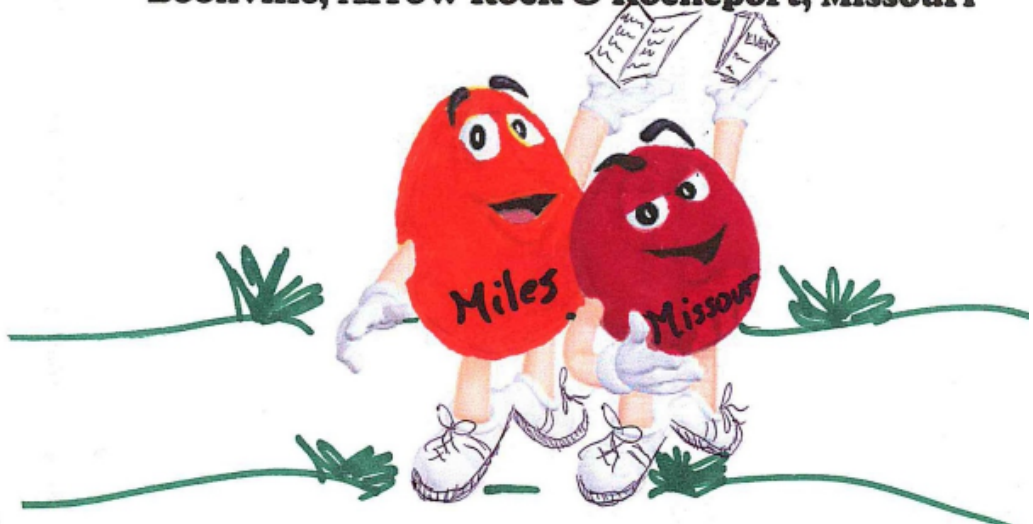


Miles 'n' Missouri

May 26, 27 & 28, 2012
 Boonville, Arrow Rock & Rocheport, Missouri

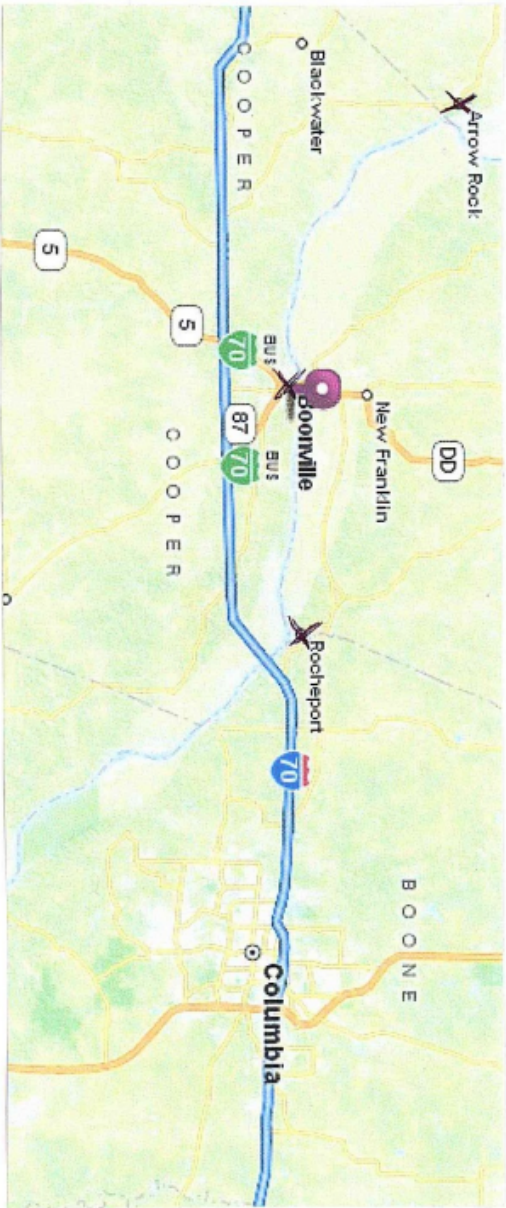


5 walks, 3 Swims and 1 Bike
Sponsored by:
Clay-Platte Trackers
Dogwood Trailblazers
Illinois Trekkers
Pace Setters
St. Louis-Stuttgart
World Wide Walkers

