



Madison Area Volkssport Association Newsletter

March-April 2013

www.dairylandwalkers.com

Vol 2013-02

Mar.-Apr. Events

Mar. 13 Board Meeting
– Lakeview Library
Branch - 6:00 pm
Mar. 16 Pie Walk–Midd.
Mar. 20 April Trip
Deadlines:Lodging/Bus
Apr. 13 Membership
Meeting – site: TBD –
6:30pm
Apr. 20 Appleton Walk
Apr. 21 Waupaca Walk;
May 4 Club Highway
Cleanup

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PIE PIE EVERYWHERE!

By Don Suloff

Be sure to mark your calendars for March 16th to attend our very popular Pie Walk. We all meet at Hody Bar and Grill (1914 Aurora St., Middleton) for a 5K guided group walk leaving the start point promptly at 2 p.m. The walk is a modified version of the Middleton year-round walk and uses the Middleton stamp. Be sure to arrive in time to check in prior to 2 p.m. On returning to the start point, each walker receives a piece of Hubbard Avenue pie provided by the club!

For this walk there is no pre-registration, but all participants are requested to notify the walk contact of their planned attendance in order to estimate the number of pies required. There will be a fee of \$4 for all walkers with no free walkers nor any use of frequent walker coupons.

To reach Hody Bar and Grill, take US 12/18 (Beltline) west to University Ave (exit #251A) east. Turn left on University and go one block to Aurora St. Turn right on Aurora to the start point at the corner of Aurora and Elmwood. Ample parking is available behind Hody's and nearby.

This walk is labor intensive so Gwen will need help in keeping it the success it has been in past years. Please contact Gwen if you can help with registration, stamping books, distributing pieces of pie, etc. on the day of the walk.

Remember to contact the point of contact, Gwen Kraemer at (608) 546-3161 or dgkraemer@charter.net with your intent to attend and/or help with the walk. We will always accommodate those who show up without notification, but it makes our arrangements easier!

TIS THE SEASONALS

By Don Suloff

As April begins, all 24 events sponsored by the Dairyland Walkers are open for walking. Eighteen more walks will be ready for your enjoyment: Appleton (we will preview this walk in April), Baraboo-Devil's Lake, Cedarburg, Eau Claire, Fond du Lac, Grantsburg, Janesville, La Crosse, Lake Geneva, Madison-Civil War, Madison-Picnic Point, Milwaukee, Neenah, Oshkosh, Port Washington, Saint Croix Falls, Sarona, and Waupun-Horicon Marsh. With this assortment of walks, there can be no excuse for not "hitting the trail".

West Towne Walk – Don't Forget

By Jerry Wilson

The West Towne Walk is off and running as our new year-round event. It's a good way to get ready for walking when the weather improves and we can all get outside.

Dates of Interest?

Date

Mar. 1 Peanut Butter Lover's Day
8 International Women's Day
10 Daylight Savings Time Begins
At 2:00 AM
17 St. Patrick's Day
19 Nat. Agriculture Day
20 International Earth Day
29 Good Friday
30 Take a Walk in the Park Day
31 Easter Sunday

April 1 April Fool's Day
5 Nat. Walk to Work Day
6 Sorry Charlie! Day
15 Titanic Remembrance Day
26 National Pretzel Day

NEWSLETTER ARTICLE SUBMITTAL DEADLINE

for
May - June

Due: April 20

Send to
newsletter email address:
dairylandnews@gmail.com

Tuesday Night Walks Begin April 9th By Tricia Gundlach

Come join us for a Tuesday evening walk! I particularly enjoy these walks since it gives me an opportunity to walk with other club members and get to know them a little better. The walks are typically small groups of 5-10 members, sometimes more, and you can always find someone to chat with while you walk. It makes the walking more fun! Another great thing about the walks on Tuesday nights is that club members tend to walk as a group and the faster walkers slow down to make this more of a social event as well as a walk. There are walkers who want to do the full 10k but doing a 5k (or less) for beginning walkers is always an option.

This is a good time for beginning walkers to build up some confidence in a non-competitive environment and do a 5k. Another big advantage to doing these walks is watching the changes from spring to summer to fall! I personally can't wait to switch from a treadmill to walking regularly outdoors. Here is the schedule which you can also find in the "blue book" but there will also be e-mails sent out as reminders:

First Tuesday of the month – Eastside walk- meet in the parking lot of Olbrich Gardens overflow lot near the picnic tables and playground equipment Park Beach House Parking area near the picnic tables.

Second Tuesday of the month- Capitol walk- meet in the lobby of at Inn on the Park

Third Tuesday of the month- Arboretum walk- meet near the Vilas

Fourth Tuesday of the month- Middleton walk- meet in the City Hall Parking lot between the library and Hubbard Street Diner

Fifth Tuesday of the month- Monona walk- meet in front of the Monona Community Center parking area along Nichols road

Be sure to bring your walk books and someone will show you how to record your walk in your walk books. The walks are \$3.00 if you want credit, but you may also walk for free. Feel free to bring friends, neighbors or family members along. Also if you don't have anyone as a walking partner, come solo. You will find walking buddies. Walks begin at 5:30pm except when it starts getting dark earlier in September when they begin at 5:00pm. For those who work this is a good time to walk right after work and pick a walk on your side of town. Come join us!

Tuesday Night Walk Hosts Needed By Tricia Gundlach

We are looking for volunteers for Tuesday night walks beginning on April 9th. Volunteers for this position would serve as hosts for the Tuesday night walk. Hosts would arrive at the walk location at least 15 minutes early, obtain the walk box from its usual location, assist members who need help in stamping walk books or registering for the walk, and collect fees and send a check to the walk box coordinator for the walk. It is not necessary for the host to complete the walk as long as there is a member willing to lead the walkers.

We are looking for one lead volunteer host for each of the 5 walk locations and 2-3 other hosts for each location. The lead volunteer would coordinate with the other walk location hosts to insure that there is a host covering each of the monthly walks. (There are only 6 walks per location that need to be covered.) For example, we will need a lead volunteer host for the Eastside walk along with 2-3 other helpers.

This is a great opportunity for someone who wants to get a little more involved in the Dairyland Walkers but would like a limited role. Volunteer commitments would be for one season (only) and would be to serve as a host for 1-3 Tuesday walks.

