



Madison Area Volkssport Association Newsletter

March-April 2016

www.dairylandwalkers.com

Vol 2016-02

March – April Events

- March 9 Board Meeting –
Lakeview Br. Library–6pm
- March 12 PI Walk –
Middleton Start: 2:00 pm
- March 26 Sat. Walk & Eat
– Capitol W. Start: 8:45am
- April 9 Sat. Walk & Eat –
Janesville W. Start: 8:45a
- April 13 Membership
Meeting – Hody Bar and
Grill – 6:30pm
- April 16 Indian Lake Walk
Start: 8:00 – 12:00 Noon
- April 24 Trash Pick-up –
1:00 pm Nora's II

Capitol Walk Box Returned to the Park Hotel (Formerly Inn on the Park) By Jerry Wilson, POC for the Capitol Walk

The Capitol event walk box was returned on Valentine's Day to the Park Hotel, formerly the Inn on the Park, 22 S. Carroll St., Madison. The hotel closed for remodeling in late November 2015. Now, as of Monday, February 15, the Hotel is again accepting lodgers. This means, even though construction continues, that the building is accessible and the walk box is available 24 / 7 at the bell captain's window as it has been in the past. Enjoy our club's walk.

It appears that the hotel's dining area will not be open for the foreseeable future. Please plan accordingly.

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PI By Any Other Name – March 12, 2016 By Don Suloff

The club's single most popular event is just about upon us! The annual pie walk will once again begin at St. Luke's Lutheran Church, 7337 Hubbard Avenue, Middleton (right next to the library and the Hubbard Avenue Diner) on March 12, 2016. This is a guided walk and will leave the church promptly at 2:00 pm, so it is necessary to be registered before that time. The walk will be 5K in distance, with the route chosen at the last minute to accommodate weather conditions.

The highlight of the event occurs on returning to St. Luke's where each participant will receive a fresh slice of Hubbard Avenue Diner pie! In order for us to purchase the appropriate number of pies it is important to notify Barb Lund, (608) 249-5139, lund_b@sbcglobal.net of your intention to attend.

To help offset the cost of the pie, a single registration fee of \$4 will be charged for each participant which will include your event stamp and slice of pie. The stamp for the Middleton walk is used for this event.

Indian Lake Walk – April 16, 2016 By Beth Levers

Please join us for the Indian Lake walk on April 16th. Both the 5/10k trail will include a scenic part of the IceAge Trail. The early spring date should provide abundant wild flowers and trees in near bloom.

The 5k will include a trail around Indian lake. The 10k walk includes the lake trail as well as a hike up a hill surrounded by mature oak, maple and hickory trees. The 5k and the 10k will take in the sounds of many species of birds and frogs around the lake. An optional loop will take you to the famous chapel at the top of a hill via stairs. The many stairs up are rewarded with the historic chapel and beautiful view of the surrounding countryside.

Dates of Interest?

Date

- Mar.** National Nutrition Month
- 2 Read Across America Day
- 13 Daylight Savings Time Starts
- 17 St. Patrick's Day
- 20 Inter. Day of Happiness
- 22 World Water Day
- 23 Full Moon – 7:01 am
- 25 Good Friday
- 27 Easter

Apr. Distracted Driver Awareness Month

- 1 April Fool's Day
- 1 Nat. Walk to Work Day
- 1-3 Crossword Puzzle Days
- 6 Hostess Twinkie Day
- 22 Full Moon – 12:24 am
- 25 Red Hat Society Day
- 29 Arbor Day

**NEWSLETTER
ARTICLE
SUBMITTAL
DEADLINE**

for
May – June
2016

Due: April 20

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

dairylandnews@gmail.com

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

Capitol Walk – March 26, Janesville Walk – April 9

The Saturday morning Walk & Eat Group will be heading outside to do the Capitol Walk on Saturday, March 26. 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. The building is accessible through the parking garage entrance or through the side door on W. Main St. Due to the continuing construction at the Park Hotel, their restaurant is closed until June. Therefore, we will most likely have lunch at Marigold Kitchen, just off the Capitol Square at 118 S. Pinckney St. Here is a link to their menu:

<http://marigoldkitchen.com/>

Saturday morning, April 9 will find us walking in Janesville. Again we'll meet at the start point of the Janesville walk at the Stop-N-Go, located at 1604 E Racine St. at 8:45AM to register for the walk and start walking at 9AM. We'll plan to eat at a very nearby restaurant after the Janesville walk, the Italian House Restaurant, located at 1603 E Racine St. Here is a link to their menu:

<http://www.italianhousejanesville.com/italian-house-food-menu/>

**Talkin' Trash
By Joanne Reuter**

Yay! Spring is just around the corner. Time to pick up highway litter! Let's meet on Sunday April 24th at 1pm at Nora's II, 1843 US Hwy 12, Deerfield. Safety jackets and garbage bags will be provided. Bring work gloves to protect your hands. We need at least 8 people to be able to cover the entire two mile area. Afterwards, we'll troop into the bar (Nora's II) for conversation and beverages. For newer members, it's a great way to meet people in a smaller setting. Give it a try!

