



Illinois Trekkers: We like to Walk, Talk, Sightsee and on Occasion Stop for Food. We'd Like for You to Join Us!!

AVA Vision: Increasingly engage Americans in lifelong walking and other non-competitive physical fitness activities.

AVA Mission: Promote and organize noncompetitive fitness activities that encourage lifelong fun, fitness and friendship for all ages and abilities.

Walking Opportunities – **Walk 15K for the National Walk Week**

- Saturday, April 1 Webster Groves YRE registration 9:45a, step off 10a
- Sunday, April 2 Mascoutah YRE, Park Walk registration 12:45p, step off 1:00 p
- Monday, April 3 O'Fallon YMCA registration 9:45, step off 10a
- Tuesday, April 4 Edwardsville YRE 9:45a registration, 10a step off
- Wednesday, April 5 Three Springs Park, BYO lunch picnic 12-12:45, on your own walk following lunch
- Thursday, April 6 Glen Carbon YRE 3-mile Thursday, 5:45p registration, 6p step off
- Friday, April 7 on your own

Walk on your own or with a group.

Log your walk information on this flyer

My Walk Week Events:

National Walk Week April 1–7 2023

Illinois Trekkers

