



Madison Area Volkssport Association Newsletter

March-April 2017

www.dairylandwalkers.com

Vol 2017-02

March - April Events

March 8 Board Meet. 6pm
– Alicia Ashman Lib. Br.
March 11 Guided Pie Walk
– Middleton Start 2:00pm
Register in Advance for Pie
March 25 Sat. Walk & Eat -
Capitol Walk -Reg.8:45am
April 8 Sat. Walk & Eat -
Civil War Walk-Reg.8:45a
April 12 Members Meeting
Hody Bar & Grill, 6:30pm
Ap. 22 MATC/Starkweather
Creek Walk 8:00am-Noon
April 29 Sat. Walk & Eat –
Devils Lake-Reg.8:45am

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Creek Walk Flyer

Reserve Your Piece of the Pie! – Middleton Walk - Saturday, March 11 By Don Suloff

Our annual Pie Walk starts from St Luke's Lutheran Church in Middleton promptly at 2 pm (but you must be registered before then) on March 11 and features Hubbard Avenue Pie after the walk. In order for us to purchase the correct number of pies, please notify Barb Lund of your planned attendance at 608-249-5139 or at lund_b@sbcglobal.net. Contact Barb Soon!

Club Meeting – Wednesday, April 12 By Terry Wendt

The April DLW meeting will be at Hody's Bar & Grill, 1914 Aurora St., Middleton Wi. Meeting at 6:30. Speaker will be Don Suloff, the topic will be filling out paper work for walks.

Come early & eat at Hodys.

Volksmarching for Dummies! - Wednesday, April 12 By Don Suloff

Almost all beginning volksmarchers experience moments of confusion while trying to learn the various record-keeping aspects of the sport. At the next general meeting of the club on April 12th, your board will present a guide to volksmarching which should be informative to all levels of walkers. Among the topics to be covered are organization, basics, walk types, walk box organization, new walker packets, frequent walker coupons, special programs, sales, book submission, and volunteering opportunities. This will be particularly informative to new walkers or those who are interested in walking with us. If you know of someone who may have indicated an interest in our club, ask them if they'd like to come and learn about our organization.

A New Eastside Walk By Don Suloff

On April 22 we will conduct an all-new walk on Madison's eastside, starting in the parking lot for Robin Roberts Baseball Field just off Strauble Street (off Wright) near Madison Area Technical College (MATC). People may register and start walking between 8 am and noon, finishing by 3pm. The walk will pass through the woods of Starkweather Creek Park, pass next to the Bridges Golf Course, walk two unique pedestrian bridges over Hwys 30 and 151, and walk through a portion of the MATC campus.

March and April – Get Out There and Walk, Weather Permitting By Jerry Wilson

March Walks to-do: Madison: Arboretum, Capitol, Eastside, Westside; and Middleton & Monroe
April 1: Fourteen Additional Walks Start May 27: Three Additional walks Start

Dates of Interest?

Date

Mar. Nat. Caffeine Awareness Mo.
Nat. Nutrition Month.

- 7 Pease Corps Day
- 9 Get Over It Day
- 12 Full Moon – 9:54 am CDST
- 12 Spring Forward at 2:00 am
- 18 Corndog Day
- 26 Spinach Day

April Poetry Month
Physical Wellness Month

- 1 April Fool's Day
- 6 Hostess Twinkie Day
- 11 Full Moon – 1:08 am CST
- 11 National Library Day
- 11 Teach Children to Save Day
- 21 John Muir Birthday (1838)

**NEWSLETTER
ARTICLE
SUBMITTAL
DEADLINE**

for
May – June
2017

Due: April 20
(Firm date)

Put an **Article Specific Title**
on the subject line and
send articles to the
DW Newsletter email
address:

dairylandnews@gmail.com

This email address is regularly
monitored ten days before and
three days after a newsletter edition
is published.

**Saturday Walk & Eat Group
By Mary Liebig**

Capital Walk – March 25

The Saturday morning Walk & Eat Group will be heading outside to do the Capitol Walk on Saturday, March 25. Plan on meeting at the start point of the Capitol Walk, the Park Hotel (Inn on the Park), located at 22 South Carroll St. at around 8:45AM to register for the walk, we'll start walking about 9AM. After the walk, we'll try out the newly remodeled restaurant, The Post, inside the Park Hotel.

