OFFICERS:

PRESIDENT:

BILL BADGER

VICE-

PRESIDENT:

ROSALIE MAUL

TREASURER:

CINDY STUCKY

SECRETARY:

LOIS LA FLEUR

DIRECTORS:

DEB KRUEP

CAROL REZNICEK

MARK MACKEY

OUR NEXT
MEETING
10 Jan 2017
6:30pm
FORTEL'S PIZZA
10716 Lincoln Trail
Fairview Heights

Gateway
Miler T-Shirt
order forms
will be at the
meeting.

LIKE US!!!





NEWSLETTER Dec 2016

Happy Holidays Everyone

As we approach the end of the year, I look back at how our year went. I might have a prejudiced view, but I'm extremely happy with how everything turned out. The Gateway Milers had five traditional walks this year: Bloom into Spring in Belleville, the Winery walk in Waterloo, March to the Arch in St. Louis, The Nature Institute in Godfrey and the World Bird Sanctuary in Valley Park Mo.. Living up to our 'Gateway' name we have walked on both sides of the river. We now have Year Round walks in Kimmswick Mo., O'Fallon, Il., and Edwardsville, Il.. We also have a 'bike event' along the whole Katy Trail in Missouri. One of our members, Deb Kruep, actually road the whole 240 mile trail. Next year we will be adding a new 'Historic Belleville' walk to our year round event, and possibly another one at mid year in University City Mo.. In addition we had three trips, Hermann Mo., Gatlinburg, and Branson. All these events required a lot of effort and I appreciate everyone who has helped. Helping to put on these events is a lot of work, but it usually is a good creative and social experience. Our goal is not to overwork anyone or put pressure on people to help. But, if someone has a good idea and wants to pursue it, we will do all we can to assist them in this endeavor. We want all the club activities to be a fun experience for all.

I wish to thank all those who helped with the events, the officers and Directors for a lot of work that often is not seen by anyone; and a thank you to all of you who came out to support our events.

Bill Badger-President

Ramble with the Raptors

The World Bird Sanctuary opened their doors to Gateway Milers this November. Saturday November 12th we celebrated our first event there with the Girl Scouts. We had a lovely sunny day filled with swirling autumn leaves while we hit the trails of the sanctuary. The birds with their winter colors shining were active and enjoyed the scouts and walkers just as much as we enjoyed peeking at them. We shared the day with the Steam Punk group which made some very interesting people watching! The sanctuary trails took us on Turtle Bob trail and then on to Hickory and Tunnel trail which gave us a close up of the Meramec River. Those walkers opting for the 10K were treated to the Chubb trail along Lone Elk Park. Normally, this time of year the World Bird Sanctuary does not have a live bird show but they had one for us and the Steam Punk group. Many of our walkers stayed and enjoyed the show along with lunch and some great snacks. We asked every walker to bring one item from the World Bird Sanctuary wish list, as always our walkers are so generous, the donation bins were filled to the brim. Thank you to all for coming. This one's a keeper and we will return again! Thank you to the nineteen wonderful volunteers who made the day stress free. You are what make Gateway Milers great!

Walk POC: Deb Kruep

A YEAR OF GREAT WALKS WITH THE GATEWAY MILERS

April 16, 2016 Bloom Into Spring Sandy's Back Porch Belleville IL









June 4, 2016—Schorr Lake Vineyards Waterloo IL











September 11th, 2016



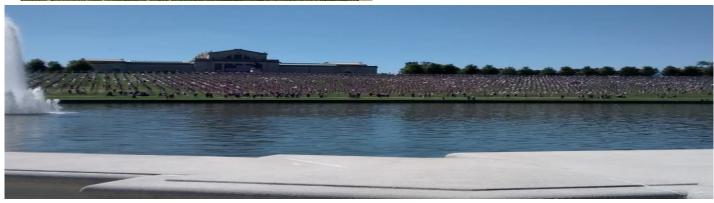
A day to honor, so much patriotism, and a peacefulness with all the walkers. Thank you to everyone for sharing this day with The Gateway Milers











