

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: Pets must be on a leash, and you must pick up after your pet.

Water and refreshments: Water and refreshments are at the Start/Finish. You may want to bring your own water container.

TRAILS: Valley Ranch and Las Colinas are not suitable for wheelchairs. Lively Park on the Heritage walk will be difficult for wheelchairs.

The STAR TREKKERS is a non profit organization formed in 1990 and 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 325 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

visit the

American Volkssport Association, the
Texas Volkssport Association, or the
Star Trekkers Walking Club

Web sites at:

www.ava.org

www.walktexas.org

www.starttrekkers.org



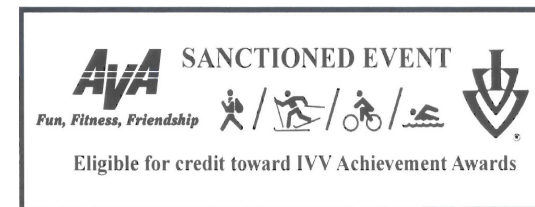
Year-Round Events
sponsored by the
STAR TREKKERS
of Irving, Texas in the Irving area

January 1st thru
December 31 2010

LAS COLINAS
SW10/Y0202
10km/5km WALK

HERITAGE
SW10/Y0316
10km/5km WALK

VALLEY RANCH
(new start point)
SW10/Y0671
10km/5km WALK



VALLEY RANCH YRE

10km/5km Walk

START/FINISH LOCATION: At Java Me Up - Coffee Pastries, Smoothies, 401 Cimarron Trail in Irving, Texas. The walk box is on the table to your right as you enter.

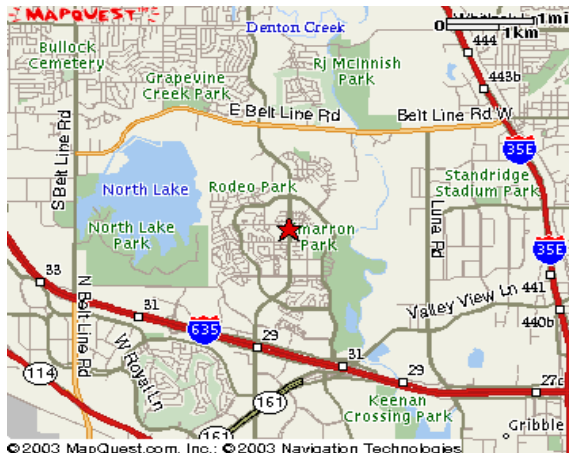


START AND FINISH TIMES: Mon-Sat 7 am to dusk. Sun 9 am to dusk. Event takes place regardless of weather. Please do not walk in severe inclement weather. Water and restrooms are available at the start and in the Recreation Center when open.

TRAIL & TRAIL RATING: This walk is mostly on trails along the canals with some neighborhood sidewalks. The walk passes the HQ and training facility for the NFL Dallas Cowboys. The trail is rated #1+.

AWARD: B award

For more information about this event call: Gary Whitford at (214) 536-9756 email grwhitford@gmail.com



From the NORTH or SOUTH on I-35E: Take Exit 440C (same exit number for either direction) and go WEST on I-635 to Exit 31, MacArthur BLVD in Irving. Take Exit 31 to MacArthur BLVD and turn Right (NORTH). Take MacArthur BLVD. to Cimarron TRL. and turn Right (EAST). Immediately turn Left (NORTH) at the first entrance into the parking lot and continue straight ahead to the rear of the parking lot. Javameup - www.javameup.com - will be on your right (next to the entrance to the Valley Ranch Library).

LAS COLINAS YRE

10km/5km Walk

START/FINISH LOCATION: Marriott Las Colinas Hotel, 223 Las Colinas BLVD W, in Irving phone (972) 831-0000. As you enter the front door, the walk box is located to the right and around the corner by the restrooms in the brown cabinet against the wall.

