

Dallas Trekkers Newsletter



Vol. 20, No. 5

September - October 2001

WALK DIRECTORS' SEMINAR

SAT., SEPT. 8, 2:00 PM - 4:00 PM
(See Story on Page 12 for details)

OKLA LABOR DAY WEEKEND

SEPT. 1-3, 6 WALKS, 6 SWIMS
(See enclosed brochure for details) - Story on Page 8

SEPT. MEMBERSHIP MEETING

TUESDAY SEPT. 11, 6:30 PM
EL FENIX, 1601 MCKINNEY AVE
DOWNTOWN DALLAS

Election Slate - Story on Page 11
Speaker: Cody Hirt

Dallas Parks & Recreation Dept.

LBJ NATIONAL GRASSLANDS

SATURDAY, SEPTEMBER 15
BLACK CREEK LAKE RECREATION AREA

Start Time: 8:00 AM – 12:00 PM
Black Creek Lake, Decatur, TX

Workers needed! For info or to help, contact:
Jim Ross@topher.net or 972-681-0045

DON'T MISS ANY OF THESE EVENTS!

A Walk to Honor the Veterans Dallas-Ft.Worth National Cemetery

Saturday, November 17
Start Time: 8:00-12 Noon

by John Ferguson

On November 17 the Dallas Trekkers will host a volksmarch at the Dallas-Fort Worth National Cemetery with the theme: *Honor Veterans*. This National Cemetery was dedicated less than two years ago and the club is proud to be granted permission to have the first volksmarch at the new facility. **Please read the enclosed brochure.**

Volunteers will be needed from 7:30 AM to about 3:00 PM to make this event memorable for our guests. The workers walk is scheduled for 9:00 AM on Sunday, November 4th. (See Photo on Page 12). To volunteer contact John Ferguson at 214-348-0003 or e-mail jhferg@earthlink.net

10 KM Nature Walk-Bonham State Park Saturday, October 13

Bonham State Park is about an hour's drive north-east of the "metromess." This is a full service state park with camping and RV facilities available. **The brochure for this event is enclosed.** It gives complete information on the trail rated 3, the fees (walkers may walk free) and directions to the park. The start time for this B-medal event is 8:00 AM – 12 noon. The standard day use park entrance fee is \$3.00 per person. IVV books and new walker packets will be available for \$5.00 at the walk. Everyone who takes the walk is eligible to win a new pair of shoes donated by New Balance.

Darwin White, the walk director, welcomes any volunteers. Call him at 940-387-7971 or by e-mail: trudger@hotmail.com The workers walk for this event will be held on Sun., September 29 at 9AM. Darwin is planning on marking the trail at 3PM on Friday, October 12 (alternate pre-walk). Remember workers walks and trail marking are really excuses to enjoy the park. Although water will be available at the start and checkpoints, it is recommended that you carry water. Be sure to mark your calendars for Saturday, October 13 and come along and enjoy the fun!

DALLAS TREKKERS BOARD MEETING

- Open to all members -
Tuesday, October 16 at 7:00 PM
Upstairs Meeting Rm
REI, 4515 LBJ @ Welch in Dallas

DALLAS TREKKERS

Club Officers -

President: Bruce Fitch
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PRESIDENT'S MESSAGE

In 1989 a group of Dallas Trekkers teamed up with the USDA Forest Service to clear a trail in the **LBJ National Grasslands** near Decatur, Texas. On October 19, 1991 the Trekkers officially opened the trail with a 10K walk. In recognition for "showing the true spirit of volkssporting and for serving as an example to other clubs of what our sport is all about", the club was awarded the **AVA President's Award**.

Don't miss the chance to relive the experience of walking on a trail that is there because of our club when we return to LBJ Grasslands on September 15. Use this opportunity to give a great big thank you to the many present and former Trekkers who made this walk possible.

The same spirit that gave us the LBJ Grasslands trail gave us the **Sweetheart Shuffles**, a whole lot of *Rudy Dogs*, the **DART Walks**, *Walkin' in the Evening is Cool* (which wasn't during that hot summer), and hundreds of other crazy ideas that helped the Trekkers receive **AVA Silver Star** three years in a row. Those crazy ideas are what make the difference between a walking club and a great organization that is fun to part of and which is serving the needs of our fellow walkers and our communities.

As I travel around the Dallas area I see places we could walk and ways we could provide a **service to our communities**. Many of my ideas seem crazy at the time, like asking a large foundation for office space or offering to be part of a large fund-raising fun run. But, these are ideas that might have merit and just might help get a few more people off the couch and onto the trail. In my opinion, there is no such thing as a crazy idea and I take no pride in ownership of all the **crazy ideas**. So put on your thinking caps and come up with a few crazy ideas of your own. Share your ideas and do your part to help make volkssporting fun for all of us and Dallas an even nicer place for us to live and walk.

