

# Iowa's Walking Club April 2022

Great to see many of you at the Beaverdale walk! The new "south loop" route offered interesting architecture and a few hills to add interest!

Many thanks to everyone who donated to our annual food drive. We took 352 pounds of canned and boxed goods and \$165 in cash donations to the Iowa Food Bank. The club matched \$100 for a total of \$265.

We also took a collection for the Winterset Disaster Recovery Fund managed by the Greater Madison County Community Foundation and raised \$186. The club matched \$100 for a total of \$286 - Jan Knock, president

We were happy to have Wesley Life Meals on Wheels at our Beaverdale Walk and thank them for a generous donation to our food drive. For more information on services or volunteering with Meals on Wheels go to [www.wesleylife.org/meals-on-wheels](http://www.wesleylife.org/meals-on-wheels).

## National Walking Week Events in Iowa

### April 1 – 7 7 Days, 10 Walks

We've got a great slate of walks during the week April 1 to 7!! Mark your calendars!!

You'll have the opportunity to walk in Des Moines, West Des Moines, Ames, Cedar Rapids, Marshalltown, Urbandale and Carlisle. There are city walks and nature trails and fun places to explore. There is social time after walking and prizes!!! Watch the website for complete details!! Come walk with us once, twice, three times or more!!!

**Friday, April 1** – 10:30AM – Greater Des Moines Botanical Gardens, [909 Robert Ray Dr, Des Moines](#). Join other walkers for lunch after.

**Saturday, April 2** – 10:30AM – Raccoon River Park, 2500 Grand Ave, West Des Moines. Meet at the Nature Center and bring your lunch.

**Saturday, April 2** – 4PM – Iowa State Fair Grounds, [3000 E Grand Ave, Des Moines](#). Meet in front of the Varied Industries Building.

**Sunday, April 3** – 2PM – Mt Trashmore Trails and Overlook, [2250 "A" Street SW, Cedar Rapids](#). NOW CANCELLED DUE TO RAIN. THE TRAILS ARE CLOSED DUE TO THE WET CONDITIONS.

**Monday, April 4** – 10AM – Riverview Park, [710 Corning Avenue](#).

**Monday, April 4** - 5:30PM – McFarland Park, [56461 180th St, Ames](#).

**Tuesday, April 5** – 2PM – Urbandale Public Library, [3510 86th St, Urbandale](#).

**Wednesday, April 6** – 10:30AM – [222 N. 13th Street Marshalltown IA](#). Afterwards, walkers may enjoy "West End Perk" coffees, "Flying Elbow" lunches or "Lillie Mae" chocolates.

**Wednesday, April 6** - 5:30PM – Banner Lakes at Summerset State Park, [13084 Elk Horn St, Carlisle](#).

**Thursday, April 7** – 2:30PM – Great Western Bike Trailhead across from the Izaak Walton League Lodge, [4343 George Flagg Parkway, Des Moines](#). This is a walk with George. Enjoy an off road experience!

All walks will take place weather permitting, if the weather is uncooperative, we will not walk. This week kicks off our Weekday Walking season. Watch for additional walking opportunities. For additional information contact Susan Pinneke at [susanpinneke@gmail.com](mailto:susanpinneke@gmail.com) or 515-423-8437 (call or text).

## More April Weekday Walks

### Weekday Walking for April

After the fun of Walking Week, let's keep walking. We've got several nice events to round out our April walking. Beside our inside offering, these are good weather walks. If it's raining, we won't walk, otherwise bundle up and enjoy the outdoors.

**Wednesday, April 13, 10AM – April Safety Walk – RecPlex, 6500 Grand Ave, West Des Moines.** We'll meet at the Check-In window in the Commons and walk around the indoor turf for an hour. This is the best of indoor walking!!

There is a \$3 fee for open walking. Come and see this amazing sports facility!!

**Tuesday, April 19, 1PM – Brown's Woods, 465 SE Brown's Wood Dr, West Des Moines.** We'll rally in the parking lot and walk the park trails. After, let's plan to head to the Big Acai, 117 5th St, WDM for a healthy after walk snack and conversation.

**Friday, April 29, 10AM – Urbandale Trails.** Start/finish at McDivitt Cemetery, 7001 Meredith Dr, Urbandale. Park along 70th Street. We'll explore the extensive Urbandale trail system.

**Wednesday, May 4, 9AM – Pappajohn Sculpture Park (Art Walk with Pat).** Join us for a guided tour of the 4.4 acre John and Mary Pappajohn Sculpture Park featuring artwork by more than two dozen of the world's most celebrated artists. The park opened in 2009 and creates a pedestrian-friendly entryway to downtown Des Moines. We will meet at 9:15 am at the parking lot east of the Capitol on East 12th Street and take the free D-Line bus which runs in a loop from the Iowa State Capitol complex to the Western Gateway. Masks might still be required. Another option is to join us at the Sculpture Park at 10 am for the guided tour. Metered street parking available surrounding the park.

