

# Iowa's Walking Club June 2020

## Changes

**Volga River.** Remote start: from park office return to Ivy Road. Turn right onto Ivy Road. Go about 1.4 miles and turn left at T-intersection onto I Ave toward campground - boat ramp. Park and start to walk.

**Altoona.** The walk box is available while the Campus is open: Monday-Friday Open 5 AM-1 PM, 4 PM-8 PM; Saturday Open 7 AM-Noon

**Stone Park:** The Stone Park start is still at the Pammel Shelter, however, the walk box has been moved to the side of the park office.

**Neal Smith Wildlife Center** is still closed.

**Big Creek State Park** is missing its stamp. One has been ordered. Contact Diana Ronk if you need an insert card.

## Cancelled

**Wednesday walks** are still on hiatus. Keep tuned!

**June 6 Trails Day in southwest Iowa** (sponsored by the Nebraska Trailblazers). Walks are available.

**June 20 Mines of Spain Rec Area Group Walk.** The walk is available.

**July 6 Dinner at the Tiger Bowl in Madrid.** Group walk will be held, see Upcoming events above for more info.

**July 18 Iowa Games Walk in Ames.** Other walks that weekend will be held, check the website and Facebook for more information.

## Upcoming events

**Jun 16 Polk City Group Walk** 5:30 PM. Meet at the Beach Pavilion, 8794 NW 125th St at 5:30 PM. The trail is rated 2A (all paved) or 2C (rough), depending on the return route chosen.

**June 27 Winterset Group Walk.** The Clark Tower is a highlight of this walk on park roads and city sidewalks. You'll see one of the covered bridges commemorated in the movie "The Bridges of Madison County."

**July 6 Full Moon Walk on the High Trestle Trail.** Register at 8 PM at the parking area on QF Lane which is west of Madrid on Hwy 210. Sunset is 8:53 and moonrise is 10:27. You'll get to the bridge with daylight and walk back in the dark.

Bring correct change, bug spray, flashlight and something reflective to wear.

## For the good of the order

We share the **loss of one of our long time members, Jack Reynolds.** Despite being on dialysis for over 40 years, he was a faithful, steady walker, usually participating in 10k events.

While many of our group activities are on hold, **most walks are available.** Please check the website [iowaswalkingclub.org](http://iowaswalkingclub.org) for the current status of walks.

Also, **State Parks are open.** You are encouraged to visit in small groups. Beautiful walks await you.

**Due to the continuing ban on gatherings of more than 10, we've canceled the May and June club meetings.**

We are hopeful for an outdoor meeting for July. Watch for details in future emails.

Walking is one of the best things we can do for ourselves during this time, and we know many of you are out on the trails. Take care. Be well.

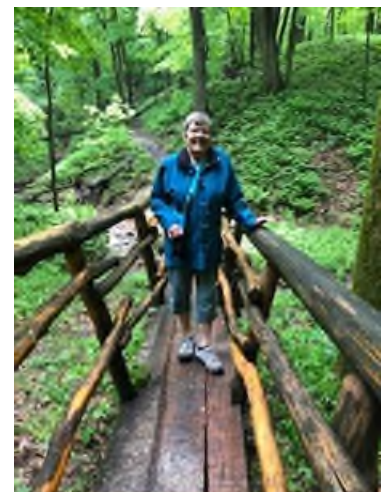
## Tales from the trails

### Pikes Peak State Park Walk

The Pikes Peak State Park walk is just wonderful! The DNR box was easy to find, contained the white accordion folder that had EVERYTHING inside it. The blue login folder was there, as well as the walk maps with instructions printed on the backsides of them. That seemed like a good way to display...people would be attracted to the colorful maps.

In general, we also highly recommend downloading the map from IowaParklands before entering the parks in case the maps are missing. The Wi-Fi in the parks has been spotty.

Hardly anyone there but us on the trails...just a few people at the lookout point. Beautiful - quiet-peaceful - I can't say enough! ~Nancy P.



*Member Marge Oehlke enjoying a state park walk Memorial Day weekend*

# Iowa's Walking Club June 2020

## Lake Anita State Park

Monday, May 18, 2020, was a great day for a walk. It was cool and crisp, and no one else was on the trail.

Phyl and I started the 20 Parks in 2020 program at Lake Anita. It has been many years since I have been there. Back in the 80s, when I was a runner, I ran for a triathlon team at the "Whaletown" Triathlon. Since then the camping area has been enlarged, with nice flat pads for RVs and a large green space for tents.

The well-marked Walk Box was easily accessible near the campground. We drove to the 5K start point at one of the shelters. The walk was on multi-use trails and park roads with a couple of small hills. The directions were easy to follow, and the pit toilets were open.

The lake is lovely; we took a picnic lunch and our fishing poles along. We caught some fish, but they were too small to keep. It was a fun day. So, pack your camper or tent, include your fishing poles, or just pack a lunch and head to Lake Anita for a great walk and some fun.  
~Norma W.

## Des Moines Easter Lake

I have enjoyed watching spring arrive since the opening of the seasonal walk at Easter Lake on April 1. From the arrival of various migrating bird species to baby geese to the many songbirds, every day I encounter something new. And who doesn't enjoy a covered bridge!

If you are looking to get out of the house, but stay close to home, I encourage you to give Easter Lake a try. I have the walk box at my house, so send me an email or give me a call for directions. The 5k is an easy out and back from Shelter 2 to the new bridge on the west end of the lake. Keep walking and stay safe. ~ Diana W.

## Treasurer report

Balance as of 03/31/20:	\$6,390.38
Deposits:	331.00
Withdrawals:	1,571.76
Balance as of 04/30/20:	\$5,149.62

Sources of income: Events & merchandise

Sources of expense: AVA, storage mart & state park program

### Program updates as of 4/30/2020:

**Little Free Library:** Books sold 235, redeemed 68:

Income: \$2,350.00 Expense: \$1,051

**State Parks:** We're starting to see some event income.

Income: \$3,999.00

Expense: \$3,489.00 (Printing, marketing & event supplies)

GDMVA, IOWA'S WALKING CLUB

P.O. Box 110

Des Moines, IA 50301-0110

ADDRESS SERVICE REQUI