Civil War Walk – April 8

Saturday morning, April 8, will find us walking the Civil War Walk on the near west side of Madison. We'll meet at the start point of the Civil War Walk, the Best Western Inn Towner, located at 2424 University Ave. at 8:45AM to register for the walk and start walking at 9AM. It is worth noting that parking has been tight at the Best Western, so it may be helpful to park at our lunch location, the Blue Moon Bar & Grill at 2535 University Ave. The Blue Moon opens at 11AM and should be able to accommodate our group.

Devil's Lake State Park – April 29

Gear up for spring with a hike at Devil's Lake State Park in Baraboo on Saturday morning, April 29. We'll meet at the Visitor's Center on the North Shore at 8:45AM to register for the walk. We'll plan to eat at the Farm Kitchen, located just outside the park at S5718 State Road 123 after our hike.

**2016 VIP Finishers
By Russ Crane**

I would like to congratulate all 29 walkers that completed our Volkssport Incentive Program (VIP) for 2016. These 29 finishers completed a combined total of 469 walks. The 2016 VIP goal was to complete any 12 of our 23 Year-Round/Seasonal walks. The reward for completion was any IVV/AVA achievement book of their choice. As an added incentive participants could choose to complete the program a second time. However, the second time had to be the 11 walks not completed the first time, making it a *Clean Sweep* of all of our Year-Round/Seasonal walks. Eleven walkers completed the program twice.

Great job everyone and thank you for supporting the Dairyland Walkers.

Curtis Armstrong	1	Diane Hyde	1	Kim Riyeff	2
Barbara Carson	1	Kristina Kenyon	1	Jill Ruef	1
Carol Clarke	1	Gwen Kraemer	1	Nancy Spaeni	1
Russell Crane	2	Mary Liebig	1	Don Suloff	1
Bruce Dewey	2	June Quesnell	2	Diane Thornbery	1
Chris Flessert	2	Karen Reger	2	Doug Wiest	1
Charles Gentile (CO)	1	Ed Reid	2	Jogena Wiest	1
Cindy Haagensen	2	Joanne Reuter	1	Jerry Wilson	2
Vernon Hessey	1	Phillip Ringhand	1	Pam Wilson	2
Thomas Hlaban	1	David Riyeff	2		

Our Walking Weekend is Just Around the Corner

By Don Suloff

May 27th and 28th are just around the corner and our fun-loving Dairyland Walkers will want to be “Up North” for our next walking weekend. We will walk in Rhinelander (Oneida County) on Saturday, May 27th, with check-in time between 10 am and 1 pm, with all walkers to be finished by 3 pm. This walk will feature picturesque Hodag Park along the Wisconsin River, historic downtown Rhinelander, and the remarkable Pioneer Park with a variety of theme museums. Our start point will be in Pioneer Park (intersection of Kemp and Oneida) giving walkers the opportunity to explore the museums either before or after the walk. Should you experience any problems on this walk, “blame it on the Hodag!”

We will move south to Merrill to spend the night. Rooms have been blocked at the AmericInn in Merrill until April 27th. The rooms are under the name of Dairyland Walkers. Rooms with two queen-sized beds are \$99.90 and rooms with one king-sized bed are \$109.90. Seniors (over 60) will receive a \$10 discount. Other discount rates such as AAA and AARP are also honored. The AmericInn’s phone number is (715) 536-7979. In addition to the popular wine and cheese party that evening at the inn (courtesy of Diane Thornbery and Joanne Reuter), we are tentatively looking at reserving space at a nearby Mexican restaurant for dinner. On Sunday, May 28th we will walk in Merrill (Lincoln County) with registration available between 8 am and 11 am and finishing by 1 pm. The walk will start from the gazebo located in Normal Park off of Center and 7th. Walkers will pass two buildings on the National Register of Historic Places, see a remarkable three-arch stone bridge, and walk through Prairie Park along the Prairie River.

Although the seasonal walk at Medford (Taylor County) will not be a formal part of the weekend walks, it is a short drive from Merrill and the walk box will be available for those wishing to complete the series of “Up North” walks for 2017. This walk features a “rails-to-trails” segment, passes through the 100-acre Medford City Park, and follows the River Walk along the Black River.

