

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



2020

The Mid-Valley & Coastal Challenge begins January 1, 2020 and ends December 31, 2020. 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 2020
 Albany Fitwalkers
 PO Box 1218
 Albany, OR 97321

Entries must be received by January 15, 2021.

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

Name _____
 Mailing Address _____
 City/State/Zip _____
 Email _____

Participant Information

- Albany Fitwalkers**
 Albany Carousel - Y2464
 Albany Historic - Y0215
 Albany Talking Waters - Y1981
 Albany Timber Linn Park - Y1960
 Cottage Grove River/Lake - Y1441
 Eugene Riverbank/Ponds - Y1970
 Eugene River/UO/Garden - Y0413
 Eugene Roses & History - Y1203
 Lebanon - Y2247
 Brownsville Historic - Y1272
 Albany North Trails & Hills - Y2627
- Corvallis Cruisers**
 Mt. Angel German Town - Y0865
 Silver Falls St. Park - Y0171
 Silverton Murals - Y1477
 Stayton Covered Bridge - Y1936
 Stayton Seek the Sublime - Y1935
- Salem Willamette Wanderers**
 Dallas Historic & Nature - Y1160
 Independence - Y1669
 McMinnville Wine Country - Y1916
 Newport Historic - Y0665
 Yachats Gerdemann Garden - Y1491
 Salem Capitol Waterways - Y1413
 Salem Minto-Brown Island - Y1264
 Salem Old South Salem - Y1028
 Salem South East Salem - Y1499
- Yachats Coastal Gems**
 Depoe Bay - Y0330
 Lincoln City Beach - Y0312
 Lincoln City Town - Y0311
 Newport Historic - Y0665
 Yachats Gerdemann Garden - Y1491
- Eugene Mossbacks**
 Bandon Beach/Lighthouse - Y0637
 Charleston Cape/Gardens - Y1763
 Cottage Covered Bridges - Y0804
 Cottage Grove River/Lake - Y1441
 Eugene Riverbank/Ponds - Y1970
 Eugene River/UO/Garden - Y0413
 Eugene Roses & History - Y1203
 Springfield Art & Mill Race - Y2355
 Winchester Bay & Lighthouse - Y0636
- Wanderers**
 Yachats Amanda's Statue - Y0276

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. _____	