

Dallas Trekkers Newsletter



Vol. 21, No. 4

July - August 2002

JULY MEMBERSHIP MEETING
Eric Van Steenburg - Katy Trail
TUESDAY JULY 9, 6:30 PM
EL FENIX, 1601 McKINNEY AVE
DOWNTOWN DALLAS
(See Story Page 3)

DALLAS TREKKERS BOARD MEETING
Open to all members
Tuesday, August 13 at 7:00 PM
Upstairs Meeting Rm
REI, 4515 LBJ @ Welch in Dallas

SEPTEMBER MEMBERSHIP MEETING
TUESDAY SEPTEMBER 10, 6:30 PM
EL FENIX, 1601 McKINNEY AVE
DOWNTOWN DALLAS

ATTENTION!
WEEKLY YEAR ROUND EVENT GROUP WALKS AT
RICHARDSON (WHOLE FOODS MARKET),
CARROLLTON AND WHITE ROCK LAKE**

FT. HOOD INDEPENDENCE DAY WALK
10 KM Walk - Thursday, July 4**

NORBUCK PARK WALK
5 KM or 10 KM Walk
Saturday, August 10**
(Brochure enclosed and see Story this page)

OKLAHOMA LABOR DAY EXTRAVAGANZA!
6 Invigorating Walks - 6 Cool Swims
Saturday, August 31- Monday September 2**

DART (Take the Train) AND WALK
Choose from Four 5 KM Walks at 4 Stations
Any Order, Any Combination 5, 10, 15 or 20 KM
Each Route Can Be Walked Twice for up to 40KM
Saturday, September 14-Start Time: 7:00 am -2:00 pm**
DART All Day Pass Required (\$2.00)
(See Story this Page)

**See Page 8 for a complete list of times and/or dates or to download a brochure consult our new updated Web page at: www.dallastrekkers.org

DON'T MISS ANY OF THESE EVENTS!

An Early Morning 5/10 KM Walk at
Norbruck Park Overlooking White Rock Lake
Saturday, August 10 - Start 6:30 - 8:30 AM

by John Ferguson

Yes, the summertime is here in Dallas and the temperatures are rising. It seems this happens about this time each year and, by the way, YES, we are still walking.

So on Saturday morning, August 10, the Trekkers will sponsor an early morning walk starting from Norbruck Park adjacent to White Rock Lake Park in northeast Dallas. Norbruck Park is diagonally southeast across the intersection of NW Hwy and Buckner Blvd. from Flag Pole Hill. A copy of the brochure which gives directions and useful information is enclosed. You may print additional copies to invite your friends by going to our Website at: www.dallastrekkers.org

The start time is from 6:30 - 8:30 am which leaves plenty of time for our members and guests to enjoy a leisurely breakfast or lunch after walking. There will be a 5 KM route on pavement available. Please remember to carry water. (See Story on Heat Stress on Page 7)

Come walk with us. For more information or to volunteer contact John Ferguson at: jhferg@earthlink.net or call him at (214)-348-0003.

Dallas DART and Walk

Saturday, September 14 - Start 7:00 AM - 2:00 PM

On September 14 the Dallas Trekkers once again present the "Dallas DART & Walk", offering a unique Volkssporting experience for all participants.

The Dallas DART & Walk is a series of four 5 KM walks that originate at different stations along the Dallas Area Rapid Transit Rail system. The four routes may be walked in any order and in any combination for a 5KM, 10KM, 15KM or 20KM distance! The fun part is that participants will ride the DART train from one walk to the next! Participants can walk each route twice on the same start card for a potential total distance of 40 KM! The best part is that your \$2.00 DART pass is good all day for an unlimited number of uses. (continued on Page 5)

DALLAS TREKKERS

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First Vice President: John Ferguson
4909 Mill Creek Circle, Dallas, TX 75244
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(972) 539-1463 e-mail: twoking@earthlink.net

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(972) 393-2810 e-mail: swest47@airmail.net

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Trailmaster: VOLUNTEER NEEDED

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Electronic Communications Coordinator: Scott West
218 Creekside Ln., Coppell, TX 75019-3550
(972) 393-2810 e-mail: swest47@airmail.net

PRESIDENT'S MESSAGE

This has been an amazing couple of months for the Dallas Trekkers. People have been coming out of the woodwork in response to our club's challenges. In my last message I reported that it looked like we were going to lose as many as five of our Year Round events for a variety of reasons. It had rained on our parade at Lesley's Azalea Walk and there were questions about the very future of our sport and our national organization. I am happy to report that many of these situations have turned around in a most miraculous way.

