

Welcome August! If you are out walking in the favorite month for all Texans, be sure to stay hydrated and remember you don't have to always walk a 10km. You are welcome to walk whatever distance you want. **With that said and the heat upon us, there will not be a Wednesday night walk on August 4th.**

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| Saturday, August 7 | Texas Volkssport Association Meeting in Uvalde, Texas. Details at http://www.walktexas.org/tvameetings.htm |
| Sunday, August 8 | Walk in Uvalde - Cooks Slough Bird Sanctuary, Brochure at http://www.walktexas.org/tvameetings.htm |
| Sunday, August 8 | White Rock Lake Group Walk @ 7:00 a.m., Contact Beverly |
| Tuesday, August 10 | Club Board Meeting 7:00 p.m. at REI, Contact Helen |
| Wednesday, August 11 | Richardson YRE Group Walk, @ 6:45 p.m. Contact Cathy |
| Saturday, August 14 | SMU YRE Group Walk, @ 7:00 a.m., Contact Helen |
| Sunday, August 15 | White Rock Lake Group Walk @ 7:00 a.m., Contact Beverly |
| Wednesday, August 18 | Richardson YRE Group Walk, @ 6:45 p.m. Contact Cathy |
| Saturday, August 21 | Cedar Ridge Preserve Maintenance, Contact Helen |
| Sunday, August 22 | White Rock Lake Group Walk@ 7:00 a.m., Contact Beverly |
| Wednesday, August 25 | Richardson YRE Group Walk, @ 6:45 p.m. Contact Cathy |
| Sunday, August 29 | White Rock Lake Group Walk @ 7:00 a.m., Contact Beverly |

Stay Cool!

Helen Bateman, President
Dallas Trekkers Walking Club