Membership Update

By Mary Liebig, Membership Coordinator

Please welcome the following members who have joined since our last newsletter:

- Irene Erwin; Madison, WI
- Mariann Muzzi, Oregon, WI
- Kathryn Derauf, Sun Prairie, WI
- Steve and Susan Urbatsch, Mason City, IA

Club Milestones

By Doug Wiest

The following are the milestones of club members as reported by the December 2016/ January 2017 issue of The American Wanderer:

Events		Kilometers	
30	Cheryl Romo	3,500	Cindy Haagensen
75	Diane Hyde	5,000	Diane Thornbery
350	Cindy Haagensen	11,000	Janice Jerabek
375	Cindy Haagensen		
1,050	Janice Jerabek		
1,100	Janice Jerabek		

Congratulations to all on your accomplishments!

If I, or The American Wanderer, overlooked your accomplishments, send me an e-mail at douglaswiest@yahoo.com and they will be listed in the next Dairyland Walkers newsletter.

2017 Dairyland Walkers Calendar at a Glance

Saturday, January 21	West Towne Walk, Madison, WI	Results: Total 40; Adults: 37; Non-Credit: 3
Saturday, February 18	East Towne Walk, Madison, WI	Results: Total 30; Adults: 28; Non-Credit: 2

Wednesday, March 8	Board Meeting – Alicia Ashman Library Branch 733 N. High Point Rd., Madison	6:00pm Meeting
Saturday, March 11	Middleton Pie Walk, Middleton, WI – St. Luke's Lutheran Church, 7337 Hubbard Avenue, Midd.	2:00pm Starting Promptly – Guided Walk. See article on page 1.
Saturday, March 25	Saturday Walk and Eat – Capitol Walk	8:45am Register, Start Walk at 9:00am
Saturday, April 8	Saturday Walk and Eat – Civil War Walk	8:45am Register, Start Walk at 9:00am
Wednesday, April 12	Membership Meeting – Hody's Bar & Grill 1914 Aurora St. Middleton WI	6:30pm Meeting
Saturday, April 22	MATC / Starkweather Creek Walk, Madison, WI Roberts Baseball Field parking lot	8:00am-12:00Noon Start; Finish by 3:00pm
Saturday, April 29	Saturday Walk and Eat – Devil's Lake Walk	8:45am Register, Start Walk at 9:00am

Saturday, May 27	Rhineland, WI Walk	10:00am-1:00pm Check-in; Finish by 3:00pm
Sunday, May 28	Merrill, WI Walk	8:00-11:00am Check-in; Finish by 1:00pm
Tuesday, June 6 – Friday, June 9	AVA Biennial Convention – Billings, Montana	
Sunday, June 24	Plain, WI Walk	
Saturday, July 22	Oconomowoc, WI Walk	
Saturday, August 24	Delavan, WI Walk	
Saturday, September 23	Firefighters Memorial Park, Middleton (Airport Rd)	
Friday, October 6	Pheasant Branch Moonlight Walk, Middleton, WI	
Saturday, November 4	Veterans Walk, Downtown Madison, WI	
Sunday, December 3	Christmas Party Walk	

Attachment A

Minutes Pending Approval

**Dairyland Walkers Board Meeting
Lakeview Branch Library
February 1, 2017
(Rescheduled from January 11, 2017 Due to Weather Concerns)**

Members present: Doug Wiest, Terry Wendt, Don Suloff, Russ Crane, Joanne Reuter, Karen Reger, Mary Liebig, Cindy Haagensen, Mary Liebig, Susan Wester and Kristi Kenyon

The meeting was called to order at 6 p.m. by President Wiest. The meeting's agenda as well as the minutes of the last Board meeting (9 November 2016) were adopted without change.

Officer Reports

President: Doug announced the following for the Article IX appointed positions:
Membership chair: Mary Liebig; Sanctioned event coordinator: Joanne Ruef; Trailmaster: Don Suloff; Publicity chair: Karen Reger; Volunteer coordinator: Tricia Gundlach; and Newsletter editor: Jerry Wilson. Tom Gundlach was appointed for the other, separate position of AVA Electronic Sanctioning Volunteer.

Discussion then turned to recurrent problems with the website. For several weeks there have been complaints about the website not getting updated. An email request Doug sent recently to Scott Kempen went unanswered. Under these circumstances, Tom McCrill has agreed to manage the website until someone else is found. Doug then appointed Tom as the 2017 website administrator. The Board discussed desired abilities of and requirements for a website administrator, as well as the means to recruit a new one.

