

LAKE BOB SANDLIN STATE PARK
SW10/Y1647

"B" AWARDS FROM PREVIOUS WALKS AVAILABLE

(CEMETERY & AUTHORS)

START/FINISH POINT:

Register at the Ranger Station and drive to the Fort Sherman Cemetery area near the group pavillion and swimming area.

START/FINISH TIMES:

8:00 am to 5:00 pm. Walk in daylight hours only. Closed Tues through Thurs. In December for hunting season.

TRAIL & TRAIL RATINGS ETC.

Trail consists of park roads and hiking and nature trails. Pets are welcome but must be leashed at all times and cleanup is required. Not wheelchair or stroller friendly. Trail is rated 2.

REFRESHMENTS/RESTROOMS:

Water and Restrooms are available at the Start/Finish and along the trail. There are cold drink machines located at some of these locations. Please carry water with you.

CONTACT PERSON:

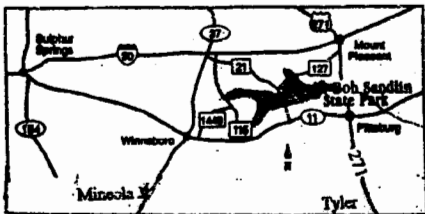
Jan Wood ,4722 Comanche Trail,
Tyler, Texas, 75707, (903) 534-9301 or
jpw6391@msn.com.



DIRECTIONS:

From 1-30 take Hwy. 37S to Hwy. 21E to park entrance.

From 1-20 take Hwy. 271N to Hwy. 11W to Hwy. 21 E to park entrance.



2010



EAST TEXAS TREKKERS



YEAR ROUND EVENTS

JANUARY1-DECEMBER 31, 2010

1. **DAINGERFIELD STATE PARK**
5K & 10K WALK
SW/09/Y1346
2. **NEW: PALESTINE, TEXAS**
6K & 11K WALK
SW09/Y1984
3. **HISTORIC TYLER, TEXAS**
5K & 10K WALK
SW/09/Y0550
4. **HISTORIC SHREVEPORT, LA**
5K & 11K WALK
SC/09/0845
5. **LAKE BOB SANDLIN STATE PARK**
5K & 10K WALK
SW/09/1647
6. **QUITMAN, TEXAS**
5K & 10K WALK
SW/09/Y0142
7. **TYLER STATE PARK**
5K & 10K-13K WALK
SW/09/Y0537
8. **KILGORE, TEXAS**
5K & 10K WALK
SW/09/Y0154

AVA **AMERICAN**
VOLUNTEER
ASSOCIATION

Eligible for credit toward
100 Achievement Awards

KILGORE, TEXAS

SW/10/Y0154

"B" AWARDS FROM PREVIOUS WALKS AVAIIABLE

(ONE WALK HAS RAILROAD, MUSEUMS & AUTHORS)
(ONE WALK WAS MUSEUMS, CEMETERY, AUTHORS
AND VETERANS MEMORIALS)

START/FINISH:

EZ Mart, 1701 S. Henderson, Kilgore, TX.
Walk box is located behind counter. Please
Wait to ask if attendant is busy. Register
And move car across the street to park.

START TIMES:

Dawn to 3 hours before Dusk.



TRAIL & TRAIL RATINGS ETC:

Trail is on city streets, winding through downtown, part of a historic home area, and Kilgore College Rated 1.
Not wheelchair friendly. Strollers may have some difficulty. Pets are allowed, but not in the Start/Finish area and must be leashed at all times and cleanup is required.

REFRESHMENTS/RESTROOMS:

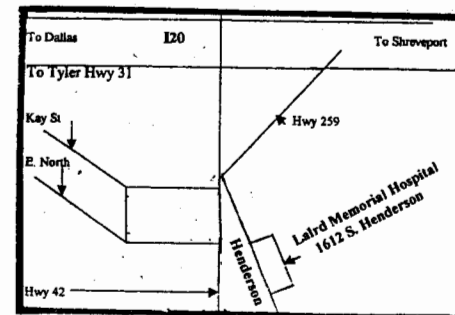
Available at the Start and along the route at various businesses and at the City Park.
Please carry water, especially in the summer heat.