Anyone interested in serving as a lead volunteer host or volunteer host should contact Tricia Gundlach at tnt84@chorus.net or 608-222-4200, or 608-358-6961 cell). Please indicate which walk locations interest you (Capitol, Eastside, Arboretum, Middleton, or Monona). You may volunteer for more than one location.

Walking Weekend in Outagamie and Waupaca Counties

By Mary Liebig

Saturday, April 20 and Sunday April 21

Plan to join the Dairyland Walkers on Saturday, April 20 and Sunday, April 21 as we travel to east central Wisconsin to walk in two more counties in the state: Outagamie and Waupaca.

Saturday's walk starts in Downtown Appleton, the heart of the Fox River Valley and Outagamie County. We can consider this a "Kick-off" walk of the new seasonal Appleton Walk that begins on April 1. However, the start location on Saturday, April 20 is slightly different than the seasonal walk and is located inside the City Center Plaza at 10 E College Avenue. The best parking options are the public parking ramps downtown that charge \$2.00 per day. The Washington St. Ramp (intersection of Washington & Superior St., or the Midtown Ramp (corner of Lawrence & Superior St.) are near the City Center and the Start point. Start times are from 9AM to Noon, with a finish time of 3PM.

Two walking routes are offered; a 6K and 10K. Both proceed down College Avenue and through part of Lawrence University. The Fox River is featured prominently, with multiple bridge crossings. A portion of both routes is on the Newberry Trail, a paved multi-use trail along the Fox River. Points of interest on the walk include the Houdini Museum at the Castle, Paper Discovery Center, Hearthstone Historic House, a Building for Kid's Children's Museum, and the Fox Cities Performing Arts Center.

Sunday's walk starts at the South Park Shelter located at 921 South Main Street in Waupaca. Again two routes are offered: a 5K and a 10K. The 5k walk is focused on the "Historic District" of Waupaca. Several unique and architecturally significant homes and business locations are featured and described in the walk directions. The first half of the 10k walk is essentially the 5k walk. However, the 10k walk expands on the 5k by taking walkers to a historic railroad depot, a historic Granite Quarry and focuses walkers' attention on current and former "Industrial Sites". Some of the sites are currently operational while others are not operational but are historically significant. The walk crosses the scenic and fast flowing Waupaca River at several points.

A block of rooms has been reserved at the Comfort Suites Foxfire in Waupaca under the name "Dairyland Walkers" for this weekend. The cost is \$72.00 a night for a double queen bed room, and includes a complimentary breakfast, pool, and workout facilities. Saturday night at 6PM we plan to dine at the Waupaca Ale House, located right next door to the Comfort Suites. There will be a sign-up sheet at the Appleton Walk for this dinner so we can phone in reservations. If anyone would like to join us for dinner at the Waupaca Ale House on Saturday, April 20 but cannot make the Appleton walk, please email your interest to Ron Wight at ronan4@charter.net or Mary Liebig at mbliebig@charter.net.



See next page for an article by Ton Doyle on a club bus trip to the April Walks!

Picture to Left: View of Fox River from Appleton walk; Paper Discovery Center in background.

Club Highway Cleanup By Terry Wendt

The highway clean up will be Saturday May 4, 2013 . Meet at Noras II corner of Hiways 12 & 18 & Cty BN at 1:00 PM. Vests & trash bags will be provided, you may want to bring some gloves.

WALKING WI WEEKEND

APPLETON, Outagamie County Saturday, April 20
WAUPACA, Waupaca County Sunday April 21

By Tom Doyle

Lodging

Comfort Suites Foxfire, 199 Foxfire Dr., Waupaca 54981; 715-942-0500

A block of rooms is reserved under Dairyland Walkers for Friday and Saturday nights @ \$72 per night. Double queen beds. Complimentary breakfast, pool and workout facilities are also available. Very new and comfortable.

Sign up at the Appleton walk to dine Saturday evening at the **Waupaca Ale House @ 6 pm.** Order off the menu. Located next door to Comfort Suites Foxfire.

Bus Transportation @ \$27.00 person round trip

We will have bus transportation available if we have enough riders. Itinerary:

Friday, 19 April	5 pm	depart Madison, dine in route @ a famous fish fry TBD
	8 pm	arrive at Comfort Suites
	8:20	arrive at Crystal River Inn B&B
Saturday, 20 th	8 am	depart for Appleton Walk
	2 pm	depart for return to Waupaca
Sunday, 21 st	1 pm-ish	depart for home after walk & lunch

Questions: contact Tom Doyle @ 608-576-7414 or tjdoyle98@msn.com

Bus Reservation Form @ \$27/person (round trip-refundable!)

Name: _____ Amount _____
Daytime Phone: _____ Email _____

Checks made payable to Madison Area Volkssport Assn

Mail to: Tom Doyle 5824 Lochinvars Tr Marshall, WI 53559

DEADLINES: For reserving lodging (block of rooms released to the public) and a spot on the bus: March 20th!

Getting Back In The Groove

By Don Suloff

With winter slowly sliding back in the rear view mirror and walking weather rapidly approaching, we often find that our fitness has hibernated for the winter and we may need to “fine tune” things a little. Here are five tips extracted from a Mayo Clinic guide for starting a fitness program:

- 1) Assess your fitness level – Prior to beginning a program, perform a self-assessment of your fitness through such measures as checking your pulse rate before and after walking a mile, timing yourself in a mile walk, determining how many push-ups you can do, and determining how close to the floor you can reach by bending at the waist while standing.
- 2) Design your fitness program – Design your own plan, in writing, considering your fitness goals, a balanced program (of at least 150 minutes of moderate aerobic activity a week), a reasonable pace (start slow and gradually build up), developing a daily routine (make exercise a planned part of your day), incorporate different activities into your plan for variety, and allow time for recovery (particularly when you overdo things at the start).
- 3) Assemble your equipment – Start with good athletic shoes designed for your activity and supplement them with practical and reasonable exercise equipment consistent with your planned program.
- 4) Get started – Start slowly and build up gradually (perhaps only 5-10 minutes a day to start and build up to 30-35 minutes), break things up if you have to, be creative with your routine, and listen to your body (if you feel pain, shortness of breath, dizziness, or nausea, take a break), and be flexible.
- 5) Monitor your progress – Retake your personal fitness assessment six weeks after starting and then every three to six months subsequently and consider if you need to make changes in your program.

