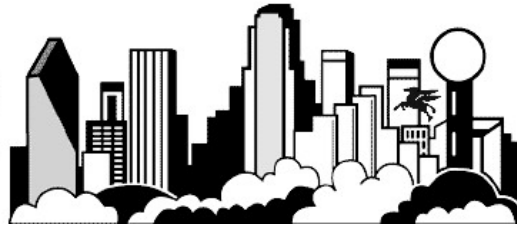


**DALLAS  
TREKKERS  
WALKING  
CLUB**



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.



*"Moving together toward a healthier America"*

# Walking Around Dallas in 2011

## Year Round Walk Events

Please check the AVA website for complete driving directions  
and walk descriptions of the YREs in this brochure.

[www.ava.org](http://www.ava.org)

Sponsored by  
The Dallas Trekkers Walking Club 0034

[www.dallastrekkers.org](http://www.dallastrekkers.org)



*Fun, Fitness, Friendship*

Eligible for credit toward IVV Achievement Awards

**Eligibility & Fees:**

All events are FREE and open to the public. If you wish IVV CREDIT, the fee is \$3.00. An adult must accompany children under 12 years of age.

**Procedure:**

At the start location, ask for the “walk box.” The box holds a registration log, instructions, awards (if available) and directions with a route map. All participants must sign a waiver. Waivers for minors must be signed by a parent or guardian. Carry your start card and follow the route instructions for the walk and enjoy! 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 and all pets must be on leash.

**Notice:**

Reasonable efforts have been made by the sponsor to make each event enjoyable and safe. Neither the sponsor, nor the start location, nor club members are liable for lost or stolen items, accidents or injuries. Please visit the club website for additional information:

**www.dallastrekkers.org.**

Start times are dawn to dusk unless otherwise noted. Start Points at commercial businesses may be closed on New Year’s Day, Thanksgiving Day and Christmas Day. Water for purchase or water fountains and restrooms are available at all start points except Waxahachie. Please carry water on all walks.

All events are free and open to the public. If walking for IVV credit, all events offer walks that can be walked twice with no additional fee. Only ONE event credit is allowed, even if completing all routes. Please visit the American Volkssport website for listings of special programs credit (www.ava.org).

**Join Us**

The cost of membership for each family at the same address is \$10/year, renewable each January. If you join between July and December, the pro-rated membership is \$5. Members receive the club newsletter and emails about upcoming events and activities, and the opportunity to purchase discounted Club walking coupons.

Name \_\_\_\_\_

Name: \_\_\_\_\_

New or Renewal membership (circle one) *(Renewal only fill in changes.)*

Address: \_\_\_\_\_

\_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip Code: \_\_\_\_\_

Email 1: \_\_\_\_\_

Email 2: \_\_\_\_\_

Phone 1: \_\_\_\_\_ Phone 2: \_\_\_\_\_

I would like to volunteer for:  Event Helper  Publicity  Other.

Membership (Jan-June) \$10 or (July-Dec) \$5 \$\_\_\_\_\_

New Walker Packet \$5 \$\_\_\_\_\_

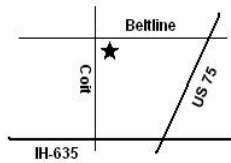
**Total** \$\_\_\_\_\_

Make check payable to “Dallas Trekkers Walking Club”.

Mail payment and completed form to

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

## Richardson – City Parks



Length: 10km Rated 1  
Event ID: 85900 2011/Y1860  
Contact: Linda McDonald [lsmcdon@gmail.com](mailto:lsmcdon@gmail.com)  
(972) 727-2805

**Start Point:** Whole Foods Market, 101 S. Coit Rd, Ste 60, Richardson, TX 75080 (Walkbox in Customer Service cabinet).

**Event:** This walk takes you through beautiful wooded neighborhoods between two city parks: Cottonwood Park (site of the Cottonwood Art Festival each spring and fall) and Heights Park. Along the way you also cross several branches of White Rock Creek.

