

CMT Fall 2017 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 2017 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://tentoes.cmt-stl.org/>
- In the case of inclement weather, walks may 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.



Fall 2017 Special Ten Toe Walks (check online for updates):

RESERVATIONS MUST BE MADE IN ADVANCE at tentoes.cmt-stl.org.

September 7, 10:00 a.m. – Fall 2017 Kick Off Walk! A Behind-the-Scenes Tour of Metro's New Civic Center Transit Center

CMT kicks off the Fall 2017 Session of the Ten Toe Express with a special behind-the-scenes tour of the new Civic Center Transit Center, Metro's new transit hub in downtown St. Louis. The tour will showcase many customer-friendly features of the redesigned station, including an indoor waiting area, snack shop and restrooms. After the tour of the new transit center, we'll walk over to City Garden where participants are welcome to purchase lunch at the Citygarden Kaldi's Coffeehouse.

RSVP Required.

When: Thursday, September 7, 2017

Meeting time: 10:00 a.m.

Where to meet CMT: Civic Center MetroLink Station

Length of Walk: 2 miles, approximately 2 hours long

Walk Capacity: 25 people

This walk has limited capacity.

September 28, 9:30 a.m. – Tour of Cannon Design (old Power House)

When: Thursday, September 28, 2017

Where to meet CMT: Civic Center MetroLink Station

Time: 9:30 a.m.

Length of Walk: Approximately 1 mile

Walk Capacity: 25 people

RSVP Required.

Join CMT's Ten Toe Express for a guided tour of Cannon Design at the old St. Louis Power House. Constructed in 1928 and designated as a landmark by the National Historic Register, the Power House stood vacant for nearly 30 years before being re-imagined as a sustainable workplace. The updated building is LEED Gold certified by the U.S. Green Building Council for its environmentally responsible design and use of resources.

This walk has limited capacity.

October 19, 10:00 am – Green Dining Alliance Tour of the Delmar Loop

Join CMT and the Green Dining Alliance for the Ten Toe Express Special Walk: GDA tour of the Delmar Loop.

When: Thursday, October 19, 2017

Where to meet CMT: Delmar MetroLink Station

Time: 10:00 am

Length of Walk: around 2 miles

Walk Capacity: 25 people

RSVP Required

The Ten Toe Express is teaming up with the [Green Dining Alliance](#) (GDA) for a tour of GDA-certified restaurants and on the Delmar Loop. The Green Dining Alliance (GDA) is a restaurant sustainability certification program of [St. Louis Earth Day](#). Join us to learn more about what restaurants on the Loop are doing to benefit the planet, the region, and their customers!

This walk has limited capacity.



AARP St. Louis Breakfast Bunch



Saturday morning AARP Breakfast Bunch walks:

Explore new areas of St. Louis, get in some exercise, and have a good meal with the AARP St. Louis Breakfast Bunch. On select Saturdays this spring, AARP volunteer-led groups of Ten Toe participants will ride the MetroLink then walk to one of our many great St. Louis area restaurants to enjoy a yummy breakfast with great company.

AARP St. Louis is proud to be serving as the presenting sponsor of this great program which promotes healthy behaviors and encourages us to maintain an active lifestyle.

Breakfast Bunch walks with AARP St. Louis meet on select Saturdays. For the Fall 2017 Ten Toe Express session, we'll meet on:

- **Sat. 9/16 – Destination: Laumeier Sculpture Park**
- **Sat. 11/18 – Destination: Downtown St. Louis**
We'll walk across the Eads bridge, visit the new Arch grounds and Kiener Plaza, and finish at Citygarden with lunch at Kaldi's coffee house.

Details to know:

- Meet at the Shrewsbury Station at 8:30 a.m. on walk days, and return back to the station no later than 1:00 p.m.
- Participants pay for their own food, so bring some cash!

Visit <http://tentoes.cmt-stl.org/special-walks/> to register for these special AARP walks!

