

## Ways to Walk

### Casual walks

Walk for an hour with us twice each month: once in the evening for each full moon and once to enjoy a meal with us after a walk.

### Monthly Volkssport walks

Weekend events with 5K and 10K options. Option to collect credit with the American Volkssport Association.

### Special events

Picnics, Iowa Cubs games, holiday socials, club meetings--always something fun to do with friends.

### Walk all 99 Iowa counties

Can you meet the challenge? Get information on county walking routes and a free book for recording your progress. Must be completed by December 31, 2029. Contact Peggy Watts at 515.708.0405 or email [peggywatts@mchsi.com](mailto:peggywatts@mchsi.com).

Iowa's Walking Club (GDMVA)

PO Box 110

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## About Iowa's Walking Club

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

We keep members informed of walks, club meetings and other events though the Midwest via our website, weekly emails and Facebook. For current information, check out our website (see below) or visit our Facebook page.

Membership is not required to attend our events. Though many events are free, some require a \$4 fee.

[www.iowaswalkingclub.com](http://www.iowaswalkingclub.com)



## Casual Walks

From April to October, these group walks take us all over the Des Moines metro and to other nearby towns.

Each walk is planned and led by a member of the club and lasts about an hour.

The monthly 4F Walks are followed by an optional meal together at a nearby restaurant. The monthly Night Owl Walks are evening walks (though not necessarily after dark) that are scheduled in the week of the full moon.

Here are the weeks for our 2026 walks:

<u>4F Walks</u>	<u>Night Owls</u>
April 12	April 26
May 10	May 31
June 14	June 28
July 12	July 26
August 9	August 23
September 6	September 20
October 4	October 18

## Monthly Volkssport Walks

Jan 1: Jordan Creek Mall

Feb 14: Jordan Creek Mall

Mar 28: Beaverdale Trails

Apr 25: WaterWorks Park

May 15–16: South Central Iowa

Jun 13: Banner Lakes

Jul 13: Polk County Fair

Aug 21: Gray's Lake

Sep 18–19: East Central Iowa

Oct 17: Krumm Nature Preserve

Nov 8: Veterans Memorials

Dec 6: Holiday Social

## Walking on Your Own Time

In addition to the scheduled events in this brochure, Iowa's Walking Club creates a variety of walks in the Des Moines metro and elsewhere in Iowa that you can walk on your own time.

These seasonal or year-round walks are sanctioned for credit by the American Volkssport Association. The maps and written instructions are available from the AVA website at [myava.org/find-an-event.php](http://myava.org/find-an-event.php)

Questions? Email us at [lowasWalkingClub@gmail.com](mailto:lowasWalkingClub@gmail.com)

For More Information on any of our events: visit our website at [lowasWalkingClub.org](http://lowasWalkingClub.org). Information is posted a few weeks in advance of each event.