

Dallas Trekkers MiniNewsletter



Vol. 22, No. 5

August 2003

DENTON YRE GROUP WALK & POTLUCK PICNIC

Open to everyone - Bring a dish to share and a friend or two
(1 Group for Slower Walkers, 1 Group for Faster Walkers)

SUNDAY, AUGUST 10, 10 KM WALK START TIME: 5:00 PM

Located at McKenna Park in Denton

Picnic following the walk - at approximately 7:15 PM

WHO: First Annual Dallas Trekkers' Picnic in the New Millennium

WHEN: Sunday, August 10, 2003 at 5:00 PM

WHERE: We will be walking from McKenna Park, Denton - Directions: From I-35 take exit 467. Travel east on US 380 about 1.3 miles. Turn right on Malone. Turn right on Scripture. Turn right on Bonnie Brae and park in the lot. Look for the Trekkers in the picnic area.

WHY: Enjoy a 10 KM walk through the historical parts of Denton, including the Old County Courthouse Square and the University of North Texas Campus. This lovely Year Round Event Group walk will be followed by a picnic at the City Park.

PLEASE RSVP TO MARY BURNETT: 1) How many will be in your group 2) Items to bring: fried chicken, rolls, salad, fresh fruit, desserts (such as cookies or brownies), drinks such as soda, tea or lemonade, plates, napkins, cups and plastic utensils. There will be an alternative indoor eating plan at a local restaurant if it is too hot or raining. Stay tuned for further details via E-mail alerts.

Please call with questions or comments. MARY BURNETT, Program Coordinator: (972) 242-4893 evenings or (972) 361-5254 (days) and/or E-mail: mary.burnett@staubach.com

DALLAS TREKKERS BOARD MEETING

Open to all members

Tuesday, August 12 at 7:00 PM
REI, 4515 LBJ @ Welch in Dallas

OKLAHOMA LABOR DAY EXTRAVAGANZA

Six Invigorating Walks and Six Refreshing Swims

August 30, 31 and September 1

SEPTEMBER MEMBERSHIP WALK & DINNER

TUESDAY SEPTEMBER 9, WALK START TIME: 6:30 PM

Downtown Dallas 10 KM Year Round Event**

Union Station (Lobby), 400 S. Houston, Dallas

(1 Group for Slower Walkers, 1 Group for Faster Walkers)

DINNER AT A LOCAL WEST END RESTAURANT

following the walk - at approximately 8:15 - 8:30 PM

For more information contact: Mary Ann Sparks (214)745-2415 or sparks.mary@attbi.com

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

To print a brochure consult our new updated Web page at:

www.dallastrekkers.org

DON'T MISS ANY OF THESE EVENTS!

DART & WALK - FOUR 5 KM TRAILS

Saturday, September 20 - Start Time 7:00 AM - 1:00 PM

(brochure enclosed)

by Helen Bateman



You may drive or, better yet, take the train to the DART and Walk registration which is upstairs at Mockingbird Station. This unique Volkssporting event is a great introduction on how to use DART to go to a variety of fun destinations in Dallas - all without your car! (Please remember that pets are not allowed on DART.)

There will be four different 5KM walks, starting at different stops along the DART light rail system. This year's event features walks through the Southern Methodist University campus area, the Uptown area of Dallas, eastern Downtown Dallas and the Dallas Zoo at which with your start card you will receive a group rate discount of \$6 for adults 12-64, \$2 for seniors and \$3 for children 3-11 (or free alternate route at the next stop). The four routes may be walked in any order and in any combination for 5, 10, 15 or 20 KM. Each route may be walked twice on the same start card for a potential total distance of 40KM! If you plan to walk more than the 5KM walk from the Mockingbird Station (the SMU area walk), you will need to purchase a DART day pass for \$2.50 (\$1.00 for those 65 and older carrying a valid photo ID.)

I hope to see you there on September 20th. We still **need more volunteers** and workers' walks will be on September 6, 7, 13 & 14. If you need more information or to volunteer, please call me at (214) 732-3419 or send an e-mail to H_Bateman@msn.com . For questions about DART call (214) 979-1111 or visit www.DART.org. For those wanting to travel to Dallas on the TRE, visit www.trinityrailwayexpress.org or call: (817) 215-8600 for more information.

DALLAS TREKKERS

AVA Silver Star Club & Gold Award Newsletter

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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

***Dallas Observer Critics' Pick Best of Dallas 2002
Best Group With Which One Can Stroll***

Home Page: www.dallastrekkers.org

FROM THE EDITOR'S PC

Your Board voted to send out four quarterly mailings to insure that you receive all brochures and a calendar of club and special events so you won't miss walking opportunities, fast breaking news and information to be an active club member. This mailing includes the new *Dallas Trekkers MiniNewsletter*, calendars for August-September with cross references to group year round events and scheduled events.

Your Nominating Committee is looking for candidates. **If candidates are not found for Vice President our club will cease to exist.** We are required to have a VP to remain a corporation. So please, to be of service to your club, call Claudia Fitch (972) 235-9086/crfitch@ix.netcom.com; Helen Bateman (214) 732-3419/H_Bateman@msn.com; or Jim Carlo (214) 478-6328/j.carlo@ieee.org by August 15, 2003, if you are interested in running for one of the elected club offices, President, 1st Vice President, 2nd Vice President, Secretary or Treasurer. Please plan to attend the November meeting to cast your vote.

We are partnering with one of our newest members, Leslie Casey and her new company, *CPR Training & More*, to start a 10K a day walking program. Leslie will be leading a group walk of our White Rock Lake YRE each Friday morning at 7:30 am in September, 8:30 am in October and 9:30 am in November. Her goal is to encourage people to live a healthy life by walking 10 KM a day. Fitness experts, and even President Bush, encourage Americans to walk more to fight such diseases as diabetes, heart problems and obesity, which lead to millions of premature deaths each year. The **Kick-off Walk** on September 5th, starting at an alternate location, Winfrey Point, near the lake trail (at the end of Emerald Isle, the street next to Jack Johnson's Bike Shop at 9005 Garland Rd., Dallas) has garnered media interest and we want members to show up to walk our White Rock Lake YRE with Leslie. [leslie@cprtrainingandmore.com or (214) 674-0567]

Because the House of Representatives Appropriations Committee narrowly defeated an amendment to preserve 10% of the federal transportation funds for projects for exercise paths and historic preservation, which includes Rails-to-Trails, we are urging our club members to **write their Representative** to vote with Rep. John Olver of Massachusetts to reinstate these funds when he tries to save the program in September. We realize that bridges and roads need to be repaired and that our government needs to spend billions to keep our military supplied during this time, but millions of people use those trails, including our club's new Uptown Dallas YRE that starts next year and uses part of the KATY trail, and it would a great loss for our nation to lose the funds for trail construction. For more information you may read Derrick Z. Jackson's article by going to http://www.boston.com/dailyglobe2/211/oped/Bike_trails_roadblock+.shtml. To find the mailing or e-mail address of your Representative go to www.house.gov and provide your nine-digit zip code in the "Write Your Representative" section.

Keep walking and have fun!

Claudia