Fall 2017 Weekly Walk Groups:

Welcome to the Ten Toe Express and thank you for registering for the Fall 2017 session! The purpose of this program, sponsored by Citizens for Modern Transit and supported by funding from AARP St. Louis, is to encourage individuals to link walking with the use of MetroLink and MetroBus.

A couple additional helpful tips for enjoying the Ten Toe Express:

- CMT is delighted to welcome AARP St. Louis as a sponsor for the Ten Toe Express. Look for notifications about special walks with AARP on our Ten Toe website or through email or US mail.
- You can walk on your own or join one of our many walk groups – It doesn't cost anything extra to join one of our weekly or occasional walk groups! All information is available online at tentoes.cmt-stl.org.
- The most current and up-to-date walk schedule will be posted online and should be checked prior to each walk, as schedules are subject to change regularly. You will also be able to print a copy of the full walk schedule from the Ten Toe Website by the beginning of September 2017 (tentoes.cmt-stl.org)

Don't forget! The Ten Toe website has great tips as well as maps of suggested Ten Toe walks that can be printed. Many of the Walk Leaders will use these maps as reference for their walks. You may try out these walks yourself or join other Ten Toe Express members at various Metro stations, guided by a trained walk leader. Before beginning your walking routine, remember to follow the safety tips and stretching exercises provided on the Ten Toe Express website.

The Fall session of the Ten Toe Express program kicks off on September 7 and will continue through the end of November 2017. If you have any questions about the Ten Toe Express program or need to replace your bag or pedometer for \$5, you can contact the Ten Toe Express staff at info@cmt-stl.org or send your payment to CMT at 911 Washington Ave., Suite 200; St. Louis, MO 63101. Thanks for celebrating your own ten toes and transit in 2017. Enjoy the ride!

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 or call her office at 618-234-4410 extension 7034.

Destination	Date of Walk	Day	Time	Walk Leader
Anheuser Busch Brewery	Sept. 8	Friday	9:00 am	Mary Blaies
St. Cecilia, St. Louis	Sept. 15	Friday	9:00 am	Mary Blaies
Jackie Joyner Kersee Center	Sept. 22	Friday	9:00 am	Mary Blaies
Das Bevo	Sept. 29	Friday	9:00 am	Mary Blaies
International Photography Hall of Fame	Oct. 6	Friday	9:00 am	Mary Blaies
St. Louis Zoo	Oct. 13	Friday	9:00 am	Mary Blaies
Miniature Museum	Oct. 20	Friday	9:00 am	Mary Blaies
St. Louis Science Center	Oct. 27	Friday	9:00 am	Mary Blaies
Geyser Park & Mississippi River Overlook (IL)	Nov. 3	Friday	9:00 am	Mary Blaies
Keiner Plaza	Nov. 10	Friday	9:00 am	Mary Blaies
Jefferson Barracks	Nov. 17	Friday	9:00 am	Mary Blaies
NO WALK	Nov. 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.

Destination	Date of Walk	Day	Time	Walk Leader
St. Francis DeSales Church RSVP required	Sept. 12	TUESDAY	9:00 am @ Brentwood Station	Norm & Joan
Billy Goat Chips RSVP required	Sept. 20	Wednesday	9:00 am	Norm & Joan
Das Bevo RSVP required	Sept. 27	Wednesday	9:30 am	Norm & Joan
NO WALK	Oct. 4	Wednesday	NO WALK	
Health Works GROW Exhibit	Oct. 11	Wednesday	9:00 am	Norm & Joan
Concordia Historical Institute Guided Tour	Oct. 18	Wednesday	9:00 am	Norm & Joan
City Hall RSVP Required	Oct. 25	Wednesday	9:00 am	Norm & Joan
NO WALK	Nov. 1	Wednesday	NO WALK	Norm & Joan
St. Louis Fashion Incubator Clothing Design	Nov. 8	Wednesday	9:00 am	Norm & Joan
Science Center King Tut Exhibit Fee: \$7 Member, \$14 Non-member \$3 discount on groups of 12 or more	Nov. 15	Wednesday	9:00 am	Norm & Joan
NO WALK Happy Thanksgiving!	Nov. 22	Wednesday	NO WALK	Norm & Joan
Rise Coffee Shop in the Grove and Urban Chestnut Brewing Co.	Nov. 29	Wednesday	9:00 am	Norm & Joan

NOTICE: Walk leaders plan trips to specific destinations using the Metro Transit System. If you plan to travel with one of the walk groups, please join them at the location where the group begins their walk.

