

# Iowa's Walking Club August 2022

We appreciate our walkers in all kinds of weather. Walk with us when you can, and remember when it's hot, you can always walk at your own pace and stop and rest when you need.

Thanks to Diana Ronk for serving as newsletter editor in July while I was hiking wild places in Door County, Wisconsin.

Hope to see you all on the trail very soon!

Jan Knock, club president

## Bison Day Walk at Neil Smith Wildlife Refuge in Prairie City on August 6

**Celebrate bison and the prairie ecosystem that sustains them.**

**Location:** Neil Smith Wildlife Refuge, Prairie City

**Start:** between 10 AM and noon for 5k and 10k walks. Note change in start time from the book.

**Award:** Neal Smith National Wildlife Refuge patch available.

This year's event will be scaled back. The nature center will be open, but there will be no food trucks, demonstrations, or outside vendors.

Peggy W is leading a 2-mile walk for folks new to Volkswalking at 10 AM.

Stop at Goldie's in Prairie City for ice cream after!

For more information, contact Peggy Doane at 515.240.5761

## August Weekday Walks

I know it's hot, but we have some fantastic walks this August. The Wallace Centers of Iowa Country Life Center Art Walk on Monday, August 29, is not to be missed. It will be a fantastic Art Walk with Pat. Pack your picnic and join us at the farm!

I've scheduled one last current walking to cool us all off. Give it a try before it's gone for the summer; there is no better way to spend a warm afternoon and get some exercise. I'm sure trying a new activity is on everyone's to-do list, so make it current walking. We'll probably eat out after, either pizza or tacos.

If you have questions, call me or text Susan Pinneke at 515-423-8437.

• **Wednesday, August 3**— 5:30 to 6:30PM – Valley View Aquatic Center, 225 81st Street, West Des Moines. There is a \$4 admission fee. For this hour, the pool is reserved for adult lap swimming & walking the lazy river. Enjoy this refreshing hot afternoon activity.

• **Tuesday, August 9** – 10:30AM – 222 N. 13th Street Marshalltown IA. We'll tour Marshalltown's locally well-known 13th Street District, the famous "Echo" sculpture, Iowa Veterans' Home & grounds, and continue through old, prestigious neighborhoods to see changes caused by the 2018 tornado & 2020 derecho. We'll end up back at 13th Street, where walkers may enjoy "West End Perk" coffees, "Flying Elbow" lunches, or "Lillie Mae" chocolates.

• **Wednesday, August 17** – 9:00AM – Jackaline Baldwin Dunlap Park and Arboretum, 3020 Sherry Lane, Urbandale. The walk will be on neighborhood sidewalks and park paved paths. We will have more time to explore the lovely park we discovered in walking week.

• **Thursday, August 25** – 6:00PM – Bill Riley Trail, [102 45th Street, Des Moines](#). We'll meet in the Ashworth Pool parking lot and walk the trail. Rumor has it that there is now art along the route. Let's see if we can find it!

• **Monday, August 29** – 10:30AM. Wallace Centers of Iowa Country Life Center Art Walk, 2773 290th Street, Orient. Join us at the birthplace farm of Henry A. Wallace for a one-mile Art on the Prairie walk along a mowed grass path connecting 90 pieces of art.

Henry A. Wallace served as U.S. Secretary of Agriculture, U.S. Vice President, and U.S. Secretary of Commerce. Earlier in his career, he founded the seed corn company that is now Pioneer Hi-Bred and was an editor at Wallace's Farmer magazine.

Bring a picnic lunch and plan to tour the rest of the farm. A restroom is available.

Driving directions, 1-hour drive from Des Moines: I-80 W, take exit 93 toward Stuart, turn left onto Stuart Road, turn right onto IA 92 W, turn left onto Henry A. Wallace Road/Sheldon Ave., then right onto 290th St.

Looking ahead to September, we have planned two fantastic events: Annett Nature Center & Altoona.

More information to come on those events.

## August Membership Meeting August 15

Join us in the shade of the West Des Moines Legion Park shelter for our August membership meeting at 6:30 PM Monday, August 15.

## Ames Brookside Park August 20

**Start:** Linden Shelter in Brookside Park, Ames. 1325 6th St, Ames

**Start Time:** Group start at 9 AM. Finish at 11 AM.

We hope you will join us for our first murder mystery-themed 5k. Walk through shaded parks and cute neighborhoods as you collect clues and try to solve the murder.

POC: Nora Hudson nlhudson76@gmail.com

## County Walks Open Through September

What better time to enjoy our county walks than fall? Explore waterfalls in Briggs Woods, towering painted silos in Fort Dodge, limestone cliffs and bridges in Iowa Falls, lakes in Denison and Lake View, and forest in Fort Defiance. And rural communities of Iowa are great places to find the perfect cafe or picnic spot with friends after your walk.

These county walks are new in 2022 and are open to September 30:

- Crawford - Denison
- Emmet - Fort Defiance State Park
- Hamilton - Webster City
- Hardin - Iowa Falls
- Linn - Cedar Rapids
- Marshall - Marshalltown
- Sac - Lake View
- Webster - Fort Dodge
- Winnebago - Forest City
- Worth - Northwood

## Volunteers Needed!

### Growing the Ambassador Program

Walking Club ambassadors help new members navigate the wealth of opportunities our club and the AVA provides. If you are enjoying walking with the club and would like to meet and guide new folks, you are just right to be an ambassador!

Ambassadors are especially needed at our Weekday Walks, where the relaxed and social approach gives an opportunity to meet the new walkers.

Contact Nora Hudson for more information.

### North Central Regional Meeting 2023

We're looking for a couple of creative volunteers to plan a North Central Regional meeting for fall 2023. It doesn't have to be anything fancy, just some walks and meeting/social time. We're not planning another convention!! If you'd be interested in helping with this, please contact Susan Pinneke at 515-423-8437 call or text.

## 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!

### 2022 Officers

Jan Knock, President/Newsletter 641.340.0114

Diana Ronk, Vice-President/Website 515.491.8903

Peggy Watts, Secretary/Trail Master 515.708-0405

Deb Gaskins, Treasurer/TAW 515.238.2486

Susan Pinneke, Director/Weekday Walks 515.423.8437

Phyllis Olson, Historian 515.669.9402

Nora Hudson, Director/membership services  
515.230.6313

Diana Whited, President Emeritus 515.783.5251

Iowa's Walking Club is an all-volunteer organization with 120+ members that offers more than 50 events annually.