

# Iowa's Walking Club July 2020



## Upcoming events

**For all events: To minimize the chance of infection, bring correct change (\$3 per walker), a pen, hand sanitizer, and a mask. Come a few minutes early to check-in.**

**Jun 27 Winterset Group Walk.** The Clark Tower is a highlight of this walk on park roads and city sidewalks. You'll see one of the covered bridges commemorated in the movie "The Bridges of Madison County."

**Jul 6 Full Moon Walk on the High Trestle Trail.** Register at 8 PM at the parking area on QF Lane, which is west of Madrid on Hwy 210. Sunset is 8:53, and moonrise is 10:27. You'll get to the bridge with daylight and walk back in the dark.

For comfort bring bug spray, and for safety bring a flashlight and wear something reflective.

**Jul 17-19 Central Iowa Weekend.** On Friday, meet at the Oakwood Shelter at Ledges State Park between 3 PM and 6 PM; group walk at 6 PM. You'll be able to check-in for all four walks at one time: Madrid-Ledges State Park, Ames, Madrid-High Trestle Trail, and Boone. The Friends of Ledges are celebrating "Christmas in July," and we invite you to join in the fun by dressing up for the holidays. Rumor has it the Friends are awarding prizes! For more information check out their [Facebook page](#).

**Jul 20 Membership Meeting 6:30 PM** at the grassy area across from Shelter 3 at Easter Lake Park, 2830 Easter Lake Drive Des Moines, Iowa 50320. Stay to the left as you drive into the park. Bring a chair, bug spray, and water. We will be sitting far apart to protect our health. There will not be a program or refreshments.

## Changed year round and seasonal walks

**Altoona** – Hours Changed: Monday-Friday Open 5 AM-1 PM, 4 PM-8 PM; Saturday Open 7 AM-Noon

**Amana** - Call ahead to check the hours of the start point.

**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. Remote start.

**Des Moines Capital and Des Moines Waterways** – The walk box is at 416 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.

**Des Moines Easter Lake** - The walk box has moved. Contact Diana Whited at 515-783-5251 or [diwhited1969@gmail.com](mailto:diwhited1969@gmail.com) for walk directions and stamped insert card.

**Iowa City – Closed**

**Prairie City – Closed**

## Planning for next year

Call to arms: We need new walks in new Iowa counties

We are looking for the next set of counties for 2021, and the POCs to organize the walks. This year we had 31 counties with walks, which is a good start towards our goal of all 99!

If you have a special tie to a county and you would like to create a walk, let Peggy Watts know **by July 15**.

**What if you don't know how to create a walk?** If you have never created a walk, we have two trail masters who can help get you on your feet: Peggy Watts and Diana Ronk.

**How hard is it?** Not that hard, and not that time-consuming.

The next deadline is **October 1**: to identify the start point and have a rough trail design and description.

Those details are needed so that the walk can be included in the club's 2021 event book.

## Schedule for 2021

In August, the officers will finalize next year's schedule. We will be reaching out to POCs (Points of Contact) to verify the information for the AVA website and our event booklet. Check your event description now and prepare any changes.

## A little further out: officer elections

Want to have more meaning in your life? Do you want to do something that is satisfying and of great service to your community? Then become a club officer! The only qualification required is an enthusiasm for walking and a willingness to ask questions.

At the September meeting, the President and Vice President will name a Nominating Committee of at least three members. The Committee will nominate candidates for the offices to be filled for the 2021 calendar year. Members can also nominate candidates at the election meeting.

Members will elect the officers at the November meeting. Officers take office on January 1.

## Even further out: Convention in Madison

Meet me in Madison! Conventions are a wonderful way to meet new people, see different cities, and socialize with other Iowa's Walking Club members. The host club creates iconic walks, and walkers come from all over the world (although chiefly from the United States and Canada). There are workshops, tours, and social events to enjoy.

Note: the following information was taken from the Checkpoint, a publication of the AVA. To receive an electronic copy of the Checkpoint, join the AVA, or send a request to Hector at [hector@ava.org](mailto:hector@ava.org), with a subject of "Request for Checkpoint."

Tentative schedule:

[http://cb.ava.org/checkpoint/2020/May/Checkpoint-Tentative\\_2021\\_Schedule\\_Outline\\_May\\_2020.pdf](http://cb.ava.org/checkpoint/2020/May/Checkpoint-Tentative_2021_Schedule_Outline_May_2020.pdf)

Although we still have a little over a year to go, you can book your room at the beautiful Madison Concourse Hotel in the heart of downtown Madison. The AVA has blocked rooms for June 29 – July 3 at a discounted group rate.

To make your reservations please dial (800) 356-8293 and ask for the AVA 2021 Biennial Convention block to get the discounted rate. Note, reservations can be canceled up to 24 hours before the convention.

## In the rearview mirror

**Polk City Group Walk** On June 16, 20 people showed up at the Beach Pavilion at Big Creek State Park for our first group walk in a state park. Walkers were pretty excited to be able to socialize (from a safe distance). The meandering path running along the lake wasn't uncomfortably busy.

## Monthly meetings

During the period while social distancing is recommended, we will meet outside on the third Monday of each month for a business meeting and friendship. The meeting location will be published in the newsletter and on the website.

## Minutes

Minutes are available at the meetings, on our [website](#), or upon request.

Membership [susanpinneke@gmail.com](mailto:susanpinneke@gmail.com)

Facebook [peggywatts@mchsi.com](mailto:peggywatts@mchsi.com)

## Newsletter

The newsletter is published the 4th Wednesday of the month. The deadline for photos and proposed articles is the 3rd Monday of the month.

## Board members

- Diana Ronk, President/Newsletter 515.491.8903
- Jan Knock, Vice-President 641.340.0114
- Barb Stone, Secretary 515.249.5594
- Susan Pinneke, Treasurer/Membership 515.277.3653
- Phyllis Olson, Publicity/Historian 515.270.6920
- Norma Wessel, Publicity/Historian 515.270.6920
- Peggy Watts, Trailmaster 515.708.0405
- Nora Hudson, Director/Strategy 435.640.4982
- Deb Gaskins, Director/Programs 515.238.2486