Vice President: Terry reported that the February general membership meeting next week Wednesday (8 February) will be at Hody's in Middleton. The guest speaker will be Adam Lindsey, Physical Therapy Director at Body Mechanics, Madison location. He will address the scientific evidence for core muscle activation and its importance to walking.

Diane suggested the speaker at the general meeting present first, before the meeting. Currently the speaker is required to sit through the meeting before talking. There was general approval for this idea and Doug will change the agenda.

Secretary: No report.

Treasurer: Diane reported that income for the period 4 December - 1 January was \$1,097 in total, based on dues, donations, event income and sales.

Expenses for the period were \$1156.48, the largest category being administrative supplies of \$810.62, followed by inventory expenses of \$214.61 and AVA expenses of \$131.25 This represented a net loss for the period of minus \$59.48. The final balance was \$4384.02. The Treasurer's report was accepted and filed for audit.

Director at Large: Cindy stated signup sheets for volunteers to lead walks will not be passed around at meetings until March, because of the weather. In the meantime, Mary suggested the need for such volunteers could be mentioned at the February meeting.

Other Reports

Membership Chair: Mary said the Blue books have been mailed. She recently received a comment from a member whose book had opened up during the mailing process, resulting in potential loss of inserts. Mary explained that one of the tapes on the 2-tape side has to be placed very close to the stapled edge so the book doesn't catch in the postal machine. In response to a question about using seals instead, she said they were used previously, would be more expensive, and would still have to be placed on the books the same way.

Mary mentioned that two newer members, one a renewal after a 3-4 year gap, have expressed an interest in volunteering. She has thought of asking one, who has already posted photos on the Dairyland Walkers Facebook (FB) page, to create FB events for the club. Discussion then ensued about how to reach members interested in volunteering. It was thought that adding volunteer position check boxes to the application form would make it too long. Russ recommended we just add one sentence to it, referring people to the website for a list of volunteer activities. Diane suggested the possibility of providing printed information about volunteering at each walk. Mary said she would ask Tricia to make a list of volunteer opportunities for the website.

Sanctioned Event Coordinator: Joanne will be providing envelopes with updated materials to walk box coordinators. She is willing to update the boxes too, if given to her. She said that she has rewritten the page in the binder, opposite the log page, to make the process easier for people. Joanne is also writing up the duties of a walk box coordinator for the future reference.

Trailmaster: Don reported he has just received the club copy of the AVA certificate of insurance. The 2017 Oconomowoc walk still does not have a definite start point. Several options are available, one of them complicated by the presence of a farmers' market for which the schedule has not yet been determined.

Don is requesting ideas for 2018 walks. In addition to the usual January, February and March walks, he is considering Shawano and Antigo for the northern Wisconsin May walking weekend. Other possibilities include DeForest in June, and Belleville in July. Walks done previously could be redone. Oregon would be a good candidate for a new walk. Wisconsin has a Frank Lloyd Wright heritage trail, which could be developed into a series of walks.

Publicity Chair: Karen said free advertising opportunities are drying up. Radio station websites no longer have a place for entering information to be broadcast for free, as they did in the past. Joanne recommended that the item of an advertising budget be added to the March meeting agenda, to allow for the option of paid advertising.

Volunteer Coordinator: No report.

Newsletter Editor: Jerry reported by earlier email that the deadline for the March/April newsletter will be February 23, a change from the normal because of travel plans.

Webmaster: No report.

AVA Electronic Sanctioning Volunteer: No report.

Special Projects: Diane indicated she is going to work on the volunteer issue and also the website. The website process will begin with determining the current situation regarding access and permissions. Tom will be asked to provide a list of current website administrator duties.

Russ added that he would be communicating with Tom about the erroneous dot locations on the website's master map. The assistance of a programmer could be required to remedy the situation.

Unfinished Business: With regard to newsletter articles for the next issue, Joanne will write about spring trash pick up and also that the club is looking for a website administrator. Doug will report on milestones and Russ will note VIP finishers. Mary will submit information about the March/April Saturday walk and eat events. Don will preview the MATC and Rhinelander-Merrill walks.

New Business:

Navigators USA walk: A walk with the members of local Navigators USA clubs has been recommended by the AVA Program Committee, as a means to plant seeds for future membership. The local Blackhawk chapter has members whose ages range from 5 yrs to high school age, and already undertakes many walking activities. Doug had contacted the leader in fall 2016, who at that time expressed an interest in a joint walk. Mary and Don thought suggested inviting the Navigators USA club to the Pie Walk on March 11. Mary will email the leader with the walk schedule.

