Iowa's Walking Club December 2022

I find myself referring to "my walking club" in conversation with friends and family, and I wonder if you do, too. This sense of belonging is a strong tie that can lead to strange behaviors, like meeting up to walk a 5K on the first cold and snowy day in Des Moines. Eleven bundled-up walkers had fun and lots of conversation walking the Iowa State Capitol grounds and Veteran's Memorials on November 12 as the snowflakes were flying.

This is how we keep our club alive: our sense of adventure and willingness to show up and walk. New places, faces, and challenges support walking for fun, fitness, and friendship.

This is the final month of my term as Iowa's Walking Club president. I appreciate our amazing and dedicated board of directors who keep the magic happening. We have talented leadership to take us into future years of walking adventures, and I am grateful.

In Good Cheer, Jan Knock, president

December Weekday Walks

We are ending 2022 with some excellent weekday walking opportunities! Bundle up for two great lights walks! You can enjoy the lights in the East Village and on Gingerbread Lane in Ankeny! Then you can multi-task, do indoor walking at the local malls and get that Christmas shopping done! Join in the fun! Questions? Susan Pinneke 515-423-8437 (call or text).

Friday, December 2, 5:00PM – Molly's Cupcakes, 215 E. 3rd St, Des Moines. Enjoy holiday lights on this East Village walk. Come early or stay late for neighborhood shopping and entertainment. Metered parking on the streets or public ramp at Locust and 3rd.

Friday, December 9, 6:00 PM – Ankeny, corner of 8th St SE and Rio. It is in the middle of Gingerbread Lane and Frosty Circle.

We start at the Ginger Bread Lane sign and tour the area lights. You might want to get to Ankeny early and head to Uptown Ankeny to look around before heading to Ginger Bread Lane. Remember, the traffic in Ankeny will be super busy at the early evening.

Tuesday, December 13, 10:00AM – Merle Hay Mall Food Court, 3800 Merle Hay Road, Des Moines. Meet at the food court and do a couple of laps around the mall. Followed by Christmas Shopping?!

Wednesday, December 21, 10:00AM – Valley West Mall Food Court, 1551 Valley West Dr, West Des Moines. Join us for some climate-controlled walking.

Holiday Party December 19

The annual Holiday Party is back! Plan to join us for food, friendship, and fun!

Monday, December 19, 2022, 5:30PM

Capitol Hill Lutheran Church, 511 Des Moines St, Des Moines

We provide ham and a vegetarian main dish, table service, and hot cider. Please bring a side to share.

Your donation of socks or blankets to the Urban Bicycle Food Ministry ("burrito people") will be appreciated.

The first thirty guests will receive an exceptional gift! Founding member Bonnie Christensen bequeathed her collection of "Walking Santas" to the club. Every Santa has a staff or walking stick, and is unique and lovely.

If you need transportation, call Jan Knock at 641.340.0114

Holiday Open House for Members

You're Invited to Phyl and Norma's

When: Saturday, December 17, 2PM - 4PM

Where: For address, call 515.270.6920

Special request: Dress "Christmassy."

Join your walking friends for Christmas merriment!

New Year's Day Walk – Jan 2nd!

This year the walk has been moved to **Monday, January 2,** at Jordan Creek Mall (meet near the theatre entrance). It's a great time to pay your dues: $12 family and $10 individual.

AARP recognizes Phyllis

Phyllis Olson is the recipient of this year's AARP Andrés Award for Community Service. Named after AARP founder Ethel Percy Andrés, the award includes a $1,000 grant for a nonprofit of the recipient's choice. Phyllis chose the Urban Bicycle Food Ministry of Des Moines to receive this gift.

Congratulations, Phyllis. Thank you for all you do for Iowa's Walking Club. Well deserved!

County Walks – by Peggy Watts

When I moved back to Iowa in 2003, I challenged myself to find something new every year in a different Iowa county. I was born and raised in Wright County. From there, I explored Franklin, Webster, and Hamilton counties. After I bought a house in Story County, I explored neighboring Boone, Marshall, and Polk counties. Lucky for me, I found Iowa's Walking Club, where I have been able to share my interest in walking and exploring my home state.

I now manage the walking program the club offers as an incentive to walk in all 99 counties by the year 2029. We started in 2020 with 31 counties (including Iowa State Parks), then 12 in 2021, and added 9 counties in 2022. In 2023 we will add 11 more:

COUNTY	CITY	COUNTY	CITY
Adair	Adair	Jefferson	Fairfield
Benton	Vinton	Lyon	Rock Rapids
Black Hawk	Cedar Falls	O'Brien	Sheldon
Dallas	Redfield	Osceola	Sibley
Davis	Bloomfield	Sioux	Rock Valley
Greene	Jefferson		

Four group walk events encourage walking together:

- April 15 weekend Greene and Dallas counties
- May 20 weekend Davis and Jefferson counties
- June 24 weekend Adair and Guthrie
- July 15 weekend Benton and Blackhawk

Stay tuned for details of each of the weekends when we'll explore these eight counties. Have an idea? Reach out and let us know what interests you.

Track your completed county walks on an amazing State of Iowa patch! Fill in the counties with a color of your choice. To order, 515-708-0405. Cost $7

Iowa's Walking Club Supports Trails

The Iowa DOT established Iowa's Federal Recreational Trails Advisory Committee to review and score grant applications for the Federal Recreational Trails Fund.

Our club has represented walkers/hikers on the Advisory Committee for some time. First with **Peggy Welter,** then **Phyllis Olson,** and since the 2012 grant cycle **Don Corrigan**. The fund approximates $1.2 million and 18-25 applications with 5-7 grants awarded.

2023 Officers

Congratulations to our 2023-2024 board of directors.

President - Diana Ronk
Vice President - Robin Madison
Secretary - Peggy Watts
Treasurer - Debra Gaskins
Historian - Phyllis Olson
Director - Susan Pinneke
Director - Nora Hudson
Past President - Jan Knock (advisory)

Committee chairs: Jan Dunn, specialties, and Diana Whited, AVA sanctioning liaison.

Renew Your Membership Now!

Your membership expires on December 31. We would happily accept your dues at the holiday party, a December weekday walk event, on the January 2, 2023 mall walk, or by mail.

Dues remain the same: $12 Family, $10 Individual.

GDMVA, IOWA'S WALKING CLUB
P.O. Box 110
Des Moines, IA 50301-0110

ADDRESS SERVICE REQUESTED

Don't miss an issue. Renew now.