

# KERRVILLE TRAILBLAZERS

## NEWSLETTER



**March - April, 2011**

A Bimonthly Publication of the Kerrville Trailblazers  
Volkssport Club/Member of Texas Volkssport Association (TV  
the American Volkssport Association (AVA)

[www.walktx.org/kerrvilletrailblazers](http://www.walktx.org/kerrvilletrailblazers)  
[www.ava.org](http://www.ava.org)

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From our President Pris Wright....

**A**fter spending all last week in a sixth grade classroom at B.T. Wilson, I've come to the conclusion that my body cannot handle the rigors of managing students on a daily basis. It's been quite a lesson for me and one I do not like to admit to myself and others. On Saturday morning, as I drove to Cailloux parking lot to join other Trailblazers on our weekly walk, I decided to listen to my body's need to recover for the final day of this substitute assignment on Monday: I didn't participate on the weekly walk this past Saturday. I felt a bit guilty about that decision, however.

I think most of us find it difficult to listen to our bodies. We want to continue doing the things we love to do, to take on responsibilities just as we did a few decades back and yet, our physical bodies sometimes let us know we need to slow down. I do think it wise to take good care of our mind and body especially as we grow older. And, it seems walking is a great way to do just that. On Saturday, however, the aching in my bones trumped my desire to exercise and be with friends.

I did a bit of research about the benefits of walking. I found many of the health reasons we all already know about. Walking combats depression, helps breathing, bolsters the immune system, helps prevent osteoporosis, helps control weight...on and on and on.

According to a recent Harvard study, walking at a moderate pace, three miles per hour, up to three times a week can cut the risk of heart disease in women by as much as 40%. So it seems our weekly walk is a good health habit to develop as part of our regular exercise routine.

In addition, we all know from our experience in Trailblazers, walking together provides a way to find and develop friendships. Think about your list of friends. How many of the people on that list are also on the roster of Kerrville Trailblazers? Speaking for myself, my joining Trailblazers opened doors to participating in other organizations, to finding old acquaintances and to developing new, meaningful friendships. Health studies also tell us being active in groups and developing friendships are additional ways of keeping us healthy.

So my friends, I wish for all of us more healthy days enhanced by our walking and working together. In the month of March, we have the opportunity to work together as we pick up trash early in the month and offer our spring sanctioned walk at Camp Verde at the end of the month. I look forward to seeing all of you as we continue sharing our love of walking, developing friendships and serving our community.

Respectfully, Pris Wright

**AVA SANCTIONED EVENTS FOR MARCH & APRIL 2011**

Details for walk events and directions to walk events may be found at [www.ava.org](http://www.ava.org)

Select: Find Events – Find Events – State (Texas) – Event Types (Traditional) – Search Events

**Mar. 12 Leon Valley, TX 78238**

Leon Valley Trade & Market Days, 6425 Evers, 10km/5 km walks – The walk is on park trails; it is mostly flat except for a few gentle rolling up and down grades. This walk qualifies for the Roadrunner's 35 on 35 program. Rated 1, Start time is from 8 a.m. – 12 p.m. Ellen Ott, [randolphroadrunners.info](mailto:randolphroadrunners.info) [ellenott@sbcglobal.net](mailto:ellenott@sbcglobal.net)

**Mar. 26 Camp Verde, Tx**

288 Camp Verde Road, Camp Verde, Tx. 78010 10km/5km walks – Rated 2+, Start time is at 8 a.m. Kerrville Trailblazers, Nancy R. Brown (830) 890-5364, [nrbrown60@yahoo.com](mailto:nrbrown60@yahoo.com)

**Apr 9 San Antonio, Tx**

10km/5km walks, Rated 1, Start time is from 7:30 a.m. – Noon. U. S. Army Medical Department Museum, 3410 Stanley Road, Building 1046, Ft. Sam Houston, TX 78234. Texas Wanderers, Gerald Kamicka (210) 658-2160, [GeraldK726@aol.com](mailto:GeraldK726@aol.com)

**Apr 23**

**Comfort, Tx – Location TBD** Hill Country Volkssportverein, John Bohnert (830) 995-242, [tina.bohnert@comfort.txed.net](mailto:tina.bohnert@comfort.txed.net)

Meet Trailblazers newsletter editor Pat Powers



Pat on hiking trail @ Laity Lodge

**IVV EVENT AND DISTANCE AWARDS**

Joyce Davis – 275 Events  
Joyce Davis – 2,500 KM  
Kathy Freeny – 17,000 KM (wow!)

**SCHEDULE FOR TRASH PICKUP: March 3<sup>rd</sup> at 8:00 a.m.**

Meet @ Moore's furniture parking lot, southwest corner, to carpool to the adopted highway location on State Highway 27, just west of Ingram. Wear long pants, gloves and sturdy shoes or boots.

**SATURDAY WEEKLY WALK SCHEDULE : MARCH-APRIL, 2011**

Please plan to arrive a few minutes early.

*Carpools leave from the Cailloux Theater parking lot promptly at 8 a.m. September through May.*

If you wish to meet the group at the walk site, instead of at the Cailloux parking lot, it may be helpful to call the Walk Leader, just in case there has been a change of location, for some reason.

**Walk Leaders for March**

Ed and Paula Ejzak, summitcrest@gmail.com

**Mar. 5** – Connie Road, Ingram

**Mar. 12** – Cypress Sp. Est, Ingram

**Mar. 19** – Workers Walk – Camp Verde  
Meet @ Callioux Center – 8:00am.

**Mar. 26** – No Saturday Walk – AVA  
Sanctioned Walk @ Camp Verde Store,  
intersection of Tx 173 & RR 480. Start time  
between 8:00am – noon.

**Walk Leaders for April**

Mary Vann & Ginger Keene  
number10titan@windstream.net (Mary)  
gingerdty@yahoo.com

**Apr. 2** – Summit Walk and Ed and Paula  
are hosting a pot luck breakfast. Please  
bring something *delicious* to share.

**Apr. 9** – Casteel Ranch, between Ingram  
and Mtn. Home

**Apr. 16** – Bear Creek Rd, Hwy 16

**Apr. 23** – Scenic Valley, Kerrville

**Apr. 30** – Kott/Pfiester Rds. on N. 16

Kerrville Trailblazers  
PO Box 2097  
Kerrville, TX 78029

**MARK YOUR CALENDARS!!!**

**Monthly Meetings – 4<sup>th</sup> Monday - 7 p.m.**

Meeting room is behind the Butt Holdsworth Library. Drive to the back of the library and enter through the double doors.

Mark your calendars for Future Trash Pick-up Dates:

June 2 @ 7:00am; Sept 1<sup>st</sup> @ 7:00am & Dec 1<sup>st</sup> @ 8:00am. Meet @ Moore's furniture parking lot, southwest corner.

**Welcome Guest Walkers!**

Visitors this year have been Linda Ehrenreich (1/22 and 1/29), Allan Quinby (1/29), Bob and Laura Sheets (1/29), Bill and Cindy Anderson (1/29) and Becky Westover (1/29). All are from Kerrville.

**CHAIRPERSONS NEEDED:**

Trailblazers is still in need of Chairpersons for:

- Publicity
- Sales
- Food

Please consider volunteering for one of the open positions. Trailblazers need you!