

About Iowa's Walking Club

In 1984, a group of avid walkers organized the Greater Des Moines Volkssport Association (GDMVA). One name change and forty years later, we are still promoting physical fitness through non-competitive sporting events.

We keep members informed of walks, business meetings, and other events throughout the Midwest via our website, monthly newsletter, and emails. For up to date information, check our website and Facebook at iowaswalkingclub.org

About our walks and events

The walks are non-competitive and go through scenic or historical areas. Directions and a map are provided. The walks and events are open to everyone. Children under 12 must be accompanied by an adult.

Events that require a fee are sanctioned by America's Walking Club, and count towards IVV Achievement Awards. See AVA.org for more information.

Carry water with you on all walks. Pets are allowed at most events, but must be kept on a leash.

Covid-19 precautions

Iowa's Walking Club follows local, state, and federal rules and guidelines. We expect social distancing, mask-wearing inside buildings, and we organize activities to limit contact.

Weekday walks

A group gets together during the week to walk and socialize. These are free, guided walks that last about an hour. This is a great way to get to know club members. Details are available on our website, Facebook, and MeetUp. Weekday walks are not sanctioned. For more information, contact Susan Pinneke 515.423.8437 susanpinneke@gmail.com

Types of walks we offer

- A **year round event** (YRE) is available to walk whenever you choose.
- A **seasonal event** is available for a limited time, usually 6-9 months.
- A **traditional event** (TE) happens on one day only.
- A **special event** happens over multiple days (usually a weekend). We have 2 planned this year!
- A **scheduled walk** (SW) has a single start time and sometimes has a group leader. It may follow a route that is available on other days.

Walk all 99 Iowa counties Walk on your own challenge program

Walk in all 99 counties! *Can you meet the challenge?* Get a free book for recording your progress from Peggy Watts 515.708.0405 peggywatts@mchsi.com. This program ends Dec 31, 2029.

ADDRESS SERVICE REQUESTED

GDMVA, Iowa's Walking Club
P.O. Box 110
Des Moines, IA 50301-0110



Iowa's Walking Club Membership Application

<http://www.iowaswalkingclub.org>

For renewals, only provide your name and any changes to your information.

Name

Address

City, State, Zip

Phone (mobile or home)

Email Address

Membership Type

Individual \$10 Family \$12

For Family, list family member(s) names:

Membership Fee \$ _____

Donation _____

Total Enclosed \$ _____

Make checks payable to "GDMVA, Iowa's Walking Club."

Mail with payment to
GDMVA, Iowa's Walking Club
PO Box 110 Des Moines, IA 50301-0110

Walk on your own in 2024

You can walk these walks at at your convenience during the available months listed.

Walk by yourself or in a group – there are so many opportunities! We all know that the greater the commitment you make, the more pleasure you'll receive!

We offer 20 walks in 2024. Can you walk them all?

- Amana
- Bettendorf Interstate Bridge Walk TE
- Cedar Rapids
- Clinton SE
- Columbus Junction SE
- Davenport
- Des Moines Downtown Walk TE
- Des Moines Waterways
- Des Moines Capitol Grounds
- Humboldt/Dakota City SE
- Madrid SE
- Marshalltown
- Muscatine
- Pella Tulip Time TE
- Pocahontas
- West Bend
- West Branch
- West Des Moines Winter Mall Walk TE
- Winterset

Socialize with other walkers

Most walks are on weekends. Meetings are the 3rd Monday of most months. Get Zoom link from gdmva.iowa@gmail.com. In person meetings are held at Legion Park, 301 Vine St, WDM.

Date	Description
Feb 3	Winter Walk at the Jordan Creek Mall (Dallas)
Mar 30	Downtown Des Moines TE (Polk)
Apr 27	Tulip Time in Pella TE (Marion)
May 17-18	Eastern Iowa River Towns Weekend (Clinton, Muscatine, and Louisa counties)
Jun 8	West Branch National Historic Site Group Walk and Picnic
Jul 28	I-Cubs social
Aug 24	Grimes Farm Group Walk (Marshall)
Sept 14-15	North Central Iowa Weekend: (Palo Alto/Kossuth, Humboldt, and Pocahontas counties)
TBD	Bike Weekend, Lanesboro, MN
Oct 12	Mississippi Bridge TE (Scott)
Nov 9	Veterans Memorial Group Walk, Des Moines (Polk)
Dec TBD	Holiday Social