

Sulphur Springs

COOPER LAKE STATE PARK

South Sulphur Unit

Sulphur Springs, Texas

JANUARY 1 THROUGH DECEMBER 31, 2008

**5/10K YRE WALK VOLKSSPORT EVENT
COYOTE RUN HIKING TRAIL WALK**

B Award

DIRECTIONS:

Follow the brown State Park Signs to the South Sulphur Unit!!!
From Interstate 30, take EXIT 122 (Sulphur Springs), go north on SH 19 (if coming from Dallas, cross over the bridge to your left) for app. 10 miles, then west (left) on SH 71 for app. 4 miles, then north (right) on FM 3505 for 1 mile to the park entrance.

INFORMATION:

Gunhilt Money, (972) 986-5086, gunic@aol.com
Star Trekkers, a nonprofit organization, is sponsored by the City of Irving Parks and Recreation (972) 721-2501.
The Club meets on the 2nd Thursday of every uneven month at 7p.m. at the Jaycee Center for the Arts. Call Club for verification.

New membership fee is \$10 for the first year, \$8 thereafter.

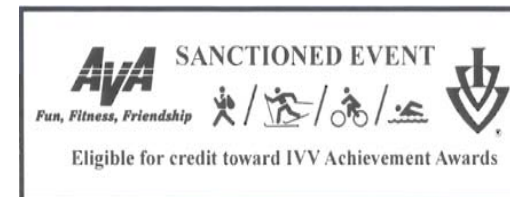
The Star Trekkers Walking Club has 6 Year Round Events:

- Valley Ranch 5/10K; trail director, Connie Clark, (972) 506-0199
- Heritage 5/10K; trail director, Gunhilt Money, (972) 986-5086
- Las Colinas 5/10K; trail director; Gary Silkworth, (817) 571-9786
- Cooper Lake State Park 5/10K; trail director G. Money, (972) 986-5086
- Denison 10K, trail director Pat & Delbert Taylor, (903) 465-7170
- Sulphur Springs 5/10K, trail director, Gunhilt Money, (972) 986-5086



Star Trekkers of Irving, Texas
www.startrekkers.org

EVENT:# SW08-Y1575



WELCOME TO COOPER LAKE STATE PARK

South Sulphur offers a great variety of water and land based recreation (camping, fishing, picnicking, bird watching, nature study, unsupervised swimming). With 2,560 acres and more than 25 miles of shoreline, visitors can enjoy the park's spectacular scenery by boat, foot or on horseback, or just relax and enjoy breathtaking sunsets over a 19,300 acre lake. Wildlife observation can be very rewarding with sightings of bald eagles, white pelicans, wild turkey, waterfowl, white-tailed deer, squirrels, raccoons and beavers.

SPONSOR: Star Trekkers of Irving, AVA 681, Cooper Lake State Park, and the City of Irving Parks & Recreation

LOCATION: Start/Finish is at the South Sulphur Unit, Heron Harbor Day Use Area. See map for directions. The Walking Box is located inside the Headquarters at the Park entrance.

START/FINISH: The Park Headquarters is open daily 8 a.m. to 5 p.m., every day of the year. You may start between dawn & three hours before dark. Events will be held regardless of weather, no refund. (High water instructions, map in box)

ELIGIBILITY: Events are open to the public. Everyone is welcome, but children under 12 must be accompanied by an adult. This event is sanctioned by the American Volkssport Association, (AVA), a member of the International Federation of Popular Sports (IVV) & count toward IVV achievement awards. There will be 2 event stamps for 2007 with unlimited IVV distance credit. All participants must carry and return a signed start card. Pets must be on a leash at all times. Please pick up after your pet.

DISTANCE: The walk/trail is 5/10K

TRAIL: The trail is the Coyote Run Hiking Trail, with a short part along paved roads back to the Boat Launch area and Heron Harbor Day Use Area. It will be difficult for strollers, but not suitable for wheel chairs. Trail rating is "2". During the rainy season and 2 week bow hunting season (in December) you may walk the substitute walk along the paved Park roads (wheelchair, stroller accessible). Bring your binoculars for bird watching. Restrooms are available at Start/Finish and other park locations.

UTILIZE THE MAP ON THE TRAIL

REFRESHMENTS: Water will be available at the start/finish & park road.

IVV BOOKS: All participants desiring IVV Credit for event participation and/or achieved distances are reminded to bring their IVV books for the walk. Insert cards are available.

AWARD: Is a 1 1/2-inch enamel pin as shown on the brochure front. There will be no re-orders.

FEES: B Award Pin & IVV Credit \$5.00
B Award & IVV Credit \$4.00
IVV Credit Only \$3.00
No Credit Free

PARK ENTRANCE FEE: \$ 3.00 per person
1 year State Park Pass per car \$60.00

INFORMATION: Gunhilt C. Money, 972-986-5086, 940-597-9301 gunic@aol.com
Cooper Lake State Park 903/945-5256

DISCLAIMER: Neither the Star Trekkers nor anyone else involved in the Year Round Event can be held responsible for lost or stolen items, accident or injury at any time. Reasonable efforts have been made by the sponsors to make this event safe, memorable, and enjoyable.

ACCOMMODATIONS:

Park Cabins, Shelters, Camp sites etc., 1-512-389-8900

Comfort Suites, I-30 East, Exit 127 1-877-649-6773

Special 19 % Discount for AVA Walkers for luxury suites, with many amenities. Call for details and reservations. It is also the registration point for **Sulphur Springs YRE.**

South Sulphur Store, right side on FM3505, before park entrance, for breakfast, hamburger etc.

