

Iowa's Walking Club

May 2022

Thank You, Volunteers!

With our second annual National Walking Week in the books and several new county walks opening on May 1, I can't imagine a better time to recognize and honor the countless individuals who plan and lead our walks. Did you know Iowa's Walking Club is an all-volunteer organization? The wonderful volunteers who share their skills and enthusiasm throughout the year bring our members hours of fun, fitness, and friendship through walking events.

A heartfelt thank you to all our volunteers!

Jan Knock, president

YRE Updates

The Winterset 10K is now open; the storm damage has been cleared.

The Ames walk box is missing, and a replacement is being prepared.

May 16 Membership Meeting at 6:30PM

Legion Park Shelter, 301 Vine St in West Des Moines.

May 7 Cedar Rapids Group Walk

This hike takes us along the Cedar River, past several of the city's fine museums and three buildings that have been the city's main library. It also includes the carriage house where painter Grant Wood once lived and where he painted "American Gothic." The 10k adds on a circuit around Cedar Lake and passes Quaker Oats.

Time: 10:30AM. This is a group walk with one start time. Please arrive early to register.

Start/Finish: Kosek Bandstand, 70 16th Av SW, Cedar Rapids 52404

POC: Jonathan Ice 319.538.7293

National Walking Week a Success!

National Walking Week, April 1-7, was excellent! We had 102 walkers at the six events before the weather stopped cooperating. Besides walking, there were well-attended social events after 3 of the walks. We had lunch at the Botanical Center, dinner at Wallaby's in Ames, had coffee, ate lunch, and bought chocolate in Marshalltown! We might not have walked far in Marshalltown, but we certainly had FUN!! All canceled events are being rescheduled

May Weekday Walks – Free!

Friday, April 29, 10AM – Urbandale Trails. Start/finish at McDivitt Cemetery, 7001 Meredith Dr, Urbandale. Park along 70th St. We'll explore the extensive Urbandale trails.

Wednesday, May 4, 9:15 AM – Pappajohn Sculpture Park.

Join us for a guided tour of the 4.4-acre John and Mary Pappajohn Sculpture Park featuring artwork by more than two dozen of the world's most celebrated artists. The park opened in 2009 and creates a pedestrian-friendly entryway to downtown Des Moines. We will meet at 9:15 AM at the parking lot east of the Capitol on East 12th Street and take the free D-Line bus, which runs in a loop from the Iowa State Capitol complex to the Western Gateway. Or, join us at the Sculpture Park at 10AM. Metered street parking is available surrounding the park. *This is an art walk with Pat.*

Thursday, May 12, 2PM – Copper Creek, 4390 E University, Pleasant Hill

– Meet in the parking lot to walk the 1.2 mile Gay Lea Wilson Trail around beautiful Copper Creek Lake.

Tuesday, May 17, 5PM – Ankeny Market & Pavilion, 715 W 1st St., Ankeny

– Meet in the parking lot, then walk Uptown Ankeny, Wagner & Hawkeye Park, Prairie Ridge Sports Complex, and a portion of Ankeny High Trestle Trail. This is a history walk; you'll learn quite a bit about Ankeny.

Wednesday, May 25, 10:30AM – Banner Lakes at Sunnyside State Park, 13084 Elk Horn St, Carlisle

Sunnyside State Park is the newest State Park, just off Highway 69/65, about 4 miles south of Southridge Mall. Meet in the parking lot as you enter the park. Many locals remember the area as Banner Pits when the site was mined for coal in the early 1930s. The walk will be on the paved scenic bike loop, which runs alongside the park's roadway around the larger lake. Rescheduled National Walking Week event!

Monday, May 30, 10AM – Gray's Lake, 2101 Fleur Dr, Des Moines

– Let's get a little exercise on Memorial Day. Meet in the SE parking lot for a stroll around the lake. We will also cross under Fleur Drive for a tour into Waterworks Park.