CONTACT PERSON:

Vickie Pendergrass, 2706 Bill Owens,
Longview, TX 75605, 903-295-3581 or
VSP987@aol.com or jpw6391@msn.com

DIRECTIONS:

Coming on I-20 take the Kilgore exit
(Hwy 259) proceed on Hwy. 259 passing
Kilgore College on your Right. Laird Memorial
Hospital will be on the left a short distance.



TYLER STATE PARK
SW10/Y0142

"B" AWARDS FROM PREVIOUS WALKS AVAILABLE

(AUTHORS)

START/FINISH:

Rangers Station. Register and drive a short distance to starting point.

START/FINISH TIMES:

8:00 am to 5:00 pm. Must be off trail by Dusk. Closed Tues-Fri. in December for hunting season.

TRAIL & TRAIL RATING ETC.:

Trail consists of park roads and hiking trails. Pets must be leashed at all times and cleanup is required. Not wheelchair or stroller friendly. 3 Walks I stamp Rated 2, 3 or 4.

REFRESHMENTS/RESTROOMS:

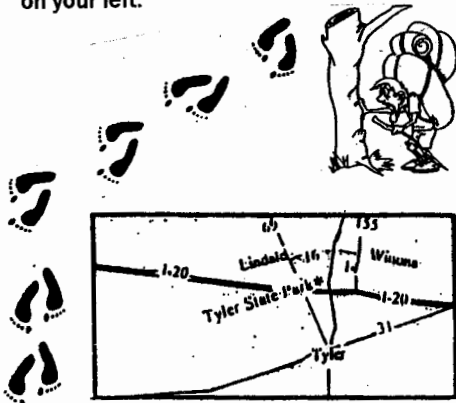
Restrooms available along the trail at several points. Vending machines located at the Bath house area. Please carry water with you especially in extremely hot weather.

CONTACT PERSON:

Carollyne Davis, 11798 Brazos Way, Lindale, Texas, 75771, (903) 882-9807 or DAVIS@tmfhs.org.

DIRECTIONS:

From I-20 take FM. 14N to Park Road 16 on your left.



QUITMAN, TEXAS
SW10/Y0142

"B" AWARDS FROM PREVIOUS WALKS AVAILABLE

(CEMETERY)

HOME OF SISSY SPACEK and
"THE LIGHT CRUST DOUGHBOYS MUSEUM"

START/FINISH:

Brookshire Grocery, 502 E. Goode St., (Hwy. 154), Quitman, Texas

START/FINISH TIMES:

7:00 am to 3 hours before dusk. Closed Thanksgiving, Christmas & Easter.

TRAIL & TRAIL RATINGS ETC.:

Trail is on city streets, Gov. Hogg Historic site, a nature trail, city cemetery and downtown area. Not wheelchair or stroller friendly. Pets are allowed but must be leashed and cleanup is required. Trail is rated 2.

REFRESHMENTS/RESTROOMS:

Available at Start and at various businesses along route. Please carry water, especially in the summer heat.

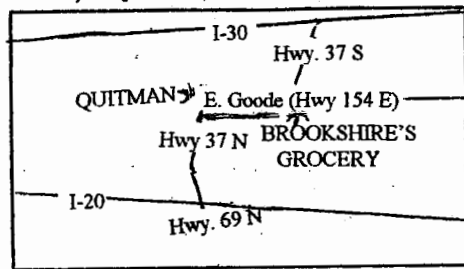


CONTACT PERSON:

Vickie Pendergrass, 2706 Bill Owens, Longview, TX., 75605, (903) 295-3581 or VSP987@aol.com

DIRECTIONS:

From I-20 take Hwy. 69N to Hwy. 37N to E Goode St. (Hwy. 154E) in Quitman. From I-30 take Hwy. 37S to E. Goode St. (Hwy. 154E) in Quitman, TX.



