



TREKKERS' TRAILS

September 2003

Presidents Notes

Trekkers Bike, Walk & Swim

We should be proud that the two event days of 26 and 27 July went so well. The weatherman co-operated beautifully to give us two bright sunny days and the club members responded to make the events so well attended that they exceeded the records I have in my files. Let me summarize these two event days and you will see what I mean.

The 26th, the Volksmarche/cycle/swim events day, registered 64 participants who completed events as follows. 50 walked 11 kms, 8 did 22 kms and 5 did 33 kms, so the walks were well travelled. 17 rode the cycle of which 5 did both the W & C events. 23 did the S event of which 10 did the W & S both. Finally 13 did all of the W, D, & S events. though I have no count, a good turnout attended the BBQ at Ann & Joe Appleman's beautiful home at 5 o'clock that evening where Ann showed why she is such a great social Convenor with all the burgers and dogs anyone wanted, well prepared by two cooks Chuck and Peter doing an outstanding job at the grills. Then the marriage ceremony skit followed by the sing song made it a BBQ to remember, for which many thanks from the club members who enjoyed it for the wonderful hospitality go the Appleman's. Final thanks go to those members attending who brought those salad/condiment/dessert additions to the BBQ that made it a truly successful end to a great day.

Sunday the 27th brought another beautiful sunny day with temperatures soaring to the high 20's/low 30's. In all 36 participants showed up to challenge the Marathon event. Walks broke down as 11 completing the 42 kms, 2 doing 33 kms, 7 doing 21 kms, and 13 doing 12 kms. There were a few walkers at the start of the day who showed some signs of having had a good previous day's activity and at the end as well a few showed the look of a walker who had done a lot of walking over the past day or so. All in all it was one of the most successful event weekends held in recent memory

and it makes one proud to belong to a club so well supported with successful events that make it a club to be proud of.

August the 9th brought a pleasant day for Rainbow Valley Campgrounds and 38 walkers attended the morning walk. All enjoyed it but not all stayed for the picnic lunch and the afternoon walk had 22 persons. Still in all it was a good walk and everyone had a good time.

Oktoberfest Volksmarch /Volkscycle

September 27th brought a pleasant fall day that enticed good representation from a fine group of walkers and bikers to participate in the Oktoberfest event. In all 54 Volkssporters showed up to take part as follows:Volksmarche - 10 Kms = 38, 20 kms = 7, 30 kms = 7 for a total of 52 walkers; then Volksbikers were- 12, with 2 doing Volksbike only. At the table where the bratwurst/sauerkraut/cakes/cookies/tea/coffee/near beer/soda was dispensed for a reasonable price, not one disparaging word could be heard. To me that represents an event well attended and enjoyed by all. The comraderie and fellowship showed by club members by welcoming new walkers/newcomers to this event, followed up by interacting with them during and after the walk/bike is commendable and is exactly the thing that makes our club the great one it is. Gold Stars to All, a really good show.



Myrna O'Neil, VAA President receiving Phillips Award from Past President Bob Duncan

Congratulations to the following Trekkers whose Achievements were published in the July ,Aug, Sept 2003 and the Oct, Nov, Dec 2003 issue of *Volkssport Canada*

Events

Richard Parr	2300
Kathleen Charland	1050
Robert Davis	750
Donna Channen	700
June Hughes	650
Mitch Melnychuk	600
Stella Melnychuk	600
Evelyn Rogers	575
Millie Seitz	575
Arigje Davis	550
Karen Marriott	525
Diane Duncan	475
Robert Duncan	475
Joan Rudyk	400
Marie Prout	375
Richard Rogers	175
Peter Van Hees	150
Johanna Snoek	150
Willem Snoek	150
Ann Appleman	150
Duane Spurrier	100
Keith Peters	100
Erna Wack	100
Peter Van Bostelen	100
Sonja Van Bostelen	100
Jean Peters	75
Hugh Kennedy	50
Terry Semotiuk	10
Dave Luscombe	10



The leaves were at their best on Oct 5 at Lake Isle

Distance

Kathleen Charland	12000
Mitch Melnychuk	12000
Stella Melnychuk	12000
Millie Seitz	9000
Diane Duncan	9000
Donna Channen	9000
Arigje Davis	8000
Robert Davis	8000
William Hughes	7500
Robert Duncan	6500
Joan Rudyk	6000
Keith Peters	3000
Erna Wack	2000
Jean Peters	2000
Richard Rogers	2000
Ann Appleman	2000
Johanna Snoek	1500
Willem Snoek	1500
Peter Sokolan	1000
Duane Spurrier	1000
Peter Van Bostelen	1000
Sonja Van Bostelen	1000



Keep on Trekkin'

Want to keep up with all the Volkssporting news in Canada? Why not subscribe to *Volkssport Canada*? Only \$10.00 a year will get you 4 jam packed issues full of all the latest adventures in Canada's Volkssporting world. Send cheque or money order to:

Canadian Volkssport Federation
 PO Box 2668, Station D
 Ottawa, ON
 K1P 5W7



Congratulations to Karen Marriott & Terry Semotiuk who were married on Sept 20, 2003. We wish you all the best.