See President on Page 3

The Dallas Trekkers (AVA 034) is a nonprofit walking club open to people of all ages. It is a member of the Texas Volkssport Association and the American Volkssport Association. Mailing address: P.O. Box 743813, Dallas, TX 75374-3813

Home Page: www.flash.net/~tva/clubs/dallas

President continued from Page 2

This month's big thank yous go to **Ann Murray** who has served as the Specialty Sales Coordinator for the past couple of years and to **Debbie Allen** who has volunteered to take over this important position. Share your crazy ideas with Debbie for items you would like to see sold and, most importantly, offer to help her with this very challenging and critical service to the club.

On the subject of service, the reason the Dallas Trekkers exists is to provide walking opportunities for people in the Dallas area. If you just want to walk I'd like to ask you to reconsider being a member of one of the six clubs in the Metroplex. Instead of just driving to the start point, paying your money, walking and getting your book stamped would you stop a moment and consider what you are missing? You miss out on the chance to help make our walks happen, on the satisfaction of doing something like building a trail that ten years later is still a popular walking destination and on the opportunity of meeting some wonderful people. When I see a hole punch at an unmanned checkpoint, I see a lost opportunity to meet someone who might become a best friend.

If you haven't had an opportunity to help with one of our walks or to serve on of the club committees, give it a try and volunteer to help. Who knows whom you will meet or what you might accomplish for our community?

Bruce Fitch

Convention Report

by John Ferguson

It was my honor to be the representative of the Dallas Trekkers at the 2001 AVA National Convention in Bellevue, Washington. This was the first convention where I have participated in the business meetings and elections. Some experienced folks complained about the politics over the officer elections. The politics were a little pointed and not very pleasant. There were even arguments about a misplaced colon in the by-laws. But after it all, there is a new president and there are new by-laws.

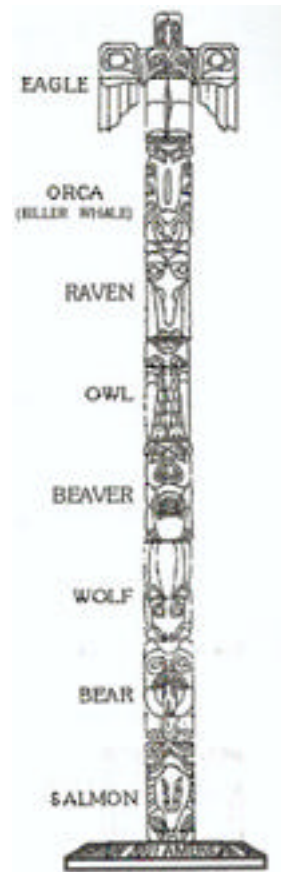
However, I have returned with several ideas that can make the Trekkers a more dynamic club. Be prepared to hear and judge these ideas at membership and board meetings. Council actions, and probably some hard work on your part, will be requested. Don't wait to be asked.

But that is enough about the official convention. Most of us went for the walks, the companionship of old friends, the opportunity to meet new friends and enjoy life. And I did just that.

My travels to the Seattle area were within a convoy of four cars with volksmarchers from the Tarrant County and the Irving clubs. We took a week to travel and walked six YREs on the way. Those who tell you that the trip west from Midland is wide open and desolate should go west from Cheyenne toward Salt Lake City or across southeastern Oregon. Rest stops along this route are spaced at about 100 miles apart and there are no McDonald's in between.

Beginning the Saturday before and ending eight days later on the Sunday after the convention, there was a walk each day near the convention site. These walks ranged from dynamic downtown Seattle and the state capitol in Olympia to the International Peace arch and then for a 10km stroll into Canada. The award for the walks were pieces assembled into a metal totem pole which is pictured near this article. (Yes, Leroy was there.)

Awards recognizing service were presented to members who have served since the last convention. Four club members were presented with Certificates of Service: Bruce Fitch, John Ferguson, Rudy Meyers and Dot Meyers. Gunhilt Money of the Irving Star Trekkers was presented a Meritorious Service Award for her long service to Volkssporting in North Texas. Plan to attend the 2003 AVA convention in Colorado Springs.



Multi-piece metal convention totem award as it looks when assembled.

NEW MEMBER SPOTLIGHT

Sandra “Candy” Robinson

By Claudia Fitch



We had decided to meet for lunch. This vivacious sandy-haired woman was just as I remembered her. (She had joined our club at the Carrollton Elm Fork Nature Center in April of this year and later Bruce and I met her again and walked with her on the trail at the Irving Star Trekkers Walnut Hill walk 2-1/2 months ago.) I told her, “You look great!” I meant it, too.

