

Iowa's Walking Club November 2020

Coming up

Oct 31 Downtown 'boo'eries special event

Meet at Peace Tree Brewing Co, 317 Court Ave, Des Moines 50309. Start between 11 AM and 1 PM. This is a fun tour around downtown and Gray's Lake. The walk passes many local breweries and restaurants.

There are some route changes due to construction on Scott St bridge and along the pedestrian river walk, so be sure to grab an updated map and directions. Let's hope for warm weather like last year...;-)

Contact: Diana Ronk 515.491.8903
ronkdr@mchsi.com

Nov 14 Veteran's memorial group walk

Start/Finish: Greater Des Moines Botanical Garden, 909 Robert D Ray Dr, Des Moines 50309

Time: 10AM

Spend some time at the war memorials remembering the veterans that sacrificed much for our freedom. The Capitol Complex features numerous monuments, statues, and memorials.

Contact: Deb Gaskins 515-238-2486
gaskins.deb@gmail.com

Monthly meetings

Our membership meeting was held Oct. 19 on Zoom. 13 people attended from across the state. (That is one advantage of Zoom!) Minutes will be posted to the website.

Elections will be held at the monthly meeting on Nov 16. Paper ballots are available if you are not able to vote via Zoom

Contact: Diana Ronk 515.491.8903
ronkdr@mchsi.com

Weekday walking

Weekday walking is an hour of walking for fun & friendship during the week. The walks aren't sanctioned, so no cost or book stamping. It's an excellent way to get to know others, get a little exercise, and get around.

The first three weekday walking events were a big success. It is fun to get out and walk with friends, old and new!! The weather has turned on us, so for the time being, we'll be walking mostly indoors.

When we are walking indoors, masks are required.

Watch Facebook and the website for additional weekday walking events in Des Moines and around the state. I hear there are some awesome lights to be seen in Davenport, more to come on that!

Wednesday nights at 6PM

October 28 – Merle Hay Mall food court

November 4 – Jordan Creek Mall theater entrance

November 11 – Valley West Mall food court

November 18 – 801 Grand skywalk level. Parking available at the city ramp across the street, public entrance off Locust Street for \$1/hour or at street level meters.

November 25 – No walk because it's the day before Thanksgiving – we're taking off. There are turkeys to stuff and pies to bake.

First week in December – The Ashby/Wallace area of Beaverdale. Diana Ronk will lead us around one of the best Christmas lights areas in the universe. When we can get a long range forecast we'll pick a date and time. Watch next month's newsletter, Facebook & the website for details.

New! Monday mornings at the mall 10AM

Starting Monday, November 2, meet me (Susan) at Valley West Mall food court at 10AM for some mall laps. What a great way to start the week!

Can you help with weekday walks?

If you enjoy these weekday, informal events, consider being a greeter for one or more. Your only obligation is to show up on time and chat up any walkers who are unfamiliar with volkswalking and Iowa's Walking Club.

If you know other good places to walk, please contact Susan and join the weekday walking committee.

For questions or additional information, contact Susan Pinneke susanpinneke@gmail.com or phone/text – 515-423-8437.

Walk changes

Amana – Call ahead to check the hours of Millstream Brewing 319-622.3672.

Des Moines Beaverdale – The walk box is at 4046 Amick Ave Des Moines 50310-4101. It is in a blue plastic storage box outside where walkers can get to it even if no one is home.

Des Moines Capital and Des Moines Waterways – The walk box is at 1416 Oak Park Ave Des Moines IA 50313-3018. It is inside a Rubbermaid garden storage box next to the driveway behind the house where walkers can get to it even if no one is home. Remote start. Directions to the Start Point are provided.

Iowa City – Closed permanently.

Prairie City – The walk box has moved. For walk directions and stamped insert card, contact Peggy Doane 515-240-5761 or pjohusker@gmail.com Be sure to bring water.

In the rear view mirror

October was a busy month. The first three weeknight walks were well attended. Several people came after seeing the announcement on Facebook, so we need to give a shout out to the great work Jan Knock is doing there.

Oct 17 Walk for Wildlife. The blustery weather didn't keep the walkers away. Seeing the buffalo statue and the live ones up close was a treat. We

had 34 participants, even though the Girls Scout did not participate this year because of the coronavirus.

20 Iowa Parks in 2020

The 20 Iowa Parks in 2020 program has ended. Be sure to return your start cards and fees if you have not yet done so.

To date Iowa's Walking Club has 785 start cards returned for the 13 walks we hosted. (We do not have numbers for the seven walks hosted by the Nebraska Trailblazers.)

In addition to Iowa, we had walkers from Nebraska, South Dakota, Minnesota, Wisconsin, Illinois, Missouri, Kansas, Colorado, Nevada, Texas, and Virginia. So far, thirty-seven walkers had completed 20 walks in state park. Unofficially, the oldest person to complete all 20 parks was 87 years old.

Park	Total
Beed's Lake	61
Big Creek	96
Geode	53
Lake Darling	48
Lake McBride	56
Ledges	97
McIntosh Woods	51
Mines of Spain	55
Palisades	41
Pikes Peak	53
Pilot Knob	53
Stephen's Forest	64
Volga River	57

Standardizing maps and directions


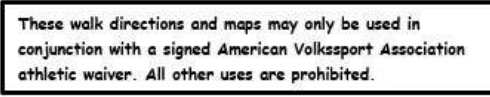
The trailmasters would like to standardize the appearance of the directions and maps produced by Iowa's Walking Club. The following requirements and recommendations are from the AVA Policy Manual. If you do not care to make these updates yourself, please send your maps and directions to Diana Ronk ronkdr@mchsi.com or 4046 Amick Ave, Des Moines IA 50310.

Please send any YRE directions as soon as possible so we have time to complete them before Jan 1.

AVA requirements for all events

All event directions must meet the following requirements:

1. Include "In case of Emergency: Dial 911" AND the name and phone number of the event POC for event related issues.
2. Include "These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited." Use this format:

1.  In case of emergency: Dial 911
For event related assistance:
Mike Green: 845-781-6801
2.  These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

3. Include a copyright notice dated for the current year. For example, "Copyright 2021 Iowa's Walking Club" *Put the copyright in the document's footer.*
4. Comply with the usage rules for the copyrighted material. *For example, the copyright and logo from the original Google map must appear on the maps (or map sections) used.*
5. Include the event's starting point street address (and possibly the longitude and latitude of the starting point). *To get this info In Google maps, right-click on the location of interest and select "What's here."*
6. Include driving directions to the start/finish.

Recommendations

7. Number the steps in the event directions.
8. Include a color map(s) of the event route(s).
9. Omit checkpoint/challenge questions. *Use Points of Interest comments to enhance event directions.*

Additional recommendations for events using an online start box

1. Use two-column format for the step-by-step event directions.
2. If the event also supports a Physical Start Box, include "Please use either the Online Start Box (OSB) or Physical Start Box (PSB) to register and complete the event. Do NOT mix and match, for example, by registering using the OSB then completing your event using the PSB nor signing the PSB log sheet.
3. If the event does not support a Physical Start Box, include "Log back into the OSB system after completing the event to "finish/complete" your online registration by entering your participation date, distances, and special programs."
4. Include the locations of parking and restrooms.
5. Include a Table of Contents on the first page.
6. Include local history and descriptions of the points of interest encountered during the event, embedded either in the instructions or on a separate page.
7. Include a list of applicable AVA Special Programs and our 99 County challenge program.
8. Include a list of our year round, seasonal, and upcoming traditional events.
9. Include awards (if any) and the cost and mailing address for the award.
10. Include a listing of (and links to) local restaurants and lodging.