



MARCH MEMBERSHIP SOCIAL AT TRINITY HALL IRISH PUB AND 5KM GROUP WALK

TUESDAY, MARCH 9th • TRINITY HALL, MOCKINGBIRD STATION
 5321 East Mockingbird Lane, Dallas 75206 • 214-887-3600
 Dinner/Social: 6:00 p.m. • 5km Walk: 7:00 p.m.

There's no better place to gear up for St. Patrick's Day than Trinity Hall Irish Pub. Conveniently located on the upper level at Mockingbird Station, Trinity Hall is a local favorite for food, drink, and fun. Join us for a lively dinner/social and a brief meeting, followed by a 5km walk of the SMU YRE. See you there.



RECAP: DART & WALK DEEP ELLUM

by Helen Bateman, Walk Director

We had 35 walkers turn up on a chilly 14-degree morning to walk the Deep Ellum event. Everyone successfully negotiated the few ice spots, and it was a beautiful day. Our hosts at It's a Grind Coffee House were wonderful, with many folks enjoying their warm beverages and great food. Many thanks to them and to the Demeter Project! We hope to return again, perhaps when the temperatures are a little more agreeable. As our walkers proved—It's not about the weather, it's about what you wear!



Hardy Dallas Trekkers and the It's a Grind Coffee House mascot brave the cold at the DART & Walk Deep Ellum start point. Photo: Dan Halter.



SUNDAY, APRIL 25th • FOSSIL RIM WILDLIFE CENTER, GLEN ROSE
 Wolf Ridge Camp Activities Barn (use Wolf Ridge Camp entrance on CR 2009)
 Registration: 11:00 a.m. • Start: Noon sharp • Finish: By 3:00 p.m.

Great news: As this year's soggy winter finally fades away, wildflower experts are predicting a bumper crop of bluebonnets! Come celebrate spring at a special guided walk through the rolling hills and lush meadows of Fossil Rim Wildlife Center and High Hope Ranch in Glen Rose. Brandon Mills, one of our hosts at the 30th Anniversary event in November, will be our interpretive guide and will share his insights about the area's plants and animals.

So put on your hiking boots, grab your walking stick, and join us for this one-of-a-kind event!



RECAP: HOLIDAY PARTY AND GIFT EXCHANGE



The club held its annual holiday party and gift exchange in January at El Fenix Downtown. At this event, "re-gifting" isn't frowned upon—it's encouraged! Photo: Marilyn Nash.

2009: A BANNER YEAR FOR YEAR-ROUND EVENTS

With a total of 1,337 YRE walkers, 2009 was the best year since 2003. (The 2008 total was 1,246.) The numbers for each YRE are as follows:

- | | | | | | |
|-------------------|-----|---------------|-----|-----------------|----|
| • White Rock Lake | 376 | • Dallas-SMU | 120 | • Dallas-Uptown | 84 |
| • Richardson | 306 | • Samuel Farm | 114 | • Cedar Ridge | 66 |
| • Dallas-Downtown | 120 | • Waxahachie | 111 | • Denton | 40 |

YEAR-ROUND* GROUP WALKS

WHITE ROCK LAKE 10KM

Most Sundays @ 8:00 a.m.
Doctors Hospital, 9330 Poppy Dr
POC: Beverly 972-489-3072
bpetersels@netscape.net

RICHARDSON 10KM

Wednesday evenings @ 6:45 p.m.
Whole Foods, Coit @ Beltline
POC: Cathy 972-386-5922
cathy@classicopenings.com

CEDAR RIDGE PRESERVE 10KM

1st Sunday each month @ 9 a.m.
Note: Meet at the Park in the
Woods Recreation Center,
6801 Mountain Creek Pkwy
POC: Bob 214-369-5658
jrtree@swbell.net

Please do not use prime parking
at start point locations. Always
check the website for any last-
minute changes or updates.

*Year-Round Events (YREs) are self-guided
walks available most every day. Some are
offered as group walks at specific times.