For starters the sun came out, the weather was beautiful and temperatures were unseasonably cool for our Richardson Huffhines Park Walk on June 14 and 15. Despite being Father's Day weekend, 67 walkers turned out to enjoy a nice walk along the creekside hike and bike trails. A special thanks to all of you who worked.

The good news on Year Round Walking Events came shortly after our April Board meeting. **Beverly and Harry Eversole** offered to put together new trails in Duncanville and Waxahachie to replace the DeSoto and Midlothian trails. **Ken King** offered to take over the Carrollton event. He and **Claudia Fitch** came up with a modification to the current trail (Carrollton East) so it once again goes by Peter's Colony Lake now that construction on Josey Ln. is complete and devised a second new trail (Carrollton West) on the other side of Josey that goes to the historic cemetery, through Rosemead Park and past the many ponds and creek in the area west of Josey, incorporating much of **Dick Trautmann's** original trail. (Dick & Jo are walking again after battling cancer.) Lastly, it looks like the East Texas Trekkers will be taking over the Shreveport walk next year. So although we will be putting the Garland, Desoto and Midlothian walks on the shelf for a while, they are being replaced by wonderful, new trails in other parts of the Metroplex. At our June meeting the Board voted to sanction the three new walks for 2003 to replace the three walks being discontinued.

Make sure you read about the Dallas Trekkers' updated Web site and be sure to visit it at www.dallastrekkers.org **Randy Tarin** created the site several years ago and handed it over to **Scott West** last year. A big thank you to both of them for all their hard work in getting the message out

The Dallas Trekkers (AVA 034) is a nonprofit walking club open to people of all ages. It is a member of the Texas Volkssport Association and the American Volkssport Association. Mailing address: P.O. Box 743813, Dallas, TX 75374-3813

Home Page: www.dallastrekkers.org

about our club. Scott recommended and the board voted to buy more server space. With more space available both Scott and I have pooled our Web development expertise to update the site with printable copies of event brochures and information sheets, club membership applications and links to an enormous amount of folksporting and walking-related information. (Story on Page 6)

Once again we have some vital volunteer job openings. We have a **very urgent need for a new Trailmaster** for our club and for a **Walk Director for The Colony YRE** and a **Walk Coordinator for the Galatyn Park portion of the DART walk**. If anyone has a trailer hitch on their vehicle and would like to bring the trailer to walks when it is needed and if anyone knows of a place where our trailer may be stored, please let me know. We also need about **20 volunteers to work a variety of shifts for the DART walk**. (Pre-walks will be available for workers so that you need not worry about walking all of the routes the day of the event.) To volunteer or for more information about any of these positions, please contact me at (972) 235-9086 or bfitch@ix.netcom.com

Over Memorial Day weekend Claudia and I had an opportunity to take several walks along old Route 66 as part of the **AVA Route 66 program**. To take part in the program all you need to do is purchase a Route 66 book and get it stamped on Route 66 events in all the states where America's Main Street used to travel. Find out about the Cadillac Ranch, the blue whale, the rainbow bridge, the old round barn and a thousand other unique bits of American history as you travel and walk through our country's past. (Story on Page 6)

Please don't miss taking part in one of our **group YRE walks**. Starting in July we will hold a group walk at 6:45 every **Monday evening** on the **Carrollton YRE**. On **Wednesday evenings** at 6:45 pm a group takes the new **Richardson YRE** from the Whole Foods Market at Belt Line and Coit. Don't forget, every **Saturday morning** at 8:00 am, when there are no scheduled events in the Metroplex, a group does the 10KM version of the **White Rock Lake YRE**. Plan on joining one of these groups for a great time of camaraderie, conversation and just plain old fun. The dates for all these walks are listed in the newsletter and on the Web site.

