

Iowa's Walking Club September 2021

Essex Labor Day Festival Walk

Celebrating 150 Years in Page County

September 5. Start location Essex City Hall, 1pm - 3pm, finish by 5pm.

5k and 10k options.

This walk is not in the event book and was added in response to a request from the Essex Community Club. We're happy to be partnering with them on this community 150th-year celebration. Essex knows how to do a festival - what fun!

POC Diana Ronk 515.491.8903

Downtown Des Moines Breweries

September 18, Start location Peace Tree Brewing Co, 317 E. Court Ave, Des Moines. Start time 11:00am - 1pm. Finish by 3:00pm.

5k and 10k options

A fan-favorite on city sidewalks and trails. Take time along the trail for a beverage if you like. Explore the vibrant neighborhoods of Downtown Des Moines.

POC Diana Ronk 515.491.8903

Annett Nature Center

September 20. Start location Annett Nature Center, [15565 118th Ave, Indianola 50125](#). Start time 4pm. Register on the OSB or at the walk. Short membership meeting follows the walk at 5:30pm.

Special Program **Little Free Library**

The mowed grass and crushed rock trail winds through prairie and wooded areas and features an osprey observation tower, pollinator garden.

Light hors d'oeuvres will be served. Bring your own beverage.

POC Diana Whited 515.783.5251

Centerville Pancake Day Walk & Membership Meeting

September 25. Start time 8am - 1pm. Finish by 3pm.

Start/finish location Centerville City Park; look for the club flags.

5k and 10k options. Special programs **Rockin' Around the Clock & Little Free Libraries**.

Pancake Day began in 1949 when local merchants whipped up pancakes in a cement mixer for a customer appreciation event! Festivities include a parade, craft market, food, and of course, pancakes all day! Help get Centerville into the Guinness Book of World Records!

After the walk, we'll have a short membership meeting in Centerville City Park.

POC Deb Gaskins 515.238.2486

Schuetzen Park to Sunderbruch

"If you are going to do one walk this year - do this one!" - Norma

October 2. Start time 8am-Noon. Finish by 3pm. 5k and 10k options.

Start location Schuetzen Park, 700 Waverly Rd, Davenport. Special program **Little Free Libraries**.

The Northwest Turner Society and Iowa's Walking Club celebrate 150 years of "a sound mind in a sound body" with a volkswalk (of course!). The walk starts/finishes at Schuetzen Park, a privately owned park with a German immigrant history. The 10k takes us to Davenports' newest park, Sunderbruch.

5k walk is on trails and sidewalks. Trails are rough - bring walking sticks or poles if you use them. 10k includes walking on a roadside for a short distance.

On the day of the walk, the Deutsche Polka Band will perform, and homemade German-style refreshments will be available for purchase. Come for the walk and stay for the party!

POC Michael Hustedde ph 563-323-6501

Sixty beer openers will be available as an award for \$5.00. The wood was salvaged from Schuetzen Park trees damaged by the derecho.

Walk for Wildlife

Girl Scout Walk together. Co-sponsored by Polk County Conservation.

October 9. Start time 10:30am - 12:30pm. Finish by 3pm.

Start location Jester Park Outdoor Recreation and Wellness Center, 12112 NW 128th St, Granger

5k and 10k options. Award: Current Girl Scout Patch

Walk wooded park trails and roads. Ideal for pets on a leash. This is just a great place to enjoy the out of doors! This park features bison and elk herds and outdoor art installations.

POC Susan Pinneke 515.423.8437

September Week Day Walks

- Walk for about an hour.
- Not sanctioned - no book stamping.
- Free.
- Great way to meet club members.
- Get some exercise. Build up your walking endurance.

- Walk at your own speed.

Contact: Susan Pinneke 515-423-8437

September 1 – 6 pm – West Des Moines Public Library, [4000 Mills Civic Parkway, West Des Moines](#). We'll meet in the library parking lot and stroll the trail around the lake, enjoying the art on display.

September 8 – 1 pm – National Czech and Slovak Museum and Library, [1400 Inspiration Place SW, Cedar Rapids](#) – Meet in the parking area across from the entrance, and we will walk to the top of Mt. Trashmore for a fantastic bird's-eye view of the city of Cedar Rapids.

September 15 – 9:30 am – Urbandale Public Library, [3510 86th St, Urbandale](#) - We will start from the south end of the library parking lot and go east on the greenbelt trails.

September 24 – 10 am – Bill Riley Trail, 101 SW 45th Street, Des Moines. We'll meet in the Ashworth Pool parking lot and hop on the trail to Waterworks Park.

September 28 – 5:30 pm – Union Park, [725 Thompson Ave, Des Moines](#). Meet at the carousel, and we'll walk to Grandview University.

We have t-shirts for sale!

\$20.00 Men's large size only.

Call or email Jan K at knockfamily@gmail.com to get your awesome Iowa's Walking Club shirt!



Time to order your AVA 2022 Starting Point!

This handy book lists all Seasonal and Year Round events in the US. The cost is \$25. Contact Jan Dunn by email jkdunn_1@msn.com to pre-order. Payment due on delivery.

Welcome Element 3 Health Walkers

The Element 3 Health (E3H) partnership started on the first of this year. It has great potential for our club; over 60 thousand people in Iowa have this benefit. United Health Care is an E3H participating insurer, and has a popular Medicare plan.

Our year-round and seasonal walks, with traditional start boxes, have already been listed on the E3H site. As we figure it out, you'll be hearing more about our involvement with E3.

E3 walkers do not pay because we are reimbursed by Element 3 Health when one of their people participates in one of our walks. We will get \$1 for a year-round or seasonal walk and the usual \$1.75 when they attend a group walk or event. This reimbursement is generated through the E3 site when the walker indicates they plan to do a walk. We don't have to verify they walked.

Because of this, you will see new log sheets in the logbook of year-around and seasonal walks. E3 walkers won't use a start card but will sign the logbook and check the E3 box.

Our weekday walks, meetings, group walks, and traditional events will soon be added to the E3H calendar. Hopefully, we'll be seeing some E3H walkers soon.

Don't forget the AVA's Change of Address

Send your completed books to American Volkssport Association, 1008 S Alamo Street, San Antonio, TX 78210

IVV Olympiad in San Antonio

February 19-23, 2023. It's not too early to start planning to volunteer and attend the first IVV in the US!

PS

Do you follow Iowas Walking Club on social media? We are active on both Facebook and Instagram, so be sure to follow along as we share news from the trail.

Facebook: <https://www.facebook.com/iowasWalkingClub>

Instagram: <https://www.instagram.com/iowaswalkingclub>