



NEWSLETTER Sep/Oct 2016

OFFICERS:

PRESIDENT:

BILL BADGER

VICE-

PRESIDENT:

ROSALIE MAUL

TREASURER:

CINDY STUCKY

SECRETARY:

LOIS LA FLEUR

DIRECTORS:

DEB KRUEP

CAROL REZ-
NICEK

MARK MACKAY

OUR NEXT MEETING

4 Oct 2016

6:30pm

FORTEL'S PIZZA

10716 Lincoln Trail
Fairview Heights

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

LIKE US!!!



We are approaching the one year anniversary of our club being incorporated and I'm extremely pleased with the way things are working out. We have had 3 successful walks and two fun bus trips. The club is financially in a good position for a new club and we have great events planned for the future. Most important is that we have fun as a group. We have been good at designating a walk time almost every weekend for those who want to walk as a group. After or as part of the walk we usually go out to lunch with all who want to join us; which adds to the enjoyment of the activity.

Everybody has come through whenever we needed something done and worked together to accomplish things while enjoying a good social bonding experience when working together. Our club has attracted a great group of people who seem to get along and enjoy each other's company. As far as I'm concerned this is the most important reason for the existence of the club. Please come to our meetings and share any ideas you might have for future activities.

Bill Badger, President

GATLINBURG TRIP

"And a good time was had by all!" doesn't even begin to describe the fun and activity on the multi-day bus excursion to Gatlinburg, Tennessee last month. New friends, good eating, adventures and, of course, walking kept our group busy the entire time.

Visiting the Andrew Jackson Heritage Museum gave us some culture, and what a fantastic place to spread out our picnic and enjoy each other's company. The bus ride didn't seem long at all with all the talking on the bus added to the games we played.

The Gatlinburg volksmarches were perfect for the weather. Yes, it was hot every day, but with walks in the Smokies, covered with shade, the 10k's were enjoyable and also educational with commentary from our East Tennessee Wanderer friends. Their hospitality, complete with fruit snacks, cookies, candies, and water were very welcome.

Of course our friends that went on the white-water rafting and zip-lining trips said that was the best part of the trip for them, but those of us who didn't partake of these activities enjoyed ourselves with cable-car rides up the mountain, shopping, leisurely lunches, and don't forget, trying to figure out the crazy trolley system.

The Hatfield and McCoy dinner theater program was great fun. Good food followed by a hilarious story showcasing tremendous talent kept us laughing the whole time.

The trip hit a few snags, but with all of us pulling together, everything got done and everybody I saw went home with a happy smile. Thanks to all for coming and help make this such a fantastic trip.

Linda Badger



FALL FOLIAGE WALK 15 OCT

THE NATURE INSTITUTE

GODFREY IL

Spend the day above the bluffs overlooking the Great River Road just north of Alton IL. Our walks take you through upland forest, hill prairies, and majestic views overlooking the Mississippi River. The trail consists of two 5Ks marked with arrows and streamers. The **wooded 5k** takes you into the Olin Nature Preserve on trails used as a major entry point on the Underground Railroad. Enjoy the overlook of the Mississippi River, small streams, forest, and hill prairies.



The **second 5k** takes you to the Mississippi Sanctuary lookout on the bluffs, through the Mississippi Sanctuary Trails, down to the Great River Road, and walking along the river.

If you have any questions about the walk contact the POC:
Lois La Fleur fleurs1106@gmail.com **We hope to see you there!**

Calling All Volunteers!

We will need volunteers to work the start/finish table, sales table, mark the trail the day before, take down the trail markers. If you've never worked one of these positions we will certainly work with you. You get to meet so many great people volunteering. If interested please let Lois La Fleur know. email fleurs1106@gmail.com

Gateway Miles and Girl Scouts Walk Together

The Gateway Milers enjoy having young people at our events. They bring so much joy and energy with them! They make us feel like kids ourselves. We had Daisies to Seniors in six Girl Scout troops walk along with us during March to the Arch. Two of those troops walked a 10K. That is amazing! We have three troops enrolled in our Master Program this fall so you will be seeing them here and there during the year. Please welcome them and their families when you see them on the trail. We hope to see many of them tramping through the woods during our Fall Foliage Walk gathering leaves and sticks for a special surprise.

