

Walking Around Dallas, Texas

Walk Routes for Year Round Events in

2008

Sponsored by
The Dallas Trekkers
Walking Club 0034

www.dallastrekkers.org

Please join us!



Eligible for credit toward
IVU Achievement Awards

The Dallas Trekkers walking club offers 7 year round walks to give the public year round sanctioned events in the Dallas Area from January 1-December 31, 2008 unless otherwise noted. Check with location for holiday hours.

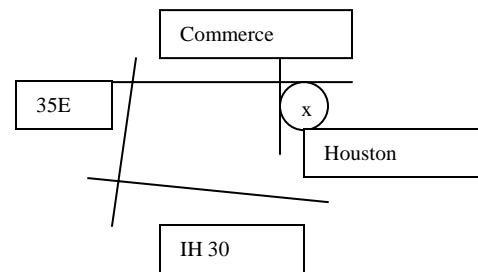
Eligibility & Fees: All events are open to the public. Children under age of 12 years must be accompanied by an adult. Participation is free. The fee for IVV credit is \$3.00.

Procedure: At the start location, ask for the walk box. The box contains a registration log, instructions, available awards (if available) and directions with a route map. A waiver for a minor must be signed by a parent or guardian. Carry your start card and follow the route instructions for the walk and enjoy! Credit is awarded for distance walked. After completing your walk, return your start card as instructed in the walk box. If IVV credit or award is desired follow the directions in the box. No pets allowed in buildings.

Notice: Reasonable efforts have been made by the sponsor to make each event enjoyable and safe. Either the sponsor, start location nor club members are liable for lost or stolen items, accidents or injuries. Please visit the club website: www.dallastrekkers.org for additional information and planned group walks.

Please walk during daylight hours only. Restrooms are available at all start points. Water is available at Dallas-Downtown, Dallas – Uptown, Richardson, Denton, and White Rock Start Points. Samuel Farms and Waxahachie do not have water available at the start point. Please carry water on all walks.

All 7 events offer a 10 km walk which can be walked twice with no additional fee.



Dallas - Downtown

Event: 5/10/13 km (SW08/Y0085) Rated 1

Point of Contact: Helen Bateman

helenbateman@earthlink.net

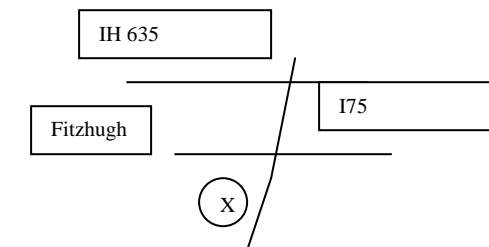
(214) 732-3419

Start Point: Union Station, 400 South Houston Street – located in Downtown Dallas. Exit from I-35 East at exit 428 onto east bound Commerce Street (towards buildings downtown), turn right on Houston, Union Station will be on the right. If using DART light rail red or blue lines or the Trinity Railway Express, exit at the Union Station Stop. The walk box is located at the security desk at the east side (Houston St) of the building

Event Information: Daily 9-2 must finish by 5 pm. Closed Thanksgiving and Christmas with one 10 km, one 10 or 13km and one 5 km route available with only 1 stamp.

Downtown Heritage 10 km route (Presidents/Railroad Heritage/Walking Europe in USA/Cemetery stroll/Courthouse in the USA) is on city sidewalks and goes past historic, buildings, JFK sites, the Dallas Farmers Market, art museums, fountains and several parks. The 10.13 km and the 5 km route (College Campus/Railroad Heritage/Walking Europe in USA / Courthouse in the USA) goes through the West End, along the Katy Trail (not on the 5 km route) and on city streets through beautiful Downtown Uptown. It also includes a free 3 km trolley ride in the McKinney Avenue trolley along

McKinney Avenue and passes El Centro College. If desired the trolley route may be walked for an additional 3 km credit. No pets in buildings or on the trolley.



Dallas – Uptown

Event: 5/10 km Rated 1

Sanction: (SW08/Y1670)

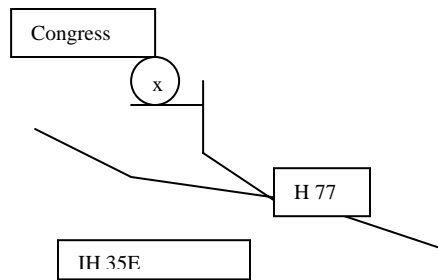
Point of Contact: Helen Bateman

helenbateman@earthlink.net

(214) 732-3419

Start Point: McDonalds, 4151 N. Central Expressway, Dallas, TX 75204. Southbound on I75 exit #2 Henderson/Knox/Monticello. Cross Henderson-Knox continue southbound on service road crossing Fitzhugh. McDonalds is on the right. Park on McKinney where parking is allowed. Email or phone point of contact for DART light rail directions from the City Place stop. The walk box is located behind the counter; please wait until cashiers are not busy.

Event is open daily 6 am to 3 hours before dark, closed Thanksgiving and Christmas. Walk goes through the popular Knox-Henderson shopping district to the KATY Trail and McKinney Ave. Email POC for monthly walk times.

