

Promoting  
 "Fun, Fitness & Friendship"  
 through walking and cycling!



2018

The Mid-Valley & Coastal Challenge begins January 1, 2018, and ends December 31, 2018. Its purpose is to promote fun, fitness and friendship through non-competitive sporting events sponsored by these participating American Volkssport Association (AVA) Clubs: the Albany Fitwalkers, Corvallis Cruisers, Eugene Mossbacks, Salem Willamette Wanderers, Silverton Walk Abouts, and the Yachats Coastal Gems. This challenge is open to everyone. Traditional and Year-round events sponsored by the above named clubs qualify.

**To begin the challenge:**

1. Complete *Participant Information* section.
2. Complete events, entering the correct sanction number in the *Events Completed* section.

**To end the challenge, copy this for your records, then:**

- Hand deliver this booklet to Don Reed; **OR**
- Mail this booklet to:  
 MV&C Challenge 2018  
 Albany Fitwalkers  
 PO Box 1218  
 Albany, OR 97321

*This is not an AVA-sanctioned challenge. Do not mail booklets to AVA.*

\_\_\_\_\_  
 Name

\_\_\_\_\_  
 Mailing Address

\_\_\_\_\_  
 City/State/Zip

\_\_\_\_\_  
 Email

\_\_\_\_\_  
 Phone

**Participant Information**

- |                                  |                                   |
|----------------------------------|-----------------------------------|
| Yachats Amanda's Statue - Y0276  | Salem NE Historic - Y1499         |
| Yachats Gerdemann Garden - Y1491 | Salem Governor Mansion - Y1028    |
| Toledo - Y0273                   | Salem Capitol Waterways - Y1413   |
| Newport Historic - Y0665         | Monmouth Home of WOU - Y1265      |
| Lincoln City Town - Y0311        | Minto-Brown Island - Y1264        |
| Lincoln City Beach - Y0312       | McMinnville Wine Country - Y1916  |
| Florence - Y0349                 | Independence - Y1669              |
| Depot Bay - Y0330                | Dallas Y1160                      |
| <b>Yachats Coastal Gems</b>      | <b>Salem Willamette Wanderers</b> |
| Starker Park Y2288               | Sublimity Town & Pond - Y1935     |
| Peavy Arboretum/Forest - Y1450   | Stayton Covered Bridge - Y1936    |
| Parks & Campus - Y0374           | Silverton Murals - Y1477          |
| Corvallis Historic - Y1295       | Silver Falls - Y0171              |
| <b>Corvallis Cruisers</b>        | Mt. Angel - Y0865                 |
| Winchester - Y0636               | <b>Silverton Walk Abouts</b>      |
| Springfield - Y0800              | Millersburg Bike - Y/S1721        |
| Eugene Roses & History - Y1203   | Lebanon - Y2247                   |
| Eugene River/UO/Garden - Y0413   | Brownsville Historic - Y1272      |
| Eugene Riverbank/Ponds - Y1970   | Albany Wellness Trail - Y1722     |
| Cottage Grove River/Lake - Y1441 | Albany Southeast Parks - Y0377    |
| Cottage Covered Bridges - Y0804  | Albany Timber Linn - Y1960        |
| Charleston - Y1763               | Albany Talking Waters - Y1981     |
| Bandon - Y0637                   | Albany Historic - Y0215           |
| <b>Eugene Mossbacks</b>          | <b>Albany Fitwalkers</b>          |

**Qualifying Year-Round Events**

**Challenge Prizes:** Those submitting completed booklets will be entered into a drawing for: First Prize \$60, Second Prize \$20, Third Prize \$10. Prizes donated by participating clubs. Winners will be drawn at the January meeting of the Albany Fitwalkers. One entry per completed booklet received.

**Challenge Rules:** Each submission must include a minimum of three events per participating club. The remaining two are the participant's choice. All year-round and traditional events, sponsored by these participating clubs will qualify. As completed, fill in event numbers below. YRE sanction numbers on back. Numbers for traditional events can be found at [www.ava.org](http://www.ava.org).

**20 Events Completed**

<u>Fitwalkers</u>	<u>Cruisers</u>	<u>Mossbacks</u>
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
<u>Wanderers</u>	<u>Walk-Abouts</u>	<u>Coastal Gems</u>
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
1. _____	2. _____	