2017 Black Friday walk in November: #optoutside was originally developed by REI as a healthy, alternative way to spend the day the after Thanksgiving. At the encouragement of the AVA Program Committee, some AVA chapters started sponsoring corresponding Black Friday #optoutside walks in 2016. This participation by AVA was noted on the REI website. Since the #optoutside movement will continue, and likely grow, a Black Friday Dairyland Walker event in 2017 was discussed. Mary suggested the Arboretum walk, perhaps 5K, for this. A coffee shop would be nearby to provide any necessary warmth. The item will continue to be discussed at future meetings.

Progress on Ice Age Trail walks: Susan reported on the AVA Ice Age Trail Program being developed by Jerry Wilson. The booklet is being developed and will be printed in time for the program's start in April 2017. The registration for the walks will be online, except for the Devil's Lake State Park walk, which is already a Dairyland Walkers seasonal event.

Volkssporting presentation for April general membership meeting: Don has prepared an outline of basic information for new walkers for this pilot meeting of what is hoped to be an annual orientation event. Included are discussions on organizations and procedures. Russ added that he could explain sales.

AVA Convention Delegate: Russ was unanimously approved as the delegate for the June 2017 AVA Biennial Convention.

Location of March Board meeting: Karen informed the Board that Lakeview Library is not available for the March meeting. Diane will check on the availability of rooms at the Alicia Ashman branch.

The meeting was adjourned at 7:37p.m. by President Wiest.

Next Board meeting – 8 March 2017, location to be determined

Next General Membership meeting – 8 February 2017, Hody's Bar & Grill

Next Special Event Walks:

— Saturday Walk & Eat, West Towne Mall, Saturday 4 February 2017

— East Towne Mall Walk, Saturday, 18 February 2017

Respectfully submitted,
Susan Wester, Secretary

Attachment B

Minutes Pending Approval

**Dairyland Walkers Bimonthly General Membership Meeting
Hody's Bar & Grill, 1914 Aurora St., Middleton, WI
February 8, 2017**

Number of people present: 25

The meeting was called to order by President Doug Wiest at 6:29 pm. The meeting's agenda, as well as the 4 December 2016 general membership meeting minutes, were approved without change.

Terry Wendt introduced the evening's speaker, Adam Lindsey, Co-Owner and Director of Body Mechanics Physical Therapy, Madison, Wisconsin. Mr. Lindsey, a physical therapist, spoke on "Core Walking." He focused on core muscle activity and its importance in walking. In addition, he addressed related research, efficient movement while walking, core activation (isometric) exercises, neutral spine posture, heel strike vs. mid foot strike and how shoes affect walking.

Officer Reports

President: No report.

Vice President: Terry Wendt said the club is set for the walk on 18 February at East Towne, with registration at the nearby Firestone Store. At the 12 April general membership meeting at Hody's, Don Suloff, and possibly others, will present the basics of volkssporting.

Secretary: Susan Wester reported that she is now wearing a wristband recorder at meetings. She would like to make a change in the way revisions to the minutes are handled. Currently, the original minutes are sent out by email. These are followed by issuance of revised minutes as corrections come in, resulting in multiple versions. To remedy this, she will label the original minutes as a draft. One week following the emailing of the draft, she will incorporate any comments received and issue the final version of the minutes. The minutes will then be closed for comment until the next meeting.

Treasurer's Report: Kristi Kenyon said that as of 11 January, the balance was \$4,384.02. Income since then was \$1821.00, coming from membership dues (\$903.00), donations (\$64.00), events (\$48.00), 2017 coupons (\$400.00) and sales (\$406.00). Expenses were \$458.84, and comprised of administrative supplies (\$220.84), event expenses (\$10.00) and inventory purchases (\$228.00). The 8 February balance was \$5,746.18, up by \$1362.16. The Treasurer's report was accepted and filed for audit.

Director At Large: Cindy Haagensen will put out sign up sheets for volunteers to lead walks beginning at the Middleton Pie Walk in March.

Other Reports

Membership Chair: No report.

Sanctioned Event Coordinator: No report.

Trail Master: Don Suloff said to let Barb Lund know how many pies to order in advance of the actual day of the Pie walk on 11 March (see last newsletter for more information). This walk would be a good one to invite new walkers to.