Starting an exercise program is an important decision, but it does not need to be overwhelming. By planning carefully and pacing yourself, you can establish a healthy habit that lasts a lifetime.

2012 VIP Finishers

by Russ Crane

A hardy congratulations is in order for the 21 walkers who completed either level one or level two of last year's Dairyland Walkers' Volkssport Incentive Program (VIP). Level one required walkers to do any twelve (12) of our Year-Round or Seasonal walk/bike events. Level two required walkers to do all nineteen of our Year-Round or Seasonal walks. A few went beyond the level two requirement and did all nineteen walks and the bike. They are indicated with an asterisk (*).

Level 1: Jackie Kittel, Gwen Kraemer, Karen Reger, Joanne Reuter, David Rieff, Kim Rieff, Jill Ruef, Donald Suloff, Diane Thornbery, Douglas Wiest, Jogenia Wiest

Level 2: Curtis Armstrong, Russell Crane*, Bruce Dewey*, Tom Doyle, Chris Flessert, Doris Laufenberg, Ed Reid*, June Quesnell, Jerry Wilson*, Pam Wilson

How Do You Become A Dairyland Walker VIP?

By Don Suloff

In one word – WALK!

But in more words, the Dairyland Walkers are continuing our Volkssport Incentive Program (VIP) again in 2013. For those new to our club, this program was established to encourage (and reward) those who regularly walk our year round and seasonal events. Simply record the walk with the event stamp the first time you complete a year round or seasonal walk in the orange booklet you received with your “blue book” (or pick one up from the walk box at such an event). When you have completed 12 separate events you can mail your booklets in to Russell Crane as directed and you will receive your choice of IVV book.

Now that you know what a Dairyland Walker VIP is, it's up to you to become one!

Memorial Note By Tom Doyle

The club has received a nice card and a memorial donation in honor of Barbara Borde from Judith Wiltinger of LaCrosse. Barb participated in the Grandad Bluffers walks before there was a Volkssport Association in the Madison area and Judith remembers enjoying Barb's visits on those occasions. Judith is a long-term Dairyland Walker Club Member, a former member of the Grandad Bluffers Volksmarch Club of LaCrosse, and served as the Walk Box Coordinator for several years after our club revived the Lacrosse walk. Thank you, Judith for honoring Barb and her devotion to volksmarching.

We were also saddened by the passing of Karen Carrier of Madison last Fall and our sympathy goes out to her husband John and her family. Karen enjoyed club events and trips and we are pleased that John continues his membership in the Dairyland Walkers.

June 1st & 2nd Walking Weekend

By Tom Doyle and Elaine Olsen

Portage & Marathon County
National Trails Weekend

We would like to remind everyone it is time to begin to think about our club walks in Stevens Point and Aniwa (near Wausau) **the first** weekend in June.

Again this year we have sanctioned the *Portage County Walk Wisconsin* event as we have for the past several years. **Please note however** because of declining participation, this could very possibly be the last year this great event is sanctioned as a volksmarch by the Dairyland Walkers. **You must preregister with Walk WI for this event.**

Saturday, June 1st Stevens Point Walk Wisconsin www.walkwisconsin.com
Full Marathon - 8am Half Marathon - 11am Quarter Marathon - 12:30pm

This is a non-competitive walk held on the Green Circle Trail, with comfort/nutrition stops along the way. The start is located in Pfiffner Park 1100 Crosby Ave. The marathon route (26.2 miles) is a complete circle walk, while the 13 mile and 6.5 mile routes are part of the circle route and walkers are bused to the various start points and walk back to the finish in the park where a huge tent of free food is waiting. **Note: this year only we will also offer a 5K volksmarch route.**

Please note that you must preregister with WalkWisconsin in advance (\$25) of June 1st. Check out their website. On line registration is available now.

On Sunday, June 2nd in Aniwa, near Wausau, club members Elaine Olsen and Barb Lund are hosting a walk in Marathon County which will feature the Dells of Eau Claire River Park. More information about this walk will be in the next newsletter. A portion of this route is part of Wisconsin's Ice Age Trail. This is a very beautiful portion of the Ice Age Trail that traverses Wisconsin. The placid Eau Claire River, which flows into the Wisconsin River, cascades over a series of limestone outcroppings at the beautiful Eau Claire River Dells County Park, a site that is virtually in the middle of nowhere. Start point: P2150 CTH Y, Aniwa WI 54408. Distance: 5K or 10K. Pets are allowed, must be leashed at all times. Don't miss out on this walking gem! Make plans now to get your log book stamped for both of these counties.

Any questions about this walking weekend may be directed to:

Tom Doyle	Stevens Point Walk	tjdoyle98@msn.com	or 608-576-7414
Elaine Olsen	Aniwa Walk	ejo456@yahoo.com	or 715-432-6285
Barb Lund	Aniwa Walk	lund_b@sbcglobal.net	or 608-249-5139

No bus transportation will be available for this weekend. Carpooling is encouraged. If you would like to car pool and share expenses, please also contact any of the above Tom/Elaine.

The Year That Was By Don Suloff

Last year was a great walking year for the Dairyland Walkers as we set records for both the number of weekend "traditional" events held and the number of walkers participating in those events. We held a remarkable 17 different events which were enjoyed by a total 899 walkers. Participation ranged from highs at our Monona walk kickoff (81), the annual "Pie" walk (77), Trempealeau (76), and Fountain City (75) to lows at Pictured Rocks (bus trip-38) and High Cliff State Park (rain-40).

Way to go walkers!

Membership Update By Tom Doyle, Membership Chair

We would like to welcome the following members of 2013:

Ulrike & Mike Dieterle	Madison	Jean Muche	Janesville
Gayle Dumke	Janesville	Mary Ross	Janesville

Mary, Gayle & Jean joined at our recent East Towne Mall walk. There we discussed with Kim & Dave Rieff, Walk Box Coordinators for the Janesville Seasonal Walk, the possibility of scheduling an occasional evening walk in Janesville in addition to our scheduled weekly walks in Madison. This idea was met very favorably. We could meet and car pool to Janesville. We will keep everyone posted via Bonnie's emails as daylight savings arrives and the snow melts. If anyone is interested in knowing more about the Janesville Seasonal, Kim & Dave are the points of contact: krieff@hotmail.com.

