A) **Songs:**

**Trekkers' Theme song (Tune of Monkees Theme Song)**

Here we come, walkin' Down the street.
We're talkin' AVA, to Ev'ry one we meet.
Hey, hey, we're the Trekkers, And people see us trekkin' around.
But we're too busy walking, To everybody's town.

We go where the trail takes us, then do the diners too.
We rarely get breathless, We love that six point two.
Hey, hey, we're the Trekkers And people see us trekkin' around.
But we're too busy walking, To everybody's town.

The Trekkers just want members, Come and join us night or day,
We're the boomer generation, And we're the AVA.

Any trail, or any town, Just look for the Trekkers,
and there'll be no more frowns.

Hey, hey, we're the Trekkers, And people see us trekkin' around.
But we're too busy walking, To everybody's town.

**The Trekker Bunch (Tune of Brady Bunch)**

Here's the story of a lonely walker, Who was clinging to a life of a lonely girl.
All she needed was a club like her mothers, So she gave it a whirl.

Here's the story of the hiker's husband, Who was busy watching TV that he owned,
He's a grown man, out of shape totally, Yet he sought to be toned.

Till the one day when the lady met the Trekkers, And they knew it was much more than a hunch,
That the two would someday join the Trekkers. That's the way they walked with the Trekker Bunch.

The Trekker Bunch...

That's the way they walked with the Trekker Bunch.
**The Trekkers (Tune of Green Acres)**

The Trekkers is the club for me. Volkssporting is the life for me. Trails spreadin out so far and wide. Keep technology just give me that countryside.

Club members are so nice to me. The club is turning thirty-three. I just adore a trail-top view. Trekkers I love you, even at Timbuktu.

...The walks.  
...It rocks!  
...10K  
...Hurray!

If you want to join. Takes so little coin  
The Trekkers we are there.

**Trekker Recruitment Song (Tune of the Flintstones)**

Trekkers join the Trekkers.  
We're a Volkssport walking club.  
From the town of Belleville,  
We're a club right out of AVA.  
We walk usually on trails and streets.  
Through the courtesy of our own two feet.  
When you join the Trekkers you'll make some good friends  
some very good friends  
You'll have a way good time!

**B) Bad jokes and puns:**

Wives like long walks, especially ones taken by their husbands.

My wife stated walking 10K a day on her 40th birthday. She is now 50 and I have no idea where she is!

A guy was walking with his club and exclaimed I am a walking economy. How so? exclaimed the club members. My hair-line is in a recession while my stomach is inflating and this is putting me in a depression!