Oct 15, 2016 Fall Foliage Walk The Nature Institute Godfrey IL













Nov 12, 2016 World Bird Sanctuary Walk Valley Park MO





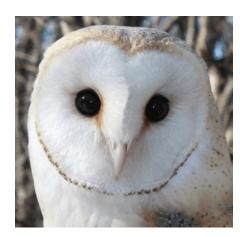












December 3, 2016 The Giving Walk O'Fallon IL







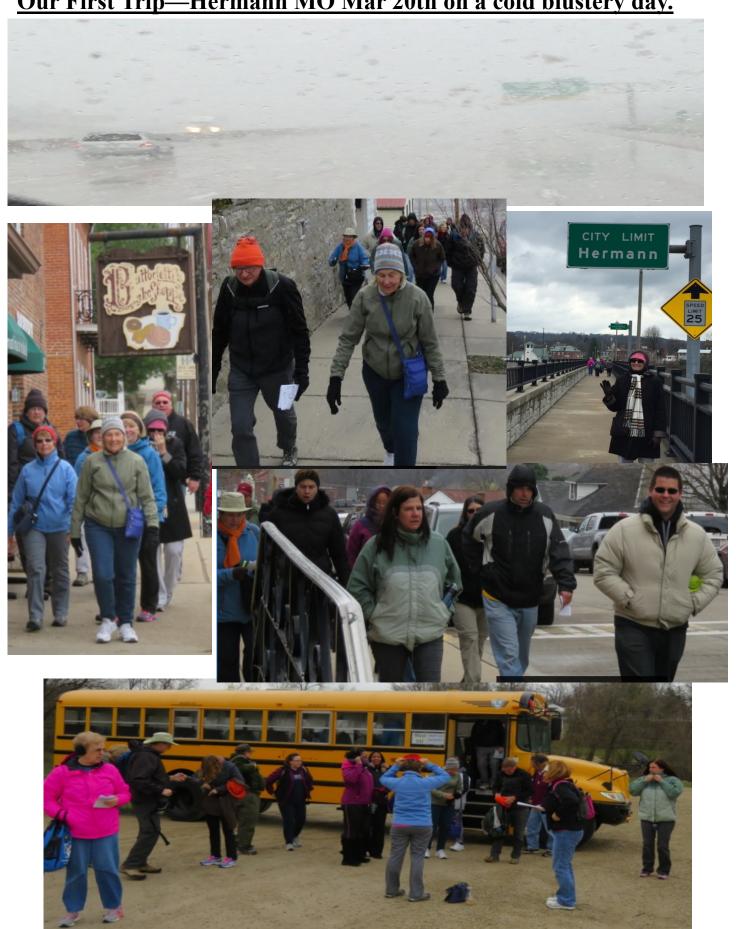






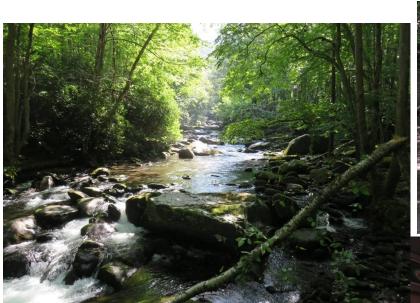


<u>The Gateway Milers 2016 Trips</u> Our First Trip—Hermann MO Mar 20th on a cold blustery day.



24-28 Aug 2016 Gatlinburg Tennessee











4-6 November 2016 Banson MO





Mardi Gras Madness

Saturday, February 18, 2017
Belleville, Illinois



Lafayette Square & Soulard Neighborhood Walk, St Louis, MO May 6, 2017

5K, 11K Distances – Rating: 1A Event: SC 106745 Gateway Milers

SPECIAL EVENTS: Take A Walk in a City Park, Bridges Spanning the USA, You'll Never Walk Alone, Doin the Louisiana Purchase, National Register of Historic Places, Walking the United States and Walking the USA A-Z.



SIUE Walk Saturday, May 20, 2017 Southern Illinois University Edwardsville, IL



DON'T FORGET OUR YEAR ROUND EVENTS

Belleville-Oakland Historic District—Belleville IL Edwardsville IL O'Fallon-Town Walk—O'Fallon IL

Hermann– Katy Trail Bike Seasonal —Hermann MO Kimmswick-Historic Seasonal—Kimmswick MO



EVENT AWARDS

Members listed in the Dec 2016/Jan 2017 issue of The American Wanderer having accomplished and award for:

	EVENTS	DISTANCE
Cathy Gregory	275	2500
Bob Gregory	275	2500
Tom Stucky	350	3500
Susan Hodgson	500	
Cindy Stucky	550	5500
Linda Badger	1200	12000
Barbara Buehr	er 1800	22000

Way to go Milers! Congratulations

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

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Thank you so much for joining us this past year on our walks and trips.

We look forward to you joining us again for another great year.

Happy New Year!!!