We would like to **welcome** the following **new members** to our club:

Mike Schlegel of Lancaster Park
Ken, Katrina Breau & family of St Albert
Deirdre Demulder of St Albert
Kelly & David Gilbert, Sharon Pomeroy
Denise Lyons, Heather Smith all of Edmonton

May they all find **Fun, Fitness & Friendship!**
on the trails with us.

Notes from Vice President Phyllis May

Many thanks to all who volunteered for the
Triathlon and Marathon on July 27 & 28

Keith Peters	Irene Miller
Nancy Johnston	Dave Vauden
Olga Footz	Rea Kiur
Ann Appleman	Flo Miller
Sylvia Fisher	Richard Parr
Ursula Schubert	Grace Newman
Gertrude Greive	Duane Spurrier

Kathy Charland
Bruce & Myrna O'Neil
Jime & Helen Rousseau
Bill & June Hughes
Peter & Sonja Van Bostelen
Karren Marriott & Terry Semotiuk
Arne & Betty Lerch
Mitch & Stella Melnychuk
Chuck & Phyllis May
Your Spirit & Enthusiasm help make our club
Great!



A beautiful autumn day

Akinsdale Arena Walk – 5 km.

1. Starting from the parking lot of Akinsdale Arena on Hebert Rd., proceed to Hebert Rd. and turn right to Boudreau Rd.
2. Follow the curve of the sidewalk to the right as it becomes Boudreau Rd. and continue past Aspen Cr. to Akins Dr.
3. Turn right on Akins Dr. to Arlington.
4. Left on Arlington to Arcand.
5. Left on Arcand back to Arlington (T junction)
6. Cross Arlington and turn left to Attwood.
7. Turn right on Attwood.
8. Just past Allison Place, take the multi-use trail on the right through the park. At the first intersection, turn left between the playground and follow to Attwood.
9. Cross Attwood. Take a slight jog to the left to the multi-use trail that passes the side of the arena back to the parking lot.

The stamp for credit for this walk will be the #2 walk stamp at the St. Albert Inn, the same as for the other 5 km walks from the Inn. When you have done two of the 5 km walks, you will have earned one stamp in your Event book for each six month period, or one stamp in your Distance book as often as you walk 10 kms.

Congratulations to Jim
& Helen Rousseau who
completed their 10
province walk earlier this
year in Newfoundland.

**ALBERTA MAJESTY
2003**

Where do you find 2003 Alberta Majesty walks? Surprise....not the Cypress Hills Provincial Park Alberta, Elkwater but in the Gas City!

Did folks find their way? Yes. Dan Weatherby announced that no walkers turned up in Elkwater to register. (Aren't cell phones useful?)

How many participated in the weekend? There was good attendance with numbers in the forties, including forty-nine on the last day.

Was the weather good? We had great weather, but it was getting on the warm side by the last hour of our 10:30 AM walk starts.

Did we see the new park bench donated by the Volkssport Club Medicine Hat? Yes, right beside the trail overlooking a panoramic view.

Did we have a good time? Yes, we adjusted quickly to the disappointment of the closure of the Elkwater trails because of all the fun, fellowship, and facilities provided.

Such as:

- 1. Alternate camping for volkssport campers when the Gas City campground was full.**
- 2. Well marked trails, some with the use of new VAA markers.**
- 3. A welcoming committee at the check points.**
- 4. A delightful open fire barbecue, with lots of goodies, at Echo Glen as a wind-up to the weekend.**

**Many thanks, Medicine Hat!
Myrna**



Beautiful fall colors reflected in the water on the Lake Isle walk

Our walking season is fast coming to a close. There are only a few events left on the calendar for this year:

Oct 25 - Leduc - Black Gold Centre

Nov 1 - Trekkers walk & Potluck - Glaewyn clubhouse not available- new location to be announced.

Dec 6 - West Edmonton Mall

Dec 13 - Our Christmas Lights walk

Jan 1 2004 - annual New Year's Day walk

Check out our Event calendar for more info on these walks

Trekkers treats

What about those Trekkers' potlucks! Have you ever had so much good food, so much variety, all at the same time. From potlucks at meetings, to barbecue offerings, to picnics, to cookies after the walks - how can so few people produce so many delectable dishes. And don't you wish that you had the recipes for some of those wonderful dishes so that you can put them together in your own home for other friends and family. Now is your chance! The Trekkers would like to put out a cook book full of the goodness of those social gatherings so that we can all relive the tastes and memories of those wonderful times. Sylvia Fisher will be collecting recipes of favorites, hoping to get them together into a book that she can reproduce for all of us by the end of the year or early next year. So send Sylvia your recipes for your casseroles, salads, desserts, cookies, cakes, whatever - the more the merrier. And if you have a request for something that you loved at one of the potlucks, let us know and we will try to trace the cook who brought it so that he/she can give us the recipe for you. You can send your recipes to Sylvia at: 5 Glaewyn Estates, St. Albert, AB, T8N 2P1 or at sylfish@shaw.ca. Let the mouth-watering memories begin!