MILESTONES

EVENTS:

Gary Garmon	10
Dan Halter	10
Justin Halter	10
Donna Hall	50
Dorothy King	270
Helen Bateman	700

DISTANCE (KM):

Dianne Duke	1500
Sharon Roy	1500
Bill Nash	2000
Heidi Silkworth	5000
Marilyn Nash	6500

Dallas Trekkers: Now on Facebook!



PRESIDENT'S MESSAGE

by Helen Bateman



Big congratulations to everyone that came out and walked our club's Year-Round Event walks (YREs) in 2009! Whether you walked on your own or on a group walk, you got some exercise and helped your club's finances—1,337 walks! We have seven YREs available in 2010—see the enclosed brochure. These 5km and 10km routes are available for you to walk during the day and when the start point is open. Check the calendar for group walks. Don't forget that the Irving, Plano, and Tarrant County clubs all hold group walks as well. Go to www.ava.org to find their websites.

RECAP: RECENT GROUP WALKS



Left: Helen Bateman had a good turnout for the SMU YRE on January 16. **Right:** On February 6, Helen Hull led a small but enthusiastic group on two 5km walks in Fort Worth. They saw the Water Gardens (shown here) and other sights in the downtown area, then made it to the historic Stockyards District just time to watch the cowboys drive the longhorn herd. Photos: Marilyn Nash.

CALENDAR OF EVENTS • MARCH–APRIL 2010

Sat–Sun, March 6–7	WALKS	NORSE, TEXAS—Texas Volkssport Association
Sunday, March 7	GROUP WALK	CEDAR RIDGE PRESERVE YRE @ 9:00 a.m.
Tuesday, March 9	CLUB MEETING	TRINITY HALL IRISH PUB—Dinner @ 6:00 p.m., walk @ 7:00 p.m.
Saturday, March 13	WALK	ST. PATRICK'S WALK, BOB WOODRUF PARK, PLANO—Plano Walking Club
Wednesday, March 17	GROUP WALK	RICHARDSON YRE @ 6:45 p.m. • Celebrate St. Patrick's Day!
Friday, March 19	GROUP WALK	DOWNTOWN DALLAS YRE @ 6:00 p.m. • Late night at the museums
Saturday, March 27	WALK	AZALEA WALK, TYLER—East Texas Trekkers
Sunday, March 28	BOARD MEETING/RETREAT	1:00 p.m. For questions, e-mail Helen: helenbateman@earthlink.net
Saturday, April 3	GROUP WALK	SMU YRE @ 8:00 a.m.
Sunday, April 4	GROUP WALK	CEDAR RIDGE PRESERVE YRE @ 9:00 a.m.
Saturday, April 10	WALK	CAMPION TRAILS, IRVING—Star Trekkers of Irving
Sunday, April 11	WORKERS WALK	HARRY MYERS PARK, ROCKWALL @ Noon (Board meeting @ 11 a.m.)
Saturday, April 17	WALK	PURTIS CREEK STATE PARK, EUSTACE—East Texas Trekkers
Sunday, April 18	WORKERS WALK	FOSSIL RIM GUIDED BLUEBONNET WALK, GLEN ROSE @ Noon
Saturday, April 24	WALK	EAGLE MOUNTAIN PARK, FORT WORTH—Tarrant County Walkers
Saturday, April 25	OUR WALK	FOSSIL RIM GUIDED BLUEBONNET WALK, GLEN ROSE @ 11:00 a.m.

Club information: www.dallastrekkers.org • More walk listings: www.ava.org

The Dallas Trekkers, Inc., is a member of the American Volkssport Association and has been promoting healthful walking and trail development in the Dallas area since 1979.

Your 2010–2011 Club Officers are—President: Helen Bateman 214-732-3419 helenbateman@earthlink.net

1st VP: Deborah Carter 972-285-8102 dahv@earthlink.net • 2nd VP: Dianne Duke 214-368-9730 d.w.duke@live.com

Secretary: Helen Hull 972-530-1026 helenhull@yahoo.com • Treasurer: Bob Rountree 214-369-5658 jrtree@swbell.net

Dallas Trekkers, P.O. Box 743813, Dallas, TX 75374-3813

Please submit articles, reports, and digital photos to Beverly Peters, e-mail: bpetersels@netscape.net. Deadline for the May–June newsletter is April 15th.