difficulty on the trail with the hill, other 5k is flat.

The Illinois Trekkers invite you to A Walk in St. Ellen Mine Park. St.

Ellen Mine Park in Illinois was the site of former coal mining operation & is a St. Clair County Park. There are four small lakes and paved walking trails. Walkers might spot a deer, geese, fishermen catching blue gill and plenty of wildlife.



What is a Volksmarch: A Volksmarch is literally a "folks walk" or a walk for the people. It is a self-paced walk for all to enjoy. The purpose of a Volksmarch is to encourage physical fitness, promote fellowship and to enjoy the outdoors.

START LOCATION: St. Ellen Mine Park pavilion. St. Ellen Park Road, O'Fallon, IL 62269.

- **START TIME**: Start between 9:00 a.m. and 11:00 am. Walk at your own pace. You must be finished by 2:00 p.m.
- **DISTANCE:** 5k, 10k, 15k & 20k walk will be offered. The first 5k loop is on paved trails. The second 5k loop is on paved trails & on a city street. Wheelchairs and strollers would be able to navigate with some

TRAIL: The trail is rated 2A with some hills.

REGISTRATION: Everyone is welcome to participate in this event for a fee of \$3. An adult must accompany children age 12 and under. All participants must check in at the registration table and receive a start card. The start card must be carried on the walk. Start Cards remain the property of the Illinois Trekkers and must be turned in at the finish point at the end of the walk. There is no refund for monies paid. Event will take place regardless of weather. Pets are welcome but must be kept on a leash and you must pick up after your pet. **REFRESHMENTS**: Water and restrooms will be provided at the Start/Checkpoint/Finish.

INFORMATION CONTACT: The point of contact is Dale Gerlach, phone 618 560-0420, email balddad50@gmail.com;

AVA Website is <u>www.ava.org</u>

Illinois Trekkers Website is www.illinois-trekkers.org/

DISCLAIMER: AVA and the sponsors of this event are not liable for accidents, thefts or material damage. Every effort will be made by the sponsors to make this a safe, enjoyable and memorable event.

SPECIAL BOOKS: Walking the USA A - Z





Fun, Fitness, Friendship



DIRECTIONS: From Interstate 64 take exit 14. Head West on Highway 50. Turn left on St. Ellen Mine Road. Continue to the parking area at the end of the road.



A Walk in St. Ellen Mine Park

A Non-competitive 5k, 10k & 20k Walk Credit Only



Presented by Illinois Trekkers Saturday September 17, 2022

AVA Sanction Number: MA22- 121666