PALESTINE, TEXAS
SW/10/Y1984

"B" AWARDS FROM PREVIOUS WALKS AVAILABLE

(AUTHORS, CEMETERY & RAILROAD)

(COURTHOUSE, CEMETERY, & RAILROAD)

START/FINISH: Palestine Fire Station
611 Ave. A (Loop 127)

START TIMES:

Dawn to 3 hours before Dusk. .

TRAIL & TRAIL RATINGS ETC.:

Walk is on city streets and cemetery roads Rated 2.

REFRESHMENTS/RESTROOMS:

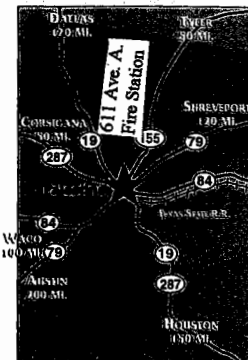
NO RESTROOMS AVAILABLE AT START. Restrooms at various businesses and city bldgs, and at the East Texas Culture Museum Park.

CONTACT PERSON:

Helen Hull 2334 Saharah, Garland, TX 75964, 972-530-1026 or helenthehun@yahoo.com or Jan Wood 4722 Comanche Trail, Tyler, TX. 75707, 903-534-9301, jpw6391@msn.com

DIRECTIONS: Avenue A (loop 127)

crosses Hwy 19S. Fire Station is on the right. There is parking on the street or in Kroger's Grocery lot across the street.



HISTORIC SHREVEPORT, LA

SW/10/Y0845

"B" AWARDS FROM PREVIOUS WALKS AVAILABLE

(RIVER, RAILROAD, CEMETERY, AUTHORS,
GARDENS, ARTISTIC & VETAN MEMORIAL)



START/FINISH:

Holiday Inn, 102 Lake St. Register and drive about 1 mile to starting point.

START/FINISH TIMES:

Dawn to 3 hours before Dusk.



TRAIL & TRAIL RATINGS ETC.:

Walk is on hike and bike trail, passes two Casino's before entering Historic Downtown Shreveport. Pets must be leashed and cleanup is required. Not wheelchair friendly. Strollers may have some difficulty. Walk is rated 1+. Because this is a large city, it is recommended you walk with a partner.

REFRESHMENTS/RESTROOMS:

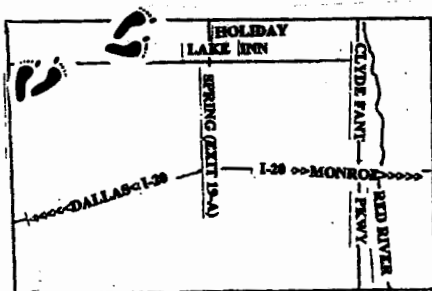
Restrooms available at Start/Finish, Casino's and along the route at various businesses.

CONTACT PERSON:

Syble Theriot, 415 Tulip Dr., Shreveport, LA., 71115, (318) 797-3843
jrtnsyb@aol.com or jpw6391@msn.com

DIRECTIONS:

From I-20 take exit 19A (Spring St.) Exit and Drive North on Spring to Lake St. Holiday Inn is on the right side of street.



HISTORIC TYLER, TEXAS

SW/10/Y0550

"B" AWARDS FROM PREVIOUS WALKS AVAILABLE

(RAILROAD, CEMETERY, AUTHORS,
VETERAN MEMORIALS, INDIAN HERITAGE)

START/FINISH POINT:

McDonald's Restaurant
1300 S. Beckham St., Tyler, TX.



START/FINISH TIMES:

Dawn to 3 hours before Dusk. Closed Thanksgiving & Christmas.

