

Promoting
 "Fun, Fitness & Friendship"
 through walking!



2017

The Mid-Valley & Coastal Challenge begins January 1, 2017, and ends December 31, 2017. It was created as a great way to experience twenty of the premier walks sponsored by the Albany Fitwalkers, Corvallis Cruisers, Eugene Mossbacks, Salem Willamette Wanderers, Silverton Walk-Abouts, and the Yachats Coastal Gems. This challenge is open to everyone, and we hope it motivates you to go get out and enjoy some fun, fitness and friendship in beautiful Oregon.

To begin the challenge:

1. Complete Participant Form included here.
2. Fill in the Walks Completed form, using the correct ID number for each walk completed.

To end the challenge:

1. Email a copy or photograph of this booklet to donreed1946@yahoo.com, or
2. Mail booklet (after copying for your records) to:
 MV&C Challenge 2017
 Albany Fitwalkers
 PO Box PO Box 1218
 Albany, OR 97321

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

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

Participant Form

- | | |
|----------------------------------|-----------------------------------|
| Yachats Amanda's Statue - Y0276 | Salem NE Historic - Y1499 |
| Yachats Gerdemann Garden - Y1491 | Salem Governor Mansion - Y1028 |
| Toledo - Y0273 | Salem Capitol Waterways - Y1413 |
| Newport Historic - Y0665 | Monmouth Home of WOU - Y1265 |
| Lincoln City Town - Y0311 | McMinnville Wine Country - Y1916 |
| Lincoln City Beach - Y0312 | Kelzer Parks & River Y1264 |
| Florence - Y0349 | Independence - Y1669 |
| Depot Bay - Y0330 | Dallas Y1160 |
| Yachats Coastal Gems | Salem Willamette Wanderers |
| Peavy Arboretum/Forest - Y1450 | Sublimity Town & Pond - Y1935 |
| Parks & Campus - Y0374 | Stayton Covered Bridge - Y1936 |
| Corvallis Historic - Y1295 | Silverton Murals - Y1477 |
| Corvallis Cruisers | Silver Falls - Y0171 |
| Winchester - Y0636 | Mt. Angel - Y0865 |
| Springfield - Y0800 | Silverton Walk-Abouts |
| Eugene Roses & History - Y1203 | Jefferson Town - Y1980 |
| Eugene River/UO/Garden - Y0413 | Brownsville Historic - Y1272 |
| Eugene Riverbank/Ponds - Y1970 | Albany Wellness Trail - Y1722 |
| Cottage Grove River/Lake - Y1441 | Albany Southeast Parks - Y0377 |
| Cottage Covered Bridges - Y0804 | Albany Timber Linn - Y1960 |
| Charleston - Y1763 | Albany Talking Waters - Y1981 |
| Bandon - Y0637 | Albany Historic - Y0215 |
| Eugene Mossbacks | Albany Fitwalkers |

Qualifying Walks

Challenge Prizes: Names from completed booklets received will be entered in a drawing for a \$60 Grand Prize, a second prize of 12 free walks and a third prize of six free walks, donated by participating clubs. Winning names 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 walks per participating club, with the remaining eight at the participant's choice, for a total of 20 walks completed.

20 Walks Completed

Fill in walk numbers below as walks are completed. See back of this booklet for a complete list of eligible walks.

<u>Fitwalkers</u>	<u>Cruisers</u>	<u>Mossbacks</u>
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
<u>Wanderers</u>	<u>Walk-Abouts</u>	<u>Coastal Gems</u>
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
1. _____ 2. _____	3. _____ 4. _____	
5. _____ 6. _____	7. _____ 8. _____	

Enter walk numbers from list of Qualifying Walks. Do not use AVA stamps.