Please DO NOT ask:

1. For driving directions to the destination
2. For parking availability at the destination
3. To meet the group at the destination
4. To meet the group at a transfer point or along the way.

If you do require special accommodations, please contact the walk leader in advance to see if a specific walk will meet your needs.

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 are interested in a walk, please email Mary Fran at 10tentoesmfb@att.net shortly before each walk for full details. **Leader will be at starting point, rain or shine!**

Destination	Date of Walk	Day	Time	Walk Leader
NO WALK	Sept. 13	Wednesday	NO WALK	
Need only train tickets - no bus transfer Busch Brewery and Ballpark Village Walk about 3-4 miles with several stops.	Sept. 20	Wednesday	10:00 am (will board 10:06 am eastbound red train)	Mary Fran Balmer
Need 2 hour ticket to transfer to bus Rock Springs Municipal Park, downtown O’Fallon, lunch at Peel Brewing Co. Walk about 4 miles with several stops.	Sept. 27	Wednesday	10:00 am (will board 10:06 am eastbound red train)	Mary Fran Balmer
Need 2 hour ticket to transfer to bus Resurrection Cemetery. Lunch at Fortel’s Pizza Den. Walk just over 3 miles.	Oct. 4	Wednesday	9:50 am (will board 9:56 am westbound blue train)	Mary Fran Balmer
Need 2 hour ticket to transfer to bus Webster Groves residential walking tour. Lunch at CJ Muggs. Walking distance 3-4 miles.	Oct. 11	Wednesday	9:50 am (will board 9:56 am westbound blue train)	Mary Fran Balmer
TENTATIVE – Forest Park to Forest Park Community College for lunch prepared by the Culinary School students. Date not yet confirmed. Check with leader.	Oct. 18	Wednesday	10:00 am (meet at Forest Park Station street level at 10 am)	Mary Fran Balmer

<p>Need 2 hour ticket to transfer to bus – Note later start time.</p> <p>Millennium Park in Creve Coeur and Bellerive Gardens Cemetery (gravesites of Stan Musial, Chuck Berry, Barclay Plager). Lunch at Houlihan’s.</p> <p>Walking distance 3-4 miles.</p>	Oct. 25	Wednesday	10:15 am (will board westbound red train at 10:26 am)	Mary Fran Balmer
<p>Need 2 hour ticket to transfer to bus</p> <p>Maryland Heights</p> <p>Walking distance TBD. Check with leader.</p>	Nov. 1	Wednesday	10:00 am (will board 10:06 am eastbound red train)	Mary Fran Balmer
<p>Old Carondelet neighborhood in South City. Check with leader.</p>	Nov. 8	Wednesday	Check with leader.	Mary Fran Balmer
<p>Will likely need 2 hour ticket to transfer to bus</p> <p>Clayton residential walk to Cheesecake Factory in the Galleria Mall.</p>	Nov. 15	Wednesday	9:50 am (will board 9:56 am westbound blue train)	Mary Fran Balmer
TBD	Nov. 22	Wednesday	Check with leader.	Mary Fran Balmer
<p>Need 2 hour ticket to transfer to bus</p> <p>Creve Coeur residential streets – JCA (Jewish Center for Aged) complex. Lunch at California Pizza Kitchen.</p> <p>Walking distance about 3.5 miles.</p>	Nov. 29	Wednesday	Check with leader.	Mary Fran Balmer

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.

