

ILLINOIS TREKKERS FOOTNOTES

NO. 2021-Vol 10

October 2021



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

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

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

A Message from our President



Fall is finally here, and the scenery is getting colorful. The temperatures are fantastic, and it is definitely walking weather. Keep the umbrella handy though as some spot showers have fallen on walkers.

As the weather gets cooler there will be more bicycles on the bike trails. Please beware when walking in groups. Stay to the RIGHT of the center line and keep everyone safe. Some cyclist ride fast and an accident could happen very quickly. Enjoy your walk while visiting with friends but be aware of your surroundings on the trails.

Effective August 30, 2021, Illinois Governor Pritzker reinstated the mandatory mask wear for indoor events. This includes our monthly meetings. Please practice safe measures as you go about your daily routines. Only you know what is best for you and your loved ones. Continue to follow any guidelines released by the Centers for Disease Control (CDC) or local governments.

Hope to see you on the trail soon. Remember the sister clubs have YRE and traditional events available.

*Submitted by Trudy Duffman
President, Illinois Trekkers Volkssport Club*

Membership Meeting

The general membership meeting is scheduled for Thursday, October 14, 2021, in Klucker Hall, 14 Park Drive, Shiloh, IL. The meeting will be held upstairs. MASKS REQUIRED.

Keep on Trekin'

ONLINE START BOXES [OSB]

Have you tried the OSB yet? Many of the local walks now have OSB capabilities. Check them out!!!

Leonard Wojtysiak has been terribly busy tackling the task of creating OSB for Trekker events that have complicated start locations. Both the Maryville YMCA (walk & bike) and the Edwardsville YMCA (walk & swim) have restrictions on access to the facility. The start binders for all four events have been in possession of the POC Vickie Ridgeway. She and Leonard worked together to develop OSB for these events. Again, to sign up through the OSB, you must create a personal account at my.ava.org. You will be asked to establish a credit card on this account and add money in it to be eligible to sign up for walks. This is applicable for all OSB events throughout the United States. Numerous clubs have created OSB for their events due to the restrictions placed on start locations by the COVID pandemic. Please note that the Gateway Milers have their events with OSB options as does the Saint Louis Walkers (formerly the St Louis-Stuttgart Club). Thank you, Leonard.

2022 CLUB OFFICER VACANCIES

The Illinois Trekkers Volkssport Club elect's officers each November to serve as club leadership for the following calendar year. This year will be quite unique as all **FOUR POSITIONS WILL BECOME VACANT**. The club needs dedicated individuals who are willing to step up and assume one of the open positions. Do not be afraid to try something new. We all started with little or no experience, but this is a club, and the group support and mentoring is fantastic. All four individuals have served in their current positions for several years, and they need a break from administrative duties. Some of these officers also contribute to other functions for the club including newsletters, weekly walk alerts, and Point of Contact for one or more YRE. The Illinois Trekkers have been walking as a group for 41 years. That speaks volumes for volunteer leadership, guidance, and friendship. Our club was the first Illinois club to be granted membership to the AVA and number 47 in the American Volkssport Association. What an honor.

We thank you for walking with the club and want to see it continue for many years to come. Please consider helping to make that happen.

Due to unforeseen circumstances, there has been a few changes in the proposed officer slate:

President – Diane Prost
Vice-President – Dale Gerlach
Treasurer – Vickie Ridgeway
Secretary – Genine Perschbacher

If you would like to vie for one of the above positions, please contact any of the board members. All candidates are welcome.

*Submitted by Trudy Duffman
President, Illinois Trekkers Volkssport Club*

NEW AVA BOARD OF DIRECTORS

At the General Membership meeting, new AVA leaders were elected for the next two years. The AVA has changed the designation of their positions.