Dues payments Thank you to everyone who has made recent renewal payments as of this newsletter:

Ahern; Armstrong; Barthel; Bowles, Brown,D; Brown,B; Buehler; Carrier; Carson; Cagill; Chatter; Coleman; Cunningham; DeVore; Dilorio; Ebsen; Elliot; Fahey; Flessert: Graber; Gundlach; Haagensen; Hanson; Heinrichs; Hessey; Hollar; James; Jeffords; Johnson, B; Kaminski; Kasmarek; Kaufman; Kempen; Kenyon; Kittel; Kraemer; Larson; Lagaard; Leggett; Lenihan; Liebig; Lund; Markwardt; McCrill; McMahon; Mehl; Miles; Miller, J; Miller, C; Morgan; Newcomb; Odgren; Olsen; Olson; Otto; Palzkill; Pease; Peickert; Perring; Poniewaz; Quesnell; Reid; Ringquist; Rieff; Robbins; Ruef; Sanders; Schuette; Spaeni; Sparks, N; Sprenger; Suloff; Thornbery; Van Houweling; Vander Millen; Weber; Wendt; Widrick; Wieland; Wiest; Wilson; Wuetrich; Zacher.

Everyone listed above is current. If you have made payments in the past 7-10 days, the roster has not been updated. Several expirations do occur in March. **Please check the date on the WI Walking Blue Book you received recently to identify when your next dues are due.** If you feel a mistake has been made, or you have not yet received your blue book please let me know ASAP @ tidoyle98@msn.com.

North Central Regional Event Update by Russ Crane

One of our main objectives in planning for this event was to have all aspects of the event held at one single location. The organizing committee (Bruce Dewey, Mary Liebig and Russ Crane) thought that the new John Wall Family Pavilion at Tenney Park would be an ideal location. We knew that this new shelter is in high demand and it might be difficult to secure reservations using the normal reservations procedure. So we met with and discussed our plans with the Madison Parks Division. We just recently received word that our request for the new Tenney Park shelter has been secured for October 10-12, 2014. Now, we can really begin our planning for this regional event.

Our initial idea is to have at least three walks radiating out in different directions: one toward the Capitol, another through Maple Bluff, and one to Olbrich Botanical Gardens. In addition to the walks we are also planning to hold the evening social events as well as the regional meeting inside the pavilion. To make this event a success and one to remember, we will need the assistance of many people. We will need people in the near future to assist in the planning. Anyone interested in volunteering should contact Tricia Gundlach by e-mail at tnt84@chorus.net or 608-358-6961.



John Wall Family Pavilion at Tenney Park

Attention Beginning Walkers!

By Tricia Gundlach

Are you a club member who wants to get started walking but are hesitant to try? We have a wonderful volunteer who is a retired registered nurse and would like to walk slowly with you. June was a founding member of the Dairyland Walkers (since 1995) and her main goal in walking is just to spend “more time off the couch”. She enjoys walking but does not like to race. She would much rather spend time enjoying the walk with fellow walkers. Her schedule is flexible since she is retired. The best times to start would be on one of the Tuesday evening walks. See this newsletter’s article about the Tuesday walks. A good opportunity would be the April 9th Capitol walk. She is available at other times as well.

Don’t worry if you don’t think you can finish a 5k. Everyone starts at their own level. If you can only walk a block, try for two blocks. You will be surprised at what you can do once you get started! We have many club members who started this way and now easily walk 10k walks. This is a great opportunity for all beginners! If you want to get started you can contact June Doyle at [608-576-3695](tel:608-576-3695) or at tjdoyle98@msn.com

Club Milestones February/March per American Wanderer

By Tom McCrill

IVV Event Awards February/March

Linda Lins – Sauk City 10 Events
 Curtis Armstrong – Stoughton 75 Events
 Diane Thornbery – Madison 175 Events
 Donald Suloff – Middleton – 900 Events
 Edwin Reid – Middleton – 1350 Events
 Jane Legaard – Bloomington MN – 2200 Events
 Kenneth Legaard – Bloomington MN – 2200 Eents

IVV Distance Awards February/March

David Riyeff – Janesville - 3500 KM
 Kim Riyeff – Janesville – 3500 KM

2013 Dairyland Walkers Calendar

Saturday, January 12	West Towne Walk	Results: 53 Adults & 2 Free = 55 walkers
Saturday, February 9	East Towne Walk	Results: 49 Adults, 2 Youth, 5 Free = 56 w.
Wednesday, March 13	D W Board Meeting	Lakeview Library Branch – 6:00 pm
Saturday, March 16	Middleton Pie Walk	Check-in Before 2:00 pm
Wednesday, April 10	D W Membership Meeting	Site TBD – 6:30 pm
Saturday, April 20	Appleton—Outagamie County *	Start: 9:00 – Noon; Finish by 3:00 pm
Sunday, April 21	Waupaca—Waupaca County	Start: 9:00 – Noon; Finish by 3:00 pm
Saturday, May 18	Tenney Park Walk	Start: 9:00 – Noon; Finish by 3:00 pm
Saturday, June 1	Stevens Pt. Walk—Portage County—Walk WI	Start: Various; Finish by 6:00 pm
Sunday, June 2	Wausau—Marathon County	Start: 8:00 – Start: 8:00 – Noon; Finish by
Saturday, July 27	Racine—Racine County	3:00 pm - Noon; Finish by 3:00 pm
Saturday, August 10	West Bend—Washington County	Start: 9:00 – Noon; Finish by 3:00 pm
Saturday, September 14	East Waunakee	Start: 8:00 – Noon; Finish by 3:00 pm
Saturday, October 5	Cambridge	Start: 8:00 – Noon; Finish by 3:00 pm
Friday, October 18	Pheasant Branch Moonlight Walk	Start: 6:30, 6:45 & 7:00; Guided

Walking in Germany

By Bonnie Hamer

When I found myself booking a flight to Germany last fall, right away it came to mind – will there be volksmarches in the areas where I will be? I already had been to Germany twice before on Dairyland Volkssport trips where we were met and walked with German Volksmarch Clubs. But this time I was going to be on my own and relying on the German rail system to get me around. Could I find year-round walks or are they all special events? Would I find walks where I was going to be? How would I find the starting points? Even if I find a walk, would I be able to read the directions as I don't read or speak German? All questions needing an answer.