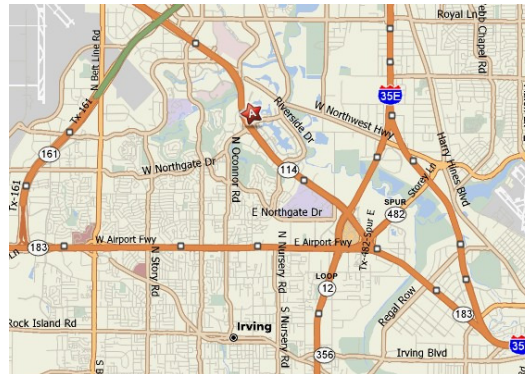


START AND FINISH TIMES: Daily dawn to dusk. Event takes place regardless of weather. Please do not walk in severe inclement weather. Water and restrooms are available at the start and in Williams Square when open.

TRAIL & TRAIL RATING: The route is on city sidewalks and along the canal and a short distance of the Champion Trail. The trail is rated #1+ but it is not suitable for wheelchairs because of stair steps. You must drive to the University of Dallas campus for the alternate 5K walk which is rated #2.

AWARD: "B" Award

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



From the North on I-35 E, take Exit 436. Stay right at Loop 12 S (signs for Loop 12 S / Irving / DFW Airport). Take the exit toward Grapevine / DFW Airport / Hwy 114. Turn right and continue on Hwy 114. Take the exit to O'Connor RD/BLVD. Turn right on N. O'Connor. BLVD At the stop light, turn left on Las Colinas BLVD. The start point will be 1 block on the right.

From the South on I-35 E, stay left and exit at TX-Hwy 183 W (Exit 433B). Stay right and exit at Hwy 114 W (signs for Grapevine / DFW Airport North entry / Hwy 114). Take the exit to O'Connor RD/BLVD. Turn right on N. O'Connor. BLVD At the stop light, turn left on Las Colinas BLVD. The start point will be 1 block on the right.

IRVING HERITAGE YRE

10km/5km Walk

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

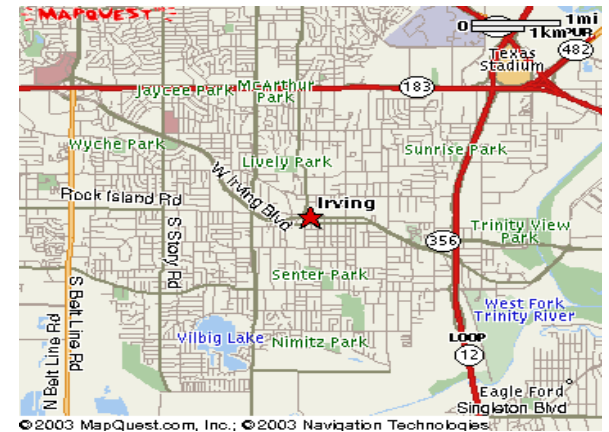


START AND FINISH TIMES: 7 AM to dusk. Event takes place regardless of weather. Please do not walk in severe inclement weather. Water and restrooms are available at the start.

TRAIL & TRAIL RATING: The trail is on city sidewalks and through several small parks, the South Irving Dart Transit Center, the clock Tower, and downtown Irving. The trail is rated 1+. Lively Park will be difficult for wheelchairs.

AWARD: "B" Awards depicting several designs.

For more information about this event, call: Bill/Joan Claybourn at (972) 313-9255 email billclaybourn@msn.com



From the NORTH on I-35E to Loop TX-12 and take Exit 436. Continue South on Loop TX-12 to Irving BLVD, TX- 356. Go West about 2-miles to the McDonald's restaurant (on your left) just prior to O'Connor Blvd.

From the EAST or WEST on I-30, take Exit 38, Loop TX-12, and go North to Irving BLVD TX-356. Turn left on Irving BLVD and go West about 2-miles to the McDonald's Restaurant just prior to O'Connor BLVD. Also, the South Irving Stop of the TRE (Trinity Rail Express) is across the street from McDonald's.