



Illinois Trekkers
 40th Anniversary Event
 Saturday, October 17, 2020

CAHOKIA MOUNDS
 Collinsville, Illinois



Cahokia Mounds State Historic Site, 30 Ramey Street, Collinsville IL is located a short distance east of St. Louis.

From St. Louis City and West: Take I-55/70, I-64 or Highway 40 & 44 across the Poplar St. Bridge into Illinois. Follow I-55/70 (not 64) to Exit 6 (Highway 111). Turn right onto Highway 111 South. At stoplight make a left onto Collinsville Road. The Interpretive Center is about 1.5 miles on the right. **From North and East: Via I-55/70** Take I-55 South or I-70 West to the I-255 exit 10, just past Collinsville. Take I-255 South (Memphis) to the next Exit (24) at Collinsville Road. Exit and turn left onto Collinsville Road at the stoplight at the end of the off-ramp. The Interpretive Center is about 1.5 miles on the left. **From I-64:** Take I-64 East or West to I-255 North. Take I-255 North to Exit 24, Collinsville Road. Exit and turn left onto Collinsville Road at the stoplight at the end of the off-ramp. The Interpretive Center is about 1.5 miles on the left. **From North St. Louis County and St. Charles:** Take I-270 East into Illinois to I-255. Take I-255 South (Memphis) to Exit 24, Collinsville Road. Exit and turn left onto Collinsville Road at the stoplight at the end of the off-ramp. The Interpretive Center is about 1.5 miles on the left. **From South St. Louis County:** Take I-255 across the Jefferson Barracks Bridge into Illinois. Continue on I-255 until Exit 24, Collinsville Road. Exit and turn left onto Collinsville Road at the stoplight at the end of the off-ramp. The Interpretive Center is about 1.5 miles on the left. Welcome!

Face Masks Required

5K & 10K Rating: 2B
 EVENT: MA20-116410

SPONSORED BY:
ILLINOIS TREKKERS



WELCOME TO ILLINOIS TREKKER'S
40th Anniversary Walk

Join us for a celebration of the Illinois Trekkers' 40th Anniversary with a traditional event at Cahokia Mounds—a State Historic Site, National Historic Landmark and World Heritage Site—the largest prehistoric Indian site north of Mexico. Walk where the Mississippian Indians first settled in AD 700. Climb 156 steps to the top of Monks Mound for an extra 1K credit. Visit the Interpretive Center (maximum of 25 people at one time—face masks required) while on the grounds. The club will honor former walk POC Andy Knopik who passed away February 1, 2020.

WHAT IS A VOLKSMARCH? A volksmarch is a leisurely walk through a scenic, historic, and/or interesting area following a clearly marked trail. The walk is a family oriented, noncompetitive walk done at your own pace. A record book is available to document your completed walks.

LOCATION: Interpretive Center, Cahokia Mounds Historic Site, 30 Ramey Street, Collinsville, IL 62234.

PARKING: Parking lots available and street parking for excess vehicles.

TIMES: Registration from 9:30am – 11:30am. Must finish no later than 2:30pm. Masks are always required for registration and inside the Interpretive Center. Club will have a limited number of masks for those who forget to bring one. The event will take place regardless of the weather.

REGISTRATION: There is a \$3 registration fee for all walkers (covers administrative fees to sponsor this event). The event is open to the public – all ages are welcome. An adult must accompany children under the age of 12. No pre-registration is required except for lunch.

WALK: There will be two 5K routes. One route is suitable for strollers. The other 5K is on grass and some trail. The event is rated 2B. Restrooms at start/finish. Outdoor facility on the trail. **INSECT REPELLENT HIGHLY RECOMMENDED.**

PROCEDURE: Each walker must fill out a start card and sign it before starting to walk. Start cards remain the property of the Illinois Trekkers.

AWARDS: This is a “credit only” event.

SPECIAL PROGRAMS: Walking USA: A-Z

SANCTION: Sanctioned by the American Volkssport Association (AVA), “America’s Walking Club,” a member of the International Federation of Popular Sports (IVV). We remind you to bring your IVV books (event and distance). New Walker packages are available for those who wish to participate in IVV/AVA award programs.

REFRESHMENTS: Water will be provided at the start/finish. The club will provide a catered box lunch complete with a decorated cookie. **Contact Trudy Duffman at trudyduffman@yahoo.com or 618-670-6920 to RESERVE A LUNCH prior to 10/09/2020.** Please bring your own folding chair to join in socially-distanced fellowship while enjoying the box lunch together.

DISCLAIMER: The sponsors of this event cannot be held responsible for any lost or stolen items, accident or injury at any time. Every reasonable effort will be made to make the event safe and enjoyable.

POC: Trudy Duffman trudyduffman@yahoo.com or Susan Bacon baconse@gmail.com

WEBSITES: www.ava.org
www.illinois-trekkers.org

DIRECTIONS: See back of brochure. Some interstates may have construction. Follow the detour signs/alternate routes as necessary.