



Tails Along the Trails: Walking Adventures with Dogs

Becky Corwin-Adams

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Congratulations! You are part of the remarkable group of people who are health-conscious and highly motivated. You like to be fit and active. How do I know this? You are reading this book description, which is going to help you achieve your fitness walking goals.

If you are like me, you probably hate exercising. This book explains how you can start a new fitness walking routine that will prove to be so enjoyable, you'll soon forget you are exercising. As an added bonus, you can share your walking adventures with family and friends - whether they are human, canine, or a mixture of both.

Are you a dog lover, like me? Great. What dog would not enjoy spending quality one-on-one time walking with their master (aka dog's best friend)? My dogs enjoy walking in unfamiliar places and sniffing new things. Dogs love to sniff fire hydrants, trees, trash cans, and anything else they see. A dog's sniffing is comparable to a human reading a newspaper. A dog can tell a lot about a new place by the way things smell.

This book is a memoir of walking adventures, with and without dogs. The book details charity walks, volkswalks, and everyday walks around the neighborhood.

The book explains volkssporting and contains information about the American Volkssport Association, an active world-wide walking organization. By the time you have finished the book, you will be ready to join thousands of active volkssporters who enjoy creating their own walking memories.

Volkssporting clubs are located in many cities in the United States, Canada, and dozens of other countries around the world. There is probably a club near you. Volkssporting is often referred to as one of the "best kept secrets of fitness walking". All of these events are free, self paced, non-competitive walks.

The book includes humorous anecdotes of walking adventures across the state of Ohio, many other states, and Canada.

From star sightings while walking in Las Vegas, to attending national walking conventions, getting lost along the trail, and walking in all kinds of weather, walking is always an adventure, especially when accompanied by dogs!

Have you ever lost your footing and rolled down a hill? Did you ever carry your dog across a stream or navigate a rope bridge to cross a river?

As an added bonus feature, the book includes more than 40 photos taken along the walking trails.

What are you waiting for? After reading this book, you will be anxious to lace up your walking shoes, grab your dog's favorite leash, and get started on your own walking adventures.

Don't just sit there, get up and start moving down the path to your fitness walking goals. All you have to do is put one foot in front of the other.

Happy trails!

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