

ILLINOIS TREKKERS VOLKSSPORT CLUB

YEAR ROUND (YRE)

WALK, SWIM AND BIKE EVENTS

- Belleville Downtown, IL Walk
- E. Belleville YMCA, IL Walk & Bike
- Columbia, IL Walk
- Edwardsville, IL Walk & Swim
- Fairview Heights, IL Walk
- Glen Carbon, IL Walk
- Maryville, IL Walk & Bike
- O'Fallon, IL Walk



GENERAL INFORMATION

WELCOME: The Illinois Trekkers invite you to nine walking, one swimming & two biking year round events (YRE). Walk as many times as you choose – daily, weekly, monthly. We have planned them for your enjoyment as our motto states: “FUN, FITNESS, and FELLOWSHIP”.

WHAT IS A VOLKSMARCH: A leisurely walk or ride through a scenic, historic, and/or interesting area over a trail, walking path, sidewalks, and streets. These events are family oriented, noncompetitive walks done at your own pace. An international achievement program (IVV) is available to keep track of your walking or biking accomplishments.

SPONSOR: The Illinois Trekkers is a not for profit walking club located in the greater St. Louis metropolitan area. The club hosts weekly, monthly, and year around walks. Visit our Web site at www.illinois-trekkers.org
Address: Illinois Trekkers, PO Box 603,
O'Fallon, IL 62269



Fun, Fitness, Friendship

REGISTRATION LOCATION/TIMES: Each Illinois Trekkers YRE walk, swim or bike ride has its own self-registration/start point. Locate the “Walk Box” at each YRE location. A specific Walk Box location (where you self-register) is provided in each event listing. Follow the registrations directions found in the Walk Box. Each walk, swim or bike event has a time for use of the trail, such as “dawn to dusk.”

DATES: Most YREs are hosted from January to December but check dates. Not all “walk box” registration sites are open on holidays. Refer to the specific site information.



TRAILS: Trails vary. The trail rating guide helps you to determine your use of a specific trail. Ratings include:

AVA TRAIL/ROUTE RATING SYSTEM

	Part 1 – INCLINE/ ELEVATION		Part 2 - TERRAIN
1	Very small hills or very little stair climbing.	A	Almost entirely on pavement.
2	Some moderate hills or stair climbing.	B	A significant part of the route is on well-groomed trails with very few obstacles.
3	Some significant hill or stair climbing.	C	A significant part of the route is on somewhat difficult terrain (rocky/rooted paths or soft sand.)
4	Lots of significant hills or stair climbing.	D	A significant part of the route is on very difficult terrain.
5	Many steep hills.	E	The majority of the route is on very difficult terrain.

DISTANCE: Generally the walk distances are 5K (3.1 miles) and 10K walk (6.2 miles). Biking events are longer. Refer to the individual events for exact distances. Swims are usually 300 meters.

FEES AND PROCEDURE: \$4.00 per participant. At the time of self-registration each participant must fill out and sign a start card before beginning the event. **A START CARD MUST BE FILLED OUT.** Carry this card with you to the finish point. All start cards remain the property of Illinois Trekkers and must be turned in when the event is completed. Please complete your registration according to the directions indicated in the Walk Box. Your start card is mailed along with your payment to the Point of Contact (POC).

INFORMATION CONTACT:

Every event has a POC who has the most current information about a specific event. They also receive your payment and start cards. They complete all incident and accident reports for a specific trail. Contact the POC for additional information about the event.



SAFETY: Your safety is a primary concern. You should remain vigilant along the routes for route deficiencies, traffic, weather related conditions, construction, and unexpected events. Report all incidents and/or accidents to the POC.

STIPULATIONS: All events are open to everyone. No refunds are given for any monies paid. The events are offered regardless of weather conditions.

DISCLAIMER: The Illinois Trekkers Volkssport Club, AVA, or IVV cannot be held liable for accidents, theft, material damage, and/or injury. Every reasonable effort will be made by the sponsors to make this a safe, enjoyable, and memorable event. Children age 12 and under must be accompanied by an adult. By self-registering for these events, the participant agrees to these conditions.

CLUB INFORMATION:

Illinois Trekkers Web Site: www.illinois-trekkers.org

ADDRESS

Illinois Trekkers

PO Box 603

O'Fallon, IL. 62269

American Volkssport Association Web Site:

www.ava.org



MISCELLANEOUS: Be sure to bring your camera and dress according to weather conditions. Parking is available at the Start Points. It is noted for each walk whether pets are welcome and in all cases they must be leashed at all times and the owner is responsible for cleanup. Water should be carried on all events. Suitability of the trail for strollers, wheelchairs, and wagons is indicated for each walk. Restrooms are not guaranteed at all start points and indicated on the listing for each event.



SANCTION: All walk and bike events are sanctioned by AVA. Please refer to the specific event for the sanctioning number.