Please contact Ted Simpson at Beyond Housing if you are interested in this group. He can be reached by phone at (314) 643-8614 and by email at tsimpson@beyondhousing.org.

Destination	Date of Walk	Day	Time	Walk Leader
Wash U Centennial Trail	Sept. 17	Sunday	3:00 pm	Marla Smith
The Grove	Sept. 24	Sunday	3:00 pm	Errol Bush
Laclede's Landing	Oct. 1	Sunday	3:00 pm	Hazel Ashford
Eads Bridge	Oct. 8	Sunday	3:00 pm	Marla Smith
Thies Farm	Oct. 15	Sunday	3:00 pm	Tajuana Gregory
Ikea	Oct. 22	Sunday	3:00 pm	Monica Jenkins
Forest Park	Oct. 29	Sunday	3:00 pm	April Taylor
Ballpark Village	Nov. 5	Sunday	3:00 pm	Monica Jenkins
Tour of Grand Center	Nov. 12	Sunday	3:00 pm	Errol Bush
Galleria	Nov. 19	Sunday	3:00 pm	Marcieta Reed
Delmar Loop	Nov. 26	Sunday	3:00 pm	Beverly Burbridge

Alternate walk locations in event of inclement weather: Galleria mall, Union Station, St. Louis Mills, St. Louis Art Museum. Group will meet at Rock Rd. Station as scheduled.

STARTING POINT: Shrewsbury MetroLink Station on *MOST* Mondays

Dan O'Connor leads this group and e-mail the group several days before each walk. If new, e-mail them to get on the list. Dan 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 TIMES MAY VARY ON LIST. Walks will be canceled by 8 am if inclement weather. Dan's walks usually meet near the bus stops close to Landsdowne.

*****NOTE: Dan's walks are very popular. Please let him know via email (panad65@yahoo.com) if you are planning to attend walks with his group regularly so he can plan accordingly.**

Destination	Date of Walk	Day	Time	Walk Leader
Downtown – Kiener Plaza	Sept. 11	Monday	8:45 am	Dan O'Connor
City Hall Tour – limited (RSVP after Sept. 12)	Sept. 18	Monday	8:45 am	Dan O'Connor
Tower Grove Park architecture	Sept. 25	Monday	9:15 am bus	Dan O'Connor
St. Joseph Shrine	Oct. 2	Monday	8:45 am	Dan O'Connor
NO WALK	Oct. 9	Monday	NO WALK	Dan O'Connor
Road Trip – Springfield Details Later	Oct. 16	Monday	Join email list	Dan O'Connor
Boeing Tour – note time	Oct. 23	Monday	8:30 am	Dan O'Connor
Hillcrest Abbey, Crematory-Mausoleum Tour (note time)	Oct. 30	Monday	9:40 am	Dan O'Connor
Gravois/Jefferson – St. Francis De Sales, Narrative	Nov. 6	Monday	9:00 am	Dan O'Connor
SLU Campus, .Zack Tour	Nov. 13	Monday	8:45 am	Dan O'Connor
Walk Through Soulard	Nov. 20	Monday	9:00 am	Dan O'Connor
Belleville – Gingerbread Houses LUNCH	Nov. 27	Monday	9:05 am	Dan O'Connor

NEW WALKING GROUP!

STARTING POINT: Forest Park/DeBaliviere MetroLink Station on Saturday mornings

Meet at Forest Park/Debaliviere MetroLink near the ticket machines in the Park-n-Ride lot on each walk day.

While our other Ten Toe Express routes are scheduled weekly, this new route will meet once per month during the Fall session.

Please bring money to pay for your own lunch!

Walk leader: Sara Feagans (feagans@slu.edu)

Destination	Date of Walk	Day	Time	Walk Leader
Tour of the Hill and lunch	Sept. 23	Saturday	9:00 am	Sara Feagans
Das Bevo and lunch	Oct. 14	Saturday	9:45 am	Sara
Green Dining Alliance Tour in Maplewood	Nov. 18	Saturday	9:15 am	Sara