Plan to attend our Saturday, August 10, **Norbuck Park Walk** (brochure enclosed and story on Page 1) and the **DART & Walk on Saturday, September 14**. (Story on Page 1). Explore some new trails!

Speaking of trails, please join us for our **July 9 meeting** to hear **Eric Van Steenburg** speak on the Katy Trail. His talk should inspire us to hold more events like our Azalea walk on the newly developing trail system.

AVA is actively soliciting memberships for the next few months. If you have thought about joining, but have not yet done it, now would be a great time to let AVA know the Dallas Trekkers want to help. Go to our Web site, click on **"Join the AVA,"** print the form and mail in your payment. No home computer?--log on at your local library or call me and a form will be mailed to you.

Lastly, your **surveys** are counted. The Board is working to respond to your preferences. (Story on Page 4)

By the way, did you notice the new newsletter masthead **Lesley Bowen** designed? Soon you will be seeing it on a new line of retro-nostalgic t-shirts similar to the ones some of our longtime members still sport so that all our members can proudly wear our city's updated skyline to stand tall and unified with New York City.

See you on the trail

Bruce Fitch

**Eric Van Steenburg, Executive
Director of Friends of the Katy Trail
Tuesday, July 9 Meeting Speaker**

by Mary Burnett

Eric Van Steenburg started his two-year term as Executive Director for Friends of the Katy Trail in April 2002. Friends of the Katy Trail, a non-profit organization, was created in 1997 by a group of concerned Dallas residents who wanted to make a great American park in the heart of one of the most densely populated portions of the city. By 2000, the Friends had helped generate public and private funding to construct the first 2.25 miles of the eventual 3.5-mile core section of the Katy Trail. Now in 2002, the Friends of the Katy Trail is a 650-member organization and has raised more than \$13 million for the \$23 million project. Prior to joining Friends of the Katy Trail, Eric spent eight years in marketing, making both agency and corporate stops. Before that, he was a professional journalist for eight years and has a degree in journalism from the University of Texas at Austin. Eric currently owns his own agency providing Public Relations and Marketing consulting to the Entertainment industry.

**WRITERS, PHOTOGRAPHERS, ILLUSTRATORS
SEPTEMBER NEWSLETTER DEADLINE
THURSDAY, AUGUST 15, 2002**

To volunteer or submit articles, photos or illustrations please contact: Claudia Fitch

by e-mail: crfitch@ix.netcom.com

or by mail at: 5706 Maidstone Drive

Richardson, TX 75082

Questions? (972) 235-9086

Survey Says... by Claudia Fitch

We have tabulated the 49 responses. (Almost 30% of our membership that was polled with our January-February newsletter mailing responded.) We have discovered why you joined, where you like to walk and how often, whether or not you volunteer, attend meetings, want group or scheduled evening walks, use Frequent Walker coupons and what information you want in your newsletter. Hopefully your Board will be able to use this data to offer you the type of events, meetings and information to bring more of you out to participate in our activities.

Checking all answers that applied, almost everyone (92%) joined our club because they like to walk, (duh!). However, 43% joined for social reasons -- to meet fellow walkers. About a quarter of you (27%) altruistically wanted to insure that volksmarching events occur and 23% wanted to earn awards for yourselves. A mere 16% of you joined to help with events, however, surprisingly, 74% of you have worked at our events despite your original intentions and 78% volunteered to help the club.

Membership breaks down in the following way: 45% have been members 5 or more years, 41% 1-5 years and 14% have been members less than a year. Additionally, 57% of you are members of AVA and that may explain why 71% of our members, most of us being longtime volkssporters, also know the benefits of AVA membership.

When asked about what changes you would like to see, almost one third of you (31%) are happy with the status quo, having made no response. Of the remaining two-thirds, 25% of those people wanted more walks and a way to meet walking partners. As a whole the membership rejected the idea of more swims, bikes, 2 day events, worker training, monthly meetings, membership cards and dues paid at the first of the year. One of you wanted a large print newsletter, but rising postage costs force us to use the smaller format. The newsletter can be viewed on our

Time to renew? Did you move?