My first lesson was German walks are not called year round or seasonal walks as we refer to them here in the USA. Rather the terms Permanent Wanderwegs (Permanent Walking Ways) or PWs is used. Then it was easy to find websites which gave all the needed information. The two I found helpful were www.dvv-wandern.de and www.ester-web.de/ivvpw/ivvpw/php

From these websites I was able to find walks in the cities I would be staying, along with starting point locations. Just a click allowed me to print the route maps with their German directions before I left home. I found the maps sufficient for guiding me through the walks.

The first walk I did was a 10K city walk in the old town of Lübeck. Here I followed the Trave River for a distance and then began to explore the narrow streets with the many medieval old buildings, 13th and 14th century churches, two remaining city gates and the old Heiligen-Geist Hospital. In the market plaza I passed the Rathaus (Town Hall) with its various architectural styles. An elevator ride up St. Peter's Church to a viewing platform 162 feet above the city put everything into perspective of where I had been. Unfortunately I did not get a stamp for my walk as I had started out from my hotel and when I got to the start location, found it was a closed food stand along the water. It's always best to check with the point of contact before beginning the walk.

My second walk was in Wernigerode, a picturesque town on the northern slopes of the Hartz Mountains. During the time of Communist rule, it was located in East Germany. The 10K walk around this town with its interesting Gothic half-timbered buildings took me three days to complete as I always was getting sidetracked. The unique Rathaus looks as it has been lifted straight from the pages of a fairytale with its painted and decorated facade. Other interesting half-timbered houses are everywhere around the town center. We passed the smallest house in town, just 13 ½ feet high and 10 feet wide, and the leaning house (formerly a mill which started to lean when the water from the stream beneath attacked the foundations). The climb up the hill passed remaining remnants of the old town fortification (including a moat and one of the city gates) and gets you to the medieval Castle Schloß where you found yourself looking down on what had become a miniature town and scenery for miles around. Of course a tour of the castle couldn't be passed up. Another side trip was the narrow gauge steam train trip up to the Brocken (highest peak in Northern Germany). It was on the Brocken, I experienced one of the hazards of walking – a fall. Losing my footing on a smooth, straight section of blacktop, I did a downward spiral. I soon found myself on a 45-minute ride down the mountain by ambulance for needed repairs. But the next day, I was up for finishing the walk.

The final walk was in Hamburg where I did the 10K Hamburg Alster-Hafen Reeperbahn. What a great way to see the highlights of this big city. The walk starts at a souvenir shop along the Elbe River Harbor where, along with modern day ships, you see sailing ships of days bygone. Leaving the harbor, you head northward along one of Hamburg's many canals passing the enormous town hall and the church of St. Petri with its 1470 sculpture of the Madonna. As you walk the boulevard beside Alster Lake in the middle of the city you are afforded great views of the city. St. Stephan's Platz (with its park-like setting of beautiful gardens, waterfalls and ponds with swans) takes you past the justice building, an art hall and remnants of an old city wall. Then it was on to the red-light district of the Reeperbahn and its Beate Square – where the Beatles started their careers. Finally walking through the Fischmarket takes you again back to the start and book stamping. It was a wonderful trip complemented by volkssport walks.



Wisconsin INDIAN HEAD COUNTRY



Welcome to Wisconsin's Indianhead Country and the Dairyland Walkers 2013 Walking Adventures

Three Unique County Seasonal Walks, April 1 – Dec 31, 2013

1) **Washburn County**, Sarona, Hunt Hill Audubon Sanctuary

Located in the southeast corner of Washburn County, this walk highlights 4 types of environmental habitats: old growth pine forest, restored prairie, woodlands and bog, as well as three glacial lakes on which you can use their free canoes. With 7.2 miles of trail options at Hunt Hill, the walk route will be **10k plus three 5k** options. A birder's paradise, Hunt Hill is home to an historic farmstead with a cabin built in 1917 and later donated to Audubon by Frances Andrews. The sanctuary has adult and youth camps/programs, ecology camps, its own library building, and an old-fashioned barn dining room and gift shop. The modernized bunk house now has separate rooms and offers nightly and weekly rates (mention Dairyland Walkers when making reservations). Make plans to spend a night or two and enjoy all the Hunt Hill trail/k options, or stay a week and take short drives to the other nearby counties with sanctioned walks: Polk (St Croix Falls), Burnett (Crex Meadows), Douglas (Superior) and Eau Claire counties. To learn more visit: www.hunthill.org, email info@hunthill.org or call 715-635-6543. The walk box is located in the tote below the information kiosk next to the library.

Hours: 24/7, 365 days/year!!

Trail rating: 2+(moderate hills), C(difficult terrain-wheelchairs and strollers may only be used on the restored prairie 5K trail)

2) **Burnett County**, Grantsburg, Crex Meadows Wildlife Area

A few miles west of Wisconsin's Great River Road, (Highway 35) and at the junction of highways 48 and 70 in Grantsburg, Crex Meadows is a 30,000 acre DNR wildlife area featuring wetlands, brush prairies and forests. Burnett County is home to the communities of Danbury, Siren and Webster in addition to Grantsburg. Crex Meadows and all of Burnett County are part of the 1,500 square miles of the Northwest Wisconsin Pine Barrens, a glacial feature left behind when the last glacier carved out this ancient Grantsburg area. A beautiful visitor center will host our walk box on a table in the lobby. *Before* driving to the start of the main walk, be sure to view the brief interpretive film *and* take the 1.16 mile loop walk trail in back of the visitor center. It takes you over a board walk to an observation viewing platform, giving you a flavor of this vast wildlife area and returns you back to the Visitor Center and your car. You will then drive a few short miles into the heart of Crex Meadows to begin the walk. After your walk is completed, consider taking the auto tour through the various marshes and, depending on the time of the year, take binoculars to view the many nesting water birds. Info at: www.crexmeadows.org or 715-463-2739

Hours: Daily 8-4:30, closed weekends in winter, but call for hours. Last year winter ended in February!!

Trail rating: 1 (flat) B (all groomed or mowed trails)

3) **Polk County**, St Croix Falls, *The City Of Trails*

St Croix Falls is the city of trails and we will walk on most of them. The start point, Polk County Visitor Center, located south of Hwy 8 on Hwy 35, is another beautiful building with a very nice gift/book center. This walk includes the Western Terminus of the Wisconsin Ice Age Trail, the River Bluff Trail, the Pothole Trail, the Gaylord Nelson Riverwalk, and the Esker Trail. The walk will include short distance stretches on city sidewalks, but will also feature a variety of terrains, some with rocky areas and steps that are somewhat steep, therefore it is **rated 2+C**. The early part of the walk on the Interlink Trail takes you from the Polk Co Visitor Center to the wonderful Interpretive Center inside the Wisconsin Interstate Park. Don't miss the outstanding films showing how the rock formations and St Croix River were created by the glaciers, as well as the other great exhibits in the Interpretive Center. Info at: www.polkcountytourism.com or 715-483-1410. The walk box will be located in the Polk County Visitor Center.

