

Walk together

happens on one day only.
 happens only on one day but
 a Year Round or Seasonal
 ate available on other days.
 day event.
 begins on Jan 1 or Jan 2 and
 ble until Dec 31.
 s available less than 11
 of a year.

	Available
	4/1 – 10/31
	4/1 – 10/31
	4/1 – 10/31
	4/1 – 10/31
h	YRE
	4/1 – 10/31
	4/1 – 10/31
	4/1 – 10/31
	YRE
	1/2 - 12/31
	1/1 – 10/31
h	YRE
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ls	4/1 – 10/31
	4/1—10/31
	4/1 – 10/31
vn	YRE
	4/1 – 10/31
	4/1 – 10/31
	1/2 – 12/31
s: Capitol	1/2 - 12/31
s: Waterways	1/2 - 12/31
s: Easter Lake	4/1 - 12/31
	YRE
y	4/1 – 10/31
	YRE

When	Description
Jan 2, 9AM - 11AM	Mall Walk at Jordan Creek Traditional Event
Feb 11, 9AM- Noon	Skywalk Traditional Event
Feb 19-26, Various	IVV Olympiad in San Antonio, TX
Mar 18, 10AM- Noon	St. Patrick's Food Drive Traditional Event
Apr 1-7, Various	Walking Week (Statewide)
Apr 15, 10AM	Jefferson SW (Greene County)
Apr 15, 2PM	Redfield SW (Dallas County)
May 20, 10AM	Bloomfield SW (Davis County)
May 21, 10AM	Fairfield SW (Jefferson County)
Jun 24, 10AM	Adair SW (Adair County)
Jul 15, 10:30AM	Cedar Falls SW (Black Hawk County)
Jul 16, 10AM	Vinton SW (Benton County)
Aug 30, 7:30PM	Madrid Full Moon SW (Boone County)
Sep 15-18, Various	Choose your Own Walking Adventure Special Event (Lyon, Osceola, Sioux, O'Brien counties)
Sep 29, 6PM	Waterways Full Moon SW (Polk County)
Oct 21, 10AM	Winterset SW (Madison County)
Nov 11, 10AM	Veteran's Memorial SW (Polk County)
Dec 18, 6PM	Winter Social at Capitol Hill Lutheran Church

About Iowa's Walking Club

In 1984, a group of avid walkers organized the Greater Des Moines Volkssport Association (GDMVA). One name change and thirty-nine years later, we are still promoting physical fitness through non-competitive sporting events.

We keep members informed of walks, business meetings, and other events throughout the Midwest via our website, monthly newsletter, and emails. For up to date information, check our website and Facebook at iowaswalkingclub.org

About our walks and events

Our events feature map-guided routes and can be done at your own pace. They are ideal for families and participants of all ages.

Our events are open to everyone. The American Volkssport Association, a member of the International Federation of Popular Sports (IVV), sanctions the events.

Unless otherwise noted, the only award is IVV credit. Most events count towards earning IVV Achievement Awards, except weekday walks.

Sanctioned walks are eligible for the IVV-Americas, AVA Centurion Achievement Challenge, Walk the USA-A to Z, Walking the United States special programs, and our club's Iowa Counties Challenge.. See AVA.org for more information.

Carry water with you on all walks. Pets are allowed at most events, but must be kept on a leash.

Covid-19 precautions

Iowa's Walking Club follows CDC guidelines and guidelines. We expect social distancing, wearing masks inside buildings, and we organize outdoor walks.

Monthly meetings

Monthly meetings are held on the first and third Thursdays of each month, either on Zoom or in person. Check the newsletter for details.

Weekday walks

On weekdays a group walks at 10:30 AM. Walks are free, guided, and last about an hour. You can find other walkers on Facebook, and MeetUp. Weekday walks are not eligible for IVV credit.

The outdoor weekday walking group meets during Walking Week. For more information, contact Pinneke at 515.423.8437 or pinneke@iowaswalkingclub.org

Challenge programs

Iowa counties

Walk in all 99 counties! Can you walk in all 99 counties? Book for recording your progress. Contact Peggy Watts at 515.708.0405 peggywatts@iowaswalkingclub.org or Dec 31, 2029.