If the expiration date on the mailing label is highlighted don't let your membership lapse. So you won't miss a single issue of this newsletter send your \$10 renewal check made payable to the Dallas Trekkers in the enclosed envelope. Please write your phone number on the check.

Send changes of address to:
P.O. Box 743813, Dallas, TX 75374-3813
or to bfitch@ix.netcom.com

updated Web site at a higher magnification. Only 4% of you suggested more socials.

Because 74% of our members do not attend our bi-monthly meetings for a variety of reasons and because 61% of you would like to participate in mid-week scheduled evening events and 53% in weekly group walks your board has decided that next year we will have only two meetings and instead sponsor group night walks four times a year at which we will walk one of our year round events or sanction a scheduled night event. Weekly group walks have already started. A list of dates and times for all these walks is on Page 8. Most of our members (82%) take YREs. Frequent Walker coupons which may be used only for Dallas Trekkers YREs piqued the interest of 33% of you which seems to correlate well the the 29% of you who walk daily or weekly. Another 14% of our members walk twice a month, 16% of you walk approximately once a month and 2% are not walking at all. Strangely, although you joined because you like to walk, a whopping 37% walk four or less times a year. This may be the explanation as to why nationwide participation figures are dwindling. Most said they had other interests or needed a walking partner, but despite this 84% of you keep achievement records which means it takes years to reach many of your milestones. We have a member who has walked only 1 event and one who has 2100 events. The large majority fall between 100 and 1050 events. There are those who have as few as 60 KM and as many as 32,000 KM. Most have walked between 500 KM and 11,000 KM.

When ranking trails 80% of you liked wooded trails, 67% country walks, 64% historic sights and 64% paved park trails. Gravel trails and city walks were enjoyed by 39% and 37% respectively. Sidewalks at 29% and paved roads at 14% were our least favorite walking surfaces. Sadly, in the last year some of our least attended walks were those held at state parks and grasslands on wooded trails and some of our best attended walks last year took place in cities, on sidewalks or paved trails. Perhaps the time commitment and the longer drive kept many from participating in those walks in preferred wooded locations. One member commented that walks held in "convenient" places may be the ones that will be better attended.

Here are how our members suggested we increase walking in the Dallas area: 1) put displays in libraries; 2) put information in local publications; 3) partner with local parks and recreation departments; 4) partner with charity events; 5) advertise in hospitals and clinics; 6) do more advertising in a variety of mediums; 7) wear club clothing

around town; 8) find a safe way to match up walking partners; 9) set up pay-per-ride car pools, van pools and bus trips to events; 10) do more brochure distribution; 11) do more 5 KM walks.

The changes you would like to see to achieve our goal of *Making Volkssporting Fun Again* are: 1) have food, drink and a social time after events; 2) get rid of national rules and micromanagement; 3) do not "preach" in the newsletter for volunteers; 4) do not set up competition in levels of achievement; 5) have socials, picnics, contests, raffles; 6) give away free t-shirts; 7) have more group walk events so you will not need lots of workers.

All 100% of our members responded they read or skimmed the newsletter. Walk information was considered by 93% of our members to be the most important component. Please take a look at our updated Web site at www.dallastrekkers.org as a good source of updated walk information and brochures. (See story on Page 6) We will also be starting a new e-mail alert program for fast breaking news. Although most do not attend regular meetings 59% look for upcoming meeting information and 59% like to look at the photos. Stories about members appeal to 53% and 45% want training information. About 25% want background information on longtime members and 22% want the same on new members. Only 18% were curious about our club officers.

Your board is listening so keep those suggestions coming. Thanks for responding and volunteering!



Because 80% of our members like walking on wooded trails please remember the Irving Star Trekkers YRE which is located about 100 miles east of the metroplex in Cooper Lake State Park near the town of Sulphur Springs. Bruce and I walked this recently in the late afternoon and because most of the walk has trees we stayed cool. There is even a flood trail available. The trail fee is \$2 per person or you can pack your car with walkers if it has a TX Conservation Passport (\$50 per year) & have free trail use in all Texas state parks.