You could tell by her toned, calf muscles that she had been training to participate in the Marine Corps benefit marathon (26.2 miles) on October 28, 2001 in Washington, DC. She wants to help raise money for several people now in remission from leukemia and Hodgkin’s disease. Her own father is recovering from bladder cancer. [Of course, I immediately thought of several of our own members who have been battling cancer: Jan Wahrer, a former President of the club, who just had a lumpectomy and will be soon undergoing both chemotherapy and radiation treatments; Jo Trautmann fighting non-Hodgkin’s lymphoma; Dick Trautmann, her husband and former Vice President of TVA and our club, and Mackey Harper, a former President of the Club, both of whom are waging their own wars against cancer. I thought, too, of Leroy Wright and Betty Gohman each of whom have recently won bouts with the disease.] Her blue eyes sparkled as she described her training regimen to learn how to race-walk. In order to be able to finish she must be able to do a consistent fifteen-minute mile. I asked her how her fund raising was going and she responded that she had raised a little more than half of the minimum pledge of \$3000. She said she was a bit uncomfortable with fund raising since

she was not a very good salesperson, but had even tried selling candy bars and working with local restaurants to give her a percentage of their profits on a given night to put toward her goal. She said most of her donations were small, but was amazed at how every small donation added up. “What happens if you don’t raise the remainder?” I asked. For the first time her smile faltered a little. She said that the Leukemia and Lymphoma Society would put it on her own credit card if she does not have it all before then. I knew she had been unemployed for about eight months and I marveled at her faith that the funds would be raised. [Anyone who would like to contribute toward her support may contact her at candy.robinson@ieee.org or phone her at 469-693-1574 (metro). I plan to help her myself.]

As we were finishing lunch I asked her about her childhood. She was born in Atlanta, GA, but moved to Titusville, FL at the age of three. Her father worked as an electrical engineer as part of the space program. I asked her if she had been able to attend any of space launches herself. She said, “We could see them from our own yard.” She commented that they were extremely loud. She remembers that as a “rebellious teenager” she did not want get out of bed to watch the launch of the rocket that was sending the first crew to land on the moon despite her mother’s pleas that this was a very historic flight.

In 1970 the space program began to lose funding and her father transferred to San Antonio, TX. A year later they moved to Minot, ND because of the Minuteman project, then in 1972 to Grand Forks, ND. She said all of the moving was very hard on her during her high school years, but the long winters there allowed her to learn the game of pool which was a popular pastime during the long, cold, snowy winters.

It was at this time she was encouraged to put her acknowledged aptitude in mathematics toward a career as a math teacher, but when she was allowed by the Vice President of Data Point to play with the early, computerized musical instruments, she knew she wanted to work with computers. When the employees there told her that their majors were in Electrical Engineering, she decided to attend the University of Texas at Austin to get her degree in EE. Her professors tried to talk her out of it, thinking she was trying to please her father, but she would not be swayed from her goal despite that fact that, even now, only eight percent of all electrical engineers in the country are women. While she was attending UT she became friends with her lab partner, Will Robinson. One Thanksgiving, when she was short of cash, she decided

“Candy” continued from Page 4

to stay at school over the holiday so she could afford to go home for Christmas. Will asked to borrow her student ID card so he could buy a ticket to take another girl to the football game. When at the last minute the other girl could not attend, he didn't want the ticket to go to waste so he invited her instead. She accepted and their friendship blossomed into romance. When they graduated, each with their respective EE degrees, Will wanted to get married right away. Perversely, Candy wanted to spend some time on her own and accepted a job at the Lawrence Livermore Lab in Berkeley, CA, 1500 miles away. Will stayed at UT Austin and earned his master's degree in a record time of one year and then, also, accepted a job at the Lab. They were married and lived in the Bay Area for twelve years, enjoying living and working in this dynamic, stimulating and beautiful place. They have two daughters and two sons: Sarah, Lee, Stephen and Emily, now 22, 20, 15 and 13 respectively. They, too, have one granddaughter, Elizabeth, a toddler, born to Lee and his wife, who live in Maypearl, TX.

When the defense contracts dried up, although it was hard to leave the Bay Area and life they loved, they decided to switch to other areas of work. They bought a home in Midlothian to take part in the Super-collider Project. When this project folded, Will found work with Lockheed and Candy took a job with The Associates. Her daughter, Sarah, a third generation Electrical Engineer, just recently also found work at Lockheed. Candy's job ended when The Associates went out of business in the Dallas area and she's looking for a job that will be commensurate with her experience and expertise in Oracle Data base development and systems analysis. Her specialty is software engineering and she also has higher degrees in all these areas knowledge.

I decided to change the pace and ask her about her hobbies. She said she really did not have any. Stunned, I asked her how she spent her time. She said most of her time was spent serving on the board for the Society of Women Engineers and the Institute of Electrical and Electronic Engineers. The board reviews proposals for grants donated by Mobil Exxon to encourage more women to enter these engineering and other scientific fields. She also attends meetings of the Toastmasters. At her church she works with youth in the ninth grade, which is right in between the grades attended by her own two children who are still at home. (She picked this age group so that

she can help the children in her class work through the problems that the older one has already gone through and figure out what she might be facing when her youngest enters ninth grade.) She candidly said that the upside to being unemployed these past eight months is that she has been “able to be there” for her children, especially her 15 year old son, Stephen. She explained that although her son has not been in any kind of trouble, he's at an age where kids can easily be led astray if they get mixed up with the wrong crowd.