Deb Kruep

Branson Holiday Lights

We are off to see the lights of Branson. The trip is now closed for registration. If you decide to go at the last minute you may caravan behind us and buy show tickets on your own once you arrive. The Branson club is making special arrangements to meet us and have two of our walks leave directly from the hotel. We may even have some walkers from the area join us. Once all the final payments are in, itineraries will be sent out. This trip will get you in the Holiday Spirit!

Deb Kruep

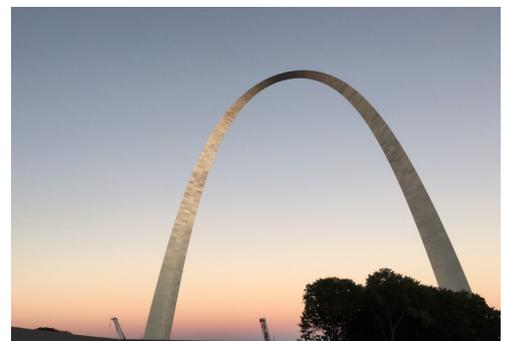


The 9/11 March to the Arch walk was wildly successful. We had 12 strong, brave walkers walk the whole 21 miles. They got to walk through Art Hill where more than 7,000 flags were on display standing for a military members who have lost their lives since 9/11/2001. One hundred sixteen walkers completed the 10k or 5k portion of the walk starting either from the History Museum or SLU's Tegler Hall. Girl Scouts from 6 different clubs participated with us. Folks from Indiana, Kansas, Missouri, Oklahoma, and Nebraska traveled to join the Gateway Milers for this patriotic day of walking in St Louis. We enjoyed the best weather St Louis has to offer with mild temperatures, low humidity and soft breezes. Amazingly, the marchers, estimated at about 600, stayed together until all reached the Gateway Arch. There Bo Drochelmann, the founder of this walk 15 years ago, gave a moving speech of remembrance of those who died on September 11, 2001, a day he vows to never forget. A wonderful rendition of the Star Spangled Banner was sung. All of us who walked this walk felt the power of being an American on this day.

A huge thank you to the Gateway Milers who helped set up, checked in the walkers, gave out t-shirts and flags. Deb Kruep took care of the Girl Scout Troops and Lois LaFleur photographed and interviewed walkers from out of town and the Girl Scouts. The Gateway Milers are truly a working team. Rosalie Maul, 9/11 Walk POC



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





World Bird Sanctuary Walk

Come and ramble with the raptors at the World Bird Sanctuary Walk on Saturday November 12. This unique walk begins within the sanctuary, one of St. Louis's entertaining and environmental education venues. The sanctuary is comprised of 305 acres and has over 200 animals in their care. Their mission is "to preserve the earth's biological diversity and to secure the future of threatened bird species in their natural environments." This is done through captive breeding, field studies, rehabilitation and education. This walk will be on trails in the sanctuary as well as Chubb Trail in Lone Elk Park for those who opt for the 10K adventure. You will see Eagles, Falcons, Hawks/Buzzards, Owls, Parrots, Vultures and Condors as well as a few reptiles and other birds. If you arrive right at 9am you will be able to take advantage of [Keeper Chats](#) before your walk. The World Bird Sanctuary has graciously opened their property to us for our event, in return we ask that you bring an item from their wish list to donate.

World Bird Sanctuary Wish List

Animal Care Supplies:

- Reptile spot lamp 100 watts
- UVB Compact fluorescent bulbs: 5.0 UVB
- Timothy hay
- Fiskar scissors
- New cat litter pans
- Wild bird seed
- Kitten & Cat canned food
(no fish, seafood, gravy or chunks please)

Cleaning Supplies:

- Laundry detergent
- Disposable Nitrile gloves (powder free, all sizes)
- Unscented bleach
- Clorox wipes
- Pine Sol cleaner
- 55 gallon heavy trash bags
- Scrub sponges
- Laundry detergent (high efficiency, unscented)
- Bounty paper towels
- Toilet paper

Medical Supplies:

- Triple-antibiotic ointment (Neosporin or similar)
- Hydrogen Peroxide
- Sodium Chloride