"DART" continued from Page 1

The actual start and finish area will be at the Mockingbird DART station at Mockingbird Lane and North Central Expressway. Participants may start anytime between 7 and 2 p.m. and must finish by 5 p.m. so there will be enough time to walk all four routes (20 Kilometers) if desired. This a great way to see the city and to experience some areas where you may not have walked before. This year's four walks are at Mockingbird station, White Rock Lake station, Dallas West End station and the brand new Galatyn Park station in Richardson. All the walk routes are rated "1+"- and are on city sidewalks and hike and bike trails with no significant hills. Awards from previous events will be available.

To get to Mockingbird station, park at any of DART's Park and Ride lots and purchase your DART pass for \$2.00. Both the Blue Line and the Red Line stop at Mockingbird station. For more information on DART's rail lines go to www.dart.org on the Internet. If driving, take Central Expressway (US 75) to the Mockingbird exit. Go east on Mockingbird for about one and a half blocks. The DART Rail station is on the left. There is plenty of parking both at the station and across the street.

For more information or to volunteer please contact: Bruce Fitch at (972) 235-9086 or check our Web site at www.dallastrekkers.org. You can also e-mail Bruce at: bfitch@ix.netcom.com

And We Saw Daniel Boone's Grave by Ken King

Last November Dorothy and I tried to do a YRE in nearby Kentucky while on a trip to Cincinnati. Our failure to find the walk box at the start point was the subject of an article in a previous newsletter.

Within days after the newsletter come out, Jan Wahrer was on the phone telling us to come back to Kentucky and walk HER walk! We did not think we would be able to go back for some time, but we are trying to walk the 50 states, and needed Kentucky. In April we were planning a trip to the Midwest, and found a way to squeeze in a stop in Louisville, about an hour by car from Frankfort. Jan is now the walk director for the Frankfort, Kentucky state capitol YRE.

Jan and her friend Silas Stratton met us at the start point on a beautiful spring day and accompanied us on the walk. If you ever get a chance to do that YRE, do it. Not only is Jan great company, but Frankfort is a truly beautiful little town. It is old and picturesque and nestled in the hills beside the Kentucky River. It reeks with history, and one of the highlights is a stop at the grave of Daniel Boone.

Our thanks to "one of our own" for making our trip and walk special.

Get Your Kicks Walking Route 66



One of America's "living" legends turned 75 in 2001. It goes by many names: Route 66, the Mother Road, Will Rogers Highway, and Main Street USA, and we are celebrating its 75th Anniversary--all 2445 miles of it!

Route 66 is still there in bits and pieces, and now you can walk this journey into the heart of America.

The Route 66 Program is a Special Event sanctioned by the American Volkssport Association. The program is set up for the participant to complete an AVA-sanctioned walk in each state along the path of Route 66. A special record book is available for the participant to register a walk in each state along the route. Upon completion of the required number of events, the participant receives a special award recognizing the accomplishment. The program kicked off January 1, 2001 and will be open through December 31, 2005. This will give participants adequate time to complete the required events.

The cost of the program is \$6.00. The participant receives a special event record book and a set of Route 66 state stickers. Upon completion of an event in a Route 66 state, the sticker for that state will be placed in the event book along with the AVA participation stamp for the event. After the event book is complete, the participant receives an embroidered award patch in the shape of the highway marker shields that says "I Walked Historic Route 66".

Many clubs in Route 66 states are planning events along the route. There are already several Year Round Events (self-guided routes) that have part of the trail along the highway. A current listing of events along Route 66 will be included with the registration packet. A Web Page is being planned that will list current Year Round Events and upcoming weekend walking events along the route.