For more information contact Susan Pinneke at 515-423-8437 (call or text).

## April 23 Earth Day Walk on Des Moines Waterways

**Time:** 10am. Come early to register.

**Start/Finish:** Gray's Lake at the SE parking lot.

This walk features two pedestrian bridges and the lighted tunnel connecting Gray's Lake to Water Works Park.

**Distance/Rating:** 5k and 10k/ 1A

**Directions:** From Fleur Drive in Des Moines take the northern most entrance into Gray's Lake and proceed on the access road around lake to the SE parking area.

**POC:** Deb Gaskins. 515.238.2486 [gaskins.deb@gmail.com](mailto:gaskins.deb@gmail.com)

## May 7 Cedar Rapids City of 5 Seasons

This hike takes us along the Cedar River, past several of the city's fine museums and three buildings that have been the city's main library. It also includes the carriage house where painter Grant Wood once lived and where he painted "American Gothic."

The 10k adds on a circuit around Cedar Lake and passes Quaker Oats.

**Time:** 10:30AM

**Start/Finish:** Kosek Bandstand, 70-16thSt, Cedar Rapids 52404

**Distance/Rating:** 5k and 10k/ 1A

**POC:** Jonathan Ice 319.538.7293

## North Iowa Weekend of Walks

This will be a fun weekend of walking. All three of the featured walks are available on OSB registration, but this weekend only you will be able to register and stamp your books at a start/finish each day. We will feature one walk each day, but you may register for all three walks at one time and do them on your schedule.

### Lodging

Holiday Inn Express, Exit 214 on I-35 (4712 Wheelerwood Road, Northwood, IA). Call or email NOW to reserve your room at a discounted rate. Offer ends April 20. Ph 641.323.7500, On-line reservations use code IWC.

## Volunteer Opportunities

Assistance is needed for staffing the table at *May 7 City of 5 Seasons: Cedar Rapids*. Contact Jonathan Ice 319-538-7293

**We will train! You can do this!**

# Iowa's Walking Club April 2022

## 2023 County Walks

Yes - you read that correctly - we are planning for 2023 and we need your help!

We are looking for **volunteers** to design walks in Benton, Grundy, Dallas, Greene, Muscatine, Louisa counties.

Is there a county on this list that holds memories for you? Or, maybe there is a recreation area or tourism attraction you think would be of interest to our walkers.

How this works: contact Peggy Watts to tell her you are interested. Whether you are a veteran or a brand new club member Peggy will get you started on the planning process.

This is a great way to get involved with Iowa's Walking Club and learn the ropes as you explore new trails.

Reach out to Peggy Watts ([peggywatts@mchsi.com](mailto:peggywatts@mchsi.com)) with any questions or interest.

Benton, Grundy, Dallas, Greene, Muscatine, Louisa

Thank you for considering this opportunity! We look forward to hearing from you.

## Winterset Trail Update

The Winterset 10K is now closed due to storm damage. The Winterset 5k is OPEN!

## Here's How to Print and Save

- For a condensed, 2-page newsletter, go to the website [Iowa's Walking Club](#)
- For a printable list of upcoming events, click [here](#). Click **Decline** when it asks you to sign up.

- To export the newsletter with all the photos to a document (.DOCX or PDF), go to the top and click on the dots in the upper right corner. Select **Export**, then the document type, and it will save to your computer.

## Win with Iowa's Walking Club

Do some walks, go to meetings, win prizes. That's our 2022 challenge.

Complete a variety of walks; group walks, traditional events, and weekday walks and you are on your way. Attend a meeting and you are almost there. Volunteer for an event or lead a walk and you have completed the challenge!

When you complete the challenge, a prize package worthy of your efforts awaits. The fabulous prize package includes a treat, a handy item for the trail, a free walk, a 15% off coupon from Fitness Sports, and more.

Pick up a challenge book at any Iowa's Walking Club event or meeting, or contact Susan Pinneke at [susanpinneke@gmail.com](mailto:susanpinneke@gmail.com) or 515-423-8437 (call or text). The books are free!! The challenge runs from 1/1/2022 to 12/31/2022. Make Iowa's walking club participation one of your New Year's resolutions!

## Membership Meeting April 18th, 6:30 pm at Legion Park Shelter, 301 Vine St in West Des Moines.

It was great to see so many members on our club meeting on Zoom. Now it's time to head outside for our meetings. Minutes from meetings are available on our website [www.iowaswalkingclub.org](http://www.iowaswalkingclub.org).

## Address Change?

Has your address or phone changed in the last year? Are you planning a move? Send your new information to [ronkdr@mchsi.com](mailto:ronkdr@mchsi.com).