

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



2024

The Mid-Valley & Coastal Challenge begins January 1, 2024 and ends December 31, 2024. 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

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

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

- Corvallis Cruisers**
 Corvallis Historic - Y1295
 Corvallis Parks & Campus - Y0374
 Corvallis Starker Arts Park - Y2288
- Salem Willamette Wanderer**
 Albany Timber Linn Park - Y1960
 Albany Southeast Parks - Y0377
 Albany South Odies's Trail - Y3485
 Albany North Trails/Hills - Y2627
 Depoe Bay Whale Watch - Y0330
 Independence Hop Capital - Y1669
 Lincoln City Beach - Y0312
 Lincoln City Town - Y0311
 McMinnville Wine Country - Y1916
 " Discovery Meadows - Y3430
 Monmouth Home of WOU - Y1265
 Newberg Historic & GFU - Y3227
 Salem Capital Waterways - Y1413
 Salem Minto-Brown Island - Y1264
 Salem Old South Salem - Y1028
 Salem Grant & Highland - Y3223
 Springfield Dorris Ranch - Y3061
 Springfield Murals & more - Y2355
 Turner Historic - Y3222
- Silverton Walk-Abouts**
 Mt. Angel German Town - Y0865
 Silverton Mural City - Y1477
 Stayton Covered Bridge - Y1936
 Stayton Seek the Sublime - Y1935
- Albany Fitwalkers**
 Agate Beach - Y3278
 Albany Historic - Y0215
 Albany Talking Waters - Y1981
 Albany Timber Linn Park - Y1960
 Albany Southeast Parks - Y0377
 Albany South Odies's Trail - Y3485
 Albany North Trails/Hills - Y2627
 Bandon Beach/Lighthouse - Y0637
 Brownsville Historic - Y1272
 Cape Blanco Lighthouse - Y3279
 Corvallis Bald Hill - Y3484
 Corvallis Witham Hills - Y3483
 Charleston Cape/Gardens - Y1763
 Cottage Covered Bridges - Y0804
 Eugene River/UO/Garden - Y0413
 Eugene Roses & History - Y1203
 Heceta Head Lighthouse - Y3280
 Lebanon - Y2247
 Mattieu Lakes PCT - Y2435
 Newport Historic - Y0665
 Newport Nature - Y2970
 Port Orford Historic/Scenic - Y2757
 Rosary Lakes PCT - Y2465
 Winchester Bay/Lighthouse - Y0636
 Yachats Amanda Statue - Y0276

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.

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. _____