

What's your path to Adventure?

All of the following walks are within easy driving distance from each other. It is your choice if you want to do one or all of them. Some walks will be featured at specific times, but available to do anytime on your schedule. Along some routes you will find "old" Volkssport patches; take one and bring it to the registration table at the hotel for a prize.

Registration needed by August 18, 2023

Registration:

Name: _____

Address: _____

Phone: _____

Email: _____

_____ **Friday Pizza \$5**

_____ **Saturday Dinner/Meeting \$25**

Roast Beef/Chicken Cordon Bleu

Salad/Garlic Mashed Potatoes

Dinner Roll/Candied Baby Carrots

Blue Bunny Ice Cream

(Vegetarian available on request)

Circle Size

_____ **T-Shirt - \$20 S M L XL (2X-\$23)**

_____ **L-Sleeve T- \$25 S M L XL (2X-\$28)**

_____ **Polo Shirt - \$30 S M L XL (2X-\$32)**

Make checks payable to: GDMVA

Send registration to: GDMVA, Iowa's Walking Club, PO Box 110, Des Moines, IA 50301-0110 Attn: NC Adventure

Lake Benton, MN

A start box is available at 117 E Benton St, Lake Benton, MN 56149. Near the SD border, and on the west side of Hwy 75 at the junction of Hwy 75 and Co Rd 119. Rated 1B, 5K & 10K routes.

Le Mars, IA

Start point will be staffed on Friday from 10-noon, finish by 3pm at the Plymouth County Historical Museum, 335 1st Av SW, Le Mars, IA. From Sioux City take Hwy 75 northeast to Le Mars exit 4th St SW. East on 4th St SW to 1st Av SW. North on 1st Av SW to museum on left. Rated 1A, 5K & 10K. The walk is also available throughout the weekend by registering at the host hotel.

Pipestone, MN

A start box is available at the Pipestone Grand Stay Hotel & Suites, 915 7th St SE, Pipestone, MN 56164. From I-90 Exit 12: North on Hwy 75. Left on Hwy 30/75. Motel is on right just before Hwy 75 turns right. Rates 1A, 5K and 1B for 10K. **NOTE:** This walk goes to the Pipestone National Monument on the Circle Trail. Use your Senior National Park Pass or pay fee to enter national park.

Rock Rapids, IA

Start point will be staffed on Friday from 2-4 pm at the Four Seasons Motel, 810 1st Av, Rock Rapids, IA, From Hwy 9 in Northwest Iowa turn south on Bradley St. Motel is at the corner of Bradley and Hwy 9. Rated 1A for two 5K loops. Walking at any other time you must register at the host hotel or by OSB.

Rock Valley, IA

Start point will be staffed on Saturday from 1-3 pm at the Rock Valley City Park, 1013 13th Av, Rock Valley, IA 51247. From US Hwy 18 in Northwest Iowa turn north into Rock Valley on 13th Av. City Park is on your left. Rated 1A for 5K, 6K, & 11K. Walking at any other time you must register at the host hotel or by OSB.

Sheldon, IA

Start point will be staffed on Saturday from 9-11 am at Hills Park, 220 Maryetta Rd, Sheldon, IA 51201 From US Hwy 18 in Northwest Iowa turn north on 2nd Av at the 4-way stop. Hills Park is a short distance on your left. Rated 1A, 7K & 11K. Walking at any other time you must register at the host hotel or by OSB.

Sibley, IA

Start point will be staffed Sunday from 9-11am at the Osceola Regional Health Center, 600 9th Av N. Sibley, IA. From Hwy 9 exit south on Northwest Blvd, left on L40 to hospital. Rated 1A for two 5K loops. Walking at any other time you must register at the host hotel or by OSB.

Sioux Falls, SD – Big Sioux River

A start box is available at Country Inn & Suites, 200 East 8th St. Sioux Falls, SD. From I-29 Exit 81: Follow Russell St to Main Av. Right on Main, Left on 8th St to motel. From I-90 Exit 400 onto I-229 south to Exit 7: Right on Rice St, Left on Cliff Av, Right on 8th St to motel. Rated 1A, 5K and 10K

Sioux Falls, SD – Outdoor Campus

Registration for this walk is only available by OSB or at the host hotel during the weekend. Rated 1B, 5K & 10K. The walk is on a recreation trail along the Big Sioux River and city sidewalks, through city parks and past historical markers.

Featured Walk Start Times

(A start/registration table available)

Friday: Le Mars 10:00 am to Noon

Friday: Rock Rapids 2:00 to 4:00 pm

Saturday: Sheldon 9:00 to 11:00 am

Saturday: Rock Valley 1:00 to 3:00 pm

Sunday: Sibley 9:00 to 11:00 am

General Information:

This will be a fun weekend of walking, socializing and eating. Walk Boxes are available at Pipestone, Lake Benton and Sioux Falls. The other walks are listed as available only on OSB registration, but this weekend only you will be able to register and stamp your books at a central start/finish.

These events are non-competitive. Participants may go at their own pace; it is not a race. Events are open to everyone. All ages are welcome and family participation is encouraged. Children under the age of 12 must be accompanied by an adult.

Stipulations: All events are sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). By registering for these events, participants accept the guidelines for AVA events and agree to observe the principles of good sportsmanship. Pets are allowed, but must be kept on a leash and cleaned up after.

Disclaimer: The sponsors of these events are not liable for lost or stolen items, accidents or injuries, and/or material damage at any time incurred by participants during the course of an event. Every reasonable effort will be made to make events safe, enjoyable and memorable.

Fees/IVV Credit: There is a fee of \$3 per participant for each walk. These events count toward IVV achievement awards.

Social Gatherings:

Friday 5pm: Pizza & Games at the Grand Stay Hotel in Rock Valley. All you can eat pizza for \$5 payable with registration or that night. Drinks are available for purchase at the hotel bar outside the party room. Put on your club shirt and come meet other volkssporters from around the region.

Saturday 5pm: Social hour 5-6pm. Group dinner at 6pm with meeting at Cedar Rock Grill, 1523 14th Ave, Rock Valley, IA 51247. A family style dinner (\$25 gratuity included) of Roast Beef, Chicken Cordon Bleu, Garlic Mashed Potatoes, Candied Carrots, Salad, Roll, and Blue Bunny Ice Cream. Drinks are not included.

Host Hotel: A block of rooms has been reserved at the Grand Stay Hotel & Suites, 2679 Rock Ridge Dr, Rock Valley, IA (712)476-9200. \$109 for double queen room, breakfast is included. Reservations under North Central Region must be made by September 1. The hotel has a fitness center, indoor pool and spa tub.

Camping: Rivers Bend Campground, 2433 300th St, Rock Valley, IA 51247 has 4 cabins, 74 RV sites and 5 tent sites. Reservations are available two months in advance on their website: camp@cityofrockvalley.com. The campground is on the Rock Valley walk route.



North Central Region Adventure & Meeting

Rock Valley, IA
September 15-17, 2023



Choose your own walking adventure with these walks:

Lake Benton, MN

Le Mars, IA

Pipestone, MN

Rock Rapids, IA

Rock Valley, IA

Sheldon, IA

Sibley, IA

Sioux Falls, SD - Big Sioux River

Sioux Falls, SD - Outdoor Campus

**Most walks are within a 50 mile radius of
Rock Valley.**

lowaswalkingclub.org