



# TREKKER TRAKKS

## NOVEMBER, 2017

NW Tulip Trekkers Volkssport Walking Club



Friday Harbor Walk in October

### President's Message November, 2017:

NW Tulip Trekkers,

I hope that you are enjoying the cooler weather. Over the years, I have learned that I need to pay more attention to stretching in the fall and winter. My wife actually pointed out that it seemed like most of my injuries happened in the fall and early winter. There are hundreds of websites with good stretches for walkers and runners. Here are two:  
<https://www.grandparents.com/health-and-wellbeing/exercise-and-de-stress/stretching-exercises-for-seniors>

<https://www.silversneakers.com/blog/stretching-for-seniors-7-simple-moves-for-the-not-so-flexible/>

I saw some of you at the recent Winthrop walking event. I hope more of you will participate in the various weekend events in the future. It is a lot of fun meeting people from other walking clubs and sharing ideas.

Our club was recently awarded a 30<sup>th</sup> anniversary award from AVA. I haven't received any ideas as to how we should celebrate this achievement? 30k walk? Weekend day event at one of our Friendship walks?

David Wesley has taken on the Webmaster responsibilities for our club. Thank you, David! Thank you, Sue Payton for all of your past work on the webpage while being our Trail Master and doing various other NWTT tasks concurrently.

If any of you are interested in getting more involved in club activities please contact me. We have a lot of YREs and we will be hosting the Whidbey Walking Festival in 2018. It is important to reach out to the communities where we walk and make them aware of NWTT.

We have a lot of friendship walks coming up in the fourth quarter, so be sure to check the schedule. We are holding a meeting after the Burlington walk on **November 11**. We will meet at the Burlington Haggen around 12:15 where we will plan our 2018 walk schedule. The walk schedule will be the only item on the agenda.

Our NWTT Holiday gathering is Monday, Dec 11 at the **Burlington Bob's Burger and Brew**. We have reserved their large room from 5 PM until 8. We will be ordering from their menu.

Tim

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### **International Walking Weekend**

On September 8th-11th, NWTT hosted our International Walking Weekend with the Vancouver 'Venturers and the Surrey Trekkers. Friday walks at Crescent Beach and Ladner had great weather and turnouts of 40 walkers at Crescent Beach, 29 at Ladner. We were quite surprised to roll into rainy Point Roberts on Saturday morning and find 'Welcome NWTT' signs posted from the Wackie Walkers, a Point Roberts walking group that is not affiliated with AVA, but stayed around to chat, bring treats, and have lunch with us. We had our largest attendance for the weekend at Point Roberts, with 92 walkers. Though the rains came down, we had few complaints about the weather; most folks mentioned that they were glad to be out of the smoke and happy for fresh air. The rain cleared for the Tsawwassen walk and 74 walkers; some of us found a neighborhood secret garden that was quite a treat. We had great weather on Sunday for the walks; 75 walkers at White Rock, and 58 at Blaine. We had a small happy group of 26 walkers in sunny Lynden on Monday morning to finalize the weekend. At our NWTT hosted walks, 16 people volunteered for 32 spots, some took on 2, 3, or 6 spots, and everyone who volunteered also had time to walk during the event.

We heard few complaints during the event; the main concern seemed to be border crossing: waits, horns honking, and wonders about whether it was really necessary to go through customs. Due to the rain, the BBQ was cancelled, but Kiniski's served 67 of us from the kitchen and stayed on top of burgers until the last few; most of the reviews were very good. On Sunday, we filled Pizza Factory a couple of times. We hadn't asked for homemade cookies for this event, so had small candies and granola bars. Chocolate was the overwhelming favorite treat of the weekend!

We had a lot of positive feedback during the event; people seemed to be enjoying themselves. There were many positive comments about working together with 3 clubs and international participation. In retrospect we realize that: a Walk Central is a key ingredient; an extra stamp table would be great for people to self-stamp challenge books; walk-start after customs would be simpler i.e. start in Blaine rather than in the park. In terms of advertising, we had an exit survey which indicated that most walkers who attended the event had heard about it through typical AVA/ESVA/club resources.

Thanks to all who volunteered to help during the IWW event and thanks to all who came to walk and support our club. Thanks also to Kiniski's, Pizza Factory and Wackie Walkers for supporting us and Fiducial for all the printing and support. We had a great time and learned a lot!  
Tom & Margaret

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## Welcome New Trekkers:

Brad Solomon of Mount Vernon  
Cathy Albiez of Mount Vernon

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### **NWTT Club Gear**

A few members have asked for a new order of club gear. Last month, all members received an email about club gear and prices. A personalized message was sent to each person who had expressed interest to find out if they want to order the gear immediately or prefer to wait until more people are interested to bring the price down; the majority of folks want to wait. If you had asked to get in on the order but didn't get a personalized email last month, please send a note to [mquick6465@gmail.com](mailto:mquick6465@gmail.com). If you would like to order club gear please email [mquick6465@gmail.com](mailto:mquick6465@gmail.com) stating what you'd like, and whether you'd like it now or are willing to wait until we have a larger order that might lower the prices. The shirts/price list can be re-sent on request.