To get started in the program, send your \$6.00 to: Elaine Samus, 4710 Tortuga Trail, Wichita Falls, TX 76309. Any questions? email esamus@prodigy.net



Historic Blue Whale Amusement Park in Catoosa, OK on Rte 66.

www.dallastrekkers.org

Have you ever been ready to leave for a walk only to discover you can't find the event brochure? Would you like a place where you could find almost all the event brochures for Texas, Oklahoma, Louisiana and Arkansas? Are you interested in knowing about the three days of the week when you can take a group walk with other members of the Dallas Trekkers? Have you ever wanted a copy of the Dallas Trekkers membership brochure to give to a friend? If the answer to any of these questions is YES, you need to visit the new Dallas Trekkers Web site at www.dallastrekkers.org

The new Web site features a bulletin board with late breaking news and information on current club activities. We are well along with a project to convert all available event and Year Round brochures to Adobe Acrobat .pdf files for easy printing on your home computer and if you don't have a home computer, your local library may offer Internet access and printing capabilities. Want to see an article in last November's newsletter with the photos in color at 200% magnification? It's all there, along with all the other newsletters for the past year.

Follow the links to AVA and TVA to find out what's going on with our sport in our region and around the United States.

The Dallas Trekkers' Web site was originally created by Randy Tarin and was one of the first volkssporting Web sites to go on-line back in 1996. Randy maintained the site until last year when he turned it over to Scott West, our club's treasurer, serving in the dual role of Electronic Communications Coordinator. Scott has worked hard on some needed changes and recently Bruce Fitch has added some innovative touches as well. Randy, Scott and Bruce do web work professionally and the club has benefited from their expertise and knowledge. The site has been awarded AVA's Gold Medal Site award every year since the award was created.

Late last year, your board voted to buy the rights to the Web address www.dallastrekkers.org and to purchase enough server space to allow major expansion of available products and information.

Get connected and take the plunge into the 21st century. You will be able to have walk information at your fingertips! Take a few minutes each day to browse our new site and let Scott know what other information or materials you would like posted. New brochures are posted daily.

ARE YOU CONNECTED?

Would you like to be alerted to fast breaking walking news?

Send your e-mail address to:

bfitch@ix.netcom.com

WALK SAFETY INFORMATION

Heat Stress

Texas summers are hot. Proper precautions must be taken to prevent heat stress. It is life threatening.

The signs of **heat exhaustion** are weakness or fatigue, giddiness, nausea and headache. Vomiting and fainting occur in serious cases. The skin feels clammy and moist, the complexion is pale or flushed, but the body temperature is normal. If someone becomes ill due to heat exhaustion have the person: 1) sip water for about an hour; 2) loosen their clothing; 3) lie down and raise their feet 8 to 10 inches high; 4) move to a cool place (but not freezing or cold) and apply cool, wet cloths; 5) stay cool and rest a day or two from work and 6) if vomiting occurs do not give them any liquids and get them medical care.

The most serious form of heat stress is **heat stroke**, which usually strikes older persons, but can affect younger people. Heat stroke causes the thermo-regulatory system to fail, sweating stops and the skin is very dry and hot. Because it is like a vehicle running with almost all the coolant boiled out of the radiator a person can reach the crisis point with little warning and without quick, adequate treatment death can occur. The symptoms are: 1) body temperature of about 106 degrees F or higher; 2) strong, fast pulse; 3) confusion and/or dizziness; 4) chill, nausea or dizziness; 5) impending unconsciousness.

If heat stroke is suspected: 1) call 9-1-1; 2) move the victim to a cool area and immediately try to cool their body ASAP by soaking their clothing in water, applying cold packs continuously, placing the victim in a tub of water, using fans or air conditioning, lying them down and elevating their feet and not administering stimulants.

The best way to fight heat illness is to prevent it. Avoid heavy exercise unless used to it. Avoid hot, confined places if possible, or work in shifts, spending rest time in cooler places. Drink plenty of liquids, especially water, to replenish fluid loss, even if not thirsty. Soak your feet and hands in 50 to 70 degree F water and/or take lukewarm showers. Avoid alcoholic beverages when working or playing in hot weather.

At the first sign of heat illness such as cramps, nausea, dizziness or severe headaches get away from the heat. Find a cool place, rest for a few minutes and breathe some fresh air. Seek medical attention if it is needed.

