

Iowa's Walking Club October 2020

Calendar of events

Oct 4 Loess Hills traditional event

Although the North Central Regional Roundup has been canceled, this one-day event at the Hitchcock Nature Center in Honey Creek is still on! If you are trying to walk all 99 counties in Iowa, this walk is in Pottawattamie County.

See the Nebraska Trailblazers website for more information <http://www.netrailblazers.club/>.

Oct 7 3K group walk in Des Moines

Join us for a 30-minute walk to celebrate the 10th anniversary of the Healthiest State Initiative Annual Walk. This 3k walk starts at 5:30 PM from the Rainbow Sculpture in the Greater Des Moines Botanical Garden.

To register go to

<http://www.iowahealthieststate.com/events/walk-details/3650/>

Contact Diana Ronk ronkdr@mchsi.com with questions.

Oct 17 Walk for Wildlife traditional event

Walk for Wildlife is on! The date for this one-day event is October 17 at Jester Park. We have 5 and 10K routes, both are lovely. We will start at the **Outdoor Recreation Building**. *This is a change from the booklet*, but it's right next to the Nature Center & the building we've used in the past.

Start between 10:30 AM and 12:30 PM. *Don't be too early! We cannot get into the building until just before 10:30 ourselves and we'll need some time to set up.*

COVID procedures will be in place. You will need a face covering in the Outdoor Rec Building. We expect you to social distance. There will not be food available this year. There will be hand sanitizer available & we'll do our very best to sanitize as necessary. We won't be having the Girl Scouts with us this year, either to cut down on crowds. We've made their walk a walk on your own walk. October Volkssport Month patches will be available for \$3.

For additional information contact Susan Pinneke 515-423-8437 (text or phone) susanpinneke@gmail.com.

We hope to see you at Jester Park on October 17. Let's have some outdoor fun while we still can!!

Oct 19 Meeting on Zoom

The October meeting will be held on Zoom. If you are unfamiliar with Zoom, you do not need to create a Zoom account, nor do you need to download anything in advance.

You should practice, however, before the actual meeting. Click here to join a test meeting:

<https://zoom.us/test>

We will send the meeting link for the actual meeting on Oct 12 to all members.

Oct 31 Downtown 'boo'eries

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.

Walk changes

- **Amana** – Call ahead to check the hours of Millstream Brewing 319-622.3672.
- **Danville Geode State Park** - The walk box is at Shelter 1.
- **Des Moines Beavertdale** – 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 will be provided.
- **Iowa City – Closed permanently**
- **Lake Macbride** - 10K is impassible as of 9/29/20.
- **Ledges State Park** - The walk box will move to Camp Host site 50 on Oct 1.
- **Mt Vernon-Palisades State Park** – Closed until further notice.
- **Prairie City** – The walk box has moved. Contact Peggy Doane at 515-240-5761 or pjohusker@gmail.com for walk directions and stamped insert card. Be sure to bring water.

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Weekday walking

It's time to bring back weekday walking. For those unfamiliar with our weekday walking, it's just 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.

However, COVID has taken another toll, Bonnie and Ardith have decided they cannot currently organize our Wednesday night walks. Bummer!!! Nevertheless, we offer a big thank you to Bonnie and Ardith for all the effort they have put in over the years to plan super walks and all the new members they've welcomed.

It's going to take a committee to replace them. Susan Pinneke is chairing the committee and is looking for some volunteers to join the group. Please contact Susan at 515-423-8437 or susanpinneke@gmail.com if you'd like to join this fun committee. The larger the group of contributors, the more interesting the walks and the smaller burden on each contributor.

We will be walking Wednesday nights starting in October. Here's what we've got planned so far:

October 7 – Healthiest State Walk. Meet at 5:30 PM at the Greater Des Moines Botanical Garden, 909 Robert Ray Dr Des Moines, IA 50309. Click here to register, contact Diana Ronk for more information at 515.491.8903 or ronkdr@mchsi.com

October 14 – Raccoon River Park, 2500 Grand Ave, West Des Moines – Meet at 5:30 PM at the parking lot near the nature center. We'll loop the lake. (In bad weather we'll meet at Valley West Mall food court.)

