



King's House Retreat will be closing at their present location on April 30, 2023. King's House Retreat will be moving to the Shrine. The Illinois Trekkers invite you to King's House Retreat nestled on 47 quiet, wooded acres in Belleville, Illinois. King's House Retreat is sponsored by the Missionary Oblates of Mary Immaculate. The walk will take you through the Stations of the Cross, the quiet neighborhood, the nature trail and a walking labyrinth.



**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:** King's House Retreat, 700 N. 66<sup>th</sup> Street, Belleville, Illinois 62223 Phone 618 397-0584

**START TIME:** Start between 1:00 p.m. and 3:00 p.m. Walk at your own pace. You must be finished by 5:00 p.m. Please no pets allowed.

**DISTANCE:** 5k and 10k walk will be offered. The first 5k loop is on a trail with some stairs. The second 5k loop is on a nature trail with one hill. The walk is unsuitable for wheelchairs and strollers.

**TRAIL:** The trail is rated 2B and is on walking paths, city streets and grassy nature areas with beautiful views.

**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. There is no refund for monies paid. Event will take place regardless of weather.

**REFRESHMENTS:** Water and restrooms will be provided at the Start/Checkpoint/Finish.

**INFORMATION CONTACT:** The point of contact is Diane Prost, phone 256 527-3377, email [diaprost@sisna.com](mailto:diaprost@sisna.com)

AVA Website is [www.ava.org](http://www.ava.org)

Illinois Trekkers Website is [www.illinois-trekkers.org/](http://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 United States

Walking the USA A-Z

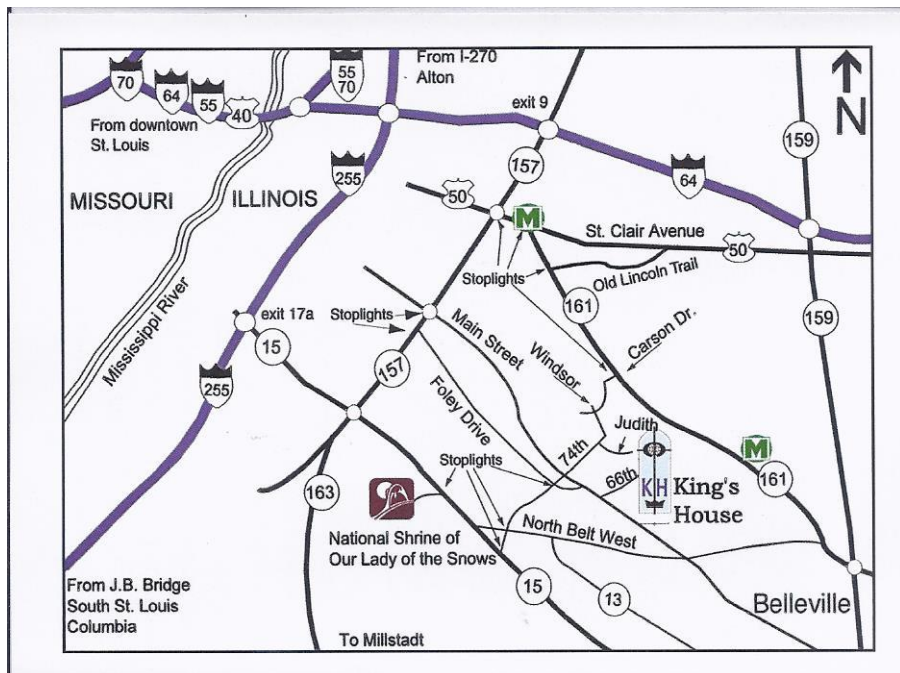


# Farewell to Kings House Retreat Walk

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

**DIRECTIONS:** From Interstate 255 take exit 17a Route 15 toward Belleville. Exit to the left from Route 15 onto North Belt West. At stoplight turn left onto 74<sup>th</sup> Street. Stay on 74<sup>th</sup> Street until Judith Drive. Turn right on Judith Drive. Then turn right into parking lot for King's House Retreat.

From Main Street in Belleville. Go west on Main Street until 74<sup>th</sup> Street. Turn right on 74<sup>th</sup> Street. Then turn right on Judith Drive. Turn right into parking lot for King's House Retreat.



**Presented by Illinois Trekkers**

**Sunday April 30, 2023**

**AVA Sanction Number: MA23-124116**