Hours: October thru April: M-F 9-5, Sat 9-2, closed Sundays, May thru Sep: 9-5 daily

Trail rating: 2+(moderate hills), C (somewhat difficult terrain)

For information regarding these events contact Tom Doyle 608-576-7414 or tjdoyle98@msn.com

**Dairyland Walkers Board Meeting
Lakeview Branch Library
January 9, 2013**

Minutes Pending Approval

Board Members Present

Doug Wiest (President)
Gwen Kraemer (Vice President)
Mary Liebig (Secretary)
Kristi Kenyon (Treasurer)
Barb Lund (Board Member at Large)
Don Suloff (Trailmaster)
Russ Crane (Webmaster)
Bruce Dewey (Sanctioned Walk Coordinator)
Karen Reger (Publicity Chair)
Tricia Gundlach (Volunteer Coordinator)

Welcome (Doug)

The meeting was called to order at 6:00PM by President Doug Wiest and the agenda was adopted. Also in attendance at the meeting was Tom Gundlach.

President Wiest presented the following members to appointed positions on the Board: Tom Doyle as Membership Chair, Bruce Dewey as Sanctioned Walk Coordinator, Don Suloff as Trailmaster, Russ Crane as Webmaster, Jerry Wilson as Newsletter Editor, Karen Reger as Publicity Chair, and Tricia Gundlach as Volunteer Coordinator. In addition, Tom Doyle was appointed to the Membership standing committee and Tricia Gundlach was appointed to the Volunteer standing committee.

Vice President Report (Gwen)

Gwen has reserved a room at Wisconsin Bank & Trust, located at 8240 Mineral Point Rd for the next Membership meeting on Wednesday, February 13 from 6:30 to 8PM. It is likely that the April 10 Membership meeting will be held there as well, because the Middleton Library has been unavailable on Wednesday nights. Gwen has also reserved Lakeview Park in Middleton for the August 14 Membership meeting.

Treasurer's Report (Kristi)

Kristi had emailed the Treasurer's Report to the Board. The balance on December 2, 2012 was \$4,959.15. Since that time, income totaled \$1,438.00 and expenditures were \$2,148.22. The current balance on January 9, 2013 is \$4,248.93. Of that balance, \$1,000 is restricted for trips. The Treasurer's report was accepted and filed for audit.

Meeting Minutes (Mary)

The minutes of the last Board meeting held on November 14th 2012 had been previously emailed to the Board. There were no corrections or additions to the minutes, and they were approved as distributed.

Director at Large Report (Barb)

Barb had nothing to report.

Walk Box Coordinator (Bruce)

Bruce has been working on updating the seasonal walk boxes for 2013; the year round boxes have already been updated with 2013 materials. There are five new walk boxes to assemble for 2013.

Trailmaster Report (Don)

First, Don distributed a letter of appreciation from the Maywood Environmental Park in Sheboygan, thanking us for our \$100 donation. Kristi will file the letter.

Don also updated us on possible plans for a Tri-state Walking Weekend in May or June 2014 with walks in Dubuque, IA, Galena, IL, and Platteville, WI. Club members Deb Rice and Bill Kloster, Platteville residents, have expressed interest in planning a walk in Platteville. The Dubuque, IA walk would be facilitated by the Des Moines AVA club. It is unclear if we could find an AVA club in Illinois to help plan a route in Galena, IL. Don will contact Dairyland Walkers Sue McMahon and Joan Miller from Elk Grove, IL to see if they would be interested in planning a route in Galena. If not, Joan and Sue may know of some other Illinois AVA club members who would like to develop a route in Galena.

The only other event planned in 2014 that is located outside the area is a walking weekend with walks in Sparta (Monroe County) and the Black River State Forest (Jackson County). The remainder of the 2014 walking events will be held in the Madison area. Don is interested in planning a walk on the Town of Westport Trails; the only downside would be crossing County Highway M. Additional 2014 walks discussed and approved by the Board include:

- Nine Springs E-Way, located near Lake Farm Park on Lake Waubesa – Barb Lund indicated that she and Cindy Haagensen would be interested in planning this route
- Donald County Park, located near Mt. Horeb
- Sun Prairie City Walk- route would be similar to the last one held in June 2004
- Lake Kegonsa State Park, located near Stoughton and last walked in 1999

Webmaster Report (Russ)

Russ presented the Usage Report from September 10, 2012 to December 31, 2012. There was a noticeable drop-off in visitors in November and December. Russ will continue to use Sitemeter to track web usage and not switch to StatCounter as he indicated at the last Board Meeting.

Unfinished Business

Dairyland Walkers North Central Regional Gathering 2014

An initial idea is to hold the North Central Regional Gathering on October 10-12, or October 17-19 2014 at Tenney Park, located on Madison's near east side. Tenney Park has a new enclosed shelter that seats 120 people inside with a kitchenette. It is thought that all walks could originate from this point, and that the facility could also host the meeting and meals/social events. Russ Crane reported that Karen Reger called the Madison City Parks Department and discovered that they have an employee to assist with long range planning. Karen and Russ will schedule a meeting with this Madison City Parks employee to learn more about reserving the Tenney Park Shelter.

Newsletter Articles for March/April Edition

The Board suggested the following Newsletter articles for the March/April edition. The submission deadline is Wednesday, February 20.

