



NEWSLETTER

Jan - Apr 2019

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ANN MATTINGLY

PAUL GOROM

GORDON BROWN

OUR NEXT MEETING

14 May 6:30pm

**Bandana's Restau-
rant**

**4608 N. Illinois St
Fairview Heights**

Gateway Milers membership forms on our website and at our next walk.

**WEBSITE:
Gatewaymil-
ers.org**

LIKE US!!!



2019 has started out to be a good year for the Gateway Milers. We had the Mardi-Gras walk in March where we had over 100 people turn out for walking and good Cajun cooking. Thanks to the Mackeys' and the Krueps' for putting this together along with the rest of the volunteers. In April we had the Bunny Hop walk in O'Fallon and 131 people enjoyed the walk and stopping at the stores for their prize filled Easter eggs. Thanks to the Goroms' for putting this together and for the many volunteers who helped make this a success. Mother Nature has given us a few challenges this year. The Ice Carnival and Soup Walk that the Browns' were going to put on in January had to be called off because of dangerous winter weather conditions. We also had to postpone the Creve Couer walk and shopping trip because of flooding in the park and heavy rains. This is being rescheduled for May 11th. We are outdoor walkers and have to accept inclement weather and charge ahead to the next event.

For the rest of the year we have some good walks planned. On May 18th we have the Cliff Cave County Park walk scheduled, and will have lunch available after the walk for a nominal charge. On Sept 28th we have the Silver Lake walk in Highland scheduled. And, on October 12th we have the Fiends and Phantoms walk in south St. Louis scheduled.

In addition to the special event walks, we have group walks almost every Saturday. These walks are not only about the physical exercise, but also a chance to socialize and usually eat lunch for those interested. Please see our website at gatewaymilers.org for current listing of where we will be walking every Saturday. On the website there is a link to get our weekly 'Miler Message' that gives information on where we will be walking each Saturday as well as updates of other activities planned.

Our next club meeting is May 14th at Bandana's in Fairview Heights; all members and guest are welcome. We will be looking for ideas for walks in 2020 as well as other suggestions on activities for the club to do.

Let's walk and have a good time.----Bill

Cliff Cave Walk Saturday 18 May 2019

Cliff Cave Park

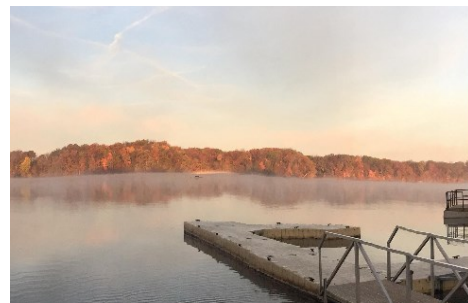
806 Cliff Cave Rd St. Louis MO

Start time: 9:00-11:30 a.m. Finish by 2:00p.m.



Welcome to Cliff Cave Park within the Mississippi River Greenway! The park is the most naturally diverse park in the entire St Louis County Park System. The park supports a host of plants and animals. From dry, rocky, droughty, hillsides to moist woodlands and wetlands the park is extremely abundant in plant and animal diversity. It is named after “Cliff Cave”, originally called Indian Cave. French fur trappers established a tavern and stored their beer in the cave in the 18th century. In the late 1800s the cave was a recreation spot for volunteer soldiers from Jefferson Barracks who built a saloon at the cave entrance. The county purchased the park in 1969 and in 2009 the cave entrance was gated to protect historical artifacts and the endangered Indiana Bat population. Both routes will pass the cave and river bluff (with some inclines). The 10k also includes a loop circling the floodplain bottoms which is flat.

Silver Lake Park Saturday, Sept. 28, 2019



3035 Highland Park Rd.

Highland, IL

Start time: 9 a.m.-11:00a.m

The Silver Lake Park has 90 acres providing beautiful views of Silver Lake with 4.5 miles of Hiking Trails. Along the forested area are Disc Golf trails, volleyball courts, playgrounds, and fishing areas. The seclusion of Silver Lake provides a quiet area to walk, hike, picnic, and/or fish.