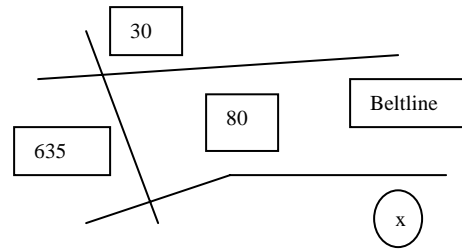


Denton

Event 5/10 km (Year Round Walk SW08/Y1571) Rated 1

Point of Contact: Helen Bateman
helenbateman@earthlink.net
 (214) 732-3419

Start Point: Cupboard Natural Food Store, 200 W. Congress Avenue, Denton, TX
 From I-35E Northbound, take exit 464, US 77 & follow US 77 north approx. 2.3 miles as it becomes Dallas Drive, Eagle, and Locust. Past town square, turn left on Congress, cross Elm, and turn right into Cupboard parking lot. From I-35E Southbound, take exit 471, US 77, and follow US 77 for approx. 5.9 miles as it becomes Elm Street. At Congress, turn right, then right into Cupboard parking lot. Please park away from front entrance. Ask for the walk box at the registers.
 Event: Monday – Saturday 8:00 am until 3 hours before dark. The Cupboard is open from 11 am to 6 pm on Sundays and is closed Thanksgiving, Christmas and New Years Day. The 10 km route follows sidewalks through historical parts of Denton including the courthouse square, residential neighborhoods and the campus of the University of North Texas and Texas Women’s University. The 6 km route visits the University of North Texas and 5km route visits Texas Woman’s University.

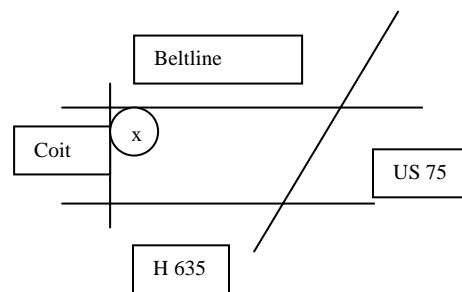


Mesquite – Samuell Farm

Event 5/10 km (Year Round Walk SW08/Y0217) Rated 1+

Point of Contact: Deborah Carter
dahv@earthlink.net
 (972) 285-8102

Start Point: Samuell Farm. 100 US Hwy 80 East, from Dallas, exit Highway 80 at Beltline Road, cross beltline, stay on the service road and Samuell Farm is about ¼ mile ahead on your right.
 Event: Tuesday – Sunday 9:00 am to 5:00 pm. Trail is through the 340 acre property passing meadows, wooded areas, ponds and South Mesquite Creek on old farm roads and marked trails and fields. The walk box is located in the breezeway of the building in front of the parking lot.
 Contact point of contact for group walk information.



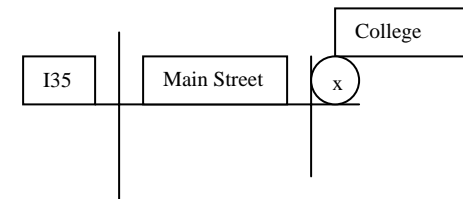
Richardson – City Parks

Event 10 km (Year Round Walk SW08/Y1860) Rated 1

Point of Contact: Cathy Kelcher
cathy@classicopenings.com
 (972) 386-5922

Start Point: Whole Foods Market, 60 Dal-Rich Village Shopping Center (SE corner of Coit and Beltline Road. From I-635 Exit 19 at Coit Road and travel north for 3 miles, start will be on the right. From US 75, Exit 24 at Beltline, travel west on Beltline about 2 miles; Start will be on the left. Walk box is at customer service desk.

Event Daily 8am to 3 hours before dark, closed Christmas. This event has 3 routes: Parks and City streets; hike bike trail and another route through residential neighborhoods.
 Email POC for Weekly group walks



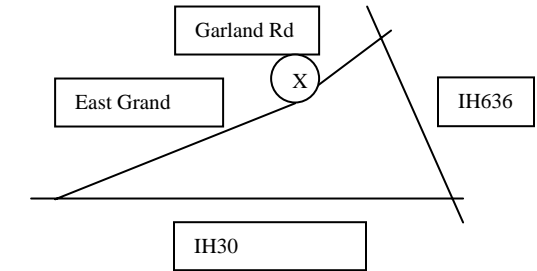
Waxahachie – Historic

Event: 10 km Year Round Walk (SW08/Y0201) Rated 1

Point of Contact: Marilyn Nash
marilyn_nash@aircanopy.net
 (972) 617-5158

Start Point: Rogers Hotel, 100 East Main (courthouse square). From I-35 take exit 401B (Business 287/Fm 664) to Waxahachie. South business 287 becomes Main Street in town, approx. 2.3 miles from I-35 to the Rogers Hotel, on the left just past the intersection of East Main Street and College Street. The walk box is located at the registration desk.

Open Daily from 8 to 3 hours before dark. The route goes through the historic downtown area long streets with Victorian houses to the SW Assembly of God University. The return trip is through Getzender Park and along a hike bike trail passing a cemetery. The alternate passes through the courthouse square and along hike/bike trails.



Dallas - White Rock Lake

Event: 6/10/16 km Year Round Walk (SW08/Y0141) Rated 1

Point of Contact: Beverly Peters
bpeteresels@netscape.net
 (972) 489-3072

Start Point: Café Lago, 9219 Garland Road, Dallas, TX. From I30 Exit 48b, travel northeast on East Grand Ave. which becomes Garland Road; Café Lago, is on the left. From IH 635 Exit 12, travel south on Garland Road 4 miles; Café Lago will be on the right. Park away from the entrance adjacent to Garland Road, the walk box is by the magazine rack.

Open: Daily Monday – Saturday 8-9 and Sunday 8-2. Email for holiday hours and earlier summer start times. There are 3 routes on trails and streets along the east side of the lake. Alternate route goes to the Dallas Arboretum (entrance fee). Email point of contact for regular group walk times.