

# Iowa's Walking Club February 2022

Renewals are due. We're happy to take your membership renewal at the Skywalk or mail it now! See the website for our address. Get off to a good start to your year with membership in Iowa's Walking Club. Individuals \$10. Family \$12.

The blue light of winter is best enjoyed from the trail! My winter walks often take me on our Waterways Walk - here at Gray's Lake - where the quiet beauty of the winter scene inspires awe.

I've come to realize how important membership in Iowa's Walking Club is to my health and well-being. I've found inspiration, motivation, walking companions, and adventures on the trail with this group.

My thanks to everyone who makes the club work. If you'd like to learn more about how to get involved with Iowa's Walking Club, don't hesitate to reach out to me or any of our board members. We'll welcome your helping hands! ~ Jan Knock, president

## Feb 12 Traditional Event: Skywalk

**Time:** Start between 9 AM and noon. Finish by 2 PM.

**Start/Finish:** Court Avenue Restaurant and Brewing Co, 309 Court Ave, Des Moines 50309

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

**Trail:** Description: February in Iowa is an excellent time to walk inside the climate-controlled skywalk system. Downtown is continuously changing, and the development is impressive. Walk the skywalk to get a bird's eye view. No pets.

**Directions:** From I-235, take exit 8 towards the Iowa Events Center. Follow signs for 3rd St/2nd Ave. Turn right onto 3rd St. Turn right onto Court Ave. Parking is available in the 3rd St and Court Ave ramp (fee).

**POC:** Corinne Nelson 515.422.1772  
nelsonurbndl@hotmail.com

**COVID precautions are in place: masks and social distancing are required at registration. Please use your own judgment regarding the risks associated with our indoor walks.**

## Weekday Walks

While Susan's walking in sunny Arizona, George has generously agreed to lead mall walks in February. Thanks, George!

### Note new location and time!

Merle Hay Mall (meet at the food court)

Tuesdays in February

9 AM. Plan to walk at your own pace for about an hour. Please wear a mask.

POC George McKeever ph 515-745-7563

## Walking Week April 1 - 7

- Seven days
- Ten walks
- Interesting locations
- Details to be announced soon!

### What are weekday walks?

- *We walk for about an hour.*
- *They are not sanctioned: there's no book stamping.*
- *Free.*
- *A great way to meet club members.*
- *A chance to get some exercise and build up (or keep!) your walking endurance.*
- *Walked at your own speed.*

## Volunteer Opportunity

Assistance is needed for staffing the table at upcoming walks.

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

*Feb 12 Skywalk Event.* Contact Corinne Nelson ph 515-422-1772

*Mar 19 St Patrick's Day Walk and Food Drive in Beaverdale.* Contact Diana Ronk ronkdr@mchsi.com

*May 7 City of 5 Seasons: Cedar Rapids.* Contact Jonathan Ice 319-538-7293

## Win with Iowa's Walking Club

### 2022 Iowa's Walking Club Challenge

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 515-423-8437 (call or text). The books are free!! The challenge

### [Food Drive, Des Moines Beavertdale](#)

Start between 9 AM and 11 AM. Finish by 1 PM.

Bring non-perishable food items or cash donations for the Food Pantry. More info will be in next month's newsletter

**POC:** Diana Ronk 515.491.8903 ronkdr@mchsi.com

### [Club Meetings 2022: Next Meeting Feb 17 at 6:30 PM on Zoom](#)

It was great to see so many members on our club meeting Zoom. Thank you for sharing your smiles and ideas: this is what makes our club go 'round! Minutes from our meetings are available on our website, or ask an officer for a copy.

We'll meet on the third Monday of each month at 6:30 PM this year. Our next meeting is on Feb 17 at 6:30 PM on Zoom. All members are welcome to join our meetings. If you would like to attend the meeting, please email [gdmva.iowa@gmail.com](mailto:gdmva.iowa@gmail.com) for the link to attend by computer or by phone.

### [Welcome to my.ava.org](#)

A [my.ava.org](http://my.ava.org) account gives you access to a list of clubs, events, and tutorials on how to use the site. AVA is regularly adding new features to the site.

runs from 1/1/2022 to 12/31/2022. Make Iowa's walking club participation one of your New Year's resolutions!

### [What's Next](#)

#### [Mar 19 Scheduled Walk: St Patrick's Day and](#)

A great feature of [my.ava.org](http://my.ava.org) is the ability to view walk locations and descriptions as well as register for walks with the Online Start Box (OSB). This site allows you to register, sign the waiver, pay for the walk, download directions, and "stamp" your record books without having to use a physical start box.

### [Weekend Fun May 20-22](#)

This will be a weekend full of walking and socializing in north Iowa. Three walks in three days in Forest City, Estherville, and Northwood.

To get a brochure, go to the website or contact Phyllis Olson [paolson@mchsi.com](mailto:paolson@mchsi.com) 515-270-6920

### [Don't forget the AVA's Change of Address](#)

Send your completed books to American Volkssport Association, 1008 S Alamo Street, San Antonio, TX 78210

It's not too early to start planning to attend the Olympiad in San Antonio, Texas, February 19-23, 2023.