## Waxahachie – Historic



Length: 10km Rated 1  
Event ID: 85216 2011/Y0201  
Contact: Marilyn Nash [marilyn\\_nash@aircanopy.net](mailto:marilyn_nash@aircanopy.net)  
(972) 617-5158

**Start Point:** Police Station, 216 N. College St., Waxahachie TX 75165.

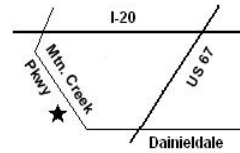
**Event:** The route goes through the historic downtown area along streets lined with Victorian houses to the Southwestern Assembly of God University. The return trip is through Getzendaner Park, along a hike/bike trail and passes a cemetery. (Walkbox under chair)

## YEAR ROUND GROUP WALKS:

**Cedar Ridge Preserve** – 1st Sunday of each month  
Check start times at [www.dallastrekkers.com](http://www.dallastrekkers.com)

**White Rock Lake** – 2<sup>nd</sup> thru 5<sup>th</sup> Sunday of each month  
Check start times at [www.dallastrekkers.com](http://www.dallastrekkers.com)

**Richardson City Parks** – Wednesday Evenings @ 6:45 pm.



## Dallas – Cedar Ridge Preserve

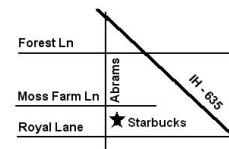
Length: 10km/5km Rated 3+  
Event ID: 85214 2011/Y1923  
Contact: Lee Dershem [ldershem@yahoo.com](mailto:ldershem@yahoo.com)  
(972) 227-6834

**Start Point:** Cedar Ridge Preserve, 7171 Mountain Creek PKWY, Dallas, TX 75249 (Walkbox in small building in parking lot.)

**Start Times:** 6:30 AM to Dusk (Closed Mondays)

**Event:** At an elevation of 755 feet, Cedar Ridge Preserve has 10 miles of hiking trails, butterfly gardens, and picnic areas. There are many steep trails on the limestone ridges. When hiking, always carry water and be aware of poison ivy.

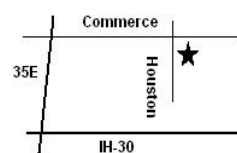
## Dallas – Creeks of Lake Highlands *NEW Walk!*



Length: 10km Rated 2  
Event ID: 87501 2011/Y1902  
Contact: Dianne Duke [d.w.duke@live.com](mailto:d.w.duke@live.com)  
(214) 368-9730

**Start Point:** Starbucks Coffee Shop 8520 Abrams Rd, Ste 100, Dallas, TX 75243 (Walkbox behind counter)

**Event:** The 5km route meanders through the Town Creek neighborhood and on the Town Creek Trail. The 12km continues through wooded neighborhoods, passes a Monarch Butterfly Crossing, then White Rock Creek trail to the Harry S. Moss Native Area and Park.



## Dallas – Downtown

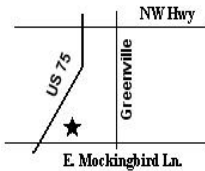
Length: 10km/5km Rated 1  
Event ID: 5802 2011/Y0085  
Contact: Helen Hull [helenthehun@yahoo.com](mailto:helenthehun@yahoo.com)  
(972) 530-1026

**Start Point:** Union Station, 400 S. Houston St., Dallas, TX 75202.

**Event:** The Downtown Heritage 10 km goes past historic buildings and skyscrapers, JFK sites, the Dallas Farmer's Market, art museums, and several parks. The 5km route goes through the West End, beautiful Downtown, Uptown, and Victory Park. (Walkbox is behind security desk)

## Dallas – M Streets

### **NEW Walk!**

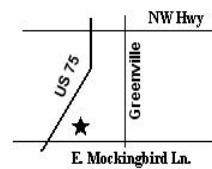


Length: 10km/5km Rated 1  
Event ID: 889057 2011/Y2024  
Contact: Helen Bateman  
[helenbateman@earthlink.net](mailto:helenbateman@earthlink.net)  
(214) 732-3419

**Start Point:** Starbucks Coffee Shop 5331 E. Mockingbird LN STE 150, Dallas, TX 75206-5197. (Walkbox is on shelf near entrance)

**Event:** Walk in the quaint M Street neighborhood and Lower Greenville Avenue area of Dallas passing a variety of restaurants. The walk route passes a Dallas rugby field. If you are interested in a walk and a game; go to <http://www.quins.com/>

## Dallas – Southern Methodist University *Updated for 2011!*

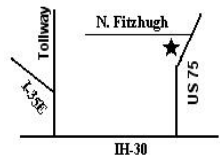


Length: 10km/5km Rated 1  
Event ID: 85799 2011/Y169  
Contact: Helen Bateman  
[helenbateman@earthlink.net](mailto:helenbateman@earthlink.net)  
(214) 732-3419

**Start Point:** Starbucks Coffee Shop 5331 E. Mockingbird LN STE 150, Dallas, TX 75206-5197. (Walkbox is on shelf near entrance)

**Event:** Walk in Dallas, University Park & Highland Park neighborhoods including Mockingbird Station, Southern Methodist University & Snider (SP) Plaza. Enjoy beautiful homes and gardens along with glimpses of the Bush presidential library site.

## Dallas – Uptown

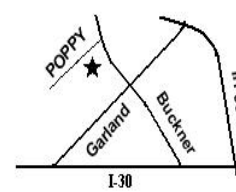


Length: 10km/5km Rated 1  
Event ID: 85800 2011/Y1670  
Contact: Bob Rountree [jrtree@swbell.net](mailto:jrtree@swbell.net)  
(214)369-5658 (Ask cashiers for Walbox)

**Start Point:** McDonalds, 4151 N. Central EXPY, Dallas, TX 75204.

**Event:** The 10km walk goes through the popular Knox-Henderson shopping district, KATY Trail, past the American Airlines Center and Crescent Hotel. It returns via Uptown on McKinney Ave. The 5km route is through the Knox-Henderson shopping district, KATY Trail and Highland Park.

## Dallas – White Rock Lake

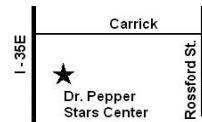


Length: 16km/10km/6km Rated 1  
Event ID: 85220 2011/Y0141  
Contact: Beverly Peters [bpetersels@netscape.net](mailto:bpetersels@netscape.net)  
(972) 489-3072

**Start Point:** Doctor's Hospital, 9330 Poppy Dr., Dallas TX 75218.

**Event:** Whether you circle the lake or walk along the east shore, walkers will enjoy impressive views of Downtown Dallas, the Dallas Arboretum, and the homes and gardens surrounding the lake. (Walkbox is in operator room off the lobby.)

## Farmers Branch – Farmers Branch Park Trails **NEW!**



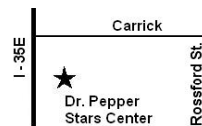
Length: 10km/5km Rated 1  
Event ID: 89045 2011/Y2027  
Contact: Helen Bateman [helenbateman@earthlink.net](mailto:helenbateman@earthlink.net)  
(214) 732-3419

**Start Point:** Dr. Pepper Star Center Ice Arena 12700 N. Stemmons Frwy (I-35E), Farmers Branch, TX 75234. (Walkbox to right of rental counter)

**Start Times:** Mon - Sat: 7:00am to 5:00pm. Sun: 10:00am to 5:00pm.

**Event:** The walk will visit the Farmers Branch Historical Park and will take walkers to Liberty Plaza, rose gardens, and the oldest cemetery in Dallas County. 10km walkers will also walk the trails along Rawhide Creek.

## Farmers Branch – Farmers Branch Ice Skate **NEW!**



Length: 10km/5km Rated 1  
Event ID: 89230 2011/Y2021  
Contact: Helen Bateman [helenbateman@earthlink.net](mailto:helenbateman@earthlink.net)  
(214) 732-3419

**Start Point:** Dr. Pepper Star Center Ice Arena 12700 N Stemmons Frwy (I-35E), Farmers Branch, TX 75234. (Walkbox is to right of rental counter)

**Start Times:** Public skate hours vary, but are normally 7 days a week. Check monthly schedules at <http://www.drpepperstarcenter.com/> or call 214-432-3131.

**Event:** Ice skate during public skate hours at this NHL regulation size rink.