

WELCOME:

The members of the ILLINOIS TREKKERS invite you, your family, and your friends to join us for a walk through Lebanon, Illinois. Lebanon is a city in St. Clair County, Illinois. Like many other places in "Little Egypt" or Southern Illinois, Lebanon was named after the Eastern Mediterranean country of the same name. Lebanon is home to McKendree University, the oldest college in Illinois.

VOLKSMARCH: A Volksmarch is literally a "folks walk" or a walk for the people. It is a self-paced walk for all to enjoy. The purpose of a Volksmarch is to encourage physical fitness, promote fellowship and to enjoy the outdoors.

TRAIL INFORMATION:

**Saturday, October 1, 2022, starting at the Lebanon Visitors Center
221 W. St. Louis Street, Lebanon, Illinois.**

START/FINISH POINT AND TIMES: Start anytime between 8:30 a.m. and 11:00 a.m. Walk or run at your own pace. You must be finished by 2:00 p.m.

DISTANCE: 5k, 10k, 15k & 20k walks will be offered. The first 5k loop is on various surfaces (streets or roads) by historic and residential areas. Some streets may not have sidewalks and some sidewalks may be uneven. The second 5k loop goes through the McKendree University campus and out to St. Joseph Catholic Church Cemetery. Wheelchairs and strollers would be able to navigate with some difficulty on the historic walk. Adequate street parking is available. One may want to come early due to the Fall Festival. Additional parking may be found at the Grade School and then walk 3 blocks to Start Point.

TRAIL: The trail is rated 1A (1+) 3 small hills.

REFRESHMENTS: Water will be provided at the Visitor Center for purchase. Restrooms are available at the start/finish point.

REGISTRATION: Everyone is welcome to participate in this event

for a fee of \$3. An adult must accompany children age 12 and under. All participants must check in at the registration table and receive a Start Card. The Start Card must be carried on the walk. Start Cards remain the property of the Illinois Trekkers and must be turned in at the finish point at the end of the walk. There is no refund for monies paid. Event will take place regardless of weather. Pets are welcome and must be kept on a leash and you must pick up after your pet.

DISCLAIMER: AVA and the sponsors of this event are not liable for accidents, thefts, or material damage. Every effort will be made by the sponsors to make this a safe, enjoyable and memorable event.

SPECIAL PROGRAMS: Rockin' Around the Clock, Walking the United States, Walking the USA A - Z

INFORMATION CONTACT: The point of contact is Genine Perschbacher - Phone 618-719-3608, Email geninep47@yahoo.com.

AVA Website is www.ava.org

Illinois Trekkers Website is www.illinois-trekkers.org





Mermaid House Hotel was built in 1830 by the retired New England sea captain Lyman Adams. He named it for the mermaids he reported seeing at sea.

The Mermaid House was visited by Charles Dickens in 1842 and received a mention in his book *American Notes*.

LOCATION:

Lebanon is located at the junction of US 50 and IL Route 4.

US 50 can be reached by I-64 if coming from the west.

IL 4 can be reached by US 40 and I-70 from the north.

IL 4 can be reached by I-64 from the south.



A WALKING EXPERIENCE IN LEBANON, ILLINOIS

A Non-competitive 5k, 10k & 20k Walk Credit Only



One of the oldest towns in Illinois!

**Presented By
ILLINOIS TREKKERS**

SATURDAY, OCTOBER 1, 2022

AVA Sanction Number MA22-

