

# Iowa's Walking Club April 2021

*Spring, a season of new beginnings. I met many walkers at our National Walking Week events and hope each and every one comes back for more fun, friendship, and fitness with Iowa's Walking Club. We got great feedback from our new walkers about what a welcoming group we are. We are ready for a great spring!* - Jan Knock, president

## Creston Group Walk & Club Meeting

April 17 at 10am. We're heading to Union County for our first in-person membership meeting of 2021 in **McKinley Park**. We'll start at 10 am with the 6K walk through the park and around the lake on the Park to Park trail. After the walk, we'll have A&G pizza (you'll love it!), a short meeting in a park shelter house, and the National Walking Week prize drawing. BYOB. After the meeting we will head to uptown Creston for a guided walk of the murals located in the alleys.

Creston is 75 miles SW of Des Moines on Highway 34. Driving into Creston on Hwy 34, on the west side of town, turn N onto Patriotic Dr (you'll see the Freedom Rock and Visitor's Center). R onto Park St and follow E and N through the railroad underpass, veer L onto McKinley St, Just past Stone St and to your L you'll see the "Bear Cage" parking area. The Walk Box is mounted on the shelter house 4. POC Jan Knock 641-340-0114

## Weekday Walks in April and May

**Friday, April 23**, Urbandale Senior Recreation Center, 7305 Aurora, Urbandale - We'll meet at 10 am at the senior center and explore the Urbandale trail system.

**Thursday, May 6**, Horizon Elementary School, [5905 NW 100th Street](#), Johnston – We'll meet at 5:30 pm at the school for an adventure on the Johnston trail system.

**Monday, May 10**, Raccoon River Park, 2500 Grand Ave, West Des Moines – We'll meet at 10:30 am at the Nature Center and bring your lunch. We'll lap the lake and then enjoy a picnic in the park.

**Friday, May 21**, Ankeny Market & Pavilion, 715 W 1st St., Ankeny – We will meet at 6 pm in the parking lot, then walk Uptown Ankeny, Wagner & Hawkeye Park, Prairie Ridge Sport Complex, and a portion of Ankeny High Trestle Trail.

## National Walking Week Review

National Walking Week was a super success. We had 144 total, with over 60 unique walkers. Many people walked multiple times, increasing their chances of winning. We also made many new friends this week. I had a great time and hope you all did as well. Thanks to everyone for making this such a great walking week. We'll have to do it again this fall to close our weekday walking. 😊 – Susan

## Creating Experiences for Walkers

Walk planning and support requires many hands. If you'd like to volunteer to support a walk, design a walk and be the point of contact (POC), lead a casual weekday walk, or lend your social media or computer skills...we need you! Talk to any board member or send us an email or text.

We're planning a ZOOM training for anyone interested in creating and supporting a walk in 2022. We'll provide training and support, but you get the fun of locating the walk and identifying the sights along the trail. For more info, contact Jan Knock 641-340-0114

## Earth Day Gray's Lake Group Walk

April 24 at 10am. Enjoy the new 5K Des Moines Waterways Walk! Meet in the SE parking area of Gray's Lake. We'll walk on hard surfaced trails with minimal elevation while enjoying two lighted pedestrian bridges and a new public art installation and amphitheater in Water Works Park. POC Deb Gaskins 515.238.2486

## Pella Tulip Time

May 1 at 9am Tulip Time Group Walk in Pella.

Special Program: Rockin' Around the Clock.

Meet at the Git N Go, 209 Oskaloosa St. Experience the tulips without the crowds, one week before the famed Tulip Time Festival. Some sights on the trail include a delightful museum displaying a settler's cabin (free). Dutch Letters anyone? We've been known to stop for a snack along the trail. POC Jeanne Van Houweling 515.287.0215

## In the Rearview Mirror

The St Patrick Day group walk was cold but well attended by 70 participants and several new walkers.

# Iowa's Walking Club April 2021

## Member News

We regret to tell you Barb John's sister, Donna Kuethe, passed away. Bonnie Johnson's son Jesse died last month. Please join us in extending our condolences.

## Walk Box Updates

- Palisades Kepler State Park is open!
- Neal Smith visitors center remains closed.
- Easter Lake walk box has moved to 2830 Easter Lake Dr., Easter Lake Park. From 1-235, take Exit 9 towards US 69/E14th. South on E 14th, R on Indianola Ave, L on Easter Lake Dr. The walk box is in the gravel area just N of the flagpole.
- West Branch walk is temporarily closed due to a construction project.

## Amana Annual Meeting & Group Walk

May 15, Start 12:30pm - 2pm It's time to celebrate!  
Location phrase "Mill Stream Brau Haus, Amana Iowa."  
835 48th Ave, Amana

We will walk our Amana Year Around event. Register e from 12:30pm to 2pm at the Mill Stream Brau Haus. Then, join us for the social hour 3pm - 5pm at the Brau Haus. Iowa's Walking Club will provide appetizers and one drink for participants. Following social time, we'll have a brief meeting and prize drawing. You do not have to be present to win, but it's so much more fun to take your prize home with you. Prizes include a *\$25 gift certificate to Fitness Sports, 4 admissions to the DM Botanical Gardens, REI gift bags, socks (courtesy of Paws & Effects), trunk organizers (courtesy of Image Solutions), a 2022 Iowa's Walking Club membership, free 2021 walks ...and more!!*

Be there or be square!!! See you in the Amanas! If people are interested, we may try for a group dinner; we'll figure that out then. POC Susan P 515.277.3653

## Introducing the Online Start Box (OSB)

By Diana W –

Have you ever wanted to participate in an AVA walk but not been able to get to the start point during regular business hours or wished you could get a peek at the directions before beginning the walk?

By setting up an account on the my.ava.org website, you can register, sign the waiver, pay for the walk, download directions, and "stamp" your record books before leaving the house! Iowa's Walking Club has eight walks available on the OSB.

The my.ava.org website has a variety of tutorials on the "Tutorials" tab on the my.ava.org main page.

### To set up an account

1. Go to my.ava.org.
2. Click the "New Account" tab at the top of the screen and follow the prompts.
3. Deposit funds in your account.

### To see event information

1. Log in to your my.ava.org account
2. Click the "Find a" tab.
3. Decide how you want to search.
4. Choose your walk.
5. Select "View." If the walk is available on the OSB, "Register on OSB for event" will appear in the top right.
6. Select this tab and follow the prompts.

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