



Name \_\_\_\_\_  
 Mailing Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_  
 Email \_\_\_\_\_  
 Phone \_\_\_\_\_

**PARTICIPANT INFORMATION:**

- Albany Fitwalkers**  
 Agate Beach – Y3278  
 Albany Historic - Y0215  
 Albany Talking Waters - Y1981  
 Albany Timber Linn Park - Y1960  
 Albany Southeast Parks - Y0377  
 Albany North Trails/Hills - Y2627  
 McMinnville Wine Country - Y1916  
 Monmouth Home of WOU - Y1265  
 Brownsville Historic - Y1272  
 Chasterton Cape/Gardens - Y1763  
 Cottage Covered Bridges - Y0804  
 Salem Minto-Brown Island - Y1264  
 Salem Old South Salem - Y1028  
 Eugene River/UO/Garden - Y0413  
 Eugene Roses & History - Y1203  
 Lebanon - Y2247  
 Mathieu Lakes PCT - Y2435  
 Newport Historic - Y0665  
 Newport Nature - Y2970  
 Port Orford Historic/Scenic - Y2757  
 Winchester Bay/Lighthouse - Y0636  
 Yachats Amanda Statue – Y0276
- Corvallis Cruisers**  
 Corvallis Historic - Y1295  
 Corvallis Parks & Campus - Y0374  
 Corvallis Starker Arts Park - Y2288
- Silverton Walk-Abouts**  
 Turner Historic – Y3222  
 Springfield Murals & more - Y2355  
 Springfield Dorris Ranch – Y3061  
 Mt. Angel German Town - Y0865  
 Silverton Mural City - Y1477  
 Stayton Covered Bridge - Y1936  
 Stayton Seek the Sublime - Y1935
- Find other qualifying events hosted by these clubs by visiting AVA.org.*
- Salem Willamette Wanderer**  
 Dallas Parks, Creek Trail & - Y1160  
 Depoe Bay Whale Watch - Y0330  
 Independence Hop Capital - Y1669  
 Lincoln City Beach - Y0312  
 Lincoln City Town - Y0311  
 McMinnville Wine Country - Y1916  
 Monmouth Home of WOU - Y1265  
 Newberg Historic & GFU - Y3227  
 Salem Capital Waterways - Y1413  
 Salem Minto-Brown Island - Y1264  
 Salem Old South Salem - Y1028  
 Eugene River/UO/Garden - Y0413  
 Eugene Roses & History - Y1203  
 Salem Grant & Highland - Y3223  
 Springfield Dorris Ranch – Y3061  
 Newport Historic - Y2970  
 Newport Nature - Y2970  
 Port Orford Historic/Scenic - Y2757  
 Winchester Bay/Lighthouse - Y0636  
 Yachats Amanda Statue – Y0276

The Mid-Valley & Coastal Challenge begins January 1, 2023 and ends December 31, 2023. 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 2023  
 Albany Fitwalkers  
 PO Box 1218  
 Albany, OR 97321

**Entries must be received by January 15, 2024.**

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

**Challenge Prizes:** Those submitting completed booklets will be entered into a drawing: First Prize \$25, plus a one-ounce silver Eagle coin; 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 qualify. Fill in event numbers below. YRE numbers on back. For traditional event numbers see [www.ava.org](http://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. _____