Chair, Nancy Wittenberg chair@ava.org

Vice-Chair, Susan Medlin vice_chair@ava.org

Secretary, Cecilia Miner secretary@ava.org

Treasurer, Ed McCabe treasurer@ava.org

MID-AMERICA REGIONAL DIRECTOR

Robert Buzolich ma_rd@ava.org

MID-AMERICA DEPUTY REGIONAL DIRECTOR

Roberta Allen

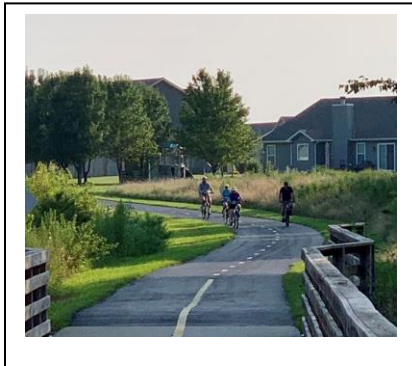
A WALK IN LEBANON Recap

The Illinois Trekkers hosted a traditional event in Lebanon, IL on Saturday, October 2, 2021. Diane Prost was the POC and should be commended for planning a fantastic event. The trail was awesome, the markings superb, and everyone finished the walk with only a few sprinkles of rain. The local Fall Festival was held at the same time, and they had a good attendance of shoppers, diners and folks enjoying the live music. 40 walkers registered for the event. Everyone seemed to enjoy themselves and some had to exercise patience as they waited for their food at the Cobblestone Eatery and Drinkery. Business was good for the local establishments but unfortunately staff is limited in many places. We need to be grateful these businesses are open and thank those who are working to serve us. A special thank you to everyone who volunteered to mark the trail, work the event table, and pick up the trail markers.

Submitted by Trudy Duffman/Diane Prost

Bikers Alert

Do you like to ride a bike? Fall is here and the Illinois Trekkers have two sanctioned bike trails (Maryville YRE & Belleville East YMCA YRE). Vickie Ridgeway and Nikki Wilcoxon have organized group bike riding on these trails. Riders should watch the Illinois Trekkers website for effective dates, times, and locations. Currently the group is meeting the first and third Monday at 6:00pm. As fall progresses with earlier darkness, these times may have to be altered. See you on the trail. In November we will try some Saturday events with walking and biking on the same date as we have members who enjoy biking and some who prefer walking instead. Let's see how this works out.



Maryville bike ride



Belleville YMCA bike ride

A Walk in the Swansea Clinton Hills Conservation Park

Saturday, October 16, 2021

The Illinois Trekkers invite you to A Walk in the Swansea Clinton Hills Conservation Park. Swansea Clinton Hills Conservation Park in Illinois is located on a former golf course site. The old golf cart paths and trails provide a scenic spot to walk with lakes and beautiful homes. The Park currently has a disc golf course. The HeartLands Conservancy is working with the village of Swansea to provide a natural setting for walkers & everyone to enjoy. There are two 5k loops for walkers to enjoy. The first is on asphalt and gravel paths. The second path takes walkers on the same type of paths plus over grass & bridges made of various surfaces. The second loop has hills to provide a good cardio workout. The start point is in the Swansea Clinton Hills Conservation Park pavilion. Walkers can register to walk between 8:30 am and 11:00 am. Walkers must be finished by 2:00 pm. Pets are welcome but must be kept on a leash & please pick up after your pet. Fletcher's Kitchen & Tap Restaurant is located next to the pavilion & has a full menu of food & refreshments available for purchase.

Submitted by Diane Prost, POC



THOUGHT FOR THE DAY!

There is good in everything. While collecting the trail markers Saturday, I encountered a down-pour of rain for probably 15 minutes. Yes, I was soaked, but the positive is I now have very clean New Balance shoes and shoelaces. They look brand new!!! And all I had to do was walk in the rain, wade in the deep puddles near the curbs and eventually dry my shoes. A win, win!!!

Submitted by Trudy Duffman, President, 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 FANTASTIC job.

Check out the website weekly as Diane posts photographs of walking events. They are fun to look at and certainly reflect good times had by our walkers. She even has a pic of the recent bike ride.

Thank you Diane for spending time on the computer and making our club exciting.

AVA Headquarters

The AVA Headquarters has relocated. The new address: **American Volkssport Association, 1008 S. Alamo Street, San Antonio, TX 78210.** Be sure to use this address in the future if sending IVV Record Books or other correspondence.

