

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  
 Heceeta 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 twelve 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.	_____
13.	_____	14.	_____	15.	_____
		16.	_____	17.	_____
17.	_____	18.	_____	19.	_____
		20.	_____		