“Don't you do anything to relax, to have fun?” I asked. She said she plays racquetball with her husband, but hasn't done it as much lately because she's had some pain in her upper arm and shoulder. She likes reading mainly trade magazines and books on spiritual subjects. She could not tell me a favorite type of music stating she likes “all kinds” and primarily listens to National Public Radio. She does not spend time watching TV. When she does watch an occasional movie, she has a decided preference for romantic comedies like “Come to Me,” whereas her husband, Will, likes gritty, action/drama films. When I inquired if she had any favorite foods, she said she liked to cook a different recipe every night and then throw the recipes away so she would not have to eat the same thing twice. I next wanted to know what she cooked for more traditional holidays like Thanksgiving. She assured me she did roast a turkey, but she would always change how she cooked the yams or the stuffing. She has no favorite color or flower, but is fascinated with orchids and might like to learn how to grow them. She practices low maintenance gardening because of her busy schedule, which, she frankly said, also, prevents her from cleaning out her over-cluttered closets.

I finally asked her how she started walking. She said The Associates had a walking club that gave merchandise out as an incentive to walk. Once she was hooked she looked for walking opportunities and found out about volkssporting. She is now keeping her IVV books, but is not yet committed to attending events in distant places, preferring to do local walks to which she does not have to drive very far. She does our club's Midlothian Year Round Event on a regular basis now that she is training for the benefit marathon. She said she and Will have started walking in the evening and admitted that it is a great way to spend time with your spouse. [I cannot agree more because Bruce and I have had some wonderful brainstorming sessions and talks while we been on walks.]

See “Robinson” on Page 11

Dallas Underground Was Cool! 103 Walkers Beat the Heat

by Temple Pouncey

Will anyone respond to an invitation to a walk on Friday the 13th in the middle of July when the street temperature is nudging the 100-degree mark?

Well, the Dallas Trekkers asked that question this summer, and 103 adventurous walkers voted with their feet, and they said, "Yes." Why did they risk their health and sanity by getting out on a typical Dallas summer day? Because most of this walk was underground.

It was, in fact, the first below-ground event in the 21-year history of the club and probably is one of the first for the entire state.

The July 13 walk had to be held on a weekday because downtown Dallas's underground is closed on nights and weekends. It exists to connect skyscrapers to one another and to their respective parking garages. Restaurants, fast-food stands and practical shops such as drug stores and souvenir stands have flourished underground to serve the tens of thousands of people who work downtown.



Many potential customers could not attend the event because they had to work, but a number of Trekkers who work downtown took a couple of hours out of their duties to do the walk. Dorothy King of Flower Mound has Fridays off, so she came to the walk and was glad she did: She won the pair of New Balance shoes that were donated for the door-prize drawing.

Judy Pouncey, who worked downtown at El Centro College for 20 years, was the walk director and she chose Union Station as the start/finish point. The beautiful old rail terminal is one the stations on Dallas Area Rapid Transit (DART)'s light rail lines, as well as a daily stop for two Amtrak trains. Since it has a large lobby with restrooms, water fountains, and drink machines, it served its purpose well, even though it is six blocks away from

the nearest entry point into the Underground. Staging the event there also encouraged people to park their cars in the suburbs and take the train downtown, saving on parking fees.

Once the walkers ventured beneath the broiling pavement, they were comfortable as they negotiated the series of escalators, corridors and even sky bridges that traverse downtown from its west end to the east and north sides.

Thanks to some advance publicity, the walk attracted numerous newcomers to volksmarching. There were 31 free walkers and the club sold four New Walker Program packets. The club considered this a good outcome, considering the conditions. Until four ago, almost all Texas clubs shut down for the summer rather than fight the heat.

As for feedback, Jan Wood of Tyler said, "This was really a great walk. Great concept."

Jim Ross of Garland said, "It was the most fun I've had on walk in years." Ross was one of the a group of avid walkers who made it a group sendoff for Eileen Foghino, who was making her last walk in this area before moving back to Michigan. "The bunch that walked with Eileen was laughing and carrying on like a bunch of school kids on a field trip," Ross said. "Even Chuck Samus (TVA President, from Wichita Falls) was laughing."

Foghino said, "I just wanted to let you know that I thoroughly enjoyed the walk today. I always wondered why there were very few restaurants and that very few people are sighted when doing the YRE during the week and now I know why, with all the underground shops and restaurants."

We had 57 credit walkers, 15 walked for a B award and 31 for free. Several club members vowed to repeat the underground walk in years to come.

ARE YOU CONNECTED?

Would you like to be alerted
to fast breaking walking news?

Send your e-mail address to:
bfitch@ix.netcom.com

Have you ordered your Frequent Walker Coupons yet?

Call (972) 235-9086 for more information



The Underground Walk went to the Plaza of the Americas (above) and through one of several sky bridges (below).



Rudy Dog Sales Director Needed

We are looking for someone who would like to shop for supplies (hot dogs, buns, relish, onions, mustard, ketchup, napkins, chips, soft drinks, etc.) and who likes to cook and/or chat.

