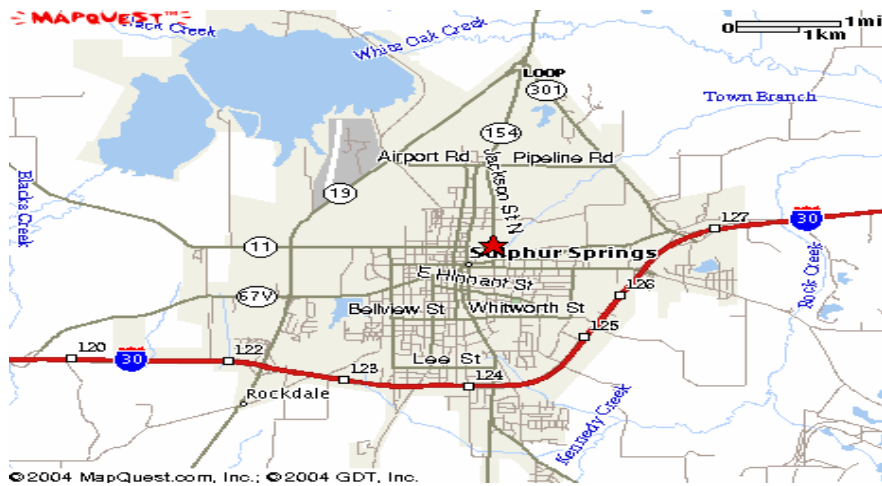


DIRECTIONS to Start Box at Comfort Suites by Choice Hotels



From I-30, Exit 127 Northside of Interstate. Eastbound, cross over I-30, go right. 19% discount to AVA walkers. Walk Box is located at the registration desk. You will register then drive to the start point. For details/reservations please call 877-649-6773.

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.
Web site at www.startrekkers.org, the Texas Volkssport Ass. at www.walktexas.org, or the AVA web site at www.ava.org.

The Star Trekkers Walking Club has 6 Year Round Events:

- Valley Ranch 5/10K; trail director, Barbara Christopher, 972-579-7384
- 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; contact G. Money, (972) 986-5086
- Denison 10 K, trail director Pat & Delbert Taylor, (903) 465-7170
- Sulphur Springs 5/10 K, trail director, Gunhilt Money, (972) 986-5086

Star Trekkers of Irving, Texas

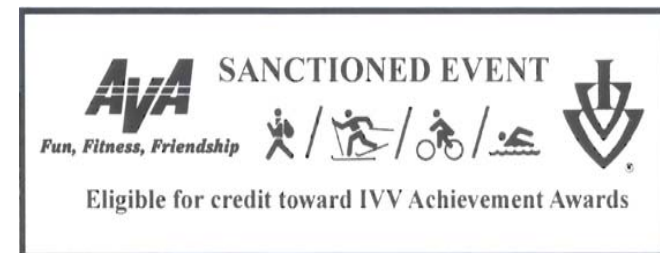
Sulphur Springs, Texas

JANUARY 1 - DECEMBER 31, 2008

5/10K YRE WALK VOLKSSPORT EVENT

B Medals

EVENT: # SW08-Y0356



The **STAR TREKKERS** of Irving invite you to visit Sulphur Springs. Sulphur Springs is located halfway between Dallas and Texarkana in beautiful Northeast Texas. Small-town atmosphere with a "business friendly" attitude, Sulphur Springs is a thriving community with much to offer. Whether you're seeking family activities, learning experiences or just a quiet time away from the stress of daily life, Sulphur Springs, Texas has it. Shop at factory direct stores, browse for antiques, golf, fish, play in the water or just relax under their shade trees.

Location: The **Walking Box** is located at the registration desk at the **Comfort Suites**. 1521 E Industrial. (directions/map on back side). Please allow the registration people to take care of customers first. Identify yourself as a Volkssport Walking participant and ask for the Walking Box. Let them know you appreciate their efforts.

For the 10K Walk, you will drive to the **Heritage Square / Hopkins County Courthouse**. For the 5K walk, you will drive to **Coleman Lake**. Directions and instructions are in the walking box.

Start Times: You may start anytime between dawn and 3 hours before dusk. You may walk it only during daylight hours. You may not walk if severe weather is in the area. Water & comfort stations are available at the hotel and checkpoint.

Registration and Fees: There is no pre-registration. All participants must register & have a **Start Card** (20k maximum per start card) & sign the waiver. You may walk as many times as you like, but only one event credit will be given per 6 month. Cards, maps & instructions are in the Walk Box. There are no refunds.

B-Award and IVV Credit.....	\$4.00	No
IVV Credit Only.....	\$3.00	
Award/Credit.....	FREE	

ELIGIBILITY: Everyone is welcome. This event is open to all. An adult must accompany children under 12.

TRAIL AND RATING: This trail is on city sidewalks & streets, past the 12-2003 renovated Courthouse (built 1894), through areas of beautiful old homes, the Hopkins County Museum, City Park and more. It is not suitable for strollers and or wheelchairs due to missing sidewalks on some streets. We are rating it 1+. Dogs must be on leash. Please clean up if needed and do not litter.

IVV Books: This event counts toward acquisition of IVV achievement awards. All participants are reminded to bring their books. Insert cards are in the walking box if needed.

DISCLAIMER: Neither the Star Trekkers nor anyone else involved in the Year Round Event can be held responsible for lost or stolen items, accidents or injury at any time. Reasonable efforts have been made by the sponsor to make this event safe, memorable, and enjoyable. All walkers must be registered and have a start card.

Procedure: At the registration point, each participant must register, sign the waiver, pay the appropriate fee, & obtain a start card and route directions for the walk. The Sulphur Springs walk starts & ends at the Heritage Square. It will be necessary to drive 2 ¼ miles to the square to start the walk. Upon completion of the walk, return to the Comfort Suites for your IVV stamp and/or award.

Cooper Lake State Park, Sulphur Unit, YRE Walk, **5/10 km YRE Cooper Lake State Park** is located 15 miles from Comfort Suites. Follow access road to Loop 301, continue on Loop 301, turn right (North) on SH19/154 & continue, then turn left (West) on SH 71 to FM 3505, turn right (North) to park entrance. Brochure is in the walking box.

