

WEBSITES

American Volkssport Association aka "America's Walking Club"

www.ava.org
www.my.ava.org

Saint Louis Walkers

www.saintlouiswalkers.com*

SANCTIONED by the American Volkssport Association (AVA), "America's Walking Club," a member of the International Federation of Popular Sports (IVV). This event counts toward the acquisition of IVV Achievement Awards. Bring your Event, Distance, and Special Program books for stamping. IVV books are available at the Start/Finish for \$6 each.

This walk is sanctioned by AVA for five days, April 6-10. In case of inclement weather and the inability to see the eclipse, you can enjoy a unique walk April 6, 7, 9, and 10 and still get the Eclipse stamp in your books. If Eclipse Day is sunny, you can register physically at our car in the parking lot of SportsPlex. Otherwise, please be sure to register online.* Look for the AVA/Saint Louis Walkers banner next to our car on Eclipse Day.

DISCLAIMER: The AVA and Saint Louis Walkers are not liable for accidents, thefts, and/or material damage. Every effort will be made by the sponsors to make this event safe and enjoyable.

***ONLINE REGISTRATION:** Instructions for registering online are given on our website. Scroll down all the way to the end.



POCs:

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The Total Solar Eclipse Walk

The eclipse begins at 12:40 pm and peaks at 2 pm with a 4 minute, 6 second viewing window in Cape Girardeau!

Monday, April 8, 2024

**Cape Girardeau SportsPlex
2526 Jim Drury Way
Cape Girardeau, Missouri 63701
(573) 339-6341**



Rating: 2B, 5K/11K

**Poles recommended on the Nature Center trails
Event I.D. # 126749-2024/Y3513**

Sponsored by Saint Louis Walkers

Special Programs

**Par for the Course
Walking with America's Veterans**

Bring lawn chairs and new eclipse glasses. Eclipse glasses are available at SportsPlex while supplies last.



EVERYONE IS WELCOME ON OUR WALKS!

Please join us on our one-and-only Total Solar Eclipse Walk!

The 5K (approx. 1 hour)

This route starts from SportsPlex and passes Melaina's Magical Playland into North County Park. The Nature Center is closed on Mondays but their restrooms are open for Eclipse Day. Behind the Nature Center are trails through the woods. The 5K walks a loop, then returns to the Nature Center and SportsPlex.

11K (approx. 2-1/2 hours)

The 11K walks a couple miles on a paved sidewalk along Veterans Drive and Hopper Road next to forested areas before entering Cape Woods Conservation Area. There you follow the Cape LaCroix Trail as it meanders along the creek. You eventually come to the Nature Center trails, choosing the Paw Paw Valley Trail and crossing over six pedestrian bridges until you come to the Nature Center. Although the Center is closed on Mondays, on Eclipse Day the restrooms are open. From the Nature Center, cross the parking lots of Cape Girardeau County Park North, enjoying lake views. A unique playground is on your left. Continue ahead to a grassy area with a water tower and return to SportsPlex.

START/FINISH LOCATION: At our car in the parking lot of SportsPlex, 2526 Jim Drury Way in Cape Girardeau, right off I-55. Look for the AVA/Saint Louis Walkers banner by our car. SportsPlex is Cape Girardeau's official eclipse viewing area

TIME: Register 7:30-10 am. Arrive early for better parking.

FEE: \$4/walker

LUNCH: Bring your own food and drinks or buy lunch from the food trucks parked at SportsPlex.

PETS: Updated: A sign at the conservation area behind the Nature Center says **No Dogs Allowed**. We are sorry that we were misinformed earlier. We originally thought dogs were welcome. Maybe they bark at wildlife?

PROCEDURE: Online registration is encouraged. If Eclipse Day is sunny, you can physically register at our car in the parking lot. Look for our AVA/Club banner. To register, get a Start card and fill it out. Keep the card with you on the walk. Start cards are the property of Saint Louis Walkers and are collected when you finish. Take a 5K or an 11K map with written directions.

SANCTIONING: This walk is sanctioned by AVA for five days, April 6-10. In case bad weather prevents seeing the eclipse, you can enjoy a unique walk April 6, 7, 9, and 10 and still get the Eclipse stamp in your books as long as you register online.*

DIRECTIONS: From St. Louis, take I-270 S and then I-55 S toward Memphis. Stay on I-55 for 97 miles. Take Exit 99 for US 61/MO-34/I-55 Business Loop toward Cape Girardeau/Jackson for 0.2 miles. Keep left at the fork, follow signs for Cape Girardeau, and merge onto I-55 BL/US-61. Travel 0.3 miles. At Veterans Memorial Drive, turn left. At the Y, veer right onto Limbaugh Lane. Turn left onto Jim Drury Way to SportsPlex.

From Belleville, Illinois, take IL-159 S/S Illinois St. From Public Square (fountain), travel 46 miles. Turn right onto Bridge Bypass Road to enter Missouri. Travel 16 miles, then turn left onto the I-55 S ramp to Cape Girardeau. Go 30 miles and take Exit 99 for US 61/MO-34/I-55 Business Loop toward Cape Girardeau/Jackson for 0.2 miles. Keep left at the fork, follow signs for Cape Girardeau, and merge onto I-55 BL/US-61. Travel 0.3 miles. Turn left at Veterans Memorial Drive. At the Y, veer right onto Limbaugh Lane. Turn left onto Jim Drury Way to SportsPlex.

From Kansas City, take I-70 E for about 200 miles. Take Exit 210A for US-40 E/US-61 S toward Chesterfield. Continue on I-64 E for 25 miles. Take Exit 25 for I-270 S/Memphis for 12 miles. Take Exit 1A for I-55 S toward Memphis. Stay on I-55 for 97 miles. Take Exit 99 for US 61/MO-34/I-55 Business Loop toward Cape Girardeau/Jackson for 0.2 miles. Keep left at the fork, follow signs for Cape Girardeau, and merge onto I-55 BL/US-61. Travel 0.3 miles. Turn left at Veterans Memorial Drive. At the Y, veer right onto Limbaugh Lane. Turn left onto Jim Drury Way to SportsPlex.