

Walkin' Nassau

Volkssport Club

Spring

Volume 2 Issue 1

Walkin' Nassau Volkssport Club
 2134B First Ave. Fernandina Beach, FL 32034
www.walkinnassau.org
 Florida Volkssport Association-FVA website
www.angelfire.com/planet/fva2247
 American Volkssport Association—AVA
www.ava.org



President's Corner

WALKIN' IN THE NEW YEAR!



What a way to start a New Year! Over 35 walkers attended our Walkin' in the New Year Kick-off Event at Café Karibo in early January and from this we have 12 new members! Outstanding! Then a few weeks later we had a club walk on a beautiful Saturday morning in Old Town Fernandina with over 40 walkers (see article in this newsletter).

If you haven't done so yet please check out our new website – www.walkinnassau.org – we plan to keep this up-to-date with scheduled events, membership information, ways you can get involved and other pertinent club information. I hope you find it informative.

Join us as we go Walkin' into Spring with some different walks through such areas as North Hampton community, our beautiful greenway and also partner with the Katie Ride for Life in April.

I am so pleased to see that Walkin' Nassau is gaining in strength and as we continue to grow this year we hope to add more walks, more YREs, and more social time.

So everyone – Keep Walkin'!

Dyanne Hughes

Old Town YRE—Big Success



40 walkers turned out to walk our first Year Round Event (YRE) in Old Town. We had all ages from 9 years old to Barbara Broughton - 85 years old (pictured below). Also pictured below are our walk coordinators, Mark and Gloria Merwarth at the entrance to Old Town.

It's a great walk. If you missed it, remember, the walk can be done any day of the year. Simply go to the Red Otter Outfitters Store and ask for the walk box.



Mark Your Calendars!

Walk Schedule: March through May 2011

March 8	Fun walk –Yulee/North Hampton	5:30 PM
March 19	Amelia Island Greenway Club walk	9:00 AM
April 2	Fort Clinch with sister club, Forgers, Club walk	9:00 AM
April 16th	Katie Ride and Walk for Life	9:00 AM
May 10	Fun walk on the beach. Meet at Sandy Bottoms	6:00 PM
	Meeting and Social To follow	
May 21	American Beach YRE	9:00 AM

The Walkin' Nassau Volkssport Club exists to provide people of average athletic ability opportunities for leisurely, non-competitive walks in scenic and historic areas.

President

Dyanne Hughes
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Vice-President /Public Relations

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Webmaster

Volunteer Coordinator

YRE Coordinator

Walk Coordinator (May – October)

Newsletter Editor

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Dues are \$10/yr. For single and \$15 for couple or family. These dues are renewed July 1 and are good until July 1 of the following year.

Volunteers Needed

A good club is built by the members themselves. Many of our positions are held by one person. As you can tell from the listing to the left we have plenty of empty spaces. How can YOU help?

- ◆ **Publicity** E-mail articles to any and all local news about upcoming regular events and group walks. Send articles to The American Wanderer -**TAW**, the national newsletter about upcoming events. Make flyers for upcoming events, Send copy of flyers to be included with newsletters.
- ◆ **Webmaster** Updates website as soon as information is available. **Have you seen our new website? It's great! Many thanks go to Dyanne Hughes for all her work in setting it up.**
www.walkinnassau.org
- ◆ **Volunteer Coordinator** Makes a volunteer list for each regular event {**RE**} and circulates and/or calls members for workers. We try to have 2 **RE**'s a year and need Start /Finish and Check Point volunteers.

Please call or e-mail Gloria Merwarth to volunteer. 904-277-7161 or stomaglo.juno.com



Welcome New Members

A big welcome goes to **Coleen Baker, Ray Barbee, Barbara Broughton, Florence Churchill, Kathy Garland, Linda Herron, Sue & Lou Koufakis, Judy & Sam Lane, Marilyn Perkins and Adrienne Robertson.**

We're glad to have you with us to share the fun of Volksmarching. See you on the trail!

AVA Walking Achievements

EVENTS

Landon Merwarth	10
Laurie Merwarth	30

DISTANCE

When your event and distance books are completed please send them to AVA for your awards so they can be published in The American Wanderer national newspaper and here in this column so we can brag about your accomplishments.



Walkin' in the New Year Recap

Over 35 walkers came to the first Walkin' in the New Year Kick-off event to learn about Walkin' Nassau. Presentations were made about the formation of the club, our new Year Round Events (Egan Creek Greenway, American Beach, and Old Town Fernandina), upcoming club walks, Walkin' Nassau T-shirts and how to become a member and get involved in the club.

In addition, we had a presentation about the special memorial Pirates on the Run event which was held February 5. Walkin' Nassau partnered with Amelia Island Runners on a 5k walk portion of the event in honor of Ned Tyson (founder of both organizations.)

Another highlight of the evening was the Walkin' Nassau t-shirts that were on sale for \$10—they were really a hit. If you haven't gotten yours go online to www.walkinnassau.org to get information on ordering a shirt today!