- 1) Middleton Pie Walk on Saturday, March 16 – Don and Gwen will work on this article
- 2) Three new seasonal walks in NW counties – Tom Doyle to write
- 3) North Central Regional Gathering 2014 – Russ will write a short update on the planning progress
- 4) Appleton and Waupaca Walks- April 20 and 21. Tom Doyle will write about any updates to a possible bus trip and lodging options for this weekend. Mary Liebig will then work with Ron and Nancy Wright to write a description of the Appleton and Waupaca walks. Mary and Tom can coordinate the final article.
- 5) Tenney Park Walk on Saturday, May 18 – Don and June Quesnell can work on this article. However, this could be included in the May/June Newsletter

- 6) Tuesday Evening Weekly Walks to begin April 9 – Tricia will write an article explaining the benefits of these walks and ask for walk coordinators for these walks. Gwen Kraemer volunteered to host the first Tuesday evening walk of the season on April 9, walking the Capitol route.
- 7) Website Updates – Russ will write a short article noting new postings to the club website
- 8) Getting back into walking – Don will look into an article on this subject
- 9) Seasonal Walks beginning April 1 – Don will write an article
- 10) VIP Program – Don will write an article

New Business

Kraemer Library Donation

Russ Crane made a motion, seconded by Don Suloff, to donate \$100 to the Kraemer Library, in appreciation for hosting the Holiday Party. The motion carried.

Club Delegate to AVA Convention in Florida

Russ Crane said that he is willing to be the club's delegate at the Florida AVA convention in late April and early May. Russ is going to check with AVA Headquarters to see if one has to pay for a full convention package to be a club delegate. Don Suloff made a motion, seconded by Barb Lund, that Russ Crane be our club's delegate to the Florida AVA convention. The motion carried.

Membership Meeting February 13 at Wisconsin Bank & Trust

A formal program has not been planned, however, it was suggested that Tom Doyle could talk about the three new 2013 seasonal walks offered in the northwestern counties. In addition, Tom Gundlach has begun researching an Alaskan Cruise/Land Package to offer the Dairyland Walkers in May or June 2014. He will update the membership on those plans.

NEC January 18-19, 2013 Meeting Motions

The Board briefly reviewed the motions to be presented to the NEC at next week's meeting. Regarding Agenda Items 11a and 11b, on Participation Fees: the Board would not object if both of these motions passed in light of the current financial condition of the AVA. Agenda Item 11a would require all AVA clubs to pay a participation fee for any participant who signs the registration card. Agenda Item 11b would increase the IVV for credit fee to \$4.00. The Board did not have strong opinions on the other motions. Doug will forward this input to Phyllis Olson.

The next Board Meeting will be March 13, 2013 at the Lakeview Branch Library. Barb Lund will be taking meeting minutes at this meeting, in Mary's absence. The next walking event will be the West Towne Mall walk on Saturday, January 12.

Meeting adjourned at 7:40 PM

Submitted by: Mary B. Liebig, Secretary

Attachment B

**Dairyland Walkers Bimonthly Meeting
Wisconsin Bank & Trust
8240 Mineral Point Road
February 13th 2013**

Minutes Pending Approval

Officers Present: Doug Wiest (President), Gwen Kraemer (Vice President), Mary Liebig (Secretary), Kristi Kenyon (Treasurer)

Board Members Present: Barb Lund (Board Member at Large), Russ Crane (Webmaster) Tom Doyle (Membership Chair), Don Suloff (Trailmaster), Karen Reger (Publicity), Tricia Gundlach (Volunteer Coordinator)

In Attendance: 19

Meeting

President Wiest called the meeting to order at 6:30pm. A revised agenda, including officer's reports, was adopted from the one previously emailed to the Board.

Meeting Minutes (Mary Liebig)

There being no additions or corrections to the minutes of the membership meeting held on December 2nd, 2012, they stand approved as previously emailed to the Board.

Treasurer's Report (Kristi Kenyon)

The report was previously emailed to the Board. The report noted income of \$963.55 and expenses of \$721.84 since the previous report. Current balance is \$4,490.64. Of this balance, \$1,000 is restricted for trips. The report was accepted and filed for audit.

Officer Reports

President (Doug): Nothing to report.

Vice President (Gwen): Gwen reminded us that the next Membership meeting on April 10 will also be held at the Wisconsin Bank & Trust. Gwen also passed around a volunteer sign-up sheet for the Pie walk that will be held on Saturday, March 16 in Middleton.

Secretary (Mary) Mary told members that the Crystal River Inn in Waupaca is now full for the Appleton/Waupaca walking weekend on April 20, 21. However, a block of rooms at the Comfort Suites Foxfire in Waupaca has now been reserved under the "Dairyland Walkers" name for that weekend. The cost is \$72.00 per night for a double queen bed room. In addition, plans have been made to dine at the Waupaca Ale House restaurant at 6PM, right next door to the Comfort Suites on Saturday night. There will be a dinner sign-up sheet at the Appleton walk.

Board Member at Large (Barb): Barb did not have much to report other than her email was incorrectly listed in the 2013 Blue Book. It should be listed as lund_b@sbcglobal.net.

Trailmaster (Don): Don informed us that the Three State (WI, IL & IA) Walking Weekend has been scheduled for the weekend of May 17-18, 2014. The Des Moines Volkssport Assn will host a walk in Dubuque, IA and our club will plan walks in Platteville and Galena, IL. Most of the other walks in 2014 will be in Dane County, with the exception of another walking weekend in Monroe and Jackson counties in late July 2014 (either July 19-20 or July 26-27). Walks are planned then in Sparta and the Black River State Forest.

Web Master (Russ) Russ indicated that there was not much to report on the website.

Membership Chair (Tom) Four new members have joined in 2014, three of whom are from Janesville. Tom indicated that because of the number of members from the Janesville area, there may be plans to hold Tuesday evening walks using the Janesville route on a monthly basis. Tom also told us he will offer a bus trip to the Appleton/Waupaca walks in April. The cost will be \$27.00 round trip. The bus will depart around 5PM on Friday, April 19 and travel to Waupaca with drop offs at the Crystal River Inn and Comfort Suites. Plans are to return to Madison on Sunday afternoon.

Publicity (Karen): Nothing to report.

Volunteer Coordinator (Tricia): Tricia is looking for volunteers to “host” the Tuesday night walks. The duties of the host include picking up the walk-box, arriving 15 minutes early, and helping walkers register. A main host is requested for each of the weekly walks, with “helpers” to assist when needed. The duties would last for one walking season. Many of those in attendance volunteered to help at the Tuesday night walks.

Walk Mentor Coordinator (Ed): Ed was not in attendance, but Tricia told us that four or five current members have volunteered to help new members get started with Volksmarching.

Standing Committee Reports

Blue Book 2014

Russ has told the club that he has retired from preparing the Blue Books, which detail the year round and seasonal walks offered in Wisconsin. It is thought that a committee should be formed to discuss plans for a 2014 Blue Book.

