

Butch Ireland/Daily Nebraskan

Two spectators sit alone on the east side of Memorial Stadium Friday night. The UNL Marching Band performed the last night of band camp.

W.A.L.K. club combines exercise and fun

WALK from Page 12

Walking also has a social side to it, Highstreet said. One of the goals of the W.A.L.K. club is to meet new people in a positive and healthy atmosphere.

"When I go out with my family this is a time to catch up with what happened during the day," she said.

Annita Kreps, who works at the university's library, joined the W.A.L.K. club last year. She said that when she wears her W.A.L.K. T-shirt, other walkers come up and talk to her.

Kreps said walking is a lot of fun. It's a way to enjoy the outdoors and makes you feel good, she said.

Membership to the club is \$1.50, but members receive t-shirts, certifi-

cates and free blood pressure checks. The members fill out a medical waiver for personal risk factors and monthly screenings are offered.

The monthly screenings vary each month from dental checks to study skills. The screenings are offered to the whole university. Members earn awards for the amount of time they spend walking. When members walk for 50 hours, they reach the first level and receive a W.A.L.K T-shirt.

When members reach level six, the highest level of achievement, they receive a trophy. Kreps received her trophy last year for walking 250 hours.

"Vicki is going to make us work for it this year," Kreps said.

Members walk on their own, but organized group walks are on Tuesdays on East Campus and Fridays on City Campus from 12:15 p.m. to 12:45 p.m.

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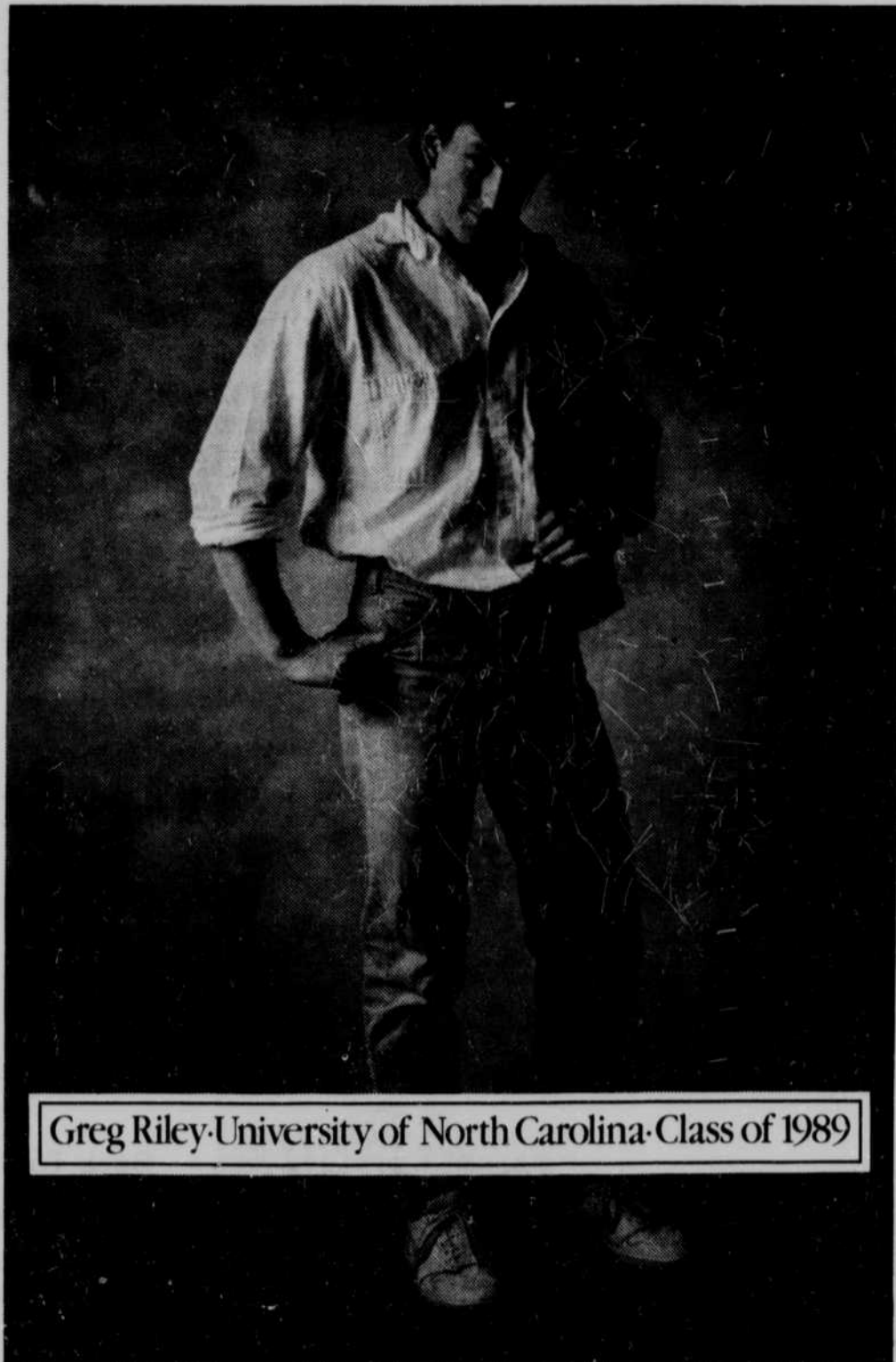
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