

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



2019

The Mid-Valley & Coastal Challenge begins January 1, 2019, and ends December 31, 2019. 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. All 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 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 2019
Albany Fitwalkers
PO Box 1218
Albany, OR 97321

Entries must be received by January 15, 2020.

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

Name

Mailing Address

City/State/Zip

Email

Phone

Participant Information

- Eugene Mossbacks**
Art & Mill Race - Y2355
Bandon - Y0637
Charleston - Y1763
Cottage Covered Bridges - Y0804
Cottage Grove River/Lake - Y1441
Eugene Riverbank/Ponds - Y1970
Eugene River/NO/Garden - Y0413
Lebanon - Y2247
Millersburg Bike - Y/S1721
Mt. Angel - Y0865
Silverton Walk-Abouts
Albany Wellness Trail - Y1722
Brownsville Historic - Y1272
Eugene Roses & History - Y1203
Winchester - Y0636
Corvallis Cruisers
Corvallis Historic - Y1295
Parks & Campus - Y0374
Peavy Arboretum/Forest - Y1450
Starker Park Y2288
Yachats Coastal Gems
Depot Bay - Y0330
Florence - Y0349
Lincoln City Beach - Y0312
Lincoln City Town - Y0311
Newport Historic - Y0665
Toledo - Y0273
Yachats Gerdemann Garden - Y1491
Yachats Amanda's Statue - Y0276
Salem Governor Mansion - Y1028
Salem Capitol Waterways - Y1413
Monmouth Home of WOU - Y1265
Minto-Brown Island - Y1264
McMinnville Wine Country - Y1916
Independence - Y1669
Dallas Y1160
Salem Willamette Wanderers
Sublimity Town & Pond - Y1935
Stayton Covered Bridge - Y1936
Silverton Murals - Y1477
Silver Falls - Y0171
Mt. Angel - Y0865

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 two events per sponsoring club. The remaining eight are the participant's choice. All year-round and traditional events sponsored by these 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.

20 Events Completed

<u>Fitwalkers</u>	<u>Cruisers</u>	<u>Mossbacks</u>
1. _____	3. _____	5. _____
2. _____	4. _____	6. _____
<u>Wanderers</u>	<u>Walk-Abouts</u>	<u>Coastal Gems</u>
7. _____	9. _____	11. _____
8. _____	10. _____	12. _____
13. _____	14. _____	
15. _____	16. _____	
17. _____	18. _____	
19. _____	20. _____	