[Editor's Note: This information comes from an article on Ground Safety by Lt Col David W. Dale, Chief of Safety, in the 82nd Training Wing at Sheppard AFB, TX in the Retiree Update - May 2002.]

MILESTONES

The following north Texas volkssporters were recognized in the **June** issue of *The American Wanderer* for reaching milestones in the IVV Achievement Awards system. **Congratulations!**

-EVENTS-

1100	Janice Wahrer
650	Kathie Minear
475	Leslie Minear, Jr
300	Katie Simmons
150	Dorothy King
125	Gail Hake
100	Deborah Carter
30	Lisa Male
10	Patricia Jacks
10	Mary Sparks
10	Daveenya Stone

-DISTANCE-

9000	Jim Ross
6500	Kathie Minear
5000	Leslie Minear, Jr.
5000	Carole Quarles
3500	Katie Simmons
2000	Scott West
2000	Vicki West
1500	Dorothy King
1000	Deborah Carter
2000	Nancy Arnold
500	Marian Dorsey

NEW MEMBERS AND RENEWALS

-NEW MEMBERS-

Jacqueline Albert
DeAnn Buhlman
Beta Casstevens
Debby Hennebury
Harold Jandreau
Diana Meyer

-RENEWALS-

Diane Atwell
Robert & Linda Banks

-RENEWALS-

Polly Carpenter
Paul & Carolyn Ernst
John & Mary Kelcher
Jack Loughheed
Kathy McCrain
Paul Oswalt
Ken Puckett
Will & Candy Robinson
Barbara Uppole

Jamba Juice Kick-off Starts on Right Foot

by Cathy Kelcher

The new Richardson Whole Foods YRE Kickoff Walk on June 8th had 18 walkers with four new walkers. Whole Foods provided us with their meeting room for the start/finish. The *Dallas Morning News* photographer took pictures of us as we walked, which will appear in a future *Texas Living* section. John Ferguson put out a table with Trekker shirts. After walking many of us enjoyed jamba juice or healthy snack from the market.

Thanks go to Lesley Bowen for making catchy stickers for the brochures and slick posters advertising our weekly group walk at 6:45 Wednesday evenings. Through June 25th 55 people had taken the walk. Come join us. The walk is shaded and even with our summer temperatures, it's enjoyable. President and Mrs. Bush are encouraging all of us to exercise and eat healthy. Call a friend and come walk with us.

UPCOMING EVENTS

Information obtained from www.ava.org may not be current. Please call the P.O.C. before traveling to the event.

Thurs. July 04, 2002 - 5/10 KM Walk**

Ft. Hood, TX

Trotting Texas Turtles

Contact: Karl Kittinger (854) 547-1403

Sat. July 20, 2002 - 5/10 KM Walk**

Wagoner, OK

Green Country Wander Freunde, Tulsa Walking Club

Contact: Dorothy Brown (918) 437-8404

Sat. July 27, 2002 - 10 KM Walk**

Medina, TX

Hill Country Volkssportverein

Contact: John Bohnert (830) 995-2421

Sun. Aug 04, 2002 - 10 KM Walk, 2 Swims**

Plano, TX

Plano Plodders

Contact: Maggie Cole (972) 612-8129

Sat. Aug 10, 2002 - 5/10 KM Walk**

Dallas, TX

Dallas Trekkers

Contact: John Ferguson (214) 348-0003

Sat. Aug 17, 2002 - 5/10 KM Walk

Tulsa, OK

Green Country Wander Freunde, Tulsa Walking Club

Contact: Bob Pugh (918) 446-7924

Sat. Aug 31, 2002 - 3 Swims**

Stillwater, OK

World Wide Walkers (OK Labor Day Extravaganza)

Contact: Kenneth G. Miles (918) 745-0212

Sat. Aug 31, 2002 - 5/10 KM Walk**

Guthrie, OK

Frontier Walkers (OK Labor Day Extravaganza)

Contact: Ann Grenier (405) 381-9359

Sat. Aug 31, 2002 - 5/10/13 KM Walk**

Stillwater, OK

Holy Family Walkers (OK Labor Day Extravaganza)