Rudy Meyers, who handled this job for years for the club, has permanently relocated with his wife, Dot, to Michigan. Bruce Fitch, our President, said “If you can’t have an oom-pah band, you can have Rudy.” Dick Trautmann, former Dallas Trekker Vice President and TVA Vice President, told us many times that the reason he was attracted to volksmarching was because at the first walk to which his wife, Jo, “dragged” him, Rudy was there selling hot dogs and telling great stories. He said that he loved the fact that he could exercise and eat and have so much fun.

When we lived in Alexandria, VA, on Saturday mornings we used to phone and wake up a night owl friend of ours, Jim Boulet, who still lives there, and he would stumble downstairs like Mr. Magoo and make his way into the back of our van to sleep while we drove to a volksmarch. He liked spending time talking with us on the trail. While on one of our first events we all got hungry and stopped at a local fast food restaurant while in the middle of the walk to have a bite to eat. He was so enthralled that in the middle of a walk that you could stop and eat that he turned to the lady in line behind us and told her we were taking an “athletic event.” She looked askance at him like he was crazy. We figured when we moved from the area that he would not go on another event, but he proved us wrong. He is still walking and his milestones are coming steadily. Food is very much a part of the German volksmarch and it seems to have it allure for Americans as well.

Even if you can no longer walk or if you are a walker this important position needs to be filled as quickly as possible. There might even be a place for a couple or several people to work together to shop, cook, serve and sell the food that adds a festive atmosphere to our events. Gourmets or would-be caterers with fresh ideas are strongly encouraged to apply. If you are interested, please contact Bruce Fitch at: 972-235-9086.

The Oklahoma Clubs, *Volksspirit* Personified, Are an Inspiration

From the first time, almost 10 years ago now, I walked in Oklahoma both Bruce and I have marveled at how Oklahoma volksmarchers epitomize the spirit of volkssporting. It is not unusual for these clubs to have only 20 – 50 walkers at a scheduled event, which for many of the clubs in Texas would be considered a “failure” because it did not meet the “number criteria of several hundred walkers” for a “successful” event. These OK clubs not only consistently put on walks, which have what for many clubs would be considered low turnouts, but they all use willing members from other, what are seen as “rival,” clubs in some states, to work as volunteers at their walks. We have heard them discussing with excitement the design of their upcoming award, whether it is a patch, pin or medal (and they have some innovative and lovely ones.) They warmly welcome each and every walker who attends their walks and these Oklahoma clubs put on lots of scheduled events each year.

At first we could not figure out how they managed to put on so many walks, many with awards, and stay afloat. But we started working the numbers and although it costs \$30.00 to sanction an AVA event (and \$5.00 for the TVA sanction fee in TX) plus the \$.50 per walker to AVA (and the \$.05 per walker in TX) it takes only 25 credit walkers to pay for a credit only event and make a profit of \$1.25 for the event. And of course the profits go up if you have more than 25 walkers and if you sell T-shirts, B-medals, food and other items.

When our own club was in the financial tank several years ago we followed the example of these Oklahoma clubs and put together a whole series of credit only events that were considered by many as “throw away” walks. The club coffers filled up quickly (some events making profits of \$200 or more) as we held the many walks and sold club merchandise and “Rudy” dogs* when allowed. These walks were devised to be B-Medal events (and we did sell lots of medals at the bargain price of \$1.00) to introduce new walkers (and we did sell lots of New Walker packets) to volkssporting and walking in their community. By design these were a series of walks over two to three years that took place in both North Dallas communities (i.e. Carrollton, Farmer’s Branch) and South Dallas (i.e. Duncanville, Desoto). We scheduled them at non-traditional times, holding them as two-day events in evenings in the middle of week such as Monday and Tuesday or Thursday and Friday. We had them on Sunday

afternoon and Monday evening and we tried to have one walk scheduled about every month with a different trail, starting at the same location over a six-month period of time. We wanted to get the local people to come out and walk. We set up historical walks, parks walks, quiet suburban walks, fall colors walks, spring flowers walks, every type of city trail we could put together.

We put our brochures in the libraries of the communities where the walks were being held. We even set up a booth at one of the local fests to hand out literature and to invite people to walk with us. At all of our walks we put out literature and even club application forms for all of the North Texas clubs encouraging people to join their local area club. Our own membership increased as did that of many of the other clubs and to the surprise of many of our detractors the number of walkers bringing New Walker IVV books to be stamped at their own events began to increase as well. Instead of our numbers staying the same or decreasing, as is the trend in many areas, we saw a marked increase in the numbers of walkers in North Texas.