Mardi Gras Walk Special Thank You To Deb Kruep And Mark Mackey





21st AVA Biennial Convention Albany NY WALK THRU HISTORY

The Empire State Capital Volkssporters of the Northeast Region are delighted to be your hosts for the 2019 AVA convention. Other clubs are partnering with the Empire State Capital: Walk'n'Mass Volkssport Club, Two Town Walking Club, Twin State Volkssport Association, and the Niagara Frontier Volkssport Club. The convention starts with pre-walks: Sunday June 9th in Portsmouth NH, Monday June 10th in Danvers MA, and Tuesday June 11th in Springfield MA.

On Wednesday June 12th the convention starts with the Erie Canal walk in Cohoes. On Thursday June 13th there is a walk at Saratoga National Historic Battlefield. The last day of the convention Friday June 14th we'll walk the President's Walk in Albany NY. After the convention many are doing post convention walks: Saturday June 15th Cooperstown NY and Sunday June 16th Buffalo NY.

AVA conventions are a wonderful time to explore new places, meet so many walkers from all over the country, and sit in on workshops to learn how the AVA works, how important volunteering is, and how all of us can continue to support AVA's walking program.

Calling all Sports Fans

BASKETBALL HALL OF FAME TO BASEBALL HALL OF FAME

Naismith Memorial Basketball
Hall of Fame

SPRINGFIELD MASSACHUSETTS

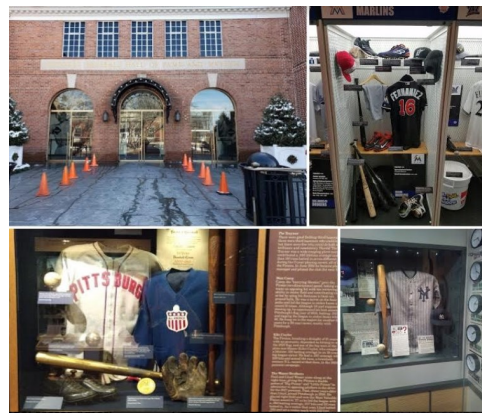
www.hoophall.com



Named after inventor of the sport James Naismith and opened in 1959. 140,000 baseball cards, 40,000 artifacts, Since opening 395 coaches, players, referees, contributors and teams have been inducted.

Cooperstown N.Y.

www.baseballhall.org



Established in 1936 over 323 inductees, including Cy Young uniform shirt, bat used by Ted Williams, Willie Mays and more.



Not sure what you want to do while you are exploring the New England area. I'm from Springfield MA and was in New England last September doing lots of Year Round Events. There is so much to see so here are a few suggestions.

Maine: August the capital , Portland with views of Casco Bay. Baxter State Park and all of the Appalachian Trail in Maine but be warned this portion of the AT includes some of the most difficult hiking on the AT.

Vermont: from Woodstock hiking up Mt Tom (rated 3B), Burlington along Lake Champlain, Killington is part of the Appalachian Trail rated 3B to 3C, Montpelier which is our nation's smallest capital, White River Junction is a border walk part of W. Lebanon NH walk.

New Hampshire: there is the beautiful historic capital of Concord, the college town of Keene, or do the Hanover NH/Norwich VT part of the Appalachian trail for NH only, and then there is Portsmouth a seaside town which was the capital of the English province of NH before the Revolution.

Massachusetts: from the Freedom Trail Walk in Boston, to Cheshire part of the Appalachian Trail, walks in Gloucester, Plymouth and Sandwich, need a "Q" well there is Quincy, and in western MA is Shelbourne Falls-Bridge of Flowers.

Connecticut: Mystic is a shipbuilding center with views of the Mystic River with sea captain's homes and lot of shops/restaurants, Hartford is the capital with two bridges over the Connecticut River and a gothic revival state capital.

New York: from Lake Placid and Lake George to Niagara Falls and then there is New York City with Central Park, Greenwich Village, Lower Manhattan and Midtown. Those going to the convention will explore more of New York's walks.

Lois

TO/FROM 2019 AVA CONVENTION



MID-AMERICA REGION WALKS NEAR INTERSTATE HIGHWAYS

TRAVEL CORRIDORS



The Interstate Highways are listed in numerical order and walks near them in alphabetical order. Please refer to AVA's internet site for a map of YREs and Seasonals, walk descriptions, and directions to the start points: http://clubs.ava.org/ava_search.asp.



