

Iowa's Walking Club September 2020

August Meeting

21 members attended the meeting on Aug 18, 2020, at Gray's Lake, including new member Christine G!

The weather was delightful, a number of people were able to walk before the meeting, and the breeze kept the bugs (and sweat) away.

Minutes are available on the Membership page on the website by request.

Walk changes

- **Altoona** – Hours Changed: Monday-Friday 5 AM-1 PM, 4 PM-8 PM; Saturday 7 AM-Noon
- **Amana** – Call ahead to check the hours of the start point: Millstream Brewing 319-622.3672.
- **Brighton Lake Darling State Park** - The 10K is closed until further notice because of construction. The walk box is at the park office.
- **Danville Geode State Park** - The walk box is at Shelter 1.
- **Des Moines Beaverdale** – The walk box is at 4046 Amick Ave Des Moines 50310-4101. It is in a blue plastic storage box outside where walkers can get to it even if no one is home.
- **Des Moines Capital and Des Moines Waterways** – The walk box is at 1416 Oak Park Ave Des Moines IA 50313-3018. It is inside a Rubbermaid garden storage box next to the driveway behind the house where walkers can get to it even if no one is home. Remote start. Directions to the Start Point will be provided.
- **Iowa City – Closed permanently**
- **Prairie City** – The walk box has moved because the Visitor Center is closed. Contact Peggy Doane at 515-240-5761 for walk directions and stamped insert card. Be sure to bring water.

Calendar of events

Sep 4 Volunteer at Meals from the Heartland

We'll be packaging meals from 9 AM to 11 AM. If you are interested or have questions, contact Deb Gaskins.

They have changed their process in response to COVID-19.

Sept 21 meeting in West Des Moines

6:30 PM Sept 21 at American Legion Park, 301 Vine St, West Des Moines. The walk box will be at the meeting at 4:30 p.m. if you'd like to do the West Des Moines Historic Valley Junction walk before the meeting. Bring bug spray, water, and a chair. This walk is not going to be available next year.

This is also a coin drive—pay your walk fee with your change! Contact Susan P for more info.

Sept 26 Stephen's State Forest group walk

Here's your chance to get Clarke County. Start between 10 AM and noon. Rustic trails in a remote and beautiful setting. Bring a walking stick and bug spray, wear boots! Contact Peggy W for more info.

Oct 4 Loess Hills walk - sponsored by NWFT

While the Oct 2-4 North Central Regional Roundup has been canceled, the special event in the Loess Hills at the Hitchcock Nature Center in Honey Creek is still on! This walk is in Pottawattamie County.

Oct 7 3K Group walk in Des Moines

Join us for 30-minute walk to celebrate the 10th anniversary of the Healthiest State Initiative Annual Walk at 5:30 p.m. Meet at the Rainbow Sculpture in the Greater Des Moines Botanical Garden.

Oct 31 Downtown 'boo'eries

Start 11 am to 1 pm at Peace Tree Brewing Co. This is a fun tour of downtown and around Gray's Lake, and passes many local breweries and restaurants. Contact Diana R for more info.

Walks for 2021

9 new walks!

1. Allamakee County: Effigy Mounds National Monument, Harpers Ferry
2. Appanoose: Centerville
3. Des Moines County: Burlington
4. Dickenson: tbd
5. Lee and Van Buren: Shimek State Forest Preserve, Farmington
6. Mitchell and Howard: Riceville
7. Union: tbd
8. Warren: Annett Nature Center and Park, Indianola
9. Winneshiek: Decorah

Retired Walks

1. West Des Moines
2. Mt Vernon/Lisbon
3. Iowa City
4. Belmont

Derecho damage to walks

Palisades-Kepler and Lake McBride state parks are closed because of damage caused by the derecho. Ledges State Park is partially closed. Big Creek was closed but has reopened. Other parks may have varying degrees of trail closures. Check with Iowa DNR for the latest information.

Starting Point book orders due Aug 31

This softback book lists all AVA-sanctioned Year-Round and Seasonal walks in the U.S. by state and city. Keep a copy in your car, since some locales do not have cell phone reception. Contact Jan Dunn to order.

2020 t-shirts - get 'em before they're gone!

Susan P still has 1 small, 1 medium, and 2 large State Park t-shirts for \$14 each.

2021 Convention

The club will be volunteering at the Galena Illinois pre-walk on Sat, June 26. Tater Tours has expressed interest in including several Iowa walks on their convention tour.

Contact us

Diana Ronk, President/Newsletter 515.491.8903

Jan Knock, Vice-President 641.340.0114

Susan Pinneke, Treasurer/Membership
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ADDRESS SERVICE REQUESTED