AVA
 Fun, Fitness, Friendship

SACTIONED EVENT

Eligible for credit toward IVV Achievement Awards



Boonville is located on Interstate 70 between
 Columbia and Kansas City, Mo

Welcome to the Miles 'n' Missouri Weekend

Events

Saturday May 26

Walk #1	Boonville	Start: 8:00-10:30am	Finish by 1:30pm
Walk #2	Arrow Rock	Start: 1:00-3:00pm	Finish by 6:30pm
Swims	Boonville Comfort Inn		5:00-8:00pm

Sunday May 27

Walk #3	Rocheport/Katy Trail West	Start 8:00-11:00am	Finish by 2:00pm
Walk #4	Les Bourgeois Winery/Katy Trail East	Start 11:00am-2:00pm	Finish by 5:00pm

Monday May 28

Walk #5	Warm Springs Ranch & MR Valley Steam Engine Ranch	Start 7:30-9:00am	Finish by noon
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Bike: Katy Trail Boonville Comfort Inn

The bike event may be completed anytime during the weekend.

Description Walk #1 Boonville: Starting at the Katy Depot, seek out Hannah Coles Fort and a river overlook. Pass Thespian Hall and the campus of Kemper Military School, once known as the West Point of the West.

Description Walk #2 Arrow Rock: The entire village of Arrow Rock has been designated a National Historic Landmark. Relive the westward expansion and walk on the Sante Fe Trail.

Description Walk #3 Rocheport/Katy Trail West: Sign up at the Comfort Inn then drive to Rocheporte for a walk about town and off to the Katy trail heading west. Visit the only tunnel on the trail and a view of the Missouri River. This trail will finish at the General Store.

Description Walk #4 Les Bourgeois Winery/Katy Trail East: Starting at the Rocheport General Store, head east past the limestone bluffs and up to Les Bourgeois Winery past the vineyards to a beautiful view.

Description Walk #5 Warm Springs Ranch & MRV Steam Engine Ranch: From the Brady Showgrounds we pass through the Steam Engine Ranch, Peach Orchard and on to Warm Springs Ranch, home of about 120 Budweiser Clydesdales. **This is where all the Budweiser Clydesdales are bred and born. We have a discounted rate of \$7 if any walkers would like to take the tour during their walk.**

Distances: The Walking trails will offer 10K or 11K with 5K options. The bike is 25K and the Swims are 300 meters.

Sanction: Each of these events are sanctioned by the American Volkspport Association, a member of the International Federation of Popular sports(IVV). IVV boos are available for purchase at each event for \$5.00

Registration: Fee is \$3 for each event. Events are open to the public. Events count toward acquisition of IVV achievement awards.

Refreshments: Water will be provided at the checkpoints.

Procedure: At the start point purchase a start card and fill it out. Carry this card with you on the walk and present it at the checkpoints. Walkers missing a checkpoint may be refused IVV credit.

Point of Contacts: Missy McBride missymcbride@kc.rr.com
Deb Kruep debmarkkruep@yahoo.com

Information: For ratings and more detailed information on any of the Miles 'n' Missouri Events please use the AVA website (www.ava.org) under "find walking events." You will find all of our events listed in Missouri.

Where to Stay: Boonville Comfort Inn 660-882-5317, Isle of Capri 660-882-1200. Use the code AVA for each hotel for our discounted rate. The block of rooms only available until April 26 at Comfort Inn and May 11 for Isle of Capri. **It will be very difficult to find a room if you do not book early.** Katy Roundhouse Campground, 660-848-2232. Reservations are required.

Weenie Roast/ Fun Awards: A weenie roast and social event will be held at Harley Park on Sunday evening from 6:30-8:30pm. You may register at any walk on Saturday. Cost will be \$3.00-\$5.00. Awards will be given for "farthest traveled, purple shoe award, etc..."

Special Programs: These special programs will be available during the weekend. Bakeries, Cinemas, Honoring Law Enforcement, Main Street, Murals, WPA, SNOB, Hooray for Hollywood, Forts and America's Trails. Please check the AVA website to see the special programs for each event.

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