

Iowa's Walking Club

Oct 2022

CRUNCH! The sound of dried leaves under our footsteps is almost here. Long walks with friends enjoying the fall color is a prescription for happiness! I'll look forward to seeing you at Jester Park for a "walk with the wildlife" on Oct 17 as we hike the trails together.

Jan Knock, club president

Walk at Jester Park Oct 15

Oct 15 Traditional Event: Walk with Wildlife - 5k and 10k/1B

Jester Park Outdoor Recreation & Wellness Center,
12112 NW 128th St, Granger 50109.

Start between 10:30AM and 12:30PM. Finish by 3 PM.

Park trails and roads. Ideal for pets on a leash. It is a great place to enjoy the outdoors. This park features bison and elk herds.

Directions: From Des Moines, take IA-141 north to NW 121st St (note sign to Jester Park). Turn right on NW 121st St to 118th Ave.

Turn left on 118th Ave and follow the curve to the right on 128th St. Turn right at the park entrance.

POC: Diana Ronk 515.491.8903

October & November Weekday Walks

While the nice weather continues in October and (hopefully) November, we've got walks for you!! We have some great new locations for your walking enjoyment and fun special events. Let's take advantage of the weather for more fun, fitness & friendship before the snow flies!!

This is a good time for a reminder that we do not walk if the weather is bad, such as raining or snowing, or below freezing or icy. We will walk if it looks like it might rain; we may modify the route to allow for shelter if it starts raining. If you have a question, call or text.

If you have questions, call me or text Susan Pinneke 515-423-8437.

Here are our walks for October and November.

- **Wednesday, Oct 5, 5:30PM** – Raccoon River Park Nature Lodge, 2500 Grand Ave, West Des Moines. This is part of the 12th Annual

Healthiest State Annual Walk. We will be joining thousands of other Iowans statewide in walking for 30 minutes. Workplaces, schools, organizations, and cities all create walks, and we have too!! We'll loop the lake, which is little more than 30 minutes, but it's a fun, easy trail, and we'll eat out afterwards.

- **Thursday, Oct 13, 1:00PM** – Deerfield Retirement Center, 13731 Hickman Rd, Urbandale. Let's all meet behind the Center, where there's public parking in the (western) rear. The park is noted for its open sky, greenery, and friendly deer. A George-led walk.
- **Monday, Oct 17, 10:30AM** – Urbandale Trails. Start/finish at McDivitt Cemetery, 7001 Meredith Dr, Urbandale. Park along 70th St. We'll explore the extensive Urbandale trails.
- **Wednesday, Oct 19, 10:00AM** – Walnut Creek Trail. Meet at the soccer field parking lot behind Pal Joey's, 6224 Grand Avenue, Des Moines. We'll be enjoying our second Art Corridor walk. A Public Art Grant from Bravo Greater Des Moines has allowed Des Moines Parks and Recreation to install five art corridors along the Central Iowa Trail System within Des Moines. The corridors feature art selected from 64 submissions from 40 local artists. Trail users will view art from both directions of travel. We will enjoy the artwork along the Carl Voss Trail near Easter Lake.
- **Tuesday, Oct 25, 4:00PM** – Carr Park, 1704 Meadowlane Ave, Ames. Carr Park is in the midst of neighborhoods and runs next to River Valley Park. The goal is to explore the trail covered in fallen leaves and enjoy the scents of fall. Join us for an enjoyable outing.
- **Friday, Oct 28, 10:00AM** – Waveland Neighborhood. We'll meet at the Waveland Tennis Courts, 4822 Observatory Road, Des Moines. Currently, there is construction in that area, so you may need to park along Polk Boulevard. We'll gather at the Waveland Tennis Court sign and enjoy a stroll through the Waveland neighborhood.
- **Monday, Oct 31, 6:30PM** - Sherman Hill District's Annual Halloween on the Hill. Please join us for this special event and fundraiser for DMRC. Meet at Hoyt Sherman Place (15th and

Woodland) at the stairs leading to the ticket door on the east side of the building). Everyone is asked to donate a non-perishable food item(s) when they arrive. We will drop off our DMRC food donations and pick up our map, including the neighborhood's largest Halloween displays, at the start. This event is for all ages, but it is all trick and no treats. Please wear reflective gear and bring a flashlight. You're welcome to dress in costume (but certainly not required). We plan to walk for approximately one hour. See you there!

- **Wednesday, Nov 2, 10:30AM** - Raccoon River Park, 2500 Grand Ave, West Des Moines. Meet at the dog park at the east end of the park; it shares parking with softball fields and is just past the beach. We will walk a dirt trail, spying on deer and Jordan Creek as it enters the Raccoon River. Wear sturdy shoes!
- **Friday, Nov 18, 2:30PM** – West Des Moines Library, 4000 Mills Civic Parkway, West Des Moines. We'll stroll around the lake and enjoy this year's art installation.

Christmas lights walks will be back again this year. These were very popular last year and great fun!! Look for two dates after Thanksgiving. Plan to join the fun.

Susan Pinneke

The Big Give

Many thanks to all who contributed to our Regional Director, Susan Pinneke's Big Give Matching challenge. Contributions and match totaled almost \$500 – AWESOME!! It shows how wonderfully generous the North Central region is!! A big thank you to all who participated in the Big Give!! It's a very successful fundraiser for the AVA and helps ensure our volkswalking fun continues into the future.

If anyone would still like to give, a donation check may be sent directly to AVA, 1008 S Alamo St, San Antonio, TX 78210, until Oct 31.

September Weekday Walks County Walk Patches

Use for a fun way to track your completed walks by county! Just fill in the counties with a color of your choice as you walk Iowa.



To order your patch, contact peggywatts@mchsi.com or 515-708-0405. Cost \$7.00

Getting the Word Out

Many thanks to Ann & Dana Bresler for promoting our club at the Emerson Health Fair on Tues, Sept 20, in Marshalltown

Membership Meeting Oct 17, 6:30PM on ZOOM

October's cooler temperatures bring a change to our meetings: we'll be meeting on ZOOM beginning this month. To receive the ZOOM link, contact Diana Ronk. For security reasons, we do not include the link in this newsletter.

Minutes from the September meeting are available at www.iowaswalkingclub.org under the "meetings" tab

Friendship, fun, and FOOD

Jingle Bells are in the air!

The Holiday Party is Back on Dec 19 at Capitol Hill Lutheran Church

The annual Holiday Party is back! The committee has lots of fun in store for a holiday get-together. Please plan to join us for food, friendship, and fun!

SAVE THE DATE: Monday, Dec 19, 2022, 5:30 PM

Place: Capitol Hill Lutheran Church

If you need transportation to this event, please call Jan Knock at 641-340-0114

Volunteers Needed!

Growing the Ambassador Program

Walking Club ambassadors help new members navigate the wealth of opportunities our club and the AVA provides. If you enjoy walking with the club and want

to meet and guide new folks, you are right to be an ambassador!

Ambassadors are especially needed at our Weekday Walks, where the relaxed and social approach allows meeting the new walkers.

Contact Nora Hudson at nhudson76@gmail.com for more information.

North Central Regional Meeting 2023

We're looking for a couple of creative volunteers to help with a North Central Regional meeting for fall 2023. Please contact Susan Pinneke at susanpinneke@gmail.com or 515-423-8437. Call or text.

Contact us

2022 Officers

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Iowa's Walking Club is an all-volunteer organization with 120+ members that offers more than 50 events annually.