

Come walk with The Happy Wanderers!

Did You Know?

Some quick facts about walking:

- Aids rehabilitation from heart attack and stroke
- Burns body fat
- Elevates mood
- Helps control and prevent diabetes
- Helps prevent and/or reduce depression
- Helps promote restful sleep
- Helps relieve stress
- Improves efficiency of your heart and lungs
- Improves flexibility
- Improves mental alertness and memory
- Improves posture
- Improves self-esteem
- Increases energy
- Increases intellectual creativity and problem solving
- Lowers high blood pressure
- Promotes healthier skin due to increased circulation
- Raises your metabolism so you are burning calories faster, even while you rest
- Reduces levels of cholesterol in your blood
- Reduces stiffness in your joints due to inactivity or arthritis
- Relieves most cases of chronic backache
- Slows aging
- Strengthens muscles of legs, hips and torso

FOR MORE INFORMATION:

THE HAPPY WANDERERS WALKING CLUB, INC.

**PO Box 290153
Port Orange, FL 32129-0153**

**John McClellan, President
386-256-2160
johnmc82@cfl.rr.com**

**Dan Spink, Vice President
386-265-4289
dspink2@cfl.rr.com**

**Gloria Pratt, YRE Coordinator
386-763-4503
gloriajpratt@gmail.com**

**Or visit our website:
www.happywanderersfl.org**

Meetings: Bi-Monthly

The Happy Wanderers meet bi-monthly on the first Thursday (except holidays, see website calendar for exceptions):

**January—March—May—July
September—November**

**At: Port Orange Presbyterian Church
4662 Clyde Morris Blvd
Port Orange, FL 32129**

**The meeting is from 6:30-7:45 pm;
everyone is welcome. Orientation for
new members starts at 6 pm.**

Walking with The Happy Wanderers consists of non-competitive walks for a healthy lifestyle. We have "Fun Walks" every Wednesday evening and walk for about an hour.

Our affiliation with the American Volkssport Association (AVA) allows us to offer more structured walks (Volksmarches) that are usually on Sunday mornings during the warmer months; afternoons during the cooler months.

These scheduled Year-Round Events (YREs) gain IVV credit for event distance. These are available to walk on your own, as well.

AVA: America's Walking Club



**The Happy Wanderers
Walking Club, Inc.**

www.happywanderersfl.org

**[www.facebook.com/
HappyWanderersAVA](http://www.facebook.com/HappyWanderersAVA)**

**[http://www.meetup.com/Happy
Wanderers-Port-Orange-Walking
Club](http://www.meetup.com/HappyWanderers-Port-Orange-Walking-Club)
Meetup/**

What is Volksmarching?

A Volksmarch is an organized walk through a scenic and/or historic area over a predetermined course. The walk is non-competitive, and each participant travels at his/her own pace, making this an excellent activity for the entire family.

Walks generally cover a distance of 10 Kilometers (6.2 miles) over a circuitous route. A shorter route, 5km (3.1 mi.) is available for the walker who thinks a 10 km is a bit too much.

The events encourage outdoor physical activity and exercise and are designed for people of ALL ages and levels of physical fitness.

Routes are often accessible for wheelchair and stroller users.

In 2017 we added one walk and one bike event in Palm Coast. In Port Orange we added a bike event to the existing walk and swim events, making this a triathlon.

There is a \$3 charge for all participants in our events. Anyone who finishes an event is eligible for IVV credit.

What is a Year-Round Event?

Unlike regular Volksmarch events, which have fixed Start/Finish times and are offered only on certain weekends, a YEAR-ROUND EVENT (YRE) may be enjoyed any day of the year. It, too, is a non-competitive walk or bike through a scenic and/or historic area where participants travel at their own pace. The Happy Wanderers are proud sponsors of 15 Florida and 1 Georgia Year-Round Events. Additional information available from the Points of Contact.



The Happy Wanderers YREs and Points of Contact (POC)

Blue Spring State Park Seasonal Walk 1/01-3/31

Bill Ellis, 386-960-7511
bili1000@aol.com

Cocoa Beach Walk

Greg Peel, 321-501-0616
xshoeguy@hotmail.com

Daytona Beach Walk

Joanne Wright, 518-265-3929
wright.joanne@yahoo.com

DeLand Walk

Alice Partlow, 386-717-6153
alicepartlow53@gmail.com

Flagler Beach Walk

Mary-Ann Westbrook, 386-441-1839
jm.westbrook@aol.com

Hontoon Island State Park Walk

John McClellan, 386-256-2160
johnmc82@cfl.rr.com

Mount Dora Walk

Paul Erickson, 801-554-7132
paul@comlinksls.com

New Smyrna Beach Walk

Joanne Wright, 518-265-3929
wright.joanne@yahoo.com

Ormond Beach Walk

Sandy McArthur, 248-882-7999
Sandym225@yahoo.com

Palm Coast Walk & Bike

Leslie Stone, 832-588-1417
lpenton@att.net

Ponce Inlet Walk

Ken & Joanne Beauregard, 386-492-4416
ken.joanne@hotmail.com

Port Orange Walk, Bike & Swim

THIS CAN BE A TRIATHALON

Dan Spink, 386-265-4289
dspink2@cfl.rr.com

Sanford Walk

Bill Ellis, 386-960-7511
bili1000@aol.com

Savannah Walk

John Sewell, 912-925-3892
joncwell@aol.com

St. Augustine Walk

Gloria Pratt, 386-214-3890
gloriajpratt@gmail.com

The Happy Wanderers Membership Application

ANNUAL DUES

() Individual \$15.00 () Household \$

Name(s): _____

Address: _____

City: _____ ST: _____ Zip: _____

Email: _____

Home Phone: _____

Cell Phone(s): _____

Birthday(s) Month/Day _____

Please make checks payable to:

The Happy Wanderers Walking Club, Inc

And mail to: PO Box 290153
Port Orange, FL 32129-

How did you hear about us? (circle)

Library Newspaper YMCA Web

Friend/Family Natural Awakenings

Other: _____

Do you have a computer? Y N

Do you use Facebook? Y N

Do you wish to share your contact information with fellow Club members? Y N

Are you an AVA member? Y N