



Photo Submitted

Members of the Penn Mary Walking Club pose for a photo recently following a walk in South Dakota. Members are, front, Sarah Garcia, and back, from left, Jim Tree, Bennie Kirk, Tom Kirk, Connie Tree, Sue Capp and Mike Capp.

## Local walking club organizes

The Penn Mary Walking Club offers a variety of activities for the young and old at heart, according to organizer Sarah Garcia of Bedford.

"We are a nonprofit organization that is sanctioned by the American Volkssport Association," she said, noting that there are more than 200 clubs in the United States that participate in noncompetitive activities such as walking, bicycling and swimming.

Garcia said people can leisurely participate in walks held throughout the United States. The trips

hosted by the walking clubs range from light house walks to walking the battlefields of different wars. There are walking packets offered to first-time walkers to keep track of their events and mileage. The first 500 kilometers and the first 10 events of participation earn the participant a certificate and pin recognition.

"I have been volkswalking since 2003 and I have accumulated more than 8,000 kilometers which is equivalent to 4,970 miles," Garcia said. "I just completed a trip to South Dakota where there were more than 500

walkers from all over the USA. The oldest male walker was 87 and the oldest female was 83, so it goes to show you that you are never too old to walk."

The local club is hosting its first walking event from 8 a.m. to 2 p.m. Aug. 22 at Bedford High School. "We would love to see people and animals of all ages participate in this event where we bring fitness, friendship and fun together in one culminating event," she said. Anyone interested in joining the walking group is asked to email [sarahgrc@yahoo.com](mailto:sarahgrc@yahoo.com) or call 915-471-1134.