Old Business

DLW North Central Regional Gathering 2014 – Brief Update (Russ)

Russ and Karen have reserved the Tenney Park Pavilion on October 10-12, 2014 for the site of the North Central Regional Gathering. All walks will start from this point, and the shelter will also serve as a meeting and meal location.

New Business

Highway Cleanup (Terry Wendt)

Terry has planned the club's next Highway 12/18 cleanup on Saturday, May 4 at 1PM. Those interested in helping should meet at Nora's II located at the intersection of US highway 12/18 and Cty Rd AB.

Alaska Cruise/Land Package June 2014 (Tom Gundlach)

Tom Gundlach would like to offer an Alaska Cruise/Land package in June 2014. Most likely it would involve a northbound cruise from Vancouver, B.C. Canada to Whittier/Anchorage Alaska. Following the cruise, there would be a land package, designed to include some AVA walks in Alaska. He will be able to give us more details in April, when the cruise lines announce their itineraries for 2014. We would need a minimum of twenty people to be able to offer a tailored land package. Some members of the Des Moines club may be interested in joining us on this trip.

Three new 2013 seasonal walks in Northwestern WI counties (Tom Doyle)

Tom Doyle has mapped out three new seasonal walks for 2013 in three northwestern Wisconsin counties known as Indianhead Country. He distributed a handout that details the three walks that will be offered from April 1, 2013 to December 31, 2013. They are:

1. **Washburn County**, Sarona, Hunt Hill Audubon Sanctuary
2. **Burnett County**, Grantsburg, Crex Meadows Wildlife Area
3. **Polk County**, St. Croix Falls, *The City of Trails*

Meeting adjourned at 7:55pm

Mary Liebig, Secretary

Attachment C

Dairyland Walkers Special Events March – April

Check the club website www.dairylandwalkers.com for any updates on the following special events:

Pie Walk: Middleton, Start Point at the Hody Bar, 1914 Aurora St., March 16, 2013. See page 1 of Newsletter.

Appleton: Traditional Walk: April 20, 2013

Dates:	4/1/2013 - 12/31/2013
City / State:	Appleton, WI
Event Name:	
Event Type:	Seasonal Walk
Event ID:	94711 2013/Y0919
Distance - Trail Ratings:	10K & 6K - 1A
Description:	Daily, dawn to dusk. This walk starts in the heart of Appleton's Downtown and continues through Lawrence University. The Fox River is featured prominently, with multiple bridge crossings. A portion of the route is on the Newberry Trail, a paved multi- use trail along the Fox River. Points of interest include the Houdini History Museum at the Castle, Paper Discovery Center, Hearthstone Historic House, A Building for Kid's Children's Museum, and the Fox Cities Performing Arts Center.
Amenities:	Strollers: Easy Wheelchairs: Medium Pets: Yes Restrooms: Yes
Special Programs:	This event doesn't have any special Programs assigned.
Start Times:	Daily, dawn to dusk
Location:	Paper Valley Hotel
Start Point / Driving Directions:	, 333 W. College Avenue, Appleton WI 54911 From US 41, exit on College Ave/WI-125. Drive east on College Ave. about 2.7 miles. The Paper Valley Hotel is located on the right.
Awards & Fees:	IVV Credit Only
Comments:	GPS: N44 15.702' W88 24.564' SPECIAL PROGRAMS INFO: 1. Walk the USA A-Z • The letter "A" 2. Wisconsin Counties • Outagamie County
Host Club:	Madison Area Volkssport Assn.
Contact:	Rob Molskness (920) 544-1828
Website:	www.dairylandwalkers.com/YearRoundEvents/Appleton.htm
E-Mail Contact:	rmolskness@gmail.com

Waupaca: Traditional Walk: April 21, 2013

Dates:	4/21/2013 - 4/21/2013
City / State:	Waupaca, WI
Event Name:	
Event Type:	Walk
Event ID:	95568
Distance - Trail Ratings:	10K & 5K - 2A
Description:	The 5k walk is focused on the Historic District of Waupaca. Several unique and architecturally significant homes and business locations are featured and described in the walk directions. The first half of the 10k walk is essentially the 5k walk. However, the 10k walk expands on the 5k by taking walkers to a historic railroad depot, a historic Granite Quarry and focuses walkers attention on current and former Industrial Sites. Some of the sites are currently operational while others are not operational but are historically significant. The walk crosses the scenic and fast flowing Waupaca River at several points.
Amenities:	Strollers: hard Wheelchairs: hard Pets: Yes Restrooms: Yes
Special Programs:	This event doesn't have any special Programs assigned.
Start Times:	8:00-12:00 noon. Finish by 3:00 p.m.
Location:	South Park
Start Point / Driving Directions:	<p>921 South Main Street, Waupaca.</p> <p>From Madison: Proceed NORTH from Madison on West I-90, I-94, North I-39. At Exit 84, follow the signs to North I-39, US Hwy 51, the route to Wausau. At Exit 124, the Coloma Exit, take Highway 21 EAST from Coloma to Wautoma, approximately 13 miles. At Wautoma, take Highway 22 NORTH to Waupaca, approximately 25 miles. The Waupaca City Limits sign will be seen just prior to the intersection of Highway 22 and Highway 10. When you enter the city, pass underneath Hwy 10 and keep driving straight ahead. Do not follow Highway 22 as it turns right and merges with Highway 10. Proceed on the street along the lake shore called Lakeside Parkway. Follow Lakeside Parkway as it veers sharply to the right to Main Street (about 1 mile north of the intersection with Highway 10). When you come to Main Street, turn RIGHT. The South Park Shelter will be immediately on your left.</p> <p>From Appleton: Proceed WEST from Appleton about 40 miles on Highway 10. Exit 252 is the Waupaca - Wild Rose exit (for highways 22 South and Highway K). At the stop sign at the end of the exit ramp, turn RIGHT (north) onto Lakeside Parkway. Follow Lakeside Parkway as it veers sharply to the right to Main Street (about 1 mile north of the exit from Highway 10). When you come to Main Street, turn RIGHT. The South Park Shelter will be immediately on your left.</p>
Awards & Fees:	IVV Credit Only
Comments:	
Host Club:	Madison Area Volkssport Assn.
Contact:	Ron Wight (715) 256-8947
Website:	No Website Listed
E-Mail Contact:	ronan4@charter.net