TRAIL & TRAIL RATINGS ETC.:

Trail winds through residential areas, downtown, Oakwood Cemetery, as well as parts of the Azalea District. Walk is on city sidewalks with a few hills. Trail is not wheelchair friendly, stroller may have some difficulty. Trail is rated 1+. Pets are welcome, but must be leashed at all times and cleanup is required. Two trails, one stamp.

REFRESHMENTS/RESTROOMS:

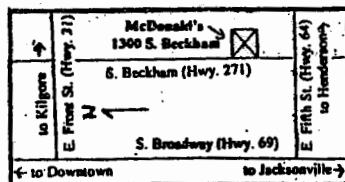
Available at Start/Finish and Tyler Public Library. Please carry extra water with you, especially in extremely hot weather.

CONTACT PERSON:

Jan Wood 4722 Comanche Trail
Tyler, Texas 75707 903-534-9301
jpw6391@msn.com

DIRECTIONS:

Coming from any direction take Hwy. 110 S (Beckham St.) McDonalds is on the East side of Beckham St.



ALL WALKS:

SANCTIONED:

All events are sanctioned by the American Volkssport Assoc. (AVA), a member of the International Federation of Popular Sports (IVV).

IVV CREDIT:

Only one IVV credit (stamp) may be entered in the event book per six months. You may participate for distance credit without limit. You may walk the trail twice the same day on one start card for distance credit only. AVA insert pages (not books) should be available at the start point.

REGISTRATION, FEES AND AWARDS:

There is no pre-registration. Ask attendant where start box is located. All participants must register, sign the waiver sheet & have a start card.

- IVV Credit & "A" Award if offered.....\$ 7.00
 - IVV Credit Only.....\$ 3.00
 - IVV Credit and 1- "B" Award if offered.....\$ 5.00
 - IVV Credit and 3 "B" Awards if offered.....\$ 8.00
 - Non-Participant Fee no credit or award.....\$ 3.00
 - No Credit or Award 12 years or younger.....FREE
- Event will be open regardless of weather.

NO REFUNDS. ENTRANCE FEE REQUIRED TO STATE PARKS

DISCLAIMER:

Sponsors, proprietors of all start locations, all city and state governments, parks, etc. are not liable for accidents, thefts, or material damage. Reasonable effort will be made to make the events safe, enjoyable, and memorable.

CONDITIONS:

Everyone is welcome to participate. Children under 12 must be accompanied by an adult. Pets, if allowed, must be on a leash at all times, cleanup required and not allowed inside start points. Discard all litter property. Carry water on ALL trails, especially during summer months. Groups refer to contact person for assistance.

ADDITIONAL INFORMATION:

East Texas Trekkers, P. O. Box 7042, Tyler, TX. 75711
or web page at www.walktx.org/easttexasrekkers
American Volkssport Association, www.ava.org

SPONSORS INCLUDE:



DANGERFIELD STATE PARK

SW/10/Y1346

"B" AWARDS FROM PREVIOUS WALKS AVAILABLE

START/FINISH POINT:

Register at the Ranger Station and Drive to end of road to the swimming area pavilion.

START/FINISH/ TIMES:

8:00 am to 5 p.m. Walk in daylight hours only. If extreme rains check with Ranger for possible flooding in some area's.

TRAIL & TRAIL RATINGS ETC.

Trail consists of park roads and hiking and nature trails. Pets are welcome but must be leashed at all times and cleanup is required. Not wheelchair or stroller friendly. Trail is rated 4+ or an alternate trail rated 2.+.

REFRESHMENTS/RESTROOMS:

Water and Restrooms are available at the Start/Finish. Please carry water with you.

CONTACT PERSON:

Vickie Pendergrass, 1121 Evergreen, Longview, TX., 75604, (903) 295-3581 or VSP987@aol.com

DIRECTIONS:

From the East take I-30 to Hwy 259 S. to Hwy. 49 to PR 17. From the West, 1-30 to Hwy 49 S. to PR 17. From the South take Hwy 259 N.. to Hwy. 11E/49 to PR 17.

