

**Friday May 20**

**Forest City**

**Winnebago & Hancock Counties**

**Start between Noon & 3pm**

**Finish by 6pm**

**Start Point: Chamber of Commerce**

**106 S 4<sup>th</sup> Street**

**Description:** This walk consists of two 5k loops. The City 5k is on city sidewalks and streets past Winnebago Industries Visitor Center, Waldorf University, Mansion Museum and Sally's Pies (closes at 2pm). The Trail 5k is an out/back on a bike trail along the Winnebago River and the Bear Creek Golf Course.

The Winnebago Visitors Center is like a museum that tells the history of making Winnebago motorhomes. Also, free tours of the factory are available, usually at 9am and 1pm. Best to call 641.585.6936 for times and a reservation.

**Distance/Rating:** Two 5K loops/ 1A

**Driving Directions:** From I-35, take Exit 203 west on Hwy 9 for 15 miles to Forest City. Left on US Hwy 69 to the next stoplight. Right on J St to 4th St. The Chamber office is on the SW corner of J and 4th Streets.

**Special Programs:** Rockin' Around the Clock, Walking with our Veterans, and Town Halls/City Halls.

**POC:** Phyllis Olson

515.669.9402

paolson@mchsi.com

**Saturday May 21**

**Estherville**

**Fort Defiance State Park**

**Emmet County**

**Start between 9am & Noon**

**Finish by 3pm**

**Start Point: Park picnic shelter**

**Description:** This walk is in Fort Defiance State Park, a 221 acre park outside of Estherville consisting of rugged woodland including Spring Creek and some native prairie area. View Civilian Conservation Corp built trails and buildings throughout the park. The centerpiece of the park is an army-post style lodge.

**Distance/Rating:** Two 5 K loops/3C

**Driving Directions:** From Forest City follow Hwy 9 west through Estherville, turn left on 170th St, then left (south) on 360th Ave. Enter park on 175th St to picnic shelter.

**POC:** Marge Oehlke 507.720.4105

**Other Info:**

On May 10, 1879 a 455 pound meteorite fell just north of Estherville. Pieces of it are on display in the Estherville Public Library

West of Estherville about 10 miles on Hwy 9 is the Iowa "Great Lakes" resort area; Okoboji, Arnolds Park and Spirit Lake.

South of Estherville about 45 miles off of Hwy 4 is the Grotto of the Redemption at West Bend. A "must see" for everyone.

**Sunday May 22**

**Northwood**

**Worth County**

**Start between 9am & Noon**

**Finish by 3pm**

**Start Point: Shelter on Central Ave**

**Between 9th & 10th Streets**

**Description:** This walk is through a small town with beautiful gardens, the county fairground, parks and the Shell Rock River. Northwood is the county seat of Worth County.

**Distance/Rating:** 5K & 10K/1B

**Driving Directions:** From I-35 take exit 214 east on CO 105 toward Northwood. (CO 105 is Central Ave in Northwood). Watch for signs to the start point on the south side of Central Ave between 9th & 10th streets.

**Special Programs:** Rockin' Around the Clock

**POC:** Marge Oehlke 507.720.4105

**Other Info:**

South of Northwood about 20 miles on Hwy 65 is Mason City. A Seasonal walk is available starting at The Historic Park Inn Hotel, 15 W State St. This is the only remaining Frank Lloyd Wright designed hotel in the world. The walk features many interesting sights.

## General Information:

This will be a fun weekend of walking. All three of the featured walks are available on OSB registration, but this weekend only you will be able to register and stamp your books at a start/finish each day. We will feature one walk each day, but you may register for all three walks at one time and do them on your schedule.

These events are non-competitive. Participants may go at their own pace; it is not a race. Events are open to everyone. All ages are welcome and family participation is encouraged. Children under the age of 12 must be accompanied by an adult.

**Stipulations:** All events are sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV). By registering for these events, participants accept the guidelines for AVA events and agree to observe the principles of good sportsmanship. Pets are allowed, but must be kept on a leash and cleaned up after.

**Disclaimer:** The sponsors of these events are not liable for lost or stolen items, accidents or injuries, and/or material damage at any time incurred by participants during the course of an event. Every reasonable effort will be made to make events safe, enjoyable and memorable.

**Fees/IVV Credit:** There is a fee of \$3 for each walk per participant. These events count toward IVV achievement awards.

## Social Gathering:

Saturday evening at 6 pm, join other walkers for dinner at Tequila's (846 Central Avenue, Northwood). Add your name to the reservation list at the start point on Friday afternoon or Saturday morning. This is a Mexican restaurant, but they have other cuisines also. We will order individually off the menu.

## Lodging:

A block of rooms has been reserved for Iowa's Walking Club at the Holiday Inn Express, exit 214 on I-35. [4712 Wheelerwood Road, Northwood, IA 50459 (641) 323-7500.] A standard Two Queen or King room for \$120 plus tax will be available to make reservations until April 20. For online reservations the Code is IWC. Breakfast is included.

The Iowa Welcome Center, Diamond Jo Casino and Country Inn & Suites are also at this interstate exit.

## Camping:

Camping is available on a first-come, first-serve basis at Pammel Park in Forest City and by reservation at Pilot Knob State Park east of Forest City on Hwy 9

Fort Defiance State Park by Estherville has camping available in both electric and non-electric sites. Camping permits are obtained through self-registration at the campground on a FCFS basis.



## GDMVA, Iowa's Walking Club

invites you to a

# North Iowa Weekend Special Event 3 walks in 3 days

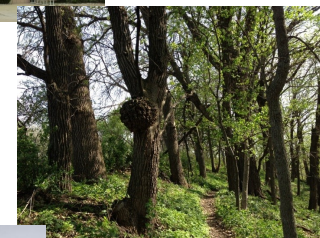
## May 20-22, 2022

### Friday- Forest City Saturday- Estherville Sunday - Northwood



Winnebago  
Visitor Center  
Forest City

Trails in  
Fort Defiance  
State Park



Central Av in  
Northwood