



### CLUB SOCIAL

Tuesday, March 17 – 6:30 p.m.



4503 W Lovers Ln, Dallas, TX 75209

Dallas' original farm to table restaurant. Healthfully sourced fishes and meats, seasonal fruits and vegetables, family-style home cooking. <https://celebrationrestaurant.com/>  
Contact Deborah: debwalk@earthlink.net.



Our Dutch walkers waiting for others to finish at White Rock Lake.

30 visitors from The Netherlands came through Dallas on their way to the International Marching League events in San Antonio. They walked our year-round events in uptown and downtown Dallas, at White Rock Lake, M-Streets/SMU, and in Waco and Waxahachie.

### HAVE SOMETHING TO SAY?

Do you have something supportive to say about walking? A poem, an experience, or positive feedback you would like to share? Submit 150 words or so and we'll consider publishing in a future newsletter. Remember, we also accept your event photos for publication.

### DALLAS TREKKERS WALK FLOWER MOUND

Saturday, March 21  
Start: 8:30 a.m. – 11:30 a.m.



1141 Flower Mound Rd, Flower Mound TX 75028

Walk an extensive trail system on neighborhood rights-of-way, along a creek-side greenbelt, and through numerous parks. 10km and 13km walkers will visit "The Flower Mound" from which the town gets its name. The Mound, home to 175 species of wildflowers, is a small remnant (~13 acres) of what once was 200 million acres of tall grass prairie that stretched from Texas to Canada.

Our 5k route explores Heritage Park which features a playground, pond, bronze wildlife art, open fields, and wooded trails. The 13k route combines both the 10k and 5k. All routes are paved.

There are restrooms and services at the Start/Finish point and at about 5 ½ k. There are also restrooms in Heritage Park. Please consider breakfast, lunch, or a snack at Jakes and thank them for being our host.

### COMING EVENTS

**Friday – Sunday, March 6-8**

**Boerne & associated YRE walks – Texas Volkssport Association**

Contact: [Susan](#)

Walk any of 3 YREs on Friday and Sunday; Boerne Saturday morning; attend the TVA General Membership Meeting Saturday afternoon.

**Saturday, March 14; start 8:00 – 11:00 a.m.**

**Parks of Aledo Trails – Tarrant County Walkers**

Contact: [Brooke](#)

Series of Hike & Bike loop trails through the green space of Point Vista. Alternate neighborhood walk, if trails are muddy.

**Friday, March 20; start 9:00 a.m.**

**Flower Mound Workers Walk – Dallas Trekkers**

Contact: [Deborah](#)

For volunteers working the event on Saturday and for those who can't attend on Saturday, but would like to help proof our walk instructions.

## YEAR-ROUND\* GROUP WALKS

### RICHARDSON

Thursday evenings @ 6:45 pm  
 Heights Recreation Center  
 711 W. Arapaho, Rd., Richardson  
 POC: Farhaan 972-841-0009  
 Farhaan67@yahoo.com

### WHITE ROCK LAKE

Sundays @ 8:00 am  
 City Hospital at White Rock  
 9440 Poppy Drive, Dallas  
 POC: Sharon 972-270-4274  
 oscarmayer123@tx.rr.com

\*Year-round events (YREs) are self-guided walks available most every day. Some are offered as group walks at specific times.

## MILESTONES

### Distance (km)

Deborah Prater	1,000
Dorris Bender	7,500
Bonnie Avonrude	8,000
Heidi Silkworth	13,000

### Events

Deborah Prater	100
Dorris Bender	800
Bonnie Avonrude	850, 900



Helen Hull in Paris, France, "walking like an Olympian". 20 walks in cities that have hosted the Olympics or in U.S. cities with the same names will win the Gold!

## PRESIDENT'S MESSAGE

Deborah Carter

Please consider a charitable donation to AVA during the 2019 Big Give on March 26:  
<https://www.thebiggivesa.org/organizations/american-volkssport-association-inc>

**Don't forget to renew your Club Membership!**

**NOTE: Click on the links (in blue) for Event Details.**

CALENDAR FOR MARCH - APRIL, 2020		
Friday, Mar. 06	<b>TVA WALKS</b>	Any of 3 YREs in Boerne, finish by 6 p.m.
Saturday, Mar. 07	<b>TVA WALK</b>	<a href="#">Boerne</a> ; start 7 – 9 a.m.
Saturday, Mar. 07	<b>TVA MEETING</b>	<a href="#">TVA General Membership Meeting</a> in Boerne 1 – 4 p.m.
Sunday, Mar. 08	<b>TVA WALKS</b>	Any of 3 YREs in Boerne, finish by 6 p.m.
Saturday, Mar. 14	<b>WALK</b>	<a href="#">Parks of Aledo Trails</a> , Tarrant County Walkers; start 8:00 – 11:00 a.m.
Tuesday, Mar. 17	<b>CLUB SOCIAL</b>	Celebration Restaurant @ 6:30 p.m.
Friday, Mar. 20	<b>WORKERS WALK</b>	Flower Mound; meet at Jake's, 9:00 a.m.
Saturday, Mar. 21	<b>WALK</b>	<a href="#">Flower Mound</a> , Dallas Trekkers; start 8:30 – 11:30 a.m.
Saturday, Mar. 28	<b>GROUP WALK</b>	Waco YRE @ 9:00 a.m.
Saturday, Apr. 04	<b>GROUP WALK</b>	Kilgore YRE, East Texas Trekkers
Saturday, Apr. 11	<b>GROUP WALK</b>	Grapevine YRE @ 9:00 a.m.
Tuesday, Apr. 14	<b>BOARD MEETING</b>	Café Express @ 7:00 p.m.



The West Texas Trail Walkers staff the IML 10k checkpoint in San Antonio.



Assorted surprises at the White Elephant Gift Exchange.



East Texas Trekkers' Mrs. Lee's Daffodil Garden walk