Wednesday, June 1, 5:30PM – Ada Hayden Heritage Park, 5205 Grand Ave, Ames - We'll meet at the shelter off Highway 69 and enjoy some lovely trails around the lake and neighborhood.

Contact Susan Pinneke at 515.423.8437 (call or text) for more information.

North Iowa Weekend of Walks

This will be a fun weekend! All three walks are available on OSB registration, but this weekend only you can register and stamp your books at a start/finish each day. There is one walk each day, but you may register for all three walks at one time and do them on your schedule.

Note: the Forest City walk has been moved to Friday afternoon and the Estherville walk to Saturday so we can have more time to enjoy Fort Defiance Park.

Reminder: Bring your poles or hiking sticks to Fort Defiance.

Lodging: Holiday Inn Express, Exit 214 on I-35 (4712 Wheelerwood Road, Northwood, IA) Ph 641.323.7500

2023 County Walk Volunteers Needed

Yes - you read that correctly - we are planning for 2023, and we need your help!

We are looking for **volunteers** to design walks in selected counties: Benton, Grundy, Dallas, Greene, Muscatine, and Louisa. Does a county on this list hold memories for you? Or, maybe there is a recreation area or tourism attraction you think would be of interest to our walkers?

Contact Peggy Watts to tell her you are interested. Whether you are a veteran or a brand new club member, Peggy will get you started on the planning process.

This is a great way to get involved with Iowa's Walking Club and learn the ropes as you explore new trails.

National Walking Week Prize Drawing

And the lucky winners are...

- Iowa's Walking Club t-shirt – Judi Pierick
- Year membership in Iowa's Walking Club – Jan Dunn
- Cheese cutting board donated by Image Solutions – Barb John
- Backup power pack from Image Solutions – Lisa Kendall
- Trunk organizers from Image Solutions – Robin Madison
- Notebook with pen/stylus from Image Solutions – Jeannine Kosman
- Water bottle surprise donated by REI – Nancy Turner
- Backpack and more presented by Iowa Department of Public Health – Diane Moorman
- Two free GDMVA – Iowa's Walking Club event coupons – Sandy Nabholz
- Two free GDMVA – Iowa's Walking Club event coupons – Bertie Waltman

Volunteer Opportunities

Assistance is needed for staffing the table on May 7, City of 5 Seasons: Cedar Rapids. Contact Jonathan Ice at 319.538.7293

North Central Regional Meeting 2023

We're looking for a couple of creative volunteers to plan a North Central Regional meeting for 2023. It doesn't have to be fancy, just some walks and meeting/social time. We're not planning another convention!! If you'd be interested in helping with this, please contact Susan Pinneke at 515-423-8437, call or text.

Win with Iowa's Walking Club

Do some walks, go to meetings, and win prizes. That's our 2022 challenge. Complete a variety of group walks, traditional events, and Weekday walks, and you are on your way. Attend a meeting, and you are almost there. Volunteer for an event or lead a walk, and you are done!

A prize package worthy of your efforts awaits when you complete the challenge. The fabulous prize package includes a treat, a handy item for the trail, a free walk, a 15% off coupon from Fitness Sports, etc.

Pick up a challenge book at any Iowa's Walking Club event or meeting, or contact Susan Pinneke at 515-423-8437 (call or text). The books are free!! The challenge runs from 1/1/2022 to 12/31/2022. Make Iowa's walking club participation one of your New Year's resolutions!

2022 Officers

Jan Knock, President/Newsletter 641.340.0114

Diana Ronk, Vice-President/Website 515.491.8903

Peggy Watts, Secretary/Trail Master 515.708-0405

Deb Gaskins, Treasurer/TAW 515.238.2486

Susan Pinneke, Director/Weekday Walks 515.423.8437

Phyllis Olson, Historian 515.669.9402

Nora Hudson, Director/membership services 515.230.6313

Diana Whited, President Emeritus 515.783.5251