The kick-off was a great success and we look forward to seeing all our new walkers on the trail throughout the year—remember to Keep Walkin'

Dyanne Hughes

Keeping a Record Of Your Walks

The backbone of Volkssporting is its award system — “walking for credit.”

Everyone knows a good walk is its own reward, but let’s say you feel like being further rewarded for your effort. The IVV (International Volkssport Verband) developed a system whereby you keep track of the number of events you walked as well as the distances you have walked.

There are two record books for walking - an EVENT book and a DISTANCE book. Every time you complete an event, your event book is stamped with the “sanction” number for that event. Likewise, your distance book is stamped, and the number of kilometers completed is noted in the margin. When either or both of your books are full, you mail them to the American Volkssport Association (AVA) headquarters in Texas, and you will receive by return mail a small hatpin, a patch, and a certificate of accomplishment –all recognized worldwide as IVV participation awards. At each level of achievement, your name appears in the American Wanderer (the bi-monthly national newspaper) published by the AVA. It also appears in this newsletter on page 2,

The record books normally cost \$5 each and may be purchased through our Specialties chairperson at a walk. She also has other club products like New Walker packets and club T-shirts.

New walkers can get both books for \$5. Just ask for a “New Walker” packet at the next meeting or event. Your first set of books record your first 10 events and your first 500 kilometers. At your own pace, you will fill up subsequent books and receive a set if awards for each level achieved. Also, in case you forget your books, insert cards are available that you can use to add to your books when you get home.

Everyone is welcome to do our walks for free, but if your you’re serious about the full rewards of fun, fitness and fellowship, you’ll want to start walking for “credit.”

Editor’s Note: *The charge for credit in your books is \$3. This helps to keep the club as well as our national organization, The American Volkssport Association (AVA) in business.*



Walks Around The State

3/5 Anna Maria Island W
Suncoast Sandpipers

3/5 Oakland W
Mid-Florida Milers

3/19 Christmas W
Mid-Florida Milers

4/2 Kissimmee W
Mid-Florida Milers

4/16 Altamonte Springs W
Mid-Florida Milers

Event Codes *W=Regular Event,
GW=Club Walk*

CLUB CONTACTS

First Coast Trail Forgers
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Pensacola Volksmarch Club
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Meandering Manatees
239-368-1673
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“Moving together toward a healthier America”

Get Sock Savvy

Funny how you can spend 70 bucks for a pair of super-cushy walking shoes, then ruin the experience by slipping on a pair of

thin, threadbare socks. The truth is that a very good pair of walking socks can make a so-so pair of shoes feel a lot cushier.

A good choice is Thorlos which are available at stores that sell sneakers.



The Walkin’ Nassau Club partnered with the Ameila Island Runners to honor Ned Tyson, the founding father for both organizations.

It was great to see the Walkin’ Nassau team at the Pirates on the run event. Several members joined hundreds (approximately 600) of runners and walkers on February 5 for the memorial event in downtown Fernandina. It was a cloudy drizzly day but a hardy group of Walkin’ Nassau walkers wearing their club t-shirts proudly walked from St. Peter’s church down Atlantic to Citrona, through a part of the Greenway and back downtown. Then everyone enjoyed a wonderful pancake breakfast hosted by St. Peters. What a way to commemorate our friend, Ned Tyson.



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We're on the Web!
Www.walkinnassau
.org

Fun Walk in Yulee

Plan now to join us at 5:30 PM in the parking lot in front of Peppers on March 8. We'll do a short walk through North Hampton neighborhood then return to Peppers for dinner followed by a meeting. It sounds interesting and lots of fun.

Let's Walk Ft. Clinch

Our sister club, the First Coast Trail Forgers have invited us to join them as they walk on our island on April 2.

Take a beautiful walk in the woods and on the beach where you can see Cumberland Island, GA across the water.

We'll meet at the ranger station to register about 8:45 AM then drive to the start point near the fort dating back to 1847. After the walk you can purchase a \$3 entrance fee that will allow you to enter the fort and step back in time as you witness Living Union Historians reenacting life in 1864.

Katie Ride for Life

Meet at Atlantic Recreation Center located at 2500 Atlantic Ave! The 5 and 10K walks start at 9:30 AM on April 16 heading into the beautiful oak-canopied Fort Clinch State Park.

Plan Now to Walk the Greenway

We'll meet at 8:45 AM at the Residence Inn located at 2301 Sadler Rd., Fernandina Beach to register for the 5 or 10 KM walk on March 19. Our walk coordinators, Mark and Gloria Merwarth will not be available to show people how to register, collect credit walk fees and stamp credit books. Can you help?
Notify Gloria at stomaglo@juno.com or 904-277-7161

American Beach Club Walk

We'll be stepping back into history on May 21. A.L. Lewis, Florida's first black millionaire, wanted a place where black people could go swimming or get together for social events and summer vacations. So he encouraged his friends to build summer homes on Amelia Island on an area that soon became known as American Beach.

We'll meet at 8:45 AM at Gourmet, Gourmet Restaurant located at 1408 Lewis St. to register for the 5 or 10 KM walk. Afterward we might gather at the restaurant for lunch.

That's what this club is all about!

Fun, Fitness, Fellowship and Food!