

CITIZENS FOR MODERN TRANSIT SPRING 2018 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 Spring 2018 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 group has 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://tentoos.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.

Please check online for updates.

Spring 2018 Special Ten Toe Walks:

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

April 3, 9:30 a.m. – Spring 2018 Kickoff Walk to Busch Stadium!

Join CMT and AARP in St. Louis for an exciting 2018 Spring Kickoff Walk to Busch Stadium on Tuesday, April 3 in anticipation of opening day on April 5 in St. Louis! the group will get a behind the scenes tour of Busch Stadium right before gates open for the 2018 season. Tour will begin at the Shrewsbury MetroLink Station at 9:30 a.m.

A quick MetroLink ride to Busch Stadium will include a tour of the facility. Following the tour, the group will head over to Ballpark Village for lunch on your own or you can jump back on MetriLink to head back to Shrewsbury. Don't forget to wear your Cardinal red and join the fun.

CMT kicks off the spring 2018 Session of the Ten Toe Express \$10

RSVP Required.

When: Tuesday, April 3, 2018

Meeting time: 9:30 a.m.

Where to meet CMT: Shrewsbury MetroLink Station

Length of Walk: 1-2 miles

This walk has limited capacity.

April 14, 2018 – MetroLink and MicroBrews – Maplewood MicroBrew Tour

Walk, ride and taste with us! Discover Maplewood’s Microbreweries with a visit to Schlafly Bottleworks and Side Project Brewing via MetroLink on Saturday, April 14th, 2018. Walkers will depart from the Shrewsbury MetroLink Station on the 10:19 AM train to Maplewood and then transfer to the #31 bus.

The first stop on this happy adventure is Schlafly Bottleworks. Walkers will explore the brewery on a guided tour beginning at 11 a.m. followed by a guided tasting. This free tour covers a brief history of beer in St. Louis, the history of Schlafly Beer, and how to fully taste and appreciate the beverage. This tour lasts 1 hour and 30 minutes, requires closed toed shoes, and has a limited capacity with no reservations.

Next up, Side Project Brewing! At Side Project, walkers will visit the observation deck to get a bird’s eye view of the brewing process. Walkers will wrap up the adventure with a cold beverage to fully appreciate the unique places that transit can take us.

When: Saturday, April 14, 2018

Where to meet CMT: Shrewsbury MetroLink Station

Time: 10 a.m.

Length of Walk: 1-2 miles



RSVP Required

This walk has limited capacity.

May 10, 2018 - Transit and Healthy Foods Special Walk led by Food Policy Coalition to Urban Farm

City Greens Market with St.Louis Food Policy Coalition, 4260 Manchester Ave., St.Louis MO 63110. Making the Link between transit and healthy food options in STL: The St.Louis Food Policy Coalition (STLFPC) is a group of organizations/individuals lead by the Missouri Coalition for the Environment (MCE). The mission of the STLFPC is to promote a thriving local food system that supports the health, community, environment, and economy of the Greater St.Louis area. With this in mind, the STLFPC is working to promote community markets that provide fresh produce to neighborhoods while supporting local, environmentally-responsible farmers. City Greens Market is a co-op style market with sliding scale membership fees based on income. Located in the heart of Forest Park Southeast, City Greens Market is a non-profit market that provides locally-grown produce, pasture-raised meats, and other value-added products made by St.Louisians. On this Ten Toe Walk, you will meet one of the managers of the market and get the opportunity to purchase fresh groceries!

When: May 10, 2018

Where to meet CMT: Shrewsbury MetroLink Station

Time: 9:30 a.m. (Shrewsbury MetroLink Station)

RSVP Required.

This walk has limited capacity.

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 spring 2018 Ten Toe Express session, we'll meet on:

- **Sat. 4/28 - 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 Metrolink 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!
- Space is limited.

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

Spring 2018 Weekly Walk

Groups:

Welcome to the Ten Toe Express and thank you for registering for the spring 2018 session! The purpose of this program, sponsored by Citizens for Modern Transit and supported by AARP in 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:

