

# Iowa's Walking Club March 2021

*Watching the ice flows at the confluence of the Des Moines and Raccoon Rivers holds a particular fascination while thoughts turn to spring. Although I love my neighborhood walk on the Des Moines Waterways Trail, I'm looking forward to expanding my horizons with the incredible walking adventures we have in store, starting with the Beaverville St. Patrick's Day Walk! I hope to see you there - Jan Knock, president*

## March Membership Meeting

This is our final Zoom meeting before we head outside for meetings with walks.

**Monday, March 15 at 6:30 pm**

From a mobile device:

<https://us02web.zoom.us/j/84801540322?pwd=UFhFVXoxSlZvalAzKytBcHVvNGw3Zz09>

Call in by phone: 346.248.7799 Meeting ID: 848 0154 0322

If you have trouble connecting, text Diana R at 515.491.8903.

Masks and social distancing required at all events

## Beaverville St. Patrick's Day Walk

March 20

The **St Patrick's Walk in Beaverville** kicks off the season this year. We've waited until we can be outside to walk together. In the time of COVID-19, this means taking registration out of doors, requiring masks and social distancing.

- The start is open 9 am - 11 am. Finish by 2 pm.
- The 5K and 10K routes on city sidewalks feature Beaverville Bricks, the iconic brick Tudor style house of this Des Moines neighborhood.
- This is our annual fundraiser for the Food Pantry. Please bring a canned or boxed item as a donation.

- Bring your walking shoes, a mask, and a smile, and meet us at the start for a fun-filled morning. \$3.00.
- Find our tent in the parking lot: 2629 Beaver Avenue, Des Moines.

[Preregister online](#) to make check-in faster and safer

## National Walking Week

April 1 -7

*This is what happens when you ask members of Iowa's Walking Club to share a favorite walk...7days of walks in 11 towns and cities! We are extending an invitation to join Iowa's Walking Club for fun, fitness, and friendship. Please share the special edition newsletter in email, on FB, and on other social media. Bring a friend with you - these walks are free!*

*A big thank you to our walk leaders Pat Brinker, Diana Whited, Dana & Ann Bresler, Corinne Nelson, Steve & Sue Urbatsch, Rex & Betty Humke, Butch & Sandy Spaulding, Diana Ronk, Nancy Pugh, and Deb Gaskins. Also, a huge thank you to Jan Knock for the excellent special newsletter and Diana Ronk for the website.*

*Without these generous people, National Walking Week 2021 would not happen! Many thanks. - Susan P.*

## Weekday Walks

"Weekday walks are casual, meet up and walk for 'a bit' events" - Susan P

Walking Week will be a great kick-off as we resurrect our weekday walking program this spring. After that hectic first seven days of April, we have a few additional offerings.

Weekday walks are casual meet-ups and walk for a bit events; an excellent way to socialize while getting some exercise. No money or books are needed for these walks.

April weather is unpredictable so we'll meet **Monday mornings at the mall**. Start is 10 am at the food court

# Iowa's Walking Club      March 2021

of Valley West Mall, [1551 Valley West Dr, West Des Moines](#) every Monday in April. Join us for some mall laps or maybe a lap around the mall itself on nice days!

**Wednesday, April 14**, we'll meet at the stage on the west side of Colby Park, 6900 School Street, Windsor Heights at 6 pm to walk on the bike trail.

**Friday, April 23**, we'll meet at 10 am at the Urbandale Senior Recreation Center, 7305 Aurora, Urbandale, and explore the Urbandale trail system.

Thanks to Phyllis Olson, Norma Wessel and Barb John for helping with the April weekday walks.

Watch the web site or Facebook for any changes or additions. Any questions contact Susan Pinneke, email – [susanpinneke@gmail.com](mailto:susanpinneke@gmail.com) or call/text – 515-423-8437.

## Calling All Walkers

### May Weekday Walks

A message from Susan P...

"I'm looking for a few people who are willing to invite some friends along for their favorite walk. Yes, I'm looking for volunteers to lead a walk. You pick the day, time and route. You don't need a map or directions, just name the start point and lead us on your favorite 45-60 minute walk.

Now maybe you are thinking, I just walk around my neighborhood, that's boring. It's not boring to me, I don't live there, it's a new and interesting walk for me.

Maybe there's a trail you'd like to try; we'll try it with you!! Just name the place & time. The only way we'll have walks is if we take turns leading them. It's all up to us how much fun & friendship we have walking. If May doesn't work for you, that's fine, just name the day and time. I'm always looking for weekday walks!!

Let's make the 2021 Weekday Walks something awesome!! (Don't let awesome spook you. It's pretty awesome taking any walk with a buddy!!!)"

Contact Susan Pinneke, [susanpinneke@gmail.com](mailto:susanpinneke@gmail.com) 15.423.8437 if you would be willing to host a walk or if you have any questions.

## Union County, Creston

April 17

**We're heading to Union County, Creston where we'll have our first in-person membership meeting and group walk of 2021 in McKinley Park.** We'll start at 10 am with the 6K walk through the park and around the lake on the Park to Park trail. After the walk we'll have A&G pizza (you'll love it!) and a short meeting in a park shelter house. Bring your own beverage.

Following the lunch/meeting we're all invited to a guided tour of the mural art in uptown Creston.

You won't want to miss this!

This one of our 2021 "county walks". How to find the start: With a smart phone ask for driving directions to McKinley Park, Creston, Iowa. Driving into Creston on Hwy 34, on the west side of town, turn N onto Patriotic Drive (you'll see the Freedom Rock and the Visitor's Center). Turn R onto Park St and follow east/north through rail road underpass, then veer L onto McKinley St. Just past Stone St and to your left you'll see the "Bear Cage" parking area and the shelter house.

## Earth Day Walk

April 24

Welcome spring with a group walk at Gray's Lake on the new Des Moines Waterways remote start.

Starting from the SE parking lot at Gray's Lake this 5k walk features two lighted pedestrian bridges and a new public art installation and amphitheater in Water Works Park.

POC Deb Gaskins 515.238.2486 email [gaskins.deb@gmail.com](mailto:gaskins.deb@gmail.com)

# Iowa's Walking Club     March 2021

The AVA has a new address: 1008 S Alamo St,  
San Antonio, TX 78210

Be sure to change the address on all of your event,  
distance, and special program booklets.

## Marvelous May

Double the fun in May: Pella & Amana

May 1 - Pella group walk. We all start at 9 am.

May 15 - Amana Annual Meeting and Group Walk

## 2021 Officers

Jan Knock, President [knockfamily@gmail.com](mailto:knockfamily@gmail.com)  
641.340.0114

Nora Hudson, Vice-President [nhudson76@gmail.com](mailto:nhudson76@gmail.com)  
435.640.4982

Diana Ronk, Secretary/Newsletter [ronkdr@mchsi.com](mailto:ronkdr@mchsi.com)  
515.491.8903

Susan Pinneke, Treasurer/Membership  
[susanpinneke@gmail.com](mailto:susanpinneke@gmail.com) 515.277.3653

Phyllis Olson, Historian [paolson@mchsi.com](mailto:paolson@mchsi.com)  
515.270.6920

Norma Wessel, Historian 515.270.6920

Peggy Watts, Director/ Trailmaster  
[peggywatts@mchsi.com](mailto:peggywatts@mchsi.com) 515.708.0405

Deb Gaskins, Director/Programs  
[gaskins.deb@gmail.com](mailto:gaskins.deb@gmail.com) 515.238.2486

Diana Whited, President Emeritus  
[diwhited1969@gmail.com](mailto:diwhited1969@gmail.com) 515.783.5251