



CMT Spring 2016 Ten Toe Express Walking Schedule

NOTE: Please RSVP for SPECIAL WALKS by following the instructions provided. RSVPs not required for weekly walks unless requested by the walk leaders. In addition, you must be registered in the Ten Toe Express Fall 2016 program in order to participate in any walks.

ALL WALKS ARE SUBJECT TO CHANGE THROUGHOUT THE SESSION.

Additional information to keep in mind:

- Please be sure to read the walk leader's instructions for each walking group, as each have a different process for participating.
- CMT's Ten Toe website and Facebook page will always have the most current information on any changes to the walk schedules
 - CMT Facebook page - <https://www.facebook.com/STL.CMT>
 - Ten Toe Express website - <http://tentoecmt-stl.org/>
 - IF THE TEN TOE EXPRESS WEBSITE IS DOWN, FIND UPDATES HERE: <http://ten-toe-express-website-difficulties/>
- In the case of inclement weather, walks will be cancelled. If there is any question about the walk, contact your walk leader to discuss.
- Many walks are vigorous, please plan accordingly and take any health conditions into consideration.

Spring Special Ten Toe Walks (check online for updates – only upcoming walks are shown):

RESERVATIONS MUST BE MADE IN ADVANCE at tentoecmt-stl.org, [or <http://ten-toe-express-website-difficulties/>].

May 17 – Downtown Architecture and the Blues: Tour of the MX Building and St. Louis's New Blues Museum

When: Tuesday, May 17, 2016
Where to meet CMT: Convention Center MetroLink Station, street level: 600 N 6th St., St. Louis, Missouri 63101
Time: Arrive by 9 am at the street level entrance of the Convention Center MetroLink Station, near the plaza adjacent to Pi Pizzeria Downtown Location
Length of Walk: approximately 1 mile
Walk Capacity: 25 people

RSVP REQUIRED

COST: \$12 per individual participant (for entry to Blues Museum)

Join CMT for a special tour of the Mercantile Exchange (MX) District, including the Laurel building and the new St. Louis Blues Museum, led in part by architect James Roseberry.

The MX district, at the foot of the Eads Bridge, has long been a gathering point for commerce, shopping and hospitality in the region.

The famed Lindell Hotel once stood where the Laurel is today. The Laurel building was complete in 1906, and it became the home of one of the city's first department stores, The Grand Leader. The Laurel building itself is named after Washington Avenue's original name, Laurel Street. As the home to a series of department stores, it was a key commercial anchor in downtown St. Louis throughout its history until vacancy set in in 2001. A new future is being written for the historic property, thanks to an ambitious rehab plan that puts it at the center of a large-scale mixed-use project that will transform an overlooked piece of downtown St. Louis. In October 2011, the site returned to its hotelier roots with the opening of the Embassy Suites. The most recent development is the Blues Museum, scheduled to open April 2, 2016.

This walk has limited capacity.

June 4 – AARP Zoo Scavenger Hunt

Co-sponsored by AARP in St. Louis

When: Saturday, June 4, 2016
Meet CMT&AARP at either: Shrewsbury MetroLink Station (8:50 am)
or North Hanley MetroLink Station (8:45 am)
Time: 8:45 am
Length of Walk: around 2 miles
Walk Capacity: 25 people

RSVP REQUIRED

AARP in St. Louis adds a new dimension to the CMT Ten Toe Express with an opportunity to participate in a scavenger hunt with your friends, your kids, your grandkids, or with other beloved children in your life!

Stay tuned for more details on this walk!

Lunch will be provided.

This walk has limited capacity.

June 18 – AARP in St. Louis Get out and Geocache on the Ten Toe Express

Co-sponsored by AARP in St. Louis

When: Saturday, June 18, 2016
Meet CMT&AARP at either: Shrewsbury MetroLink Station (8:50 am)
or North Hanley MetroLink Station (8:45 am)

Time: 8:45 am
Length of Walk: around 2 miles
Walk Capacity: 25 people

RSVP REQUIRED

A geocache is a scavenger hunt based on your own smart phone. Bring your grandchildren or other special-to-you kids who might want an adventure!