Illinois - Land of Lincoln - offers the State Capital, Chicago metropolis and Metro Saint Louis walks.

St. Louis Metro East

Belleville (4)	Columbia
Edwardsville (2)	Fairview Heights
Glen Carbon	Hartford
Maryville	O'Fallon (2)

I-55 Litchfield
Springfield
Wilmington

I-57 Champaign
Paxton

I-72 Decatur
Springfield

I-74 Champaign

I-80 Frankfort
Morris

Greater Chicago

Chicago (2)	Downers Grove
Geneva	Hinsdale
Oak Brook	Oak Park
Wheaton	

OUR REGION'S CORRIDORS

We welcome you to the Mid-America Region of the American Volkssport Association. From the coalfields of Kentucky and Ohio on the east to the wide-open Illinois prairie on the west, from the Great Lakes surrounding Michigan in the north to the rivers and roads of Indiana and Kentucky in the south, the Mid-America Region is the interstate corridor to and from AVA's 2019 Biennial Convention. In the north the Region is traversed by I-90 and I-80; in the south by I-70 and I-64. Major north-south interstates include I-55, I-57, I-65, I-69, I-71, and I-75. So, if you are driving to or from the Convention, plan to pass through our Region. Walks are as near as a few miles, and others ten or more miles, from our interstate corridors.



Indiana - Crossroads of America - offers small and large communities, state parks and city walks in Indianapolis, Fort Wayne, Evansville and South Bend areas.

- I-65 Columbus
Franklin
Greenville
Indianapolis (3)
Zionville
- I-69 Angola (Pokagon State Park)
Bloomington
Carmel
Evansville (2)
Fort Wayne (3)
Indianapolis (3)
Noblesville
- I-70 *Indianapolis (3)*
- I-80/ 90 Angola (Pokagon State Park)
Chesterton
Middlebury
South Bend
Valparaiso



Ohio - The Buckeye State - with walks along rivers, byways, parks and historic

areas near major urban areas - Columbus, Cleveland, Dayton, and Toledo.

- I-70 Columbus (5)
Dayton (2)
Fairborn (2)
Urbana
Xenia
- I-70 Yellow Springs
Zanesville
- I-71 Berea (2)
Columbus (5)
Mansfield
- I-75 Centerville
Dayton (2)
Oakwood
Piqua
Versailles
Waterville
- I-80/ 90 Maumee
Swanton
Sylvania
Toledo (2)
- I-80 Kent
- I-90 Cleveland (2)
Conneaut



Kentucky - the Blue Grass State - includes the Louisville Slugger baseball bats and the

Ohio River on the Big Four Bridge walks, as well as its State Capital.

- I-64 *Frankfort*
Louisville (3)
- I-65 Louisville (3)
- I-69 Henderson
- I-71 Covington (2)
- I-75 Covington (2)
Frankfort



Michigan - The Great Lakes State - with walks in famous cities, along lakes and quiet

towns in the west and east and in-between.

- I-69 *Lansing*
- I-94 Ann Arbor (2)
Chelsea
St. Joseph
Ypsilanti

SPECIAL CORRIDOR NOTES

- A-Z Special Program: Ohio offers hard to “get” U, X, Y, Z cities along the I-70 corridor. Michigan offers the Y city along the I-94 corridor.
- Note the *time zone changes* in the Region.
- Our five State Capitals are noted in *italics*.

A very special thank you to our MidAmerica Regional Director Andy Bacon for all his work in compiling and developing this pamphlet.

AVA — “DID YOU KNOW THESE FACTS”

YEAR ROUND EVENTS THROUGHOUT THE COUNTRY

Well, it all started when I looked into how many YREs are in Massachusetts. And then since I'm going to the convention, in New York, why not see how many YREs are in NY. And then that led me to look at every state that has YREs which led to lots of time on the AVA website. So, I could ask you to guess which states have the most YREs but some of you may know how to easily find that out and others don't.

