

Welcome to **Irving, Texas**, nationally known for the home of the Dallas Cowboys of the NFL and the Mustangs of Las Colinas at Williams Square. We hope that our walks will be enjoyable.

SANCTIONED: All Events are sanctioned by the American Volkssports Association (AVA), a member of the International Sports Association (IVV), and the Texas Volkssports Association (TVA)

IVV CREDIT. Only one *Event* credit stamp may be entered within a **six-month** period (January to June, July – December), but you can walk as many times for *Distance* credit within the sanctioned year. You may walk twice on the same card for *Distance* credit.

REGISTRATION AND FEES: There is no pre-registration. All participants must register and have a **Start Card** and sign the waiver. Cards, Maps, and Instructions are in the Walk Box at each location. Credit only is \$3.00. "B" Awards plus credit are \$4 and \$5. You may walk for Free, but still require registration and a **Start Card**. There are no refunds.

AWARDS: Heritage, Valley Ranch, and Las Colinas have "B" Awards.

DISCLAIMER: Neither the sponsoring club, nor the AVA is responsible for any lost or stolen items, accidents, or injuries at any time. Reasonable effort will be made to make your walk safe and enjoyable.

ELIGIBILITY: Persons of all ages are invited to participate. Children, under 12, must be accompanied by an adult. Pets must be on a leash, and you must pick up after your pet. Water and refreshments are at the Start/Finish. You may want to bring your own water container.

TRAILS: Most events are not suitable for wheelchairs. See information on each walk .

MEMBERSHIP: The **STAR TREKKERS** is a non-profit organization established in 1990 to promote Volkssporting.

The **STAR TREKKERS** is sponsored by the City of Irving Parks and Recreation Department. For more information about the Club or meetings, visit our web site at: www.starttrekkers.org



Come walk with the clubs and walkers of the American Volkssport Association. Meet friends and walk scenic trails at your own pace for health, fitness, and fun.

Volkssports" is a German derived word which literally translated means "People's Sports", or in other words "Sports for all People". Volkssports are non-competitive sports events - walking, biking, swimming, cross-country skiing, snowshoeing, skating etc. They are non-motorized outdoor sports. Volksmarching is the most popular type of volkssport event.

A volksmarch is a non-competitive walk. It is usually 6 miles (10K). It's not a pledge walk, it's not a race, it is a fun activity you do with a club, with your family, with your pet, or all by yourself.

The AVA's network of over 350 walking clubs organize more than 3000 walking events per year in all 50 states, as well as occasional bikes, skis, and swims.

Besides the health benefits, you will find opportunities to travel and meet many friendly people. You will see sights you would normally miss by zooming by in a car. Our walks are typically through residential areas, parks, natural areas and historical sites.

For more information about
Volkssporting
Volkssport Clubs
Volkssport Events

in Texas and across the USA
Call: 1-800-830-WALK

or visit the
American Volkssport Association or
Texas Volkssport Association
Web sites at:
www.ava.org
www.walktexas.org



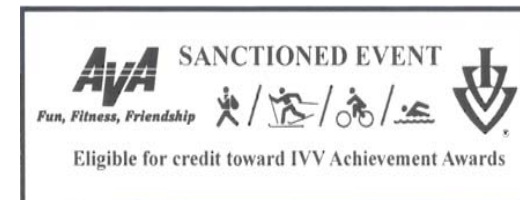
Year-Round Events
sponsored by the
STAR TREKKERS
of Irving, Texas in the Irving area

January 1st thru
December 31 2008

LAS COLINAS
SW08/Y0202
5/10K WALK

HERITAGE
SW08/Y0316
5/10K WALK

VALLEY RANCH
SW08/Y0671
5/10K WALK



VALLEY RANCH YRE

5/10K Walk

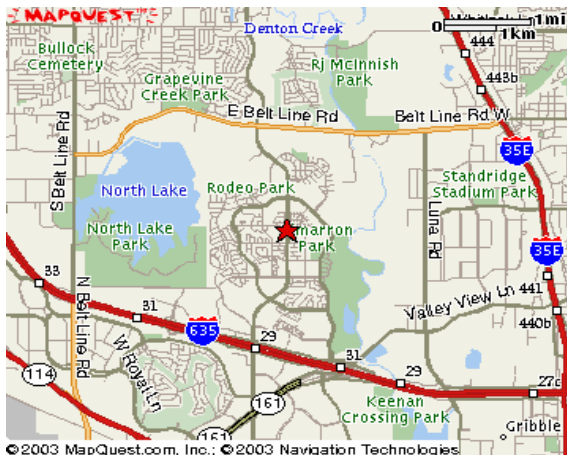
START/FINISH LOCATION: At the Conoco Gas Station, 9401 N. MacArthur Blvd. in Irving, Texas. The walk box is located immediately inside the door to the left by the newspapers. Please park at the rear of the building.

START TIMES: 7 AM until 3 hours before dusk. Event takes place regardless of weather. Do not walk in severe inclement weather. Water and restrooms are available at the Start and several locations on the route.

TRAIL & TRAIL RATING: The trail is on city sidewalks through areas of beautiful homes, past the world famous Dallas Cowboys training facility and jogging paths. The trail is rated #2. It is not suitable for wheelchairs. Dogs must be on a leash and you must pick up after your pet. Please, do not litter.

