

Welcome to **Irving, Texas**, nationally known for 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. Each of our Year Round Events (YRE's) are eligible for AVA / IVV Distance and Event credit.

REGISTRATION AND FEES: There is no pre-registration. All participants must register and have a **Start Card** and sign the waiver (Event Log / Signup Sheet). 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 you must sign the Log a fill out the required **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. An adult must accompany children under 12.

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.

MEMBERSHIP: The **STAR TREKKERS** walking club 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



THE
Spirit
OF WALKING

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

"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 (or Volks-walking) is the most popular type of Volkssport event.

A Volksmarch is a non-competitive walk. It is usually 6.2 miles (10K). Shorter walks, 3.1 miles (5k), are available. 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 300 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
or visit the

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



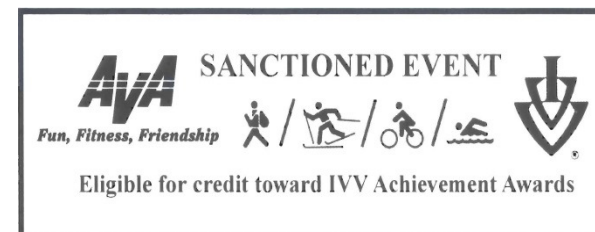
Year-Round Events
sponsored by the
STAR TREKKERS
of Irving, Texas in the Irving area

January 1st thru
December 31 2014

LAS COLINAS
SW14/Y0202
6/10K WALK

HERITAGE
SW14/Y0316
5/10K WALK

VALLEY RANCH
SW14/Y0671
5/10K WALK



VALLEY RANCH YRE

5/10K Walk

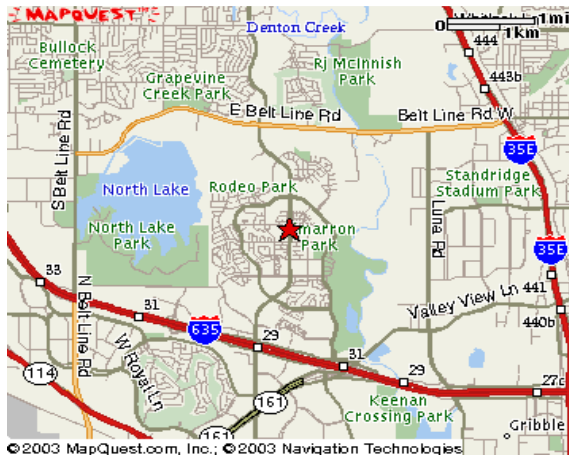
START/FINISH LOCATION: At the Java Me Up, 401 Cimaron Trail at MacArthur Blvd. behind Public Library in Irving, Texas. The walk box is located on top of a set of shelves to the left as you enter. Plenty of parking is available beside the Library.

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 the start.

TRAIL & TRAIL RATING: This walk is along the canals in Valley Ranch and along Campion Trail in Sam Houston Park. The trail is rated 1A.

AWARD: B award

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



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

From the SOUTH on IH-35E go North. Exit left onto IH-635 West (Exit 440C). Proceed to the MacArthur Blvd. exit. Go to direction #2

Direction #2: Turn right (North) onto MacArthur Blvd and continue approximately 2.5 miles to Cimarron Trail. Turn RIGHT on Cimarron Trail and take the next LEFT into the Shopping Center parking lot. The Irving Public Library will be on your right. The Start/Finish is The Java Me Up at the rear of the Library.

LAS COLINAS YRE

6/10K Walk

START/FINISH LOCATION: Marriott Las Colinas Hotel, 223 West Las Colinas Blvd, in Irving phone (972) 831-0000. As you enter the front door, the walk box is located to the right towards the Concierge's stand in the brown cabinet against the wall.

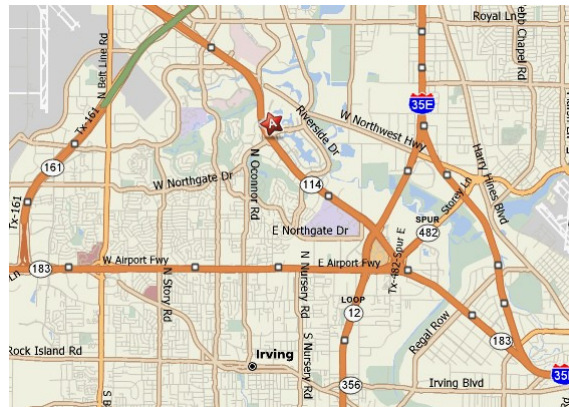


START TIMES: 7 AM until 3 hours before dusk. Event takes place regardless of weather. Please do not walk in severe inclement weather. Water and restrooms are available at the start and in Williams Square when open.

TRAIL & TRAIL RATING: The route is on city sidewalks and along the canal and a short distance of the Campion Trail. The trail is rated 1A but it is not suitable for wheelchairs due to several sets steps. A 6K and 10K routes are available.

AWARD: "B" Award

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



Going South IH-35 E, exit RIGHT at Loop 12 S (Exit 436). In a short distance, exit Loop 12 towards Grapevine/DFW Airport on Hwy 114. Continue on Hwy 114 to O'Connor Rd exit.. Take the O'Connor Rd exit and turn RIGHT on O'Connor Rd. Take the next Left on Las Colinas Boulevard. The Marriott Hotel will be 1 block on the right.

Going North on IH-35 E, exit LEFT on Hwy 183 W (Exit 433B). At Hwy 114 split stay the RIGHT on Hwy 114 W (signs for Grapevine/DFW Airport North entry/Hwy 114). Take the O'Connor Rd exit. Turn right on O'Connor. Turn left on Las Colinas Boulevard. The Marriott Hotel will be on your Right after 1 block.

IRVING HERITAGE YRE

5/10K Walk

START/FINISH LOCATION: The McDonalds restaurant at 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.

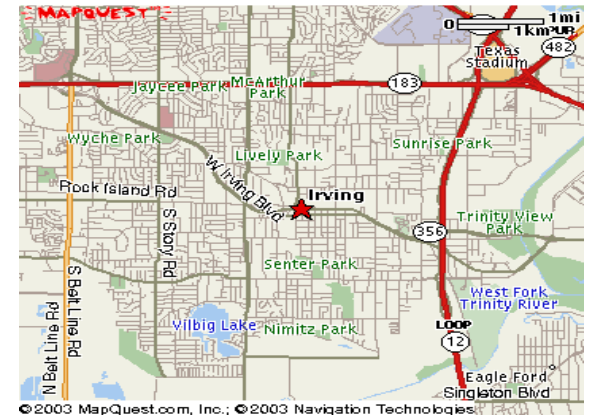


START TIMES: 7 AM until 3 hours before dusk. Event takes place regardless of weather. Please do not walk in severe inclement weather. Water and restrooms are available at the start/finish and Recreation Center when open.

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 1A. Lively Park is difficult for wheelchairs.

AWARD: "B" Awards depicting several designs.

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



From the NORTH on IH-35E go South to Loop 12 South (exit 436). Continue South on Loop 12 to Irving Blvd (Hwy 356). Go West about 2 miles 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 about two miles to the McDonalds restaurant just prior to O'Connor Blvd. 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.