Yes, we do have lots of “free” walkers, but some of those, who once having tasted the joy of taking a 10 KM walk, want to do more of them. And even if they continue to walk for “free” we like seeing people out walking and seeing parts of their own towns and cities. It also often gives us an opportunity to tell the curious who live along the walk route about why all these people are traipsing down their street and through their neighborhood. Some of them even come out and walk with us on another day or at another event. I cannot tell you how many times people told us they were so happy that they had taken the walk. Although some of our regular volksmarchers complained that the walks were being held at “weird” times and that it was hard for them to get there during the evening rush hours on work day evenings, we had other people who worked shift work or on weekends, who reveled at having an opportunity to take part in these events. When we now occasionally do hold the same walks in these communities many of these people living in these neighborhoods come out to walk and tell us they missed having these walks. Unfortunately, although many volksmarchers tell us they do not like us to use the same trails over again, it is amazing how many locals like taking the same walks over again.

One summer Bruce and I advertised that we would be available to walk the Carrollton Year Round Event every Wednesday night from April through October. We had more than 150 people who took the walk with us during

See Oklahoma on Page 9

Oklahoma continued from Page 8

that time. We all became good friends and never seemed to tire of the trail. We have since moved away from Carrollton, but hope within the next two years to establish a YRE in our own neighborhood and to perhaps make the same commitment to be available to walk in the evening at least once a week during daylight savings hours. We, also, hope that we can find members of our own club who live near other of our YREs to volunteer to be available once a week, twice a month or in tandem with others, to walk our all of our club's YREs on a regular basis. We have **Frequent Walker Coupons** available for purchase to any member of the club, which can be used on any Dallas Trekker YRE and which, although must be bought 12 or 30 coupons at a time and are non-transferrable, do save our club members a considerable amount of money (and are good indefinitely) when a club member walks any of our Dallas Trekker YREs consistently. (Unfortunately, only a few of our members are taking advantage of this wonderful bargain.)

In the true spirit of volkssporting, over Labor Day Weekend, September 1-3, seven Oklahoma clubs are sponsoring their annual twelve events held in six counties. We have enclosed a brochure, which we reprinted at our own expense, to give you the details. This year the events are in the counties that are right over the border as you enter the Oklahoma on Interstate 35 from north Texas. This area of Oklahoma is beautiful with many nature areas and several of the six walks take place in state parks. The six swims, held on 2 days, feel great after sweating on the trail. (Don't forget, non-swimmers, that AVA allows you to "walk the swim" in the pool if you cannot or do not want to swim.) It should be much cooler this year because there has been more rain up there this summer. Please try to come, even if you cannot take all of the events. Take a look at the brochure and see if you might be able to come up to participate in a few of the events. I know from experience that the YREs in Sulphur, OK are beautiful walks in the Chickasaw Nature area and both Bruce and I look forward to doing them every year. We have seen some spectacular views and wildlife on the trails.

I hope you will be inspired to get out on the trail, whether in Oklahoma or in your own backyard. There is beauty and charm to be enjoyed no matter whether you walk on sidewalks, streets, paths or trails in a city, town, park or nature area. The conversation and camaraderie of fellow Volkssporters, the sheer bliss of working up an

appetite, the satisfaction of exercising your muscles and the fun of traveling to new places to see new sights, eating great food and learning about the history of a new, or even a familiar, area is all part of the wonderful world of Volkssporting.

[*EDITOR'S NOTE: We sure miss Rudy "Dog" Meyers since he and Dot, both former Presidents of the Club, moved away. We miss this man and his wonderful laugh who entertained us with his stories and jokes as he cooked and served us the food and drinks we all looked forward to after a walk. We always were inspired how he continued to come to our events even after the plane crash, which nearly took the life of both he and Dot and which prevented him from taking the walks after his ankle shattered and did not heal properly. He continued to get event credit as a worker at our events as he brought joy into each of our lives. Remember whether you can walk, swim or bike you can still be an active participant at any event and receive event credit as a worker if you are unable to take the event. If you would like to volunteer for this very important job, please let Bruce Fitchknow at: bfitch@ix.netcom.com or at: 972-235-9086.

By the way Rudy called from Michigan to tell me that "Yes," I did have the nose in response to the photo I ran last issue of me standing in profile with sculpture of Crazy Horse in profile in the background." I sure appreciated knowing that he had taken the time to look at the newsletter. Thanks, Rudy! I again want to encourage you to submit your own stories, photos, illustrations letters to the editor and comments for publication. I want to give you a by-line in your newsletter.]

LOOKING FOR VOLUNTEER WRITERS, PHOTOGRAPHERS, ILLUSTRATORS, CIRCULATION WORK- ERS

**NEXT NEWSLETTER DEADLINE
MONDAY, OCTOBER 15, 2001**

To volunteer or submit articles, photos
or illustrations please contact:

Claudia Fitch by email at crfitch@ix.netcom.com
or by mail at: 5706 Maidstone Drive

Richardson, TX 75082

Questions? (972) 235-9086

Workers Needed for All Scheduled Events

LBJ Grasslands on 9/15-Jim Ross: 972-681-0045
Bonham St Pk on 10/13-Darwin White: 940-387-7971
Nat'l Cemetery on 11/17-John Ferguson: 214-348-0003

ON THE TRAIL

Walking the Carrollton YRE

By Claudia Fitch



It was so familiar. I have taken this walk in all of its various forms many times. Having lived in Carrollton for over two years and as a former Trail Director, I know that the walk has to be constantly changed to accommodate the never-ending reconstruction of streets and sidewalks due to the clay soil. The walk starts at the Whataburger on Frankford near Josey Lane across from the Kmart. The clerk must supply the walk box that is stored behind the counter. Perhaps when our YREs are revamped for 2003 we can add a second 10 KM trail to the current 10 KM/12KM Option that will once again go past the lakes and historic cemetery on the west side of Josey Lane. It was always a joy to see the waterfowl at the lakeshores. On this past Sunday when Leroy Wright, Bruce and I took the walk we detoured and saw both a blue and white heron enjoying the swampy Peters Colony Lake and environs.

