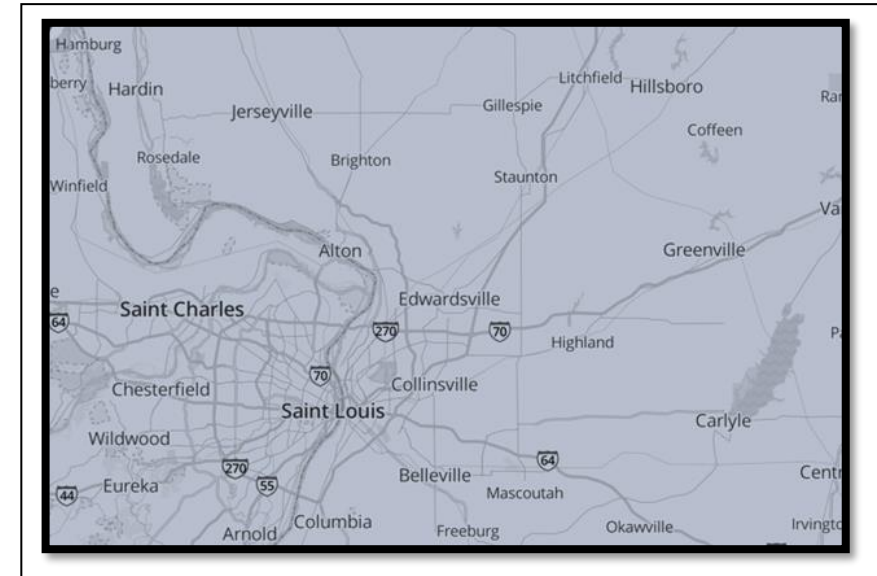


# A WALK IN HIGHLAND

Highland, Illinois

Saturday, May 1, 2021



This walk is in honor of the Lebanon Cedar Cruisers and their President, Bill Malina. 2021 would have been their 35<sup>th</sup> Anniversary.



**5K, 10K, & 20K Kilometer Distances**

**Start: 8:30 am – 11:30 am Finish: By 2:30 pm**

**Trail Rating: 1A**

**EVENT: MA2021-118752**

*Special Programs: "Little Free Libraries"*

*"Rockin' Around the Clock"*

*"Walking the USA A-Z"*

**HOSTED BY:**

**ILLINOIS TREKKERS VOLKSSPORT CLUB**

**HIGHLAND, ILLINOIS**



**WELCOME TO HIGHLAND, ILLINOIS** with their historic Plaza Square and beautiful tree-lined streets. Highland is one of the oldest Swiss settlements in the United States. It was founded in 1831 by Swiss pioneers from Sursee, Switzerland and has shared the title of “Sister City” with Sursee since 1976. Highland’s historic district is where the walk starts and ends with the city’s landmark fountain and Plaza Square Park, The landmark Lory Theatre is also part of the historic district. Highland is the birthplace of Pet Milk and Schott Brewery. It is the 7<sup>th</sup> safest community in Illinois! The first Volksmarch in Highland was 40 years ago! Enjoy the walk!

**WHAT IS A VOLKSMARCH:** A volksmarch is a leisurely walk through a scenic, historic, and/or interesting area over a clearly marked trail. The event is a family oriented, noncompetitive walk done at your own pace. An achievement program is available to keep track of your accomplishments.

**LOCATION:** The Highland, Illinois Town Square is located at 914 Main Street, Highland, IL 62249. **PARKING:** Parking is available around the Square and along city streets where designated.

**START/FINISH:** Start between 8:30 am and 11:30 am; finish by 2:30 pm. Walk at your own pace and pleasure. Event will take place regardless of weather. Restrooms are available near the start point and on the trail.

**DISTANCE:** There will be two 5k trails marked with chalk. Trails are all on sidewalks or paved streets. Trail is suitable for strollers and wheelchairs but some difficulty may be encountered on the hills.

**REGISTRATION:** The fee is \$3 for all walkers and is open to everyone -- all ages are welcome. An adult must accompany children under the age of 12. There is no pre-registration for this event and **no refunds**. Pets are welcome but must be kept on a leash and it is your responsibility to clean up after your pet(s). Only service animals allowed in buildings. **Masks are always required for registration and inside buildings.**

**SANCTION:** The American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV), sanctions this event. We remind you to bring both IVV books (event and distance). IVV books are available at the start/finish for \$6.00 each.

**AWARDS:** There will be no award for this walk. Other “B” awards may be available for \$1 each.

**PROCEDURE:** At the start, get a start card and fill it out. Carry this card with you on the walk and present it at the end of your walk. . Start cards remain the property of the Illinois Trekkers and must be turned in at the finish point when the walk is completed.

**REFRESHMENTS:** Water will be available at Start/Finish. There are many wonderful eating establishments in and around Highland to try after your walk.

**WEBSITES:** [www.ava.org](http://www.ava.org)  
[www.illinois-trekkers.org](http://www.illinois-trekkers.org)

**DIRECTIONS:** FROM I-55N/I-70E: Take exit 17 toward US-40E. Continue onto US-40E, turn right onto Hemlock Street, turn left onto Highland Road, continue onto Broadway (IL-160), turn left onto Washington Street, turn left onto Main Street.

**FOR MORE INFORMATION CONTACT:**

Susan Hodgson 618-334-6304 [lks246@gmail.com](mailto:lks246@gmail.com)

**DISCLAIMER:** The sponsors of this event are not liable for accidents, injury, lost or stolen items, and/or material damage. Every effort will be made by the sponsors to make this a safe, enjoyable and memorable event