

# ILLINOIS TREKKERS FOOTNOTES

NO. 2020-Vol 9

November 2020

**President:** Trudy Duffman; email [trudyduffman@yahoo.com](mailto:trudyduffman@yahoo.com); phone (618) 670-6920

**Vice President:** Nikki Wilcoxon, email [njwilcoxon@aol.com](mailto:njwilcoxon@aol.com); phone (618) 973-3825

**Secretary:** Leonard Wojtysiak; email [lpw46@icloud.com](mailto:lpw46@icloud.com); phone (618) 530-3211

**Treasurer:** Dee Wojtysiak; email [drw48@icloud.com](mailto:drw48@icloud.com) phone (618) 530-3325



## 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](http://www.illinois-trekkers.org) and the Weekly News Alert for additional information.

*Submitted by Trudy Duffman*

*President, Illinois Trekkers Volkssport Club*

## Membership Meeting

**The November general membership meeting is scheduled for November 12, 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. There will be a short meeting of the Lebanon Cedar Cruisers hosted by Susan Hodgson at 6:30pm. The meeting agenda will include the future status of the club. All members should plan to attend.**

## Keep on Trekkin'

### 3-Mile Thursday Evening Walks

3-Mile Thursday evening walks are finished for 2020. Walkers can still meet and walk inside the Mall if they choose. Start box is located at the Walgreen's photography counter, 6505 N Illinois Street, Fairview Heights, IL 62208.



## 40<sup>th</sup> 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 rewarded all at the same time. **GO TREKKERS!**

*Submitted by Leonard Wojtysiak*

## 40<sup>th</sup> Anniversary Challenge

Members have been walking the YREs and completing the 40<sup>th</sup> Anniversary challenge.

As you remember that completing 10 or 20 or 40 events you qualify for a 40<sup>th</sup> 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

Trudy Duffman

### 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*



## 40<sup>th</sup> Anniversary Event

The Illinois Trekkers celebrated the club's 40<sup>th</sup> Anniversary with a 5k/10k event at Cahokia Mounds. The trail was marked by a volunteer group who found the dry ground somewhat challenging to drive stakes into, but as usual, the Trekkers cannot be outdone by Mother Nature. A special thank you to all the volunteers who worked at the start, finish, sales, and water stations. To the workers who set up the food table and refused to let Mother Nature blow the box lunches into Madison County. A special thank you to those workers who stayed after the event to clean up the trail. Everyone seemed to enjoy the walk and the free lunch and cookie. We had walkers from Fort Wayne, IN, Topeka, KS, Leavenworth, KS, and the Kansas City area. Robert Buzolich, Mid-America Regional Director, presented the club with an AVA 40<sup>th</sup> Anniversary Certificate and ribbon. And a special thank you to the Cahokia Mounds Interpretive Center staff for hosting the event amid the COVID-19 crisis. Kudos to Linda Sinco Site Interpretive Coordinator.



### 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 NEW LOCATION

The start point for the St Charles YRE is now relocated to the **Best Western Plus the Charles, 1425 S. 5<sup>th</sup> 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. (Address correction!)

### St Clair Square Mall (Updated Hours)

The Mall is now open for business 11:00am – 8:00pm M – S and 11:00am – 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!



## FOOTNOTES NEWSLETTER

### Columbia IL YRE

On Saturday, October 31, 2020 the Illinois Trekkers walked the Columbia, IL YRE as a group. Everyone brought nonperishable food items to donate to the Monroe County House of Neighborly Services in Waterloo. Thank you to everyone who donated food to this worthy cause.



The Footnotes Newsletter is 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](mailto: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 great job.

.....

**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

October 27 YTD 140

BE YMCA – Walkers

October 9 YTD 116

BE YMCA – Bikers

October 8 YTD 50

COLUMBIA

October 15 YTD 103

EDWARDSVILLE PARKS – Walkers

October 4 YTD 92

EDWARDSVILLE YMCA – Swimmers

October 0 YTD 21

GLEN CARBON HISTORIC

October 8 YTD 88

O’FALLON PARKS

October 12 YTD 145

MARYVILLE CMT YMCA – Walkers

October 0 YTD 89

MARYVILLE CMT YMCA – Bikers

October 2 YTD 28

SHRINE

October 0 YTD 147

ST CLAIR SQUARE MALL

October 28 YTD 74

**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

## October 8, 2020

1. **Call to Order:** 6:30pm per Trudy Duffman, President
2. **Special Guests:** None.
3. **New Member:** Lana Weiss.
4. **Secretary's Report:** Minutes for September were approved as written.
  - A. Nikki Wilcoxon made the motion & Muriel Barber seconded it. Passed
5. **Treasurer's Report:** Report was approved pending audit.
  - A. Nikki Wilcoxon made the motion & Leonard Wojtysiak seconded it. Passed
6. **Events:**
  - ✚ 40<sup>th</sup> 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 ordered them.
    - Cookies will be provided as dessert. Leonard & Dee ordered them.
    - Water and soda will also be available.
    - Walkers need to bring lawn chairs so we can all social distance while we eat.
  - ✚ Will walk at Columbia YRE to collect food for local food pantry on Oct. 24.
    - Plan some time to check out all the scarecrows on Main street.
  - ✚ Way of Lights Walk – Diane Prost is coordinating this massive undertaking.
    - Walk start time will be from 3:30 to 6:30pm Nov. 23.
    - Mark trail that morning.
    - No restaurants will be available.
7. **Old Business**
  - A. Komen Walk was a success! Trudy thank all that participated.
    - Trudy gave gifts to our three survivors; Nikki was honored at the club meeting.
    - Many of our walkers have dealt with this issue, both women and men.
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.
  - C. Christmas Party Walk will take place Dec. 5, maybe dinner, more info next month.
  - D. New Year's Walk will be the Belleville Downtown Walk on Dec 31, more info next month.
  - E. Need walk boxes for Jefferson Barracks, MO YRE and Springfield, IL YRE for 2021.
  - F. Wreaths Across America at Jefferson Barracks will be held Dec. 19.
9. **President's Report**
  - A. Need club officers for next year. New blood is always good, so please step up and take on one of the four positions available. The current officers would appreciate a break.
10. **Items from the Floor:**
  - A. Trudy & Muriel will work at Shiloh Park Craft Fair booth { 1pm }, feel free to join them.
    - This is a thank you for allowing us to use the Senior Center for our meetings.
11. **Attendance Drawing:** Darleen Kraemer won the door prize.
12. **Next Meeting:** November 12, 2020, meeting will be held at Shiloh Senior Center at 6:30pm.
13. Meeting adjourned at 7:23pm.