In the next newsletter, there will be information about the May walking weekend in Merrill and Rhinelander.

The next general meeting (12 April) will be an informational meeting on the basics of volkssporting. Topics will include organization, types of walks, walk boxes, new walker packets, special programs, sales, volunteering opportunities and book submission.

Publicity Chair: No report

Volunteer Coordinator: No report

Newsletter Editor: Doug reported Jerry Wilson (also Midwest Regional Director) informed the board by email that the AVA is going to replace the current IVV walk stamps with new ones. These will indicate the name of the event. The new stamps will have removable rubber slugs for updating, and will debut at the summer convention.

Website Administrator: Tom McCrill and Russ Crane have corrected the website's calendar and map, so that these are now up to date. Tom asked to be notified of any future website issues.

AVA Electronic Sanctioning Volunteer: No report.

Special Projects: Diane Thornberry is gathering information about the website, contacting the people on the original committee to determine their individual responsibilities. Ultimately she would like to create a resource guide so the right person can be contacted when there is an issue. At some point, additional interested people could be recruited, further reducing demands on the administrator.

Unfinished Business: None

New Business: Russ has two 2017 Starting Points books left to sell. These were spoken for before the meeting ended.

An attendee inquired about a walk in Hoyt Park. Don said that the Civil War walk used to go through the park. but no longer does due to concerns about safety.

The meeting was adjourned by President Wiest at 8:08 p.m.

Next Board Meeting: 8 March 2017, 1800 hours (6 pm), Alicia Ashman Library

Next General Membership Meeting: 12 April 2017, 1830 hours (6:30 pm), Hody's in Middleton.

Next Special Event Walks:

--East Towne Mall Walk, Saturday, 18 February, 2017.

--Pie Walk, Saturday, 11 March 2017.

Next Saturday Walk & Eat Group Walk:

--Capital YRE, Saturday, 25 March 2017

Respectfully submitted,
Susan Wester, Secretary

Attachment C March Event – Pie Walk

Middleton Pie Walk

Sat, March 11, 2pm – 4pm

Where St Luke's Lutheran Church, 7337 Hubbard Avenue, Middleton, WI, United States
[map](#)

Calendar dairyland walkers

Description 5 km Guided Walk Walk starts precisely at 2:00pm Registration must be completed prior to 2:00pm PIE to follow the walk. Please contact Barb Lund (608-249-5139) so she can estimate the number pies to order,

Excerpt from www.DairylandWalkers.com website

Attachment C April Event – MATC/Starkweather Creek Walk

Dates:	4/22/2017 - 4/22/2017
City / State:	Madison, WI
Event Name:	MATC/Starkweather Creek Walk
Event Type:	Walk
Event ID:	107467
Distance - Trail Ratings:	10 K & 5 K - 1A
Description:	GPS: N 43.11809 W 89.33297. The walk will follow the Starkweather Creek Path through woods, beside the Bridges Golf Course, passing over Hwy 30 & Hwy 151 on pedestrian bridges, and through portions of the Madison Area Technical College.
Amenities:	Strollers: medium Wheelchairs: NO Pets: Yes Restrooms: Yes
Special Programs:	Bridges - Spanning the USA, Make a Wish at a Water Fountain, Points of Reference, Take a Walk In a City Park, Trekking With the Trees, Walking the USA A - Z
Start Times:	8:00 am to 12 noon. Finish by 3:00 pm
Location:	Robin Roberts Baseball Field Parking Lot
Start Point / Driving Directions:	Strauble Street west of Wright Street, Madison, WI. From I-39/90/94 north of Madison, take Hwy 151 west for about 2 miles, crossing Hwy 51. Turn right on Wright, then left on Straubel. The parking lot will be on the right side of Straubel.
Awards & Fees:	IVV Credit Only
Comments:	SPECIAL PROGRAMS: 1. Bridges Spanning the USA 2. Make a Wish - Water Fountains 3. Points of Reference 4. Take a Walk in a City Park 5. Trekking With the Trees 6. Walk the USA A-Z, Letter M 7. Walk Wisconsin Counties - Dane
Host Club:	Madison Area Volkssport Assn.
Contact:	Don Suloff (608) 821-0263
Website:	www.dairylandwalkers.com/walks/event-walks/matcstarkweathercreek/
E-Mail Contact:	suloff@tds.net

Excerpt from www.AVA.org website