Two ladies on the trail, the Katy Trail

The Katy trail is a rails to trails conversion of the Missouri-Kansas-Texas Railroad, it spans 240 miles across the state of Missouri. In 2016 Gateway Milers sanctioned this trail as a long distance IVV bike. You can ride any portion of this trail for IVV credit. Missy McBride and I set out on September 12 to St. Charles to meet the Katy. After an overnight at the Ameristar we mounted our bikes and began our journey to the Bike Stop for breakfast, a quick photo op at the Lewis and Clark statue and off we went heading west. **Our first day** brought us to Defiance and some shopping at the Katy Trail Bike shop. After stopping in Augusta for ice cream we were advised that the trail had been damaged by the recent storm and we would have to go up the hill to Augusta and take the road for a couple of miles. I am not sure how long we pondered that idea, but many of you have been to Augusta and know what hill to which I am referring, two letters describe it, UP. Mind you the reason I rode the Katy is because it is flat and NOT a road. Well, we made it up most of the way before we decided to walk. One thing we know how to do! We made it to Dutzow and were transported to Washington for the night. **Day two** we headed out to land in Hermann for the night. If you ever wondered what the inside of the Bed & Breakfasts we pass on the Hermann walk look like, just ask one of us. We were in heaven. After a tour of Stone Hill Winery with dinner we retired at the Von Geminden House where Missy was promptly elected president because of cookies. What some people will do for cookies. HA! **Day three** we had breakfast on the lawn as the sun rose, boarded our bikes and off we went for a 52 mile ride to Jefferson City dreaming of Central Dairy ice cream. It was a very nice ride with one wash out that had us scratching our heads. Some bikers took off their shoes and waded through the hundred yards of ankle deep water. Missy had noticed a path to the farm road next to us so we managed to stay dry! We pulled into Jeff City via “the box” in time for ice cream. Unfortunately we couldn’t convince any bikers to walk the six blocks to the dairy. We were labeled the “street walkers.” We found out bikers don’t walk. **Day four** we were prepared to ride in the rain all day but we managed to ride in between two fronts and missed the dreary stuff. Fifty eight miles to Boonesville and my legs were starting to feel it. It was a nice stay at the Frederick. Needless to say we didn’t do much but shower, eat dinner, then sleep. **Day five** started with a sprinkle for about 15 minutes then off came the raincoats. As I said before, I decided to ride this trail because it is flat. Well that’s not entirely true. There is a slight incline from Booneville to Sedalia, six miles of it. Although my eyes could not see the rise my legs felt every bit and I had a hard time getting my muscles to move. Missy’s knee made a “pop” and that night we needed to visit the drugstore for some pain meds and ice packs. Here is where the rain caught up with us. **Our last morning** was a fairly easy ride of thirty-four and one half miles to the Clinton Depot. We were given a time limit to be at the first SAG stop and if we didn’t make it we would be driven to the finish to meet the motor coach. Missy and I looked at each other. We didn’t ride all this way just to get sagged to the finish! We pushed through with her knee and my aching quads and made it to the depot with time to spare. We had a lot of great, fun, food (I ate everything in sight) and met some great people. I would do it again in a heartbeat. Thanks Missy for the gift of friendship and the opportunity to see what I am made of. You certainly don’t have to take our adventure to enjoy the Katy. Pick any portion to ride, you will see some beautiful countryside. I do have to give a plug to Bubba’s Pampered Peddlers, he took great care of us along the way.





EVENT AWARDS

Members listed in the Jun/Jul, Aug/Sep, and Oct/Nov 2016 issue of The American Wanderer having accomplished and award for:

	<u>EVENTS</u>	<u>DISTANCE</u>
Paul Gorom	10	
Regina Gorom	10	
Brent Steward	10	
Laura Dey	30	
Cathy Gregory	225	2000
Bob Gregory	225	2000
Jack McKeon	250	
Shirley McKeon		2000
Tom Stucky	325	3000
Tim McNutt	350	
Carmelita Stone		3000
Lois La Fleur	375	
Susan Hodgson	450	4000
Diane Gebhardt	475	
Cindy Stucky	525	
Deb Kruep	600	6000
Mark Kruep	600	6000
Bonnie Carlson	600	6000
Rosalie Maul	700	
Diane Prost	950	
Bill Badger	1100	
Linda Badger	1150	11,000

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

Email Address:

gatewaymilers@gmail.com

Way to go Milers! Congratulations

Compiled by Lois La Fleur