We will take the train to the Forest Park Station and make our way to the Missouri History Museum in search of a hidden cache. Lunch to follow.

This walk has limited capacity.

RSVP REQUIRED

Spring 2016 Weekly Walk Groups:

STARTING POINT: Belleville MetroLink Station on Fridays

Walk leader Mary Blaies leads the walks from the Belleville Station. The group will meet at the ticket kiosks on Fridays at 9:00 am. If you have questions about this walking group, please email mblaies.stclairaging@yahoo.com.

Destination	Date of Walk	Day	Time	Walk Leader
Gateway Classic Cars (IL) \$4	April 08	Friday	9:00 am	Mary Blaies
Belleville Bike Trail (IL)	April 15	Friday	9:00 am	Mary Blaies
Jewel Box	April 22	Friday	9:00 am	Mary Blaies
Federal Reserve Museum Tour @ 11	April 29	Friday	9:00 am	Mary Blaies
Clifton Park	May 6	Friday	9:00 am	Mary Blaies
Bus #15 to Memorial Hospital (IL)	May 13	Friday	9:00 am	Mary Blaies
Gateway Arch New Grounds	May 20	Friday	9:00 am	Mary Blaies
Schlafly Brew House Maplewood	May 27	Friday	9:00 am	Mary Blaies
SIUE Flower Garden	June 3	Friday	9:00 am	Mary Blaies
Art Museum	June 10	Friday	9:00 am	Mary Blaies
St. Clair County Court House (IL)	June 17	Friday	9:00 am	Mary Blaies
Crown Candy	June 24	Friday	9:00 am	Mary Blaies

STARTING POINT: Brentwood MetroLink Station on *MOST* Wednesdays

Norm and Joan Krumrey are the walk leaders of the Brentwood group. They meet walkers at the Ticket Vending Machines at the Brentwood Station. Walks are moderate and include a stop for lunch. The cost of the lunch is the responsibility of each participant. Time involved is 3 – 4 hours. An email is sent prior to each week’s walk. If you wish to receive a notice please send your email address to krumrey@att.net, NOTE: This schedule is subject to change. NOTE OCCASIONAL DAY CHANGES.

Destination	Date of Walk	Day	Time	Walk Leader
Spring 2016 Kick Off Walk	April 7	THURSDAY	9:00 am @ Forest Park-DeBaliviere Station	CMT
National Public Radio Tour	April 13	Wednesday	9:00 am @ Brentwood	Norm & Joan
National Public Radio Tour – RSVP Required	April 20	Wednesday	9:00 am @ Brentwood	Norm & Joan
MO History Museum: Spies, Traitors, and Saboteurs	April 21	THURSDAY	9:00 am @ Brentwood	Norm & Joan
Civil Court – RSPV Required	April 27	Wednesday	9:00 am @ Brentwood	
NO WALK	May 4	Wednesday		Norm & Joan
Karpeles Manuscript Museum	May 11	Wednesday	9:00 am @ Brentwood	Norm & Joan
Downtown Architecture and the Blues: Tour of the MX Building and St. Louis’s New Blues Museum - \$15	May 17	TUESDAY	9:00 am @ Convention Center MetroLink Station	CMT
NO WALK	May 18	Wednesday		Norm & Joan
Bertarelli’s Cutlery	May 25	Wednesday	9:00 am @ Brentwood	Norm & Joan
NO WALK	June 1	Wednesday		Norm & Joan
TBA	June 8	Wednesday		Norm & Joan
NO WALK	June 15	Wednesday		Norm & Joan
TBA	June 22	Wednesday	9:00 am @ Brentwood	Norm & Joan

STARTING POINT: Forest Park MetroLink Station - Every Wednesday

Unless noted, Mary Fran Balmer will meet her group on the platform. This group walks between 2 and 5 miles and always schedules a lunch stop. Plan on 3-5 hours each trip. If you wish to receive an email prior to each week’s walk, send your email address to 10tentoemfb@att.net. This email will give complete information about the day’s activities. Leader will be at starting point, rain or shine!