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## **FRIENDSHIP WALKS IN NOVEMBER, 2017:**

### **November 4: Interurban Trail**

**Register at 9:45 am; Walk will start at 10am**

10 km., [Rated 2B](#), Number Y509.

**Start Location:** [Fairhaven Runners, 1209 11th St.](#)

Walk through historic Fairhaven to the Interurban Trail. The full trail is seven miles long and runs through parks and wooded areas south of Fairhaven. Return through Fairhaven Park. Lots of restaurants near start/finish.

**Directions to Start:** I-5 Exit 250, Fairhaven Parkway. From the South turn left, from the North Exit, turn right. From Fairhaven Parkway, right on 12th St. Left on Harris Ave. Right on 11th. Shop is on the right.

**Hosts:** Norm and Gina Colon. E-mail: [ngcolon@yahoo.com](mailto:ngcolon@yahoo.com). Phone: 360-393-5054.

### **Nov. 11: Burlington**

**Register at 9:45 am; Walk will start at 10am**

**Trail:** 5/10 km. Y1679.

Walk on the dike bordering the Skagit River and through the old business district including small shops and nice restaurants and a restored train station.

We will Register and start at the Skagit River Park, near the soccer field restrooms.

**Directions to Start:** I-5, Exit 229 Left from I-5 South, Right from I-5 North, At George Hopper Road's intersection with S. Burlington Blvd, turn Left, Heading north follow S. Burlington Blvd to intersection with Pease Road. Turn Right onto Pease Road. Follow Pease Road across railroad tracks continue through sharp left curve, Pease Road becomes Anacortes Street. Turn Right onto Gilkey Road. At stop sign turn Right into Skagit River Park's main entrance.

**Host:** Joe Pepia, [pepia46@comcast.net](mailto:pepia46@comcast.net), 360-899-5311

## **Nov. 18: Cornwall Park**

**Register at 9:45 am; Walk will start at 10am**

5/10 km. [Rated 1A](#). Y1142.

Walk through residential neighborhoods, parks and on trails in northwest Bellingham. Fabulous old homes with a couple of mansions along the way. Restrooms at start/finish.

**Start Box Location:** [Haggen Food and Pharmacy, 2814 Meridian](#)

**Directions to Start:** From I-5 North, take exit 256, Bellis Fair and turn left onto Meridian to start point. From I-5 South, take exit 256 and turn right on Meridian to store. We will meet in the parking lot near the corner of Meridian & Illinois St.

**Hosts:** Tom Stabile and Margaret Quick. E-mail: [tandmwa@frontier.com](mailto:tandmwa@frontier.com). Phone: 360-966-2346.

## **Nov. 24: Ferndale OPT OUTSIDE WALK**

**Register at 9:45 am; Walk will start at 10am**

Trail: 5/10 km. [Rated 1A](#). Number Y1005

Revised walk thru downtown, Pioneer, Hovander Homestead and Tennent Lake parks. Enjoy murals, historic buildings and views of Mt Baker as you walk through Ferndale's parks and downtown.

**Start Location:** [Haggen Food & Pharmacy, 1815 Main.](#)

**Directions to Start:** From north or south, take I-5 exit 262 to Ferndale. Haggen's is on the left side of Main Street just off the interstate. We will meet in the food court.

**Host:** Tamara Belts.

E-mail: [sisa98225@yahoo](mailto:sisa98225@yahoo)



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## **The schedule for Friendship Walks for the rest of 2017:**

**December 2:** Cordata

Walks for the coming year are still being determined. If you would be interested in a Holiday Lights walk sometime in December, please let me know: [pepia46@comcast.net](mailto:pepia46@comcast.net) It would probably start around 6 pm.



**PLAN AHEAD:**

New Year's Eve in W Seattle, New Year's Day in W Seattle 12/31/2017,  
1/1/2018 [www.walkingwithecw.org](http://www.walkingwithecw.org)

NW Regional Walking Festival Port Angeles, WA, 7/13/2018 -  
7/15/2018, [www.esva.online](http://www.esva.online)

Whidbey Walking Festival, Coupeville, WA, 9/7/2018 - 9/9/2018, [www.nwtrekkers.org](http://www.nwtrekkers.org)

2019 AVA Convention, Albany, NY, 6/9/2019 -6/16/2019 [www.walkescv.org](http://www.walkescv.org)

Club website: [www.nwtrekkers.org](http://www.nwtrekkers.org)  
Evergreen State Volkssport Association: ESVA.org  
AVA: America's Walking Club: AVA.org  
Facebook: [www.facebook.com/groups/1077999575578009/](https://www.facebook.com/groups/1077999575578009/)  
Meetup: [www.meetup.com/NW-Tulip-Trekkers-Walking-Club/](http://www.meetup.com/NW-Tulip-Trekkers-Walking-Club/)

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