AWARD: "B" 3" patch depicting an antique train for Irving's Centennial celebration.

For more information about this event call: Gary Whitford at (972) 579-7384



From the NORTH on I-35E go South. Take Hwy 635 West Exit (440C). Proceed to the MacArthur Blvd. exit. Go to direction #2.

From the SOUTH on I-35E go North. Exit left onto I-635 West exit and go to the MacArthur Blvd. exit.

Direction #2: Turn right (North) onto MacArthur Blvd and continue approximately 2.5 miles. The Conoco station is on your left at the corner of MacArthur and Cimarron Trail. This is the Start/Finish.

LAS COLINAS YRE

5/10K Walk

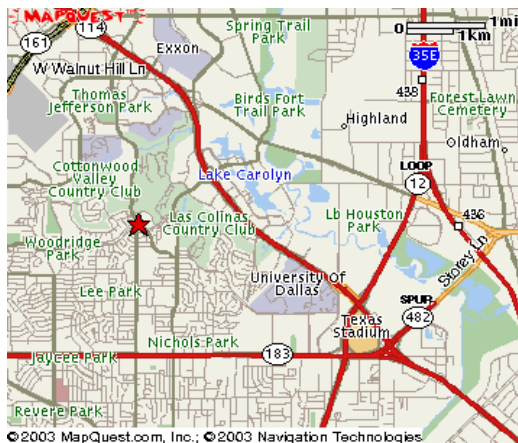
START/FINISH LOCATION: The Tom Thumb Grocery Store, at 4010 N. MacArthur Blvd. and Northgate Blvd., in Irving. Please wait until the clerk at the customer service counter is not busy, then ask for the walk box

START TIMES: 8 AM until 3 hours before dusk. Event takes place regardless of weather. Please do not walk in severe inclement weather. Water and restrooms are available at the Start and in Williams Square.

TRAIL & TRAIL RATING: The route is on city sidewalks through areas of beautiful homes and some hilly areas. The trail is rated #2 but it is not suitable for wheelchairs. Dogs must be on a leash and please pick up after your pet. You must drive to the University of Dallas campus for the optional 5K walk. The 5K walk will qualify for the College Campus special event..

AWARD: "B" 3" Multicolored patch depicting the world famous bronze statues of the Mustangs of Las Colinas in Williams Square and other designs.

For more information about this event call: Gary Silkworth at (817) 571-9786 email gsilkworth@msn.com



From the NORTH on I-35E go South. Take the I-635 West exit (Exit 440C). Proceed West to the MacArthur Blvd. exit. Turn left on MacArthur Blvd to the shopping center at MacArthur Blvd. and Northgate Blvd. From the SOUTH on I-35E go north. Take the Hwy 183 (Airport FWY) cutoff (Exit 433B) towards DFW Airport., Exit at MacArthur Blvd. and turn right. Continue for several miles and cross Northgate Blvd. The shopping center will be on your right. Enter the shopping center parking lot go to the Tom Thumb.

IRVING HERITAGE YRE

5/10K Walk

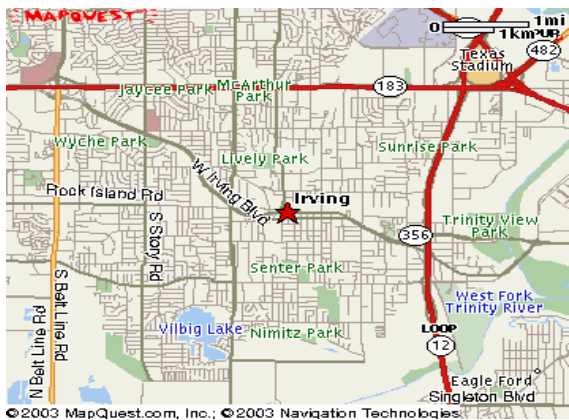
START/FINISH LOCATION: The McDonalds restaurant at 302 W. Irving Blvd. in Irving. Please wait until the one of the clerks at the counter is not busy, and then ask for the Walk Box. Closed on Thanksgiving and Christmas.

START TIMES: 7 AM until 3 hours before dusk. Event takes place regardless of weather. Please do not walk in severe inclement weather. Water and restrooms are available at Start.

TRAIL & TRAIL RATING: The trail is on city sidewalks, along part of the Birdville Trail, through parks and areas of old & new Irving. The trail is rated 1+. Lively Park is difficult for wheelchairs. Dogs must be on a leash and please pick up after your pet. Please do not litter.

AWARD: "B" Awards depicting several designs.

For more information about this event, call: Gunhilt (Guni) Money at (972) 986-5086 email gunic@aol.com



From the NORTH on I-35E go South to Loop 12 South (exit 436). Continue South on Loop 12 to Irving Blvd (Hwy 356). Go West to the McDonalds restaurant (on your left) just prior to O'Connor Blvd. From the EAST or WEST on I-30, take the Loop 12 exit and go North to Irving Blvd. Turn left on Irving Blvd. (Hwy 356). Continue on Irving Blvd to the McDonalds restaurant just prior to O'Connor Blvd. There is a red caboose in front of McDonalds. The TRE (Trinity Rail Express) South Irving stop is across the street from McDonalds. For more information on public transportation, contact DART at 214-979-1111 or visit www.dart.org.