

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



2022

The Mid-Valley & Coastal Challenge begins January 1, 2022 and ends December 31, 2022. Its purpose is to promote fun, fitness and friendship through non-competitive sporting events sponsored by these participating American Volkssport Association (AVA) Clubs: Albany Fitwalkers, Corvallis Cruisers, Salem Willamette Wanderers, and Silverton Walk Abouts. This challenge is open to everyone. All traditional and year-round events sponsored by the above 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 2021
Albany Fitwalkers
PO Box 1218
Albany, OR 97321

Entries must be received by January 15, 2023.

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

Name

Mailing Address

City/State/Zip

Email

Phone

Participant Information

Albany Historic - Y0215
Albany River/UO/Garden - Y0413
Albany Talking Waters - Y1981
Eugene Roses & History - Y1203
Lebanon - Y2247
Albany Southeast Parks - Y0377
Matthieu Lakes PCT - Y2435
Millersburg Bike - Y1721
Newport Historic - Y0665
Brownsville Historic - Y1272
Charleston Cape/Gardens - Y1763
Cottage Covered Bridges - Y0804
Rosary Lakes PCT - Y2465
Winchester Bay & Lighthouse - Y0636
Yachats Gerdemann Garden - Y1491
Corvallis Historic - Y1295
Parks & Campus - Y0374
Peavy Arboretum/Forest - Y1450
Starker Arts Park - Y2288
Lincoln City Beach - Y0312
Lincoln City Town - Y0311
McMinnville Wine Country - Y1916
Mt. Angel German Town - Y0865
Silver Falls State Park - Y0171
Salem Minto-Brown Island - Y1264
Salem Capitol Waterways - Y1413
Salem Old South Salem - Y1028
Salem South East Salem - Y1499
Springfield Art & Mill Race - Y2355

Albany Fitwalkers

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Salem Old South Salem - Y1028
Salem South East Salem - Y1499
Springfield Art & Mill Race - Y2355

Corvallis Cruise

Corvallis Historic - Y1295
Parks & Campus - Y0374
Peavy Arboretum/Forest - Y1450
Starker Arts Park - Y2288

Silverton Walk-Abouts

McMinnville Wine Country - Y1916
Mt. Angel German Town - Y0865
Silver Falls State Park - Y0171
Salem Minto-Brown Island - Y1264
Salem Old South Salem - Y1028
Salem South East Salem - Y1499
Springfield Art & Mill Race - Y2355

Salem Willamette Wanderers

Dallas Historic/Nature - Y1160
Depoe Bay - Y0330
Independence - Y1669
Lincoln City Beach - Y0312
Lincoln City Town - Y0311
McMinnville Wine Country - Y1916
Mt. Angel German Town - Y0865
Silver Falls State Park - Y0171
Salem Minto-Brown Island - Y1264
Salem Old South Salem - Y1028
Salem South East Salem - Y1499
Springfield Art & Mill Race - Y2355

Challenge Prizes: Those submitting completed booklets will be entered into a drawing for: First Prize \$25, Second Prize \$20, Third Prize \$15. 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>	
1. _____	3. _____	_____	_____
2. _____	4. _____	_____	_____
<u>Wanderers</u>		<u>Walk-Abouts</u>	
5. _____	7. _____	_____	_____
6. _____	8. _____	_____	_____
<u>Participant's Choice</u>			
9. _____	10. _____	11. _____	12. _____
13. _____	14. _____	15. _____	16. _____
17. _____	18. _____	19. _____	20. _____