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.

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.

Footnotes Newsletter

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 or bring to the monthly meetings prior to the next issue. Thank you for your support of the Illinois Trekkers.



YRE TOTALS

BELLEVILLE HISTORIC DOWNTOWN

September 21 YTD 133

BE YMCA – Walkers

September 2 YTD 89

BE YMCA – Bikers

September 7 YTD 14

COLUMBIA

September 16 YTD 103

EDWARDSVILLE PARKS – Walkers

September 4 YTD 84

EDWARDSVILLE YMCA – Swimmers

September 2 YTD 25

GLEN CARBON HISTORIC

September 5 YTD 104

O’FALLON PARKS

September 7 YTD 99

MARYVILLE CMT YMCA – Walkers

September 16 YTD 85

MARYVILLE CMT YMCA – Bikers

September 2 YTD 25

SHRINE

September 9 YTD 109

ST CLAIR SQUARE MALL

September 1 YTD 47

JEFFERSON BARRACKS ST LOUIS

September 12 YTD 112

SPRINGFIELD IL

September 55 YTD 107

**Some YTD totals will vary month to month due to OSB registrations!

2021 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 – BINDER AT THE DESK!

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: Dee & Leonard Wojtysiak, 618-530-3325

Jefferson Barracks – Lemay, MO (St Louis) Walk – OPEN

Walgreens, 2700 Telegraph Road, Lemay, MO 63125

POC: Sue Bacon, 571-345-8301

Maryville - CMT YMCA (Walk/Bike) YMCA OPEN – BINDER AT THE DESK!

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

Springfield, IL – Capitol Walk – OPEN

Carpenter Street Hotel, 525 N. 6th Street, Springfield, IL 62702

POC: Dee & Leonard Wojtysiak, 618-530-3325

Illinois Trekker Membership Meeting

September 9, 2021

1. **Call to Order:** 6:30pm per Nikki Wilcoxen, Vice-President
2. **Special Guests:** None.
3. **New Members:** None.
4. **Secretary's Report:** Minutes for August were approved as written.
 - ✚ Dee Wojtysiak made the motion & Dale Gerlach seconded it. Passed.
5. **Treasurer's Report:** Report was approved pending audit.
 - A. Dale made the motion & Muriel Barber seconded it. Passed.
6. **Events:**
 - ✚ Lebanon Walk – 2 Oct 2021. POC Diane Prost
The route and start point are all set. Will mark the trail.
 - ✚ Clinton Hills Walk – 16 Oct 2021. POC Diane Prost
 - ✚ Way of Lights – 22 Nov 2021. POC Diane Prost
Still working on the details due to COVID
 - ✚ Club Christmas Walk and luncheon - 4 Dec 2021. POC Nikki Wilcoxen
 - ✚ Mascoutah Walk – 31 Dec 2021. POC Susan Jones
5 PM Walk, 6:30pm Cash Bar, & 7 PM Dinner. Restaurant is set.
 - ✚ 3-Miles Thursday evening walks. Sign-up at 5:45pm, walk at 6pm.
 - ✚ 10K Bike rides Monday evening. Sign up at 5:30pm, ride at 5:45pm.
Oct 4 at Belleville East YMCA, Oct 18 at Belleville East YMCA.
7. **Old Business**
 - ✚ Sanctioning of YRE's for 2022.
Thanks to Diane, all YRE's are sanctioned including Mascoutah & Millstadt.
8. **New Business:**
 - ✚ Slate for club officers for 2022 are:

Diane Prost	President
Dale Gerlach	Vice-President
Genine Perschbacher	Secretary
Vickie Ridgeway	Treasurer

Please "throw your hat into the ring" if you are interested in filling one of these spots.
Its always nice to have a choice! Contact Diane if interested.
9. **Items from the Floor:** None
10. **Attendance Drawing:** Diane won the door prize.
11. **Next Meeting:** The next meeting will be October 14; meeting will be held at Shiloh Klucker Hall at 6:30pm.
12. Meeting adjourned at 7:07pm.
 - A. Dale made the motion & Louie Krummel seconded it. Passed.