- 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 April 2018 (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 spring session of the Ten Toe Express program kicks off on April 3 and will continue through the end of June 2018. 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 2018. 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
Astronomy Museum	Apr 13	Friday	9:00 am	Mary Blaies
Illinois Bike Trail	Apr 20	Friday	9:00 am	Mary Blaies
News Station St.Louis	Apr 27	Friday	9:00 am	Mary Blaies
St.Cecilia	May 4	Friday	9:00 am	Mary Blaies
Webster Groves	May 11	Friday	9:00 am	Mary Blaies
SWIC Art Center	May 18	Friday	9:00 am	Mary Blaies
Holocaust	May 25	Friday	9:00 am	Mary Blaies
		Friday	9:00 am	Mary Blaies
		Friday	9:00 am	Mary Blaies
		Friday	9:00 am	Mary Blaies
		Friday	9:00 am	Mary Blaies
		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
West County Safety House	Apr. 12	Thursday	9:00 am @ Brentwood Station	Norm & Joan
Islamic Center	Apr. 18	Wednesday	9:00 am	Norm & Joan
Forest Park Community College Lunch	Apr. 26	Thursday	9:00 am	Norm & Joan
Circus Flora	May 4	Friday	9:00 am	Norm & Joan
St.Louis County Library	May 24	Thursday	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
Downtown – Eads Bridge/St.Mary of Victories Church/Lunch at Hamburger Mary's	Apr. 11	Wednesday	10:00 am	Mary Fran Balmer
Central West End – Shake Shack, Authors Walk, houses featured in PD, Ice cream stop at Jeni's.	Apr. 18	Wednesday	10:00 am	Mary Fran Balmer
Cherokee Street – Walk past DeMenil and Lemp Mansions.	Apr. 25	Wednesday	10:00 am	Mary Fran Balmer
Sheldon Concert Hall Coffee Concert – Clarion Brass, Coffee and pastries at 9 a.m. (Early Start) . Lunch at Schlafly's ---- Send \$14 (payable to Mary Fran Balmer to reserve a seat, seating limited)	May 2	Wednesday	8:32 am Blue line Metrolink leaves station.	Mary Fran Balmer
Belleville Metro Bike Link Trail, lunch and ice cream.	May 9	Wednesday	10:00 am	Mary Fran Balmer
Jefferson Barracks	May 16	Wednesday	10:00 am	Mary Fran Balmer
Lafayette Square – Early lunch at Square One Brewery, ice cream at Clementine's.	May 23	Wednesday	10:00 am	Mary Fran Balmer
Fairmount Race Track – (Send \$15.95 to Mary Fran Balmer to reserve spot.) Buffet at Black Stallion Room, Races start at 1p.m.	May 29	Tuesday	10:00 am	Mary Fran Balmer
Tower Grove Park	June 6	Wednesday	10:00 am	Mary Fran Balmer
Bus Trip – Bus trip to Shawnee Hills Wine Trail (Southern Illinois.) Bus will leave 9 a.m. from the Forest Park Visitors Center and return at 5 p.m. Bus fare is \$16, mail check to Mary Fran Balmer to reserve a spot.	June 13	Wednesday	9:00 a.m.	Mary Fran Balmer
Assumption Greek Lunch – Forest Park Metrolink to Maplewood, walk from West Co. Shopping Center. Check menu on-line.	June 22	Friday	10:00 am	Mary Fran Balmer
Forest Park/Dogtown	June 27	Wednesday	10:00 am	Mary Fran Balmer

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
Powell Hall	Apr 9	Monday	8:45 a.m.	Dan O’Connor
City Hall Tour (Limited)	Apr 16	Monday	8:45 a.m.	Dan O’Connor
Forest Park	Apr 23	Monday	8:45 a.m.	Dan O’Connor
LaSalle Park-St.Vincent’s	Apr 30	Monday	8:45 a.m.	Dan O’Connor
MO. History Museum Annex	May 7	Monday	8:45 a.m.	Dan O’Connor
Boeing	May 14	Monday	8:30 a.m. (Note Time)	Dan O’Connor
Road Trip – Rte 66/Carlinville, IL (Details Later)	May 21	Monday	Details to come	Dan O’Connor
No Walk	May 28	Monday	No Walk	Dan O’Connor
Grandel Theatre Tour/Lunch at the Dark Room (\$)	May 30	Wednesday (Note day)	9:10 a.m	Dan O’Connor
University City Hall Tour (\$2)	June 4	Monday	8:45 a.m.	Dan O’Connor
Kirkwood Walk (Bus)	June 11	Monday	9:50 a.m.	Dan O’Connor
TBD	June 18	Monday	TBD	Dan O’Connor
City Garden – Swim with kids	June 25	Monday	8:45 a.m.	Dan O’Connor

NEW WALKING GROUP!

STARTING POINT: Shrewsbury MetroLink Station on Saturday mornings

While our other Ten Toe Express routes are scheduled weekly, this new route will meet once per month during the spring 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
Green Dining Alliance Tour in the Grove: We will visit restaurants, coffee shops, and bakeries that are part of the Green Dining Alliance in the Grove Commercial District. We'll stop for lunch at Atomic Cowboy.	Apr 7 th	Saturday	10:00 a.m.	Sara Feagans
Earth Dance Organic Farm Tour: <i>*Meeting at Forest Park-Debaliviere MetroLink.</i> We will visit Earth Dance for a tour of the farm and have lunch in Ferguson before heading back. \$10	May 12 th	Saturday	8:45 a.m.	Sara Feagans
Small Business tour along S. Grand: We will visit some of the great small businesses located along South Grand near Tower Grove Park. We'll stop for lunch at one of the District's many restaurants.	June 9 th	Saturday	9:30 a.m.	Sara Feagans