

Dogwood Trailblazers Walking Club



Club designed for **SOCIAL INVOLVEMENT AND EXERCISE**. There are 5k and 10k walks that are available most day light hours for individual walkers and some walks that are designated group walks at a certain place and time.



Club walkers do not compete with each others - only themselves.



Club is affiliated with the national AVA Volkssporting organization. This allows walkers, who choose this option, to track their walking events and distance. Participation in AVA programs and awards help to maintain motivation.



Club has friendly people who participate at all levels.

**Have you been looking for this type of activity?
Give us a chance!**

Learn more at our web site: <http://www.ava.org/clubs/DogwoodTrailblazers>

Or

Contact:

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