

GATEWAY MILERS CLUB MEETING MINUTES May 18, 2026

gatewaymilers@gmail.com

website: gatewaymilers.org

President: Lois La Fleur - fleurs1106@gmail.com

Vice-President: Rosalie Maul

Treasurer: Cindy Stucky

Secretary: Linda Badger

Directors: Gary Oberneufemann, Kathy Lannert, Patty Taylor

Welcome New Members:

----- Ed and Frances Bloom: Laura and Owen McMillan, Johnathan Allen; Debbie and Larry Ray

Year Round Events (YRE) 2026 – Please send an email to gatewaymilers@gmail.com if you have any questions concerning our Year Round Events.

NOTE: PSB is Physical Start Box; OSB is Online Start Box; All our YRE walks have both sign-in options except the University Walk whose start location is closed. **For OSB registration, directions, stamps, and payment are done online at my.ava.org; select the state, event, and then the walk. Click on the OSB icon.

*****Please remember to go back into the OSB after the walk; select Finish Table so transactions to our club and AVA are completed. Thanks.**

- **Edwardsville, IL** (OSB) (PSB) – POCs: Linda and Bill Badger
 - **O’Fallon, IL** (OSB) (PSB) – POC: Lois LaFleur
 - **Webster Groves, MO** (OSB) (PSB) – POCs: Tom and Cindy Stucky
 - **Kirkwood, MO,** (OSB) (PSB) - POCs: Tom and Cindy Stucky
 - **Richmond Heights, MO** (OSB) (PSB) - Tom and Cindy Stucky
 - **University City, MO** (OSB) (PSB) – POC: Lois LaFleur
 - **Marion, IL** (OSB) – POC: Ed Bloom
- **Seasonal Walks in 2026**

The third and last Seasonal Walk will be at Cliff Cave Park in Oakville, MO from June 1-30, 2026. Group walk will be June 13, 2026. Walkers may do the individual walks any day during the month the walk is sanctioned, or with the group on the dates above. Registration is OSB only except the day of the Group Walk.

- **Marion, IL Walk**

We are looking at doing a fall walk in Marion that one of our newer members, Ed Bloom, developed. The walks are centered around the VA Hospital in Marion because of the high traffic of people going and coming from the hospital. The hope is that many of them will have some time to do a walk between appointments, or before or after appointments. The walk starts at the hospital, goes around it, and then into the city streets of Marion. Registration is OSB only.

Mid-America Conference coming soon

We are getting close to enjoying our Mid-America Regional Conference which will be held June 19 to 21, 2026. The Conference will also celebrate AVA's 50th Anniversary Celebration. **The Gateway Milers will be the host club for the walk on Saturday, June 20, 2026 in Charleston, Illinois.** The registration will begin at 8 AM until 10 AM. Workers from our club will be necessary to help set up and work at the registration table at the time of the walk. Lois has been working with the POC's for the Conference. All walks will be open to walkers from Wed June 17 to Wed June 24, 2026 using the Online Start Box. The brochure for the Conference is available on the AVA website.

AVA 2026 Mid America Regional Convention: June 19-21, 2026 WALKS

- a. Friday June 19th Terre Haute, IN. Start time: 8 a.m. – 10a.m. (EDT), Walk rating: 1-A
- b. Saturday June 20th Charleston IL Start time: 8 a.m. – 10 a.m. (CDT) Walk rating: 1B
- c. Saturday June 20th Charleston, IL Start time: 2 p.m.–4 p.m. (CDT) ratings: 5k 2-B; 10K 3B
- d. Sunday June 21st Casey, IL; Start time: 8 a.m.-10 a.m. (CDT) Walk ratings: 6k, 8k, 10k;1-A

***** IF YOU ARE GOING TO THE CONFERENCE, PLEASE SEND AN EMAIL TO LOIS WITH DATES OF WALKS YOU ARE DOING AT THE CONFERENCE.**

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Trips

Lois would like to have a Gateway Milers trip sometime in the fall. Once we got going on ideas we came up with some good ideas.

** French Lick, IN about a 3 ½ ride from O'Fallon, IL. It is a historic resort town in Southern Indiana with lots of outdoor activities around the French Lick Resort complex. There is the access to the Hoosier National Forest for hiking and scenic train rides.

** Bloomington, IN has two walking events; Indiana University of Bloomington campus is 1 hour north of French Lick. The Hoagy Carmichael Tour walk takes you around the Indiana University campus and city landmarks. Walk is rated as a 1A.

** There is also another walk in Bloomington: Pate Hollow/Paynetown State Recreational Area Hike. There is a 10k and 5k on the Hoosier Pate Hollow trail and then an alternate 5k walk on the Paynetown SRA which branches off just after the start of the trail. Walk is rated as a 2B.

** South of Bloomington is the Springs Mill State Park in Mitchell, IN. There are a lot of caves in the area with a boat tour of Twin Caves which goes about 500 feet into the cave.

Holiday Party thoughts: We have been doing our party in MO for several years and thought it would be nice to do IL this year. For several years we had the party at the Tavern on Main in downtown Belleville, IL. I really liked the location because we would get the back room which allows us lots of room to move around and chat. I stopped by there to see what Saturday nights are available. For a “just in case” I put us down for Saturday 12 December. Let me know what you think.

Next Meeting: Our next meeting is **Monday July 27th, 2026 at 6:30pm via Zoom**. Meeting has been moved a week later since some of our walkers will be out of town. Check out our weekly Miler Message as we will post a week before the meeting the Zoom meeting information.

Zoom Meeting ID: 8800041028 **Password:** 4uPZK7

Linda Badger, Secretary

Lois LaFleur, President