Contact: George Snyder (580) 357-2930

Sun. Sept 01, 2002 - 3 Swims**

Okmulgee, OK

World Wide Walkers (OK Labor Day Extravaganza)

Contact: Kenneth G. Miles (918) 745-0212

Sun. Sept 01, 2002 - 5/10 KM Walk**

Okemah, OK

Wandergruppe Walking Club (OK Labor Day Extravaganza)

Contact: Rodd Kiddie (405) 387-3231

Sun. Sept 01, 2002 - 5/10 KM Walk**

Prague, OK

Prarie Dog Plodders (OK Labor Day Extravaganza)

Contact: Ursula Dixon (580) 353-3501

Mon. Sept 02, 2002 - 5/10 KM Walk**

Sapulpa, OK

Green Country Wander Freunde (TWC) (OK Labor Day Extravaganza)

Contact: Frank Reigel (918) 865-5274

UPCOMING EVENTS (continued)

Mon. Sept 02, 2002 - 5/10 KM Walk**

Okmulgee, OK

Oklahoma Volkssport Rebels (OK Labor Day Extravaganza)

Contact: Terry Foster (405) 392-2175

Sat. Sept 14, 2002 - 1 Walk (Four 5KM Routes w/Train Rides)**

Dallas, TX

Dallas Trekkers

Contact: Bruce Fitch (972) 235-9086

DALLAS TREKKERS' YRE EVENTS

Carrollton, TX 10/12 KM Walk**

Whataburger, 1919 Frankford at Josey

Downtown Dallas, TX 10 KM Walk**

Security office at the south end of Union Station, 400 Houston St.

Dallas White Rock Lake 10/15 KM Walk-Bike 25 KM**

Jack Johnson Bike Shop, 9005 Garland Rd.

Denton, TX 10 KM Walk**

Whataburger, 1701 Malone at University

Desoto, TX 10 KM Walk**

Albertson's Supermarket, 901 Polk St at Pleasant Run Rd.

Garland, TX 10 KM Walk**

Expressway Convenience Store, 3925 Broadway

Midlothian, TX 10 KM Walk**

Midlothian Police Dept., 101 East Avenue F

The Colony, TX 10 KM Walk**

Diamond Shamrock Store, 6801 N. Main at North Colony Blvd.

Shreveport, LA 11 KM**

Holiday Inn, 102 Lake St. (Exit IH20 at Spring St.)

UPCOMING YRE GROUP WALKS

If there is severe, threatening or inclement weather, please call the P.O.C. before traveling to the event.

Sat., Jul 6, 13, 20, 27; Aug 3, 17, 24, 31; Sep 7, 21, 28

White Rock Lake 10 KM Option YRE - 8:00 AM

Jack Johnston Bike Shop, 9005 Garland Rd, Dallas)**

Jim Ross (972) 681-0045 (Optional breakfast after walk)

Wed., Jul 3, 10, 17, 24, 31; Aug 7, 14, 21, 28; Sep 4, 11, 18, 25

Richardson 10 KM YRE - 6:45 PM

Whole Foods Market, Coit & BeltLine**

Cathy Kelcher (972) 386-5922 (Optional meal after walk)

Mon., Jul 1, 8, 15, 22, 29; Aug 5, 12, 19, 26; Sep 9, 16, 23, 30

Carrollton 10 KM YRE - 6:45 PM

Whataburger, 1919 Frankford @ Josey Ln)**

Claudia Fitch (972) 235-9086 (Optional meal after walk)

Dallas Trekkers YRE Frequent Walker Coupons
\$20.00 for 12 coupons - \$45.00 for 30 coupons
 For more info: (972) 235-9086 or e-mail: bfitch@ix.netcom.com
 To order please mail check made out to: The Dallas Trekkers
 Please include the name to be placed on personalized, non-transferable coupons and your return mailing address.
 Send order to:

Dallas Trekkers, P.O. Box 743813, Dallas, TX 75374-3813
 (Offer open to Dallas Trekkers Members only)

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