

# GDMVA, Iowa's Walking Club July 2019

## Upcoming Events

**July 15** Full Moon Group Walk. Meet at 6 PM at the Tiger Bowl, 205 Annex Rd, Madrid, IA 50156 for a brief meeting beforehand. POC Diana Whited 515.783.5251 [diwhited1969@gmail.com](mailto:diwhited1969@gmail.com)

**July 20** Iowa Games Group Walk. Start 8-11 AM at Tom Evans Park, 340 Main St, Ames IA 50010. POC Peggy Watts 515.708.0405 [peggywatts@mchsi.com](mailto:peggywatts@mchsi.com)

**August 3** Bison Day Group Walk, Prairie City. Neal Smith Wildlife Refuge, 9981 Pacific St, Prairie City IA 50228. POC Peggy Doane 515.967.5169 [pjohusker@gmail.com](mailto:pjohusker@gmail.com)

## Wednesday walks

Join us at 6 PM for an hour of informal walking and fellowship. After the 4th Wednesday we will eat out at a local restaurant (July 24). In case of bad weather meet

**July 3** - No walk. Celebrate where you choose!

**July 10** - Colby Park. 69th St and School St, Windsor Heights

**July 17** - Greater DM Botanical Garden. Walk north to Union Park, bring \$\$\$ to ride the carousel and add a year to your life!

**July 24** - Pleasant Hill. Copper Creek, 4390 E University. Eat out after.

**July 31** - Neal Smith Trail. Hy-Vee parking at 3330 M. L. King Blvd, walk east to river.

Hope you will join this friendly group of casual walkers for exercise and fellowship.

## Member spotlight - Lauren Rice

Lauren R. Rice started walking at an early age and she's not stopped since. Her favorite walks have included hiking and camping along the Superior Hiking Trail with her best friend, wandering through the French Quarter during graduate school (when she was getting an MFA in creative writing), and strolling with her dog Holiday around Beaverdale. When she's not walking, she enjoys riding bikes and sailing.

Lauren is an accomplished traveler. She's written *Iowa: An Explorer's Guide*, a comprehensive guide to the Hawkeye state. Her book will guide you through the backcountry and cities of Iowa.

Welcome Lauren!

## Calendar

**September 7** Downtown Breweries, Des Moines

**September 28** Oktoberfest Group Walk, West Des Moines

**October 12** Walk for Wildlife, Granger

**October 15-19** 16th Volkssport Olympiad, Aix-en-Provence, France

**November 9** Veteran's Day Group Walk, Des Moines

**December 16** Club Holiday Party, Des Moines

## Minutes

Minutes are available at the meetings, on our website, or upon request.