020**

**Tower Grove Park and The Italian Hill**

**St. Louis, Missouri**



**Rating: 1A, 5K/10K**

**Event I.D. # 116356**

**Sponsored by St. Louis-Stuttgart Volksmarch Club**

## **Special Programs**

**Ice Cream Parlors**

**Walk Like An Olympian**



**WE WELCOME EVERYONE ON OUR WALKS!**

**Tower Grove Park is a Level II Arboretum and Victorian park of international significance, dating from 1868.**

### **5K - Tower Grove Park**

This lovely, shaded, level walk takes you on a tour in and around historic Tower Grove Park. It touches South Grand Avenue where \*Tower Grove Creamery (\*Central Dairy ice cream) is located, but immediately returns to the green canopy of the park's stately trees.

### **10K - Tower Grove Park and The Italian Hill**

The 10K includes the 5K route in the park, but you will also walk along Missouri Botanical Garden and enter The Hill via Shaw Avenue. The route goes past the beloved St. Ambrose Church and the new Piazza Imo On The Hill. Continue through The Hill to Hall of Fame Place, the street that The New York Times called "An Incubator of Baseball Talent," before returning to Tower Grove Park and once again following the 5K route, plus a little more.

*\* Regrettably, because of Covid-19 restrictions, Tower Grove Creamery opens at 2pm on Saturday. We suggest driving there after you finish the walk. You can still stamp your Special Program book for Ice Cream Parlors because it's on the route. Ices Plain & Fancy on Shenandoah & 39th Street also opens at 2pm, but orders must be placed online.*

**START LOCATION:** Humboldt South Pavilion, 4144 Main Drive, Tower Grove Park, St. Louis, MO 63110. Park on the street.

**TIME:** Register 8:30-11am. We follow AVA Covid rules (on the back page). Masks must be worn when registering or when in the pavilion. We are required to socially distance. Hand sanitizer and sanitizing wipes will be available.

**GROUP WALK:** 9 am

**PROCEDURE:** To register, get a Start card and fill it out with your own pen. Keep the card with you on the walk. Start cards are the property of St. Louis-Stuttgart and are turned in at the Finish. Take a 5K or a 10K map.

**FEE:** \$3/walker. Bring the exact amount or write a check. Cash or check will be placed in a bag.

**PETS:** Leashed pets are welcome. We love well-behaved animals!

**PICNIC:** Bring your own picnic lunch, plates, and utensils, but, please, no glass containers. We will provide a cube of Merlot wine. Alcohol is allowed if it's not in a glass container. You can eat anytime you like, the better to maintain social distancing.

**MEETING:** We will have a Club meeting after lunch, maybe around 1:30-2.

**DIRECTIONS:** From Hwy 40/I-64 exit on Kingshighway and drive south to Tower Grove Park. Turn left into the main entrance (between Magnolia and Arsenal) and keep to the right at the fork. Make a slight left at Center Cross Drive to the traffic circle. Turn right on Main Drive. Main Drive splits, stay to the right and continue to Humboldt South Pavilion.

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