Destination	Date of Walk	Day	Time	Walk Leader
Downtown - Casino Queen for brunch. Walk Eads Bridge. Check out Arch grounds, Blues Museum. Register at CMT. Get photo IDs at Visitors Center. Historic churches at Plaza Square. Tour of City Hall. Frozen yogurt at Flying Cow. Approximate distance 3 miles. Send email to leader for more details.	April 13	Wednesday	10 am	Mary Fran Balmer
Walk Grant’s Trail – After lunch, walk through Sunset Cemetery, where many members of the Busch family are buried (i.e., Gussie who died in 1989). Continue to new Grant’s View Library. Retrace steps along Grant’s Trail back to Watson Road to board #21 bus. Approximate distance 6 miles; shorter options available. Send email to leader for more details.	April 20	Wednesday	10 a.m.	Mary Fran Balmer
Walk through Forest Park to Forest Park Community College for lunch prepared by students of the Culinary College. <u>SOLD OUT!!!!</u>	April 27	Wednesday	10:00 am	Mary Fran Balmer
Meramec Community College – Tour of Art Department – Walk into Kirkwood. Lunch at Billy G’s. Kirkwood Farmers Market. Walk is less than 3 miles.	May 4	Wednesday	10:00 am	Mary Fran Balmer
Coffee Concert at Sheldon Hall---- <u>SOLD OUT!!</u>	May 11	Wednesday	10:00 am	Mary Fran Balmer
Revise: Earth Dance Farms in Ferguson. 14 acre plot where farmers grow fruit, vegetables, herbs, flowers. One hour tour. Lunch at Ferguson Brewery. Walk Ted Jones Trail to UMSL North Metrolink. Walk is about 4 miles.	May 18	Wednesday	10:00 am	Mary Fran Balmer
Bus trip to Hermann MO--- <u>SOLD OUT</u>	May 25	Wednesday	10:00 am	Mary Fran Balmer

St. Raymond's for Lebanese lunch	June 1	Wednesday	10:00 am	Mary Fran Balmer
Des Peres	June 8	Wednesday	10:00 am	Mary Fran Balmer
Belleville IL—Will use 10 K route mapped by Illinois Trekkers. Walk grounds of King's House Retreat Center and eat lunch there! "A typical lunch is salad bar, soup, sandwich or meal, and dessert." Cost is \$9.25. Please RSVP so I can tell Retreat Center how many lunches to prepare.	June 15	Wednesday	10:00 am	Mary Fran Balmer
South Hampton neighborhood	June 22	Wednesday	10:00 am	Mary Fran Balmer
Horse Hooky at Fairmount Park--- <u>SOLD OUT</u>	June 28	Tuesday	10:00 am	Mary Fran Balmer

STARTING POINT: North Hanley MetroLink Station on *MOST* Fridays

Loretta M. Davis will be leading walks from the North Hanley Station on ****MOST**** Fridays. Walkers should meet at the station at 10:00 am (by the ticket machines) to catch the 10:14 train. Most walks are moderate pace and will be at least one mile, sometimes longer as we tour the city and find hidden treasures.

There will be less focus on lunch, and more on walking this session than in past sessions. 😊

If new, e-mail Loretta to get on the weekly email list - LMSD8@sbcglobal.net .

NOTE: This schedule is subject to change. Please bring water. RSVP with Loretta at LMSD8@sbcglobal.net .

