

CITIZENS FOR MODERN TRANSIT

Fall 2018 TEN TOES 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 Toes Express Fall 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 Toes website and Facebook page will always have the most current information on any changes to the walk schedules, please check on-line for updates.
 - CMT Facebook page - <https://www.facebook.com/STL.CMT>
 - Ten Toes 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 2018 Special Ten Toes Walks:

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

Wednesday, September 5, 9:30 a.m. – Fall 2018 Kickoff Walk to Missouri Botanical Gardens

Join CMT and AARP St. Louis for an exciting 2018 Fall Kickoff Walk to the **Missouri Botanical Garden**.

What Makes the Garden GREEN?

This walking tour of both public-facing and behind-scenes features will highlight Green building, water and energy conservation, recycling and composting – and include some lovely plantings and Garden history. Your guide is “Green Jean” Ponzi, program manager in the EarthWays Center, the sustainability division of Missouri Botanical Garden. Don't miss the exciting kick-off walk for the Fall Ten Toes Session.

CMT kicks off the fall 2018 Session of the Ten Toes Express

RSVP Required <http://tentoes.cmt-stl.org/special-walks/>

When: Wednesday, September 5, 2018

Meeting time: 9:00 a.m.

Where to meet CMT: Shrewsbury MetroLink Station

Length of Walk: 1-2 miles with walk around the Garden

This walk has limited capacity - 30

AARP Breakfast Bunch On Saturday Mornings

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 fall, AARP volunteer-led groups of Ten Toes 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 2018 Ten Toes Express session, we'll meet on
 - **South Grand – Saturday, September 29, 2018 8:30 am**
 - **Eads Bridge Tour – Saturday, October 27, 2018 8:30 am**

Meet at the Shrewsbury Station at 8:30 a.m. on walk days, and return back to the station no later than 12:00 p.m.

- Space is limited.

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

RSVP Required with AARP

Transit and Healthy Foods – Fair Shares CCSA

Friday, October 12, 12 pm – Transit and Healthy Foods – Linking your own ten toes and transit to local, fresh foods

Destination: Fair Shares CCSA

For this special walk we will be visiting the Fair Shares CCSA (Combined Community Supported Agriculture). The tour will include a light sampling of some of their locally sourced products and offer walkers the opportunity to purchase from their exclusive collection. Walkers are encouraged to bring their own shopping bags to take home their tasty treasures. Fair Shares CCSA has created a local food loop that connects farmers, small producers and the St. Louis community they feed. To find out more about Fair Shares CCSA before the walk.

This walk is co-hosted with special guests from the St. Louis Food Policy Coalition (STLFPC) - Making the link between transit and healthy food options in STL. The STLFPC is a group of organizations/individuals led by the Missouri Coalition for the Environment (MCE). The STLFPC is working to promote community markets that provide fresh produce to neighborhoods while supporting local, environmentally-responsible farmers.

RSVP Required <http://tentoes.cmt-stl.org/special-walks/>

When: Friday, October 12, 2018

Where to meet CMT: Shrewsbury MetroLink Station Time: **12:00 pm**

Length of Walk: About 2 miles **Special Guest Walk Leaders: St. Louis Food Policy Coalition**

Walk Capacity: 30 people

Ten Toes Goes Geocaching

Partnering with St.Louis Area Geocachers (SLAGA) in Forest Park Saturday, October 20, 10 am

For this special walk, we will be teaming up with the St. Louis Area Geocachers Association (SLAGA) for a guided introduction to geocaching. SLAGA will give a short presentation about geocaching and best practices. We will then set out to find geocaches in Forest Park. Geocaching is an all age activity and a wonderful way to spend time with your grandchildren or other special-to-you kids who might want an adventure!

Meet at the Shrewsbury MetroLink Station on November 14 at 8:45 am. We will take the train to the Forest Park Station and make our way to the Missouri History Museum in search of a hidden caches.

RSVP Required <http://tentoes.cmt-stl.org/special-walks/>

When: Saturday, October 20, 2018

Where to meet CMT: Shrewsbury MetroLink Station

Time: 10:00 am

Length of Walk: around 2 miles

Special Guest Walk Leaders: St. Louis Area Geocachers Association (SLAGA)

Limited Walk Capacity: 40 people

MetroLink Microbrews – Downtown Microbrew Tour



Walk, ride and taste with us!

Discover Downtown's Microbreweries with a visit to Brick River Cider Co. and the Schlafly Tap Room via MetroLink on **Thursday, November 8th, 2018**. Walkers will depart from the

Shrewsbury MetroLink Station. The first stop on this happy adventure is Brick River Cider Co. Walkers will explore the brewery on a guided tour with the cidery's founder, Russ John. Russ will detail the history of the building and the Brick River process to making a great cider. Participants are asked to wear closed toe shoes to take this tour. There will be an opportunity to purchase beverages at the event.

