



Iowa's Walking Club February 2020

Time is running out. Renew now!

Don't miss out! After March 1, only members will receive our newsletter. Single memberships are \$10, family are \$12. Bring your dues to the Skywalk event on Feb 15 or mail them with any changes to your contact information to Iowa's Walking Club, PO Box 110, Des Moines IA 50301-0110.

Your dues make it possible for us to print event booklets, pay our AVA sanctioning fees, host the website, and other incidentals. The club is run completely by volunteers. If you like what we do, please renew.

January meeting recap

Vice-President, Jan Knock, had a very short meeting which included handing out minutes of the November meeting and the Treasurer's Report to the 18 attending the meeting on a very cold winter evening.

Many members have not renewed their memberships for the 2020 year. We have many events this year including the 100th Anniversary of the State Parks where we will be doing 20 events. This is the start of the ongoing project of working on walking in all our 99 counties. These are both major projects, along with our regular events, which needs are full support, both in participation and in funds from your dues so please renew now.

Jan also gave the program on "hygge" which is a Danish word--and the especially Scandinavian idea of being comfortable and cozy---cuddle up in front of a fire, with a hot drink, your cozy flannels, and a candle, maybe a book or a loved one. It is something we all need on these cold winter nights! She, also, had a wonderful white sheepskin, fuzzy throw to help keep her warm. Thanks, Jan!

Peggy Watts provided wonderful bakery pastries for all to enjoy along with hot drinks.

Don't forget the next regular walk on Feb 15 that starts from the Court Avenue Brewing Co, 309 Court Ave, and then follows the Skywalk system in downtown Des Moines.

Upcoming events

Feb 15 - Downtown Skywalk, Des Moines. Start between 9AM and noon. Lots of places to eat and drink along the walk route!

Mar 7 - Soup Walk in Omaha, Nebraska. It's not our event, but it seems to be a popular one for our members to attend. See the Nebraska Trailblazers website for details.

Mar 21 - St. Patrick's Day Walk, Beaverdale (Des Moines)



Wednesday walks

Meet at 6 PM for an hour of walking--this is a walking club!! On the 4th Wednesday we choose a place to eat out after we walk.

February will be at Merle Hay Plaza. We'll share a meal afterwards on February 26.

In March we will move back to Valley West Mall.

The weather is always perfect at the mall!

In the rear-view mirror

Our kickoff event on January 1 was a success! There were 81 walkers at Valley West Mall, and several of them were new faces. The regulars took the opportunity to socialize and catch up with far flung friends.

The 20 Parks in 2020 committee were there promoting the programs. They had several state park materials available for perusing.

New soles

Your walking shoes should be replaced about every 500 miles. Special tip: buy two pairs of shoes to walk in. Wear one pair to walk regularly in and wear the other pair just on Sundays. When you begin to feel the difference between the two pairs of shoes, it's time to buy a new pair of shoes. Now use your previous Sunday pair for your regular walks and your new shoes as your Sunday pair.

Were you a point of contact in 2019?

If you are a point of contact (POC) for a seasonal or year round event, the Membership Committee would like your help. We would like to capture the contact information for any walkers who are not club members so that we can send them an event calendar. You can email the information to gdmva.iowa@gmail.com or mail it to Iowa's Walking Club, PO Box 110, Des Moines IA 50301-0110.

Calendar

- April 11** - Bike Ride at Chichaqua Valley Trail, Bondurant
- Apr 18** - 35th Anniversary Celebration Walk and Potluck, Easter Lake
- Apr 25** - Tulip Time in Pella
- May 1-3** - 20 State Parks in 2020 Kickoff Weekend
- May 22-24** - East-central Iowa Weekend: Mt Vernon/Lisbon, Iowa City, West Branch, Amana
- June 6** - Lewis and Clark and Stone State Parks
- June 16** - Big Creek State Park
- June 20** - Mines of Spain Recreation Area, Dubuque
- June 27** - Winterset
- July 6** - Full Moon Evening Walk, Madrid High Trestle Trail
- July 17-19** - Central Iowa Weekend: Iowa Games, Boone, Ledges State Park, Train Ride
- Aug 1** - Bison Day, Prairie City
- Aug 29** - Waubonsie and Lake of Three Fires State Parks
- Sept 10-16** - Eastern Iowa Bus Trip
- Sept 26** - Stephen's State Park
- Oct 2-4** - Southwestern Iowa Weekend Regional Roundup

Oct 31 - Downtown Breweries

Nov 14 - Veteran's Day Walk

Dec 21 - Holiday Party



Monthly meetings

We meet on the third Monday of each month for a business meeting, program, food, and conversation. Meetings start at 6:30 PM at Capitol Hill Lutheran Church, 511 Des Moines St, Des Moines.

Parking

The church parking lot is between the Alba restaurant and the church. Enter from Des Moines St. The code is 1110. If the gate does not lift, press the red button on the keypad. A phone will ring in the church. If someone gets to the phone in time and answers it, you will be let in.

If you park on the street, you must pay until 9 PM.

Minutes

Minutes are available at the meetings or [on our website under About.](#)

Suggestions for the newsletter?

Call Diana R 515.491.8903.

GDMVA, IOWA'S WALKING CLUB

P.O. Box 110

Des Moines, IA 50301-0110

ADDRESS SERVICE REQUESTED



Fun, Fitness, Friendship