A great option AVA has on their website is the “Interactive Map”. Here are the steps:

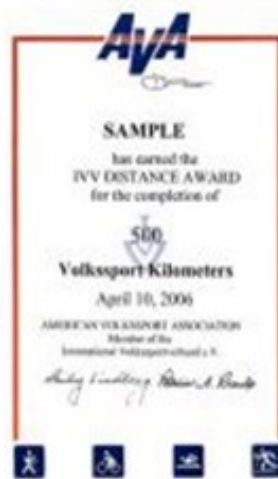
- In the Ava.org website select “EVENTS”
- On the dropdown menu select “INTERACTIVE MAP”
- Next select at the first dropdown menu either “Year Round/Seasonal Events” or Traditional Events
- Once you've selected which type of Event scroll over to the 2nd dropdown menu and select a “STATE.”
- Then select “EVENTS MAP “
- I selected the state of Illinois for my search; below shows we have 33 year rounds and 24 seasonal, you can see that our clubs also have walks in Missouri. You can click on the individual identifiers to learn more about the walks. And some with a second click will give you more information.



AVA YEAR
ROUND
EVENTS
(YREs)
YREs change
yearly

**This also includes
Seasonal Walks
Check when Seasonal
Walks are available**

Alabama = 8	Massachusetts = 21	Tennessee = 19
Alaska = 12	Michigan = 13	Texas = 139
Arizona = 49	Minnesota = 39	Utah = 3
Arkansas = 6	Mississippi = 5	Vermont = 12
California = 196	Missouri = 56	Virgin Islands = 0
Colorado = 43	Montana = 4	Virginia = 80
Connecticut = 9	Nebraska = 11	Washington = 232
Delaware = 6	Nevada = 12	West Virginia = 4
District of Columbia = 7	New Hampshire = 8	Wisconsin = 38
Florida = 65	New Jersey = 11	Wyoming = 20
Georgia = 19	New Mexico = 18	
Hawaii = 14	New York = 55	
Idaho = 10	North Carolina = 67	
Illinois = 33	North Dakota = 6	
Indiana = 28	Ohio = 42	
Iowa = 23	Oklahoma = 6	
Kansas = 23	Oregon = 153	
Kentucky = 8	Pennsylvania = 79	
Louisiana = 15	Puerto Rico = 0	
Maine = 7	Rhode Island = 3	
Maryland = 81	South Carolina = 22	
	South Dakota = 26	



EVENT AWARDS

Members listed in the issues of *The American Wanderer* having accomplished an award for:

	<u>EVENTS</u>	<u>DISTANCE</u>
Victor Wald	10	
Kathy Wald	10	
Kim Laurance	10	
Gary Obernuefemann	10	
Mary Jane OBERn	10	
Tricia Couch	10	
Ben Couch	10	
Regina Gorom	10	500k
Paul Gorom	10	500k
Lynn Keith	225	
Carmelita Stone		3500k
Lois La Fleur	475	3500k
Tom Stucky	500	4000k
Gordon Brown	550	4500k
Diane Gebhart	600	
Deb Kruep	700	7000k
Mark Kruep	700	7000k
Bonny Carlson	700	7000k
Cindy Stucky	700	7000k
Rosalie Maul	850	7500k
DeAnne Brown	850	8000k
Diane Prost	1200	11000k
Bill Badger	1400	13000k
Linda Badger	1450	13000k
Barbara Bueher	2100	

** Current as of : March 2019 *The American Wanderer*

*** Remember to mail in your AVA books once completed. If you need assistance with the process one of our club members can help you out.

Bunny Hop Walk Thanks so much to Regina and Paul Gorom



HOW TO ORDER GATEWAY MILER SHIRTS

- Pick out a shirt you would like to wear
- You can bring your shirt to Town Hall Archery
- 5901 Cool Sports Rd Belleville 618-235-9881
- If you don't live in the local area contact me. I can help getting your shirt embroidered
- Contact Lois: fleurs1106@gmail.com



Calling All Volunteers!

For Cliff Cave Park Walk contact Cindy Stucky
clstucky@gmail.com

For Silver Lake Park Walk contact Lois La Fleur
fleurs1106@gmail.com

NEWSLETTER SUBMISSIONS

Send articles and/or comments to "Milers Newsletter" via email to:
lois.lafleur@gmail.com

Editor: Lois La Fleur

WEBSITES

HQ AVA – -----<http://ava.org/>

[Gateway Milers: gatewaymilers.org](http://gatewaymilers.org)