The current walk goes up and down quiet, tree-lined, suburban neighborhood streets, wending its way past and through greenbelt areas, playgrounds, parks and creeks. The scenic beauty of the walk is different in each season. In the spring there are many beautiful blooms, blossoms and flowering shrubs to see in the various yards. The many varieties of wildflowers in the fields are lovely to behold and sometimes after the thunderstorms the creeks are wild torrents of foaming water. (An alternate route

along Scott Mill Rd. can be substituted for the trail across the greenbelt in case of a flooded trail.) In the summer the trees and the sprinklers along the sidewalks provide welcome relief from the torrid heat. The babbling brooks are reduced to mere trickles at times and the algae, in its many shades of green, grows prolifically. In the autumn it is fun to shuffle through the leaves that shroud the sidewalks and revel in the fall colors. In the winter the bare-branched trees lend a stark beauty to the brown lawns. At Halloween, Thanksgiving and Christmas it is fun to look at all of many different decorations and lights that adorn the homes along the route. When taking the walk in the evening it is not uncommon to hear the clatter of the trains and the blare of their diesel horns as the freight cars rumble along the tracks at the edge of the housing developments. The main problem on the walk is the uneven sidewalks. Walkers must maintain a constant vigilance and unfortunately some people have tripped and fallen when they have become too distracted by the sights or by their conversations with walking companions.



This is not a nature walk, but it is a very pleasant city walk. Take the time to enjoy this suburban city.



[EDITOR'S NOTE: Walking stories are a regular feature of this newsletter. Please submit your stories for publication. This is your newsletter. We want to give you a by-line.]

Robinson continued from Page 5

I took Candy's photo at the end of our interview and have printed it here so everyone will recognize her on sight and will take the time to greet her when she's on the trail. I am sure we all will be rooting for her to achieve her monetary and walking goals so that she will complete a successful marathon at the end of October.

[EDITOR'S NOTE: This column on new members will be a regular feature of our newsletter. Unfortunately, I don't have space to do an interview with every new member, but I also hope to expand my interviews to include some of our more seasoned members as well.]

Slate of Candidates for November Election

A slate of nominations for the club's elected officers, recommended by our Nominating Committee of Cathy Kelcher, Lesley Bowen and Jim Ross for the term January 2002 through December 2003, will be presented at the next club meeting Tuesday, September 11, at the El Fenix. Bruce Fitch or Jim Ross can supply you with a copy of the club's by-laws, which list the duties for each of the elected officers, President, First Vice President, Second Vice President, Secretary and Treasurer. If you would like to serve your club as an elected officer, you have an opportunity to run at the November Membership Meeting at the El Fenix restaurant if your name is not on the slate that is being presented at September meeting. At the November 13, 2001 meeting you will need to have someone place your name in nomination. You must be there and be willing to serve when asked and another person at the meeting must second your nomination. Here's your chance to let everyone know if you want to be a club officer. The election will be held at the November 13 meeting. For more information please contact: Jim Ross at 972-681-0045. You may call Jim Ross at the number listed or Bruce Fitch at 972-235-9086 if you need a copy of the by-laws to learn the duties of any of the elected officers.

**Wanted: Trail Director
Garland Duck Creek YRE**

If you could replace Bobbie Adrian who has held this position for several years by January 2002 please call Jim Ross at 972-681-0045 for the list of duties.

MI LESTONES

The following north Texas volkssporters were recognized in the **August** issue of *The American Wanderer* for reaching milestones in the IVV Achievement Awards system. **Congratulations!**

- EVENTS -

- 1900 Leroy Wright
- 650 Margaret Aldridge
- 475 Anna Cottrill
- 300 Harry Eversole
- 250 Beverly Eversole
- 200 Richard Snow
- 175 Kenneth King
- 75 Andrew Anderson

- DISTANCE -

- 4500 Harry Eversole
- 4000 Beverly Eversole
- 1000 Andrew Anderson

NEW MEMBERS AND RENEWALS

- NEW MEMBERS -

- Emily Butler
- Delores Campbell
- Tom Hall
- Kathryn Longmire

- RENEWALS -

- Diane Atwell
- Nicky Beirne
- Dennis & Cynthia Boswell
- Todd Broome
- Jo Caudle
- Ron Faris

