

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

**Entries must be received by January 15, 2025.**

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

Participant Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

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**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  
 Corvallis Bald Hill - Y3484  
 Corvallis Witham Hills - Y3483  
 Charleton Cape/Gardens - Y1763  
 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 South Park - Y1960

**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. _____