Destination	Date of Walk	Day	Time	Walk Leader
Shrewsbury – River Des Peres Greenway Trail	April 15	Friday	10:00 am	Loretta Davis
Riverfront Greenway Trail	April 29	Friday	10:00 am	Loretta Davis
Tour downtown Central Library, MX theater, lunch at the Alumni. Bring money for lunch!	May 13	Friday	10:00 am	Loretta Davis
TBA	May 20	Friday	10:00 am	Loretta Davis
TBA	June 10	Friday	10:00 am	Loretta Davis
TBA	June 17	Friday	10:00 am	Loretta Davis

STARTING POINT: Rock Road MetroLink Station on Sundays

The Rock Road Station walks will be led by a team of walk leaders. Each walk leader will add his/her own flair to the walks. These walks will occur on Sundays at 2:45 pm and will be family friendly unless specified otherwise. The Rock Road Station walk schedule will be completed by March 15, 2016. Please contact Becky Reinhart at Beyond Housing if you are interested in this group. She can be reached by phone at 314-537-1407 phone and by email at breinhardt@beyondhousing.org.

Destination	Date of Walk	Day	Time	Walk Leader
Delmar Loop	April 10	Sunday	3:00 pm	Leonard Jackson
The Grove	April 17	Sunday	3:00 pm	Cathy Jacobi Humphrey
Forest Park	April 24	Sunday	3:00 pm	Gail Delaney
Centennial Greenway	May 1	Sunday	3:00 pm	April Taylor
NO WALK- MOTHER'S DAY	May 8	Sunday	3:00 pm	NO WALK – MOTHER'S DAY
Gateway Arch	May 15	Sunday	3:00 pm	Robin Dees
Washington University	May 22	Sunday	3:00 pm	Shirley Fitzpatrick
Airport	May 29	Sunday	3:00 pm	Marcieta D. Reed
TBD	June 5	Sunday	3:00 pm	Marla Smith
TBD	June 12	Sunday	3:00 pm	Deborah Tyler
Downtown Ferguson	June 19	Sunday	3:00 pm	Shelley Fitzpatrick
Ruth Porter Mall	June 26	Sunday	3:00 pm	Becky Reinhart

STARTING POINT: Shrewsbury MetroLink Station on *MOST* Mondays

Dan and Meredith O'Connor lead this group and e-mail the group several days before each walk. If new, e-mail them to get on the list. Dan and Meredith can be reached at panad65@yahoo.com or 314-729-0085. Some walks will require an RSVP AFTER the weekly e-mail is sent, a few days before their walks. You are encouraged to get on the e-mail list for the latest information.

All walks meet at Shrewsbury Landsdowne MetroLink Station unless otherwise noted.

These walks are 'moderate calorie burners'. Be at the METRO stop at the times listed....NOTE VARIED TIMES. Walks will be canceled by 8 am if inclement weather. Dan & Meredith's walks usually meet near the bus stops close to Landsdowne.

Destination	Date of Walk	Day	Time	Walk Leader
Downtown Sights – Opening Day!	April 11	Monday	8:45 am	Dan & Meredith O'Connor
St. Patrick's Center	April 18	Monday	9:30 am	Dan & Meredith O'Connor
Mt. Sinai Cemetery	April 25	Monday	check email	Dan & Meredith O'Connor
Maplewood Shops	May 2	Monday	9:10 am	Dan & Meredith O'Connor
Florist Row	May 9	Monday	8:45 am	Dan & Meredith O'Connor
Tower Grove Park Neighborhood	May 16	Monday	9:20 am	Dan & Meredith O'Connor
CWE – Union Blvd.	May 23	Monday	8:45 am	Dan & Meredith O'Connor
NO WALK	May 30	Monday	Holiday	**NO WALK**
De Menil Mansion, Lunch \$	June 2	**THURSDAY**	9:20 am	Dan & Meredith O'Connor
Compton Heights	June 6	Monday	9:20 am	Dan & Meredith O'Connor
Cherokee St./Temple	June 13	Monday	9:10 am	Dan & Meredith O'Connor
Mosaic Museum Cathedral	June 20	Monday	8:45 am	Dan & Meredith O'Connor
New Courthouse	June 27	Monday	8:45 am	Dan & Meredith O'Connor