QUESTIONS NEWCOMERS ASK ABOUT YEARROUND EVENTS.

(YREs)

The Trekker membership list keeps growing! Welcome to all newcomers over the past several months. In the beginning, volkssport walks can seem very confusing as there are different types of walks. Guided walks and volksmarches with marked routes have other walkers on the trail that can answer questions.

With year round events, you are on your own unless you have found an experienced friend to walk with.

How do you begin?

Your Alberta Event Calendar states the start point where you request the “walk” box at the service counter or front desk. This works for all Alberta walks except the following where you can find the box or file folder on your own. The boxes have decals indicating volkssport on them.

Devon: Look on the floor near the Lotto island.

Gibbons: Look on the floor along the wall between the service counter and the door.

Edmonton, the Running Room walks: Walk past the service counter, turn right and look on the floor across from the washroom for a green plastic box.

Fort Saskatchewan: Check in the area near the stand alone Lotto island, especially in the big closet to your left. (You may have to ask the attendant at the counter.)

Lake Isle: Enter the unlocked door of the outer entrance and look for the box in front or to your right.

Leduc: The box is on the admitting desk counter to the extreme right.

West Edmonton Mall: Look under the service desk counter at the open space on the right side.

How do I register?

Most start boxes have a registration book near the front of the box where you sign your name, fill in your address and check the column for credit or walking free. For St. Albert and Calgary walks, (Except Morinville), look for an envelope with the registration information to be completed on the front. Watch carefully that you have the correct envelope for the walk/bike you are doing. For the Calgary walks, fill in the location of the walk at the top of the envelope.

You are required to sign your name for the waiver as all walks are covered under insurance for public liability.

How much are the fees?

All walks are \$2.00 for each event except for:

1. **Devon and the West Edmonton Mall year round walks:**
Pay \$2.00 for the first five times in a year, and then pay \$1.00 each time you walk for the rest of the year.
2. **Walks sponsored by the Volkssport Association of Alberta.** They, too, started a policy several years ago to have the first five times for \$2.00 and subsequent walks, \$1.00. These include: Cold Lake, Edmonton MacEwan Centre, Edmonton Running Room x 2 and Leduc.
3. **St. Albert Trekker Volkssport Club YRE's** are \$1.00 at all times. This includes the three walks and cycle in St. Albert, plus the Morinville, Fort Saskatchewan, and Edmonton Wolf Willow walks.

Where do I pay the fee?

Most boxes provide envelopes for the fee. Place the fee in the envelope and include on the front your number from the registration line or some other identification to show that YOU have paid. (Unless you have checked off that you are walking for free.)

Put you fee directly in the envelope for those clubs who use the envelope for registration. Find the location for completed envelopes near the back of the

box. For the Wetaskiwin year round walk, please pay the attendant at the front desk.

Do I have the right map?

Take a few minutes to check your map. Some are for summer or winter routes. (It makes a difference if trails are not snowplowed!) Devon has a cross country ski route, too. If there is more than one walk in the box, ensure you have the map for the walk you wish to do.

How do I stamp my book?

The stamp will be found in the box. (St. Albert Inn has three stamps and Edmonton Running Room has two so make sure you have the correct one for the walk/cycle you are doing)

How often do I stamp my book?

You may stamp your EVENT book twice a year. Once between Jan.1 and June 30th and once between July 1 and December 31st. There is a + sign on the stamp for the first half of the year. This is removed for the second half of the year.

You may stamp your DISTANCE book every time you walk the distance specified for that walk.

All year round walks are 10 kilometers except for:

12km - Banff

11km - Calgary x 2, Canmore, Edmonton Running Room x 2, Medicine Hat x 2, Stony Plain x 2, Sherwood Park, and Wetaskiwin.

What are the rules for the five-kilometer year round walks?

You must walk the five-kilometer route twice to get your 10km stamp.

There are several maps to choose from in St. Albert but always use the stamp #131 for each 10km completed that way.

There are also five-kilometer maps for Edmonton Wolf Willow, Fox Creek, Gibbons, and Leduc.

Any problem with the map or route? The contact person listed in the Event Calendar would like to be notified of any problems.

Thanks to Myrna O'Neil & Pat Sturges for their articles in this edition. If you have any articles, walking adventures, pictures, notices, or any other newsworthy piece, please submit it for future issues. It can be emailed to me:

sylfish@shaw.ca (best way) or dropped off at 5 Glaewyn Ests, phone # 458-5299. Next newsletter should be out just before Christmas.

I would also like to encourage you to have your newsletter emailed to you; the advantages being that you would receive it faster, get all the pictures in color and save the club a bit of money as well. So how about it? Email me: sylfish@shaw.ca



HAPPY HALLOWEEN