

Welcome to Castlewood State Park along the Meramec River In the early 20th century city dwellers flocked to Castlewood for weekends of water fun, dancing and a clubhouse at a big hotel along the river to escape the city heat. Visitation declined after World War II with the advent of air conditioning. In 1974 a citizen conservation group helped the state acquire the land and established the state park. The park straddles both sides of the Meramec River and showcases majestic white limestone bluffs that tower above the Meramec River. The River Scene 5k loop is the most spectacular trail in the park and highlights the parks most memorable features. The trail climbs to and then traverses a series of bluffs overlooking the river. It then goes down a long wooden wood staircase that takes for from the top of the bluffs to the valley below along the river. For those hikers who prefer no elevation a flat 5k along the river will also be offered. The 10k will incorporate the spectacular River Scene trail as well as traversing other areas of the park.

Start Location: Castlewood State Park, 1401 Kiefer Creek Road, Ballwin, MO 63021, Shelter 1

PARKING: A public parking lot is located adjacent to Shelter 1.

START/FINISH: Start between 8:30 AM and 11:00 AM. Walk or run at your own pace. You must be off the trail by 2:00 PM Event take place regardless of weather. Outhouse and water will be available at the start point. Pets are welcome but must be kept on a leash and you must pick after your pet.

DISTANCE: Two 5k routes will be offered as well a 10 km route. One 5k route will be a flat hike along the river and the other 5k loop will be the incomparable River Scene Trail. The 10k option will include River Scene Trail and other park trails. The hike is a trail with uneven surface, roots etc. with up and down hills and a staircase down the bluffs. The flat hike is a

mostly level dirt path. Note the trails could be muddy depending on rain. Hiking boots recommended. No strollers or wheel chairs.

SANCTION: Sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). This event counts toward the acquisition of IVV achievement awards. IVV books are available to purchase at the start/finish.

REGISTRATION: Participation fee is \$3 for each walker.

REFRESHMENTS: Water will be available at the start/finish.

PROCEDURE: At the start/finish get a start card and fill it out. Carry this card with you on the walk and present it at the control points. Walkers missing a control point may be refused IVV credit. Start cards remain the property of the Gateway Milers and must be turned in at the finish point when the walk is completed.

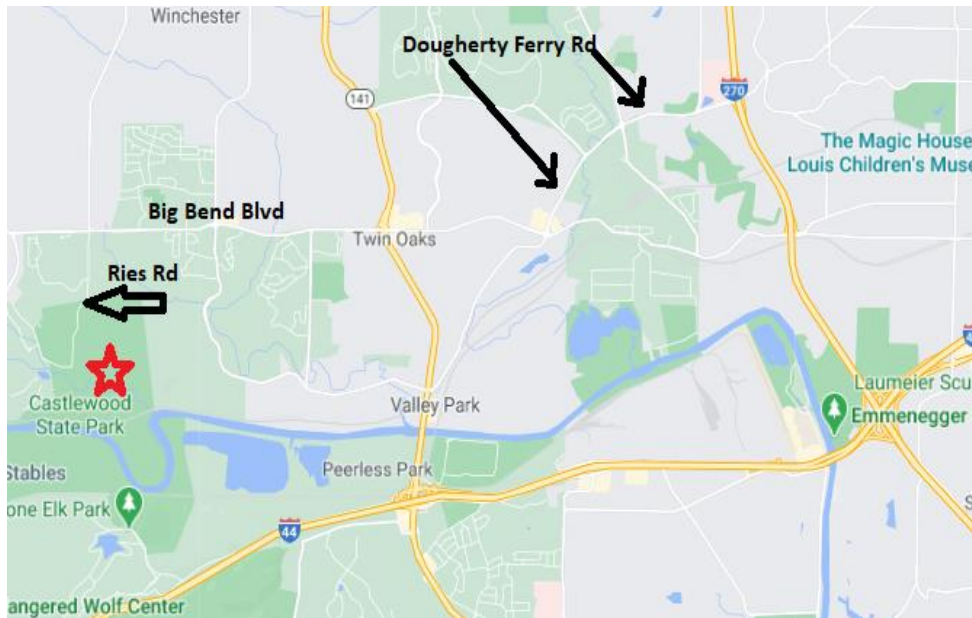
ELIGIBILITY: This event is open to the public and all ages are welcome. An adult must accompany children under 12.

WEBSITES: www.ava.org or <http://www.gatewaymilers.org>

POC: Tom and Cindy Stucky 636-208-3425

DISCLAIMER: The sponsors of this event cannot be held responsible for any lost or stolen items, accident, or injury at any time. Every reasonable effort will be made to make the event safe, and enjoyable.

DIRECTIONS: From Missouri take I-270 to Dougherty Ferry then turn right onto Big Bend Blvd. Continue on Big Bend to left on Ries Road to left on Kiefer Road entering the park.
From Illinois: I64 W to I55S/I44 west. Take exit 40B to I44 West to 141 N (exit 272) Exit at Big Bend Blvd turning slightly left. Continue to left on Ries Road to left on Kiefer Creek road to the park.



Castlewood State Park on the Meramec River Gateway Milers

Ballwin, MO

March 20, 2021

5K, 10K – Ratings 1B, 2+C

Event SC:



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —