

The Dallas Trekkers walking Club offers these Year-round walks (permanent trails) to give the public the opportunity to walk in the Dallas area January 1 - December 31, 2005, unless otherwise noted. These routes may only be used during daylight hours listed. Check for holiday hours.

**ELIGIBILITY AND FEES:** All events are open to the public. Children under age of 12 years must be accompanied by an adult. Participation is free. Souvenir pins or patches (B awards) may be purchased at some walks for \$1.00 or \$2.00. The fee for IVV credit is \$3.00. There are no refunds.

**PROCEDURE:** At the start location, ask for the walk box. This box contains a registration log, instructions, sample of available awards, and directions with route map. All participants must sign the waiver of liability and fill out a start card before beginning the event. The 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! (You do not have to walk the entire 10K). After completion of your walk, return your start card as instructed in the walk box. If IVV credit or an award is desired, follow the instructions in the walk box for payment.

Water and restrooms may be available at the start point or along the route. Please carry water. Leashed pets are allowed on the trails but are not allowed in buildings or the start points.

**NOTICE:** Reasonable efforts have been made by the sponsor to make each event enjoyable and safe. Neither the sponsor, start locations, nor club members are liable for lost or stolen items, accidents, or injuries.

**INFORMATION:** Bruce Fitch, 5706 Maidstone Dr., Richardson, TX 75082. 972.235.9088. Email [bfitch@ix.netcom.com](mailto:bfitch@ix.netcom.com)



# Walking Around Dallas

Twelve Walk Routes  
Available for Year Round Use In

# 2005

Sponsored by  
The Dallas Trekkers Walking  
Club (0034)  
[www.dallastrekkers.org](http://www.dallastrekkers.org)

Join the Trekkers and join the fun!



### CARROLLTON

Two walks - Dallas Co.

YR1877 10k & YR1234 10k or 12k

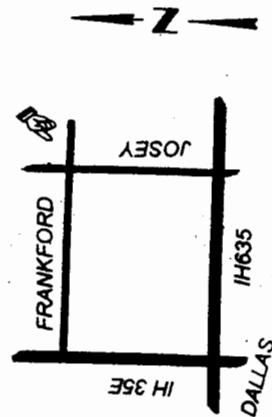
**START:** Whataburger Restaurant, 1919 Frankford. East of intersection of Frankford Rd & Josey Lane. The walk box is kept at the cash register.

**TIMES:** Daily, dawn to 3 hours before dark.  
**ROUTES:** Trails are rated 1 and are suitable for strollers and wheelchairs. Routes are on gently rolling terrain, on sidewalks through residential areas, a lake, and greenbelts. YR1877 also visits an historic cemetery.

**DIRECTIONS:** From I-35 East, Exit 446 on Frankford Rd and travel east on Frankford about 4 miles, start will be on the left. From I-635, Exit 26 East or 25 West, go north on Josey about 6 miles, turn right on Frankford, and start will be on the left. From George Bush Turnpike, exit at Josey, turn north, go one mile, turn right on Frankford, and start will be on your left.

**CONTACT:** Mary Burnett, 972-242-4893

Email: [mary.burnett@staubach.com](mailto:mary.burnett@staubach.com)



### DUNCANVILLE

YR1876 10k - Dallas Co.

**START:** Duncanville Police Department, 203 East Wheatland Rd. The walk box is located to the right of the 'service' window.

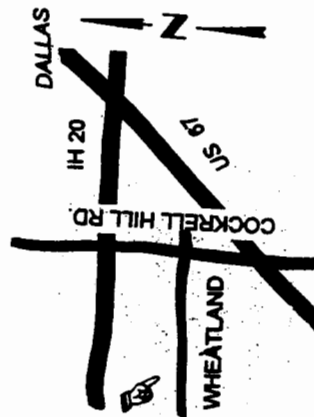
**TIMES:** Daily, 9 a.m. to 3 hrs before dark.

**ROUTE:** Trail is rated 1 and is not suitable for strollers or wheelchairs. Route is through residential areas and parks along city streets and paved or gravel trails.

**DIRECTIONS:** Exit from I-20 at Cockrell Hill Rd (Exit 463); travel south on Cockrell Hill Rd. to Wheatland Rd; turn west (right) on Wheatland; police station will be about one mile on right. Exit US 67 at Cockrell Hill Rd; go north on Cockrell Hill Rd to Wheatland Rd; turn left (west) on Wheatland; police station will be about on mile on right

**CONTACT:** Janie Rubalcava, 972-291-2864,

Email: [jxr7410@dccc.edu](mailto:jxr7410@dccc.edu)



### RICHARDSON

YR1860 - 10k Dallas Co.

**START:** Whole Foods Market, 60 Dal-Rich Village Shopping Center (SE corner of Coit and Beltline Rd). Walk box is at the customer service desk.

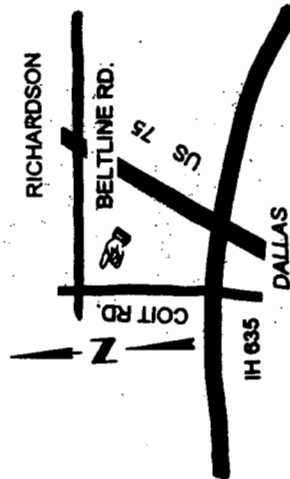
**TIMES:** Daily, 9 am to 3 hours before dark. Closed Christmas.

**ROUTES:** Trail is rated 1 and is suitable for strollers and wheelchairs. This event has two 10K routes, but only one event credit may be taken even if walking both routes. One route follows residential streets through 2 city parks (one of which hosts the Cottonwood Art Festival twice a year). The alternate route is primarily or a hike and bike trail and is not recommended for wheelchairs and strollers as they may have difficulty with the curbs.

**DIRECTIONS:** From IH 635 Exit 19 at Coit Rd; travel north for three miles; start will be on the right. From US 75, Exit 24 at Beltline Rd.; travel west on Belt line about 2 miles; start will be on the left.

**CONTACT:** Cathy Kelcher 972-386-5922,

Email: [cathy@classicopenings.com](mailto:cathy@classicopenings.com)



## DENTON

YR1571 - College Campus Event  
10k Denton Co.

**START:** Whataburger Restaurant, 1701 Malone. The walk box is located at the register.

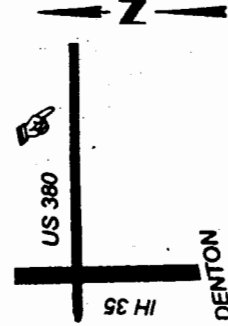
**TIMES:** Daily, dawn to 3 hours before dark.

**ROUTE:** Trail is rated 1. It is not suitable for strollers or wheelchairs. The route follows sidewalks through historical parts of Denton, the old county courthouse square, residential neighborhoods, and the campus of the University of North Texas.

**DIRECTIONS** From I-35 exit # 469 and head east, towards McKinney onto US 380 (University Dr.); continue about 1.3 miles to Malone Street. Whataburger is on the left (NW corner) at Malone Street. You will register here and then drive 1.5 miles to the start location.

**CONTACT:** Nancy Christensen, 469-384-2819,  
Email:

[Nancy.christensen@donmasseycadillacdallas.com](mailto:Nancy.christensen@donmasseycadillacdallas.com)



## WAXAHACHIE

### 2 WALKS - Ellis Co.

YR1875 & YR0201 - Both 10K

YR0201 - College Campus Event

Recommended for visitors to Texas

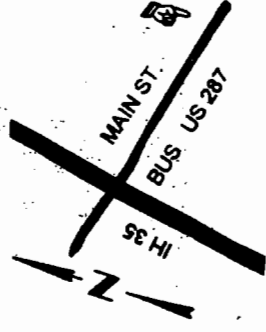
**START:** Rogers Hotel, 100 East Main Street (courthouse square). Walk box is located on the registration desk.

**TIMES:** Daily, 8 to 3 hours before dark. Emory's Bistro and Lounge are available for meals at the hotel. Volkssporters will receive a discount or room rates.

**ROUTES:** Both walks are rated 1. Strollers may have difficulty with the tiered curbs, and both walks are not recommended for wheelchairs. YR1875 follows city streets through the historic courthouse square to a hike/bike trail. 75% of the route is on the trail. YR0201 goes through the historic downtown area along streets lined with Victorian houses to Southwestern Assembly of God University. The return trip is through Getzender Park and along hike/bike trails.

**DIRECTIONS:** From I-35 take exit 401B (Business 287/Fm 664) to Waxahachie. (South Business 287 becomes Main Street in town). Go 2.3 miles to the Rogers Hotel, on the left, just past the intersection of East Main Street and College Street.

**CONTACT:** Harry and Beverly Eversole, 214-532-8222, Email: [heversole@ev1.net](mailto:heversole@ev1.net)



### \*NEW\* FLOWER MOUND \*NEW\*

YR0192 12 k Denton Co

See the Mound, especially with its spring wildflowers & visit the Cross Timbers of N. Texas!

**START:** Tom Thumb Supermarket, 2600 Flower Mound Road (FM 3040). The walk box is located behind the customer service counter.

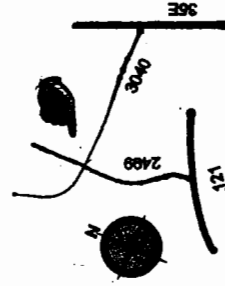
**TIMES:** Daily, 7 a.m. to 3 hours before dark. Closed Christmas and possibly New Years and Thanksgiving.

**ROUTE:** The 12KM trail is rated 1 and is suitable for strollers and wheelchairs. Pets are allowed on trail, but you are required to pick-up after them. This walk includes the namesake mound. Approximately half the walk is on paved hike and bike paths beside creeks and ponds and through several parks. The remainder is on sidewalks in residential areas.

**DIRECTIONS:** From Dallas or Denton on I-35E take the Round Grove (FM 3040) exit near Vista Ridge Mall in Lewisville. Go west on FM 3040 approx. 6 miles. Tom Thumb is on the right in a shopping center on the NE corner of FM 3040 and FM 2499. From Ft Worth, DFW Airport, or the mid cities take FM 2499 North. Tom Thumb is approximately 4 miles north of Grapevine Mills Mall in the shopping center on the right just after you pass FM3040.

**CONTACT:** Ken and Dorothy King (972) 539-1463,

Email: [Twoking@earthlink.net](mailto:Twoking@earthlink.net)



## DOWNTOWN & UPTOWN DALLAS

2 Walks - Recommended for visitors to Dallas

### YR0085 - Presidential Event - 10k

**START:** Union Station, 400 S. Houston Street, Dallas. The walk box is located in the security office at the southeast corner of the lobby near the stairs and ramp to the Hyatt Regency Hotel.

**TIMES:** Daily, 9 to 2, must finish by 5. Closed Thanksgiving and Christmas.

**ROUTES:** Trails are rated 1. May be difficult for strollers or wheelchairs due to curbs. YR0085 is on city sidewalks and goes past historic buildings and skyscrapers, JFK sites, the Dallas Farmers Market, art museums, fountains, and several parks located in downtown Dallas. YR1670 goes through the historic West End, along the new KATY trail and on city streets through the beautiful Dallas Uptown. The walk also includes a free 3km trolley ride in the McKinney Ave. area (no pets on the trolley) and passes El Centro College. If desired, the trolley route may be walked for an additional 3km credit.

**DIRECTIONS:** Exit from I-35 East at Exit 428 onto east bound Commerce Street (towards buildings of downtown); turn right on Houston; Union Station will be on the right. Parking on streets or in lots is about \$5. Currently, on Sundays, most nearby metered street parking is free. If using DART light rail red or blue lines or the Trinity Railway Express, exit at the Union Station stop.

**CONTACT:** Bruce Fitch, 972-235-9086  
Email: [bfitch@ix.netcom.com](mailto:bfitch@ix.netcom.com)



## DALLAS WHITE ROCK LAKE

Recommended for visitors to Dallas

### YR0141 - 10k & 15k - Dallas Co.

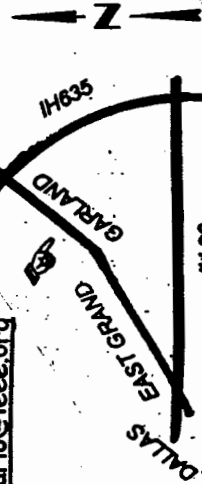
**START:** Cafe Lago, 9211 Garland Rd, Dallas, 75218. White Rock Lake is located NE of Downtown Dallas. The walk box is located by a literature area near the entrance.

**TIMES:** Cafe Lago hours: Mon-Sat: 8-9; Sun 8-3. Email for Holiday hours or earlier start times. Consider a meal or snack at Café Lago.

**ROUTES:** There are two routes available, with only one event credit allowed, even if completing both routes. The lake is a popular spot for walkers, runners, cyclists, and sailors (2 marinas). The 15km route circles White Rock Lake with impressive views of Downtown Dallas, the Dallas Arboretum, and the homes and gardens surrounding the lake. The 10km option is on trails along the southern and western part of the lake. Both routes follow a well marked paved trail, are rated 1, and are suitable for strollers and wheelchairs. Since this is a large metropolitan area, please walk with a partner and start before 3 hours before dark.

**DIRECTIONS:** From I-30 Exit 48, travel northeast on East Grand Ave which becomes Garland Rd; Café Lago will be on left just past a Sonic. From IH 635 Exit 12, travel south on Garland Rd 4 miles; Café Lago will be on the right. Park away from the Café entrance, adjacent to Garland Rd.

**CONTACT:** Jim Carlo, 214-693-1776  
Email: [j.carlo@ieee.org](mailto:j.carlo@ieee.org)



## \* NEW \* SAMUELL FARM \* NEW \*

### MESQUITE

YR0217 - 10k - Dallas Co.

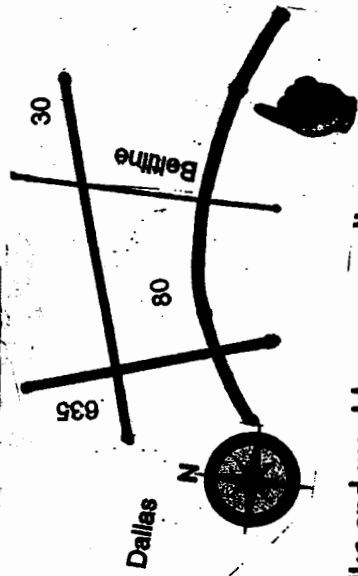
**START:** Samuell Farm, 100 US Hwy 80 E, Mesquite, Texas. The walk box is located in the breezeway of the building near the parking lot.

**TIMES:** Tuesday - Sunday 9:00 a.m. to 5:00 p.m. Closed Mondays. Email for holiday hours.

**ROUTES:** The trail is on marked dirt and grass trails and old farm roads, and is rated 2. It is not suitable for strollers and wheelchairs. The route winds through the 340-acre former farm property passing meadows, wooded areas, ponds, and South Mesquite Creek. Many varieties of native plants are found along this remnant of disappearing blackland prairie along with a variety of wildlife. For more information visit [www.samuellfarm.com/about\\_us.html](http://www.samuellfarm.com/about_us.html).

**DIRECTIONS:** From Dallas exit Highway 80 at Beltline Road, cross Beltline, and Samuell Farm will be about ¼ mile ahead on your right. From the east, exit Highway 80 at Beltline Road, turn left on Beltline, turn left on the east bound service road, and Samuell Farm will be about ¾ mile ahead on your right.

**CONTACT:** Deborah Carter 972-285-8102.  
Email: [dghv@earthlink.net](mailto:dghv@earthlink.net)



Throughout 2005, The Dallas Trekkers Walking Club sponsors several special event walks and weekly group walks.