Next up, **Schlafly's Tap Room**. At **Schlafly's**, walkers will be given a short presentation about the brewing process and followed by a guided tasting of beverages brewed on location. Walkers are welcome to sample the menu at either brewery so that they may fully appreciate the unique places that transit can take us.

This walk includes a **\$5 fee** to cover the cost of the guided tasting at **Schlafly's Tap Room**.

RSVP Required <http://tentoes.cmt-stl.org/special-walks/>

When: Thursday, November 8th

Meeting time: 10 am

Where to meet CMT: Shrewsbury MetroLink Station

Length of Walk: 1-2 miles

Walk Limited Capacity: 25

Fee: \$5

Dress Requirements: Closed-Toe Shoes

Fall 2018 Weekly Walk Groups:

Welcome to the Ten Toes Express and thank you for registering for the fall 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.

The fall session of the Ten Toes Express program kicks off on September 5, 2018. Thanks for celebrating your own ten toes and transit in 2018. Enjoy the ride!

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.

NEW WALKING GROUP!

STARTING POINT: Shrewsbury MetroLink Station on Saturday mornings

While our other Ten Toes 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
TBD		Saturday	10:00 a.m.	Sara Feagans
TBD		Saturday	8:45 a.m.	Sara Feagans
TBD		Saturday	9:30 a.m.	Sara Feagans

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.stclairaqing@yahoo.com or call her office at 618-234-4410 extension 7034.

Destination	Date of Walk	Day	Time	Walk Leader
TBD		Friday	9:00 am	Mary Blaies
TBD		Friday	9:00 am	Mary Blaies
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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
Sammy Soaps	Sept 13	Thursday	9:00 am @ Brentwood Station	Norm & Joan
KDHX Radio	Sept 19	Wednesday	9:00 am	Norm & Joan
No Walk Scheduled	Sept 26			
Washington U. Graham Chapel	Oct 4	Thursday	9:00 am	Norm & Joan
Great Harvest Bread Co.	Oct 10	Wednesday	9:00 am	Norm & Joan
No Walk Scheduled	Oct 17			
Vianney Art Exhibit	Oct 24	Wednesday	9:00 am	Norm & Joan
Shriners Hospital	Oct 31	Wednesday	9:00 am	Norm & Joan
No Walk Scheduled	Nov 7			Norm & Joan
St.Mary's of Victories	Nov 15	Wednesday	9:00 am	Norm & Joan
No Walk Scheduled (Happy Thanksgiving)	Nov 21	Wednesday	9:00 am	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 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
Arch Museum	Sept 12	Wednesday	10:00 am	Mary Fran Balmer
Fee Fee Greenway	Sept 19	Wednesday	10:00 am	Mary Fran Balmer
Soulard	Sept 26	Wednesday	10:00 am	Mary Fran Balmer
Cliff Cave	Oct 3	Wednesday	10:00 am	Mary Fran Balmer
History Museum	Oct 10	Wednesday	10:00 am	Mary Fran Balmer
Gravois – Bevo	Oct 17	Wednesday	10:00 am	Mary Fran Balmer
Webster Groves/Kirwood	Oct 24	Wednesday	10:00 am	Mary Fran Balmer
Grant's Trail	Oct 31	Tuesday	10:00 am	Mary Fran Balmer
Tech Shop	Nov 7	Wednesday	10:00 am	Mary Fran Balmer
Fairy Doors	Nov 14	Wednesday	9:00 a.m.	Mary Fran Balmer
The Hill	Nov 21	Friday	10:00 am	Mary Fran Balmer
Soldier's Memorial	Nov 28	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
MO History Museum – Muny Memories Exhibit	Sept 10	Monday	9:15 a.m.	Dan O'Connor
Mary J. – Fox Tour	Sept 18	Tuesday	8:45 a.m.	Dan O'Connor
Jim & Sandy H. – UMSL Historic Front Page Exhibit	Sept 24	Monday	8:45 a.m.	Dan O'Connor
Pam C. & Pat W. – Grand Center /KDHX	Oct 1	Monday	8:45 a.m.	Dan O'Connor
Jewel Box, Forest Park	Oct 8	Monday	8:45 a.m.	Dan O'Connor
Jim & Sandy H. – U. City/Craft Alliance/Neighborhoods	Oct 15	Monday	8:45 a.m.	Dan O'Connor
TBA	Oct 22	Monday		Dan O'Connor
TBA	Oct 29	Monday		Dan O'Connor
Mary J. – UMSL Points of Interest	Nov 5	Monday	8:45 a.m.	Dan O'Connor
Jim & Sandy H. – Cortex District/IKEA	Nov 12	Monday	8:45 a.m.	Dan O'Connor
Judy W. – Mid-Century Modern Tour/Joan of Arc Church	Nov 19	Monday	9:00 a.m.	Dan O'Connor
Soldier's Memorial	Nov 26	Monday	8:45 a.m.	Dan O'Connor