

ILLINOIS TREKKERS FOOTNOTES

NO. 2020-Vol 8

October 2020



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A Message from our President



As I write this article the Illinois Governor has NOT lifted the restrictions placed on St Clair County due to the elevated positivity rate of coronavirus cases. Dining in is closed for all restaurants and bars. Reservations are required for outside dining. There is a maximum of six people per table. 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 one 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.

Submitted by Trudy Duffman

President, Illinois Trekkers Volkssport Club

The October general membership meeting is scheduled for October 8, 2020 at the Senior Center, 7 Park 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'

3-Mile Thursday Evening Walks

This is the last month for 3-Mile Thursday Evening Walks. **NOTE: October walks will be at the St Clair Square Mall. Registration will be at 5:15pm in the parking lot on the south side between Penney's and Dillard's. The walk will start at 5:30pm so we can finish before the Mall closes at 7:00pm. Do not go to Walgreen's to register.**



Membership Meeting

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 a 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

Members have been walking the YREs and completing the 40th Anniversary challenge. As you remember that completing 10 or 20 or 40 events you qualify for a 40th anniversary item for each completion. The following members had accomplished these challenges:

40 events

Muriel Barber

Diane Prost

Dee Wojtysiak

Leonard Wojtysiak

John Manfredi

Susan Jones

20 Events

Tim Prost

A few members have even done more than 40 events. These members receive a walk coupon for each 20 events completed. These 2 members are Diane Prost and Muriel Barber.

Congratulations to each of you. There still is time to complete your challenge before the end of the year.

Submitted by Dee Wojtysiak



The Illinois Trekkers will celebrate their 40th Anniversary with an event at Cahokia Mounds. There will be two 5K trails. One trail to the Stonehenge area will be through mowed trails in the historic site.

The event will start between 9:30 – 11:30am inside the Interpretive Center, 30 Ramey Street, Collinsville, IL. Walkers need to be off the trail by 2:30pm.

The club is offering a FREE box lunch to all participants. Those who would like a lunch should contact Trudy Duffman at 618-670-6920 prior to October 9, 2020 to reserve one. Water and soft drinks will also be provided. Dessert will be a decorated cookie.

Recommend bringing insect repellent as this is a wooded and grassy area.

Walkers MUST wear a mask while registering and anytime inside the Interpretive Center. Social distancing is encouraged while walking and while enjoying your free lunch. PLEASE BRING A FOLDING LAWN CHAIR TO SIT ON WHILE EATING.

There will be a short ceremony following lunch to recognize some important volunteers who have made it possible for the club to celebrate 40 years. Presentations will be done by the Regional Director Robert “Bob” Buzolich.

Plan to attend a fun event and celebrate even under COVID-19 restrictions.

For more information contact Trudy Duffman at 618-670-6920 or Sue Bacon at baconse@gmail.com.



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 NEW LOCATION

The start point for the St Charles YRE is now relocated to the Best Western Plus the Charles, 4525 S. 5th Street, St Charles, MO. Plan to walk this great event. Walkers will register and then drive to the Lewis & Clark Boathouse and Museum Parking Lot, 1050 S. Riverside Drive to start the walk.

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.

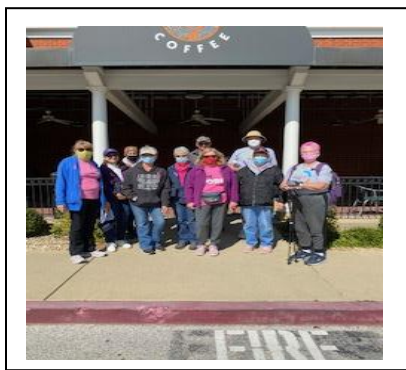
Way of Lights

The Way of Lights Walk is scheduled for Monday, November 23, 2020. Mark your calendars!

Illinois Trekkers Support Breast Cancer

The Illinois Trekkers participated in a virtual Susan G. Komen Breast Cancer walk on Sunday, October 4, 2020. Some individuals registered with the Stifel team in St Louis where Trudy Duffman's son is the team captain. All who registered on the team will receive a team shirt when they are ready for pickup.

The club has several survivors, and it was a beautiful day to walk and support their cause. Maybe we can do this again next year!



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 great job.

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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

September 11 YTD 113

BE YMCA – Walkers

September 8 YTD 107

BE YMCA – Bikers

September 0 YTD 41

COLUMBIA

September 16 YTD 88

EDWARDSVILLE PARKS – Walkers

September 11 YTD 88

EDWARDSVILLE YMCA – Swimmers

September 2 YTD 22

GLEN CARBON HISTORIC

September 5 YTD 70

O’FALLON PARKS

September 6 YTD 133

MARYVILLE CMT YMCA – Walkers

September 12 YTD 89

MARYVILLE CMT YMCA – Bikers

September 1 YTD 26

SHRINE

September 34 YTD 147

ST CLAIR SQUARE MALL

September 0 YTD 46

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

September 10, 2020

1. **Call to Order:** 6:33pm per Trudy Duffman, President
2. **Special Guests:** None.
3. **New Members:** None.
4. **Secretary's Report:** Minutes for July were approved as written.
 - Dee Wojtysiak made the motion & Nikki Wilcoxen seconded it. Passed
5. **Treasurer's Report:** Report was approved pending audit.
 - Vickie Ridgeway made the motion & Nikki Wilcoxen seconded it. Passed
6. **Committee Reports:**
 - A. Volkssport Committee- Diane Prost, POC
 - Braeutigam Walk – August 15
 - The day was beautiful with a bit of dew to get our shoes wet as we walked around the farm. It seems like we were a big bunch of 35 kids as we checked out the pumpkins, apples, and other fruit and vegetables. A nice lady gave us water on the second loop, how wonderful is that!
 - 40th Celebration at Cahokia Mounds – October 17
 - Two 5K loops will be available, plus an extra 1K if you climb Monk's Mound.
 - Only 25 people are allowed inside the Interpretive Center at one time.
 - Box lunches will be provided during the walk (11 – 11:30 AM). Leonard & Dee will order them. Dee made motion to purchase food & Mark Ohl second it. Passed
 - Cookies will be provided as dessert. Leonard & Dee will order them.
 - Water and soda will also be available.
 - Walkers need to bring lawn chairs so we can all social distance while we eat.
 - Discussed walking at Columbia YRE to collect food for local food pantry on Oct. 24.
 - Susan Hodgson has volunteered to be POC for Belleville Downtown YRE.
7. **Old Business**
 - A. Diane is moving forward on the Way of Lights Walk on Nov. 23. There will not be a charge this year to hold the event.
8. **New Business:**
 - A. Ideas were discussed for new traditional walks in 2021.
 - B. We had one “free” walker. POCs need to make sure FREE is cross out on start cards.
9. **President's Report**
 - A. Susan G. Komen walk on Oct. 4. Any club member that would like to participate is welcome.
10. **Items from the Floor:**
 - A. Scarecrow crawl will be held 8-31 Oct. in Columbia, IL. Good time to do our YRE and checkout the scarecrows on main street.
11. **Attendance Drawing:** Nikki Wilcoxen won the door prize.
12. **Next Meeting:** October 8, 2020, meeting will be held at Shiloh Senior Center at 6:30pm.
13. Meeting adjourned at 8:04pm.