October 21 – Forest Branch of Des Moines Library, 1326 Forest Ave, Des Moines- Meet at 5:30 PM in the parking lot of the library. We'll be investigating trees in Evelyn Davis Park. (In bad weather we'll meet on the Skywalk level of 801 Grand.)

For questions or additional information, contact Susan at 515-423-8437 (phone or text) or susanpinneke@gmail.com.

Watch the website & the newsletter for more weekday walk opportunities to come!!

Are you computer savvy?

If you have an aptitude or an interest, we need backup for our online presence. We'll train, and there is no immediate need--we just don't have backups in place. Our online presence includes the newsletter, website, and AVA website, Facebook, and meetup. We have 6 people supporting these applications, but we are only one deep on all of them.

We use the proprietary ESR system to list our walks on the American Volkssport Association site, WIX for website development, and Sway for this newsletter. Let Diana R or Diana W know if you can back us up.

20 Iowa Parks in 2020 ends soon

Have you walked them all? You have until Oct 15 to complete the walks in the 20 state parks. State park participation as of Sept 30:

Beed's Lake	52
Big Creek	90
Geode	45
Lake Darling	40
Lake McBride	45
Ledges	83
McIntosh Woods	40
Mines of Spain	47
Palisades	41
Pikes Peak	45
Pilot Knob	44
Stephen's Forest	59
Volga River	50

Member updates

Ruth Kleinendorst, a longtime member of GDMVA, passed away in Burien, Washington on Aug 2, 2020. Ruth was born on August 17, 1928, on the family farm near Firth, Nebraska, and lived in Prairie City. She traveled with the club on overseas trips 1994, 1996, 1998, and 2000.

Jim Wangerman died at age 92 on Sept 18, 2020, in Des Moines. He was an active member of the club and printed the newsletter labels for many years. An accomplished accordion player, he did solo performances at walking club celebrations. His wife of 44 years, Elzora, passed this last Feb. 14 on their wedding anniversary. They enjoyed music and dancing, golfing, and traveling the world together. They were always up for anything and embraced life with great enthusiasm

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In the rearview mirror

On Sept 4, six members packaged meals at Meals from the Heartland. Thank you to Deb Gaskins for organizing it. They are doing things differently because of COVID-19, but it all went well.

Great turnout for the West Des Moines walk and meeting on Sept 21 at the American Legion Park, in West Des Moines. Peggy W gave an overview of the 20 parks in 2020 grant requirements and how we are optimizing the spending in light of the coronavirus.

Minutes are available on the Membership page on the website at

<https://www.iowaswalkingclub.org/membership>

The Sept 26 Stephen's State Forest event was well attended.

2021 convention

The club will be volunteering at the Galena Illinois pre-walk on Sat, June 26. Also, Tater Tours has expressed interest in including several Iowa walks on their convention tour.

For more info see <http://ava.org/2021-convention/>

Walks for 2021

Check out all of new towns on this list - and new counties!

Seasonal and Year Round Events (YRE)

- Burlington
- Centerville
- Coon Rapids
- Creston
- Decorah

- Des Moines Easter Lake
- Dubuque
- Farmington
- Harpers Ferry
- Indianola
- Madrid High Trestle Trail



- 1 - Effigy Mounds in Harper's Ferry
- Mason City
- Mount Vernon
- Riceville
- Spirit Lake
- Winterset
- Altoona YRE
- Amana YRE
- Ames YRE
- Boone YRE
- Davenport YRE
- Des Moines Beaverville YRE
- Des Moines Capitol YRE
- Des Moines Waterways YRE
- Pella YRE
- Prairie City YRE
- West Branch YRE