- RENEWALS -

- Jim & Bunny Frost
- Gary Garmon
- Bestsy Green
- Penny Kent
- John Knox
- John Loughheed
- Richard Reed
- The Larry Seidemanns
- Phyllis Speck
- Pamela Wade Thomas
- Bob White

**Order Your Dallas Trekker
Name Tag Today**

John Ferguson is taking orders for your club name tag. Just send him a piece of paper with your name clearly printed in just the way you want it to appear on your name tag. Be sure to include your address, phone number where you can be reached and/or e-mail address so that John can notify you when your name tag is ready for pick-up. If you have any questions you may call John at: 972-788-5028 or e-mail him at: jhferg@earthlink.net

Send your check made out to "The Dallas Trekkers" for \$6.50 to cover the cost of the name tag and engraving to: John Ferguson, 4909 Mill Circle, Dallas, TX 75244. Your name tag will be ready for pick up at one of our upcoming walks or general membership meetings once it has been made.

UPCOMING EVENTS

Sat-Mon Sep 1-3, 2001 - 6 -10K Walks, 6 Swims

OKLA Labor Day Weekend - 6 Counties

See enclosed brochure for details
Presented in cooperation by seven Oklahoma clubs

Sat Sep 8, 2001 - 10K Walk

Grapevine High School, Grapevine, Tx
Tarrant County Walkers, Inc.
Madelyn Toland 817-488-6712
mat99@gateway.net

Sat Sep15, 2001 - 10K Walk

LBJ Grasslands, Decatur, Tx
Dallas Trekkers
Jim Ross 972-681-0045
jimross@topher.net

Sat Sept 22, 2001 - 10K Walk, Longpark Trailhead

4th & Tomlinson, Pkwy, Longview, TX
East Texas Trekkers
David Mauser 903-534-0214
friart@gower.net

Fri Oct 5, 2001 – Sunday Oct 7, 2001 - 3 WALKS

RUIDOSO, NEW MEXICO 10KM
Host Club: WEST TEXAS TRAIL WALKERS
Write for more information to:
5103 PLANTATION COLONY DR
SUGARLAND, TX 77478
Contact: GARRY SPEIR 281-265-3772
gspeir@alltel.net

Sat Oct 13, 2001 - 10K Walk

Bonham State Park, Bonham, Tx
Dallas Trekkers
Darwin White 940-387-7971
trudger@hotmail.com

Sat, Oct 20, 2001 - 10K Walk

East Texas Bail Bonds, 208 Front St., Tyler, TX
East Texas Trekkers
David Mauser 903-534-0214
friart@gower.net

Sat/Sun, Oct 20-21, 2001 - 5/10K Walk

Cooper Lake State Park, Sulphur Springs, RX
Irving Star Trekkers
Gunhilt Money 972-986-5086
gunhic@aol.com

Sat, Oct 27, 2001 - 10K Walk

Arbor Hills Nature Preserve, Parker & Midway, Plano, TX
Plano Plodders Walking Club
Marvin Persel 972-712-4611

Sat/Sun Nov 3 – 4, 2001 – 2 WALKS

Ft. Griffin State Park, Albany, Tx
Tarrant County Walkers, Inc
R. Timmermeyer 940-325-5440
rptimmer@mesh.net

Sat Nov 17, 2001 - 10K Walk

Dallas - Fort Worth National Cemetery
City Park, 2000 Mountain Creek Pky, Dallas, Tx
Dallas Trekkers
John Ferguson 214-348-0003
jhferg@earthlink.net

Sat Mar30, 2002 - 12K Walk

Reverchon Park, 3505 Maple Ave, Dallas, Tx
Dallas Trekkers
Lesley Bowen 214-503-6874
lesley.bowen@publicis-usa.com

UPCOMING YRE GROUP EVENTS

Sun Sep 23 2001 - Group Walk of YRE

Midlothian YRE - 2:30 p.m.

Sun 25 Nov 2001 - Group Walk of YRE

Downtown Dallas YRE - 2:30 p.m.

Sun 02 Dec 2001 - Group Walk of YRE

Carrollton YRE - 2:30 p.m.

Walk Director's Seminar

Remember that from 2:00 PM to 4:00 PM on Saturday, September 8th the club is sponsoring a "Walk Directors' Seminar." We CANNOT have walks without Walk Directors. This seminar is FREE to any member of the Dallas Trekkers. Come listen and learn, you may even want to be a walk director. The seminar is at REI, 4515 LBJ @ Welch in Dallas. Call John Ferguson at 214-348-0003 to reserve a seat.

There are six walks scheduled for 2002 without a walk director. Your help is needed.

Time to renew? Did you move?

If the expiration date on the mailing label is highlighted don't let your membership lapse. So you won't miss a single issue of this newsletter send your \$10 renewal check made payable to the Dallas Trekkers in the enclosed envelope. Please write your phone number on the check.

Send changes of address to:
P.O. Box 743813, Dallas, TX 75374-3813
or to bfitch@ix.netcom.com



Dallas - Fort Worth National Cemetery Walk-Saturday November 17 - (See Story Page 1)