**Spirit Wear
By Joanne Reuter**

Is any of your Dairyland Walkers clothing looking a bit ragged? Would you like to add additional DW Spirit Wear to your wardrobe? Need a WI county t-shirt? There's not an app for that (yet), but I can help!

I need to have a batch of 12 items in order to place an order with the company. So twice a year, I will have an ordering period of 6 months to obtain orders for at least 12 items. The time is now!! Contact me at jmreuter815@gmail.com or call [608-846-2763](tel:608-846-2763). I can email or mail you copies of the order form. Complete the form and return to me with payment. I also have on hand a small number of county t-shirts, club t-shirts and a polo shirt in limited sizes available for purchase at a sale price. Contact me for details!

April Membership Meeting By Terry Wendt

The April membership meeting will tentatively, be held at Hodys Bar & Grill, 1914 Aurora St Middleton Wi, Wednesday April 13, 2016, 6:30 PM. The speaker will be Amy Rosebrough, from the Wisconsin Historical Society, speaking about effigy mounds in Wisconsin.

We Finally Did it! Our 50th State!

By Karen Reger

What started as a 50-state journey in 1998 ended in late October/early November 2015 when Russ Crane and I did several volkssporting walks in the state of Hawaii, courtesy of Tater Tours. By attending conferences and conventions, traveling with Tater Tours, and driving by ourselves, we managed to keep pushing up the number of states, culminating in Hawaii. Over the years, we walked through snow, rain, lightning, and wind through all kinds of terrain. We have also met many people who have become friends.



Russ and Karen in Haleakala National Park on the island of Maui.

Talkin' Trash - Fall 2015

By Joanne Reuter

The fall litter pick-up along Hwy 12 took place on October 25th this year.

A big thank you to: June Quesnell, Cindy Haagensen, Bonnie Hamer, Jan Kaminski, Mary Graber, Diane Thornbery and Cathy Spengler for their help in cleaning up the Dairyland Walkers two mile stretch of highway.

The spring litter pick-up date is posted on page two of this newsletter.

Four New Seasonal (and New County) Walks This Year!

By Don Suloff

Four new seasonal walks will be available for this year (2016) only in counties not previously walked by our club. These walks will be in Hayward (Sawyer County), Phillips (Price County), Mercer (Iron County), and Manitowish Waters (Vilas County). Given the "up north" location of these walks, they will not be available for walking until June 1, 2016, and must be completed by September 30, 2016.

More information will be made available for these walks in the next newsletter, but you will want to be sure to include a trip to visit these walks!

A tip for walking up north – the density of mosquitoes and ticks varies markedly from year to year, but later in the summer is normally better as the surroundings dry out! Of the four walks, the Manitowish Waters walk, although a beautiful walk, is also the most rural of those offered this year.

No Prize But... First Walkers to Access the Walk Box at the Renovated Park Hotel

By Jerry Wilson

Very soon after the Capitol Walk box returned to the Bell Captain's window Cindy Haagensen and Barbara Carson completed the Capitol Walk event. And we are off! Walkers Wanted!

Fritz Food Pantry Donations By Joanne Reuter

Thanks to everyone who brought food items to the Goodman Community Center where we held our Christmas party, Sunday, December 6, 2015. These donations are much appreciated by those that need food assistance. I hope we can make this an annual event.

The Health Benefits of Walking (Part 1) By Don Suloff

During the past year I have been called upon to make a presentation to two different groups on the health benefits of walking and why volkssporting can play an important role in an exercise program. At the most recent general meeting of the club it was suggested that I put together a series of articles for our newsletter essentially covering the information from my presentation. This will be the first of four articles covering this topic.

In the days of the traveling salesmen, it was not uncommon for them to offer a magic elixir which could cure any and all ailments. Given the desire of folks to seek a cure for a lingering illnesses, there were usually some who would buy these elixirs without regard to some outrageous claims. In our world today there is a real life magic potion which can lead to remarkable improvements in many aspects of our health. Study after study has shown that regular exercise can enhance our general health, play an important role in weight control, prevent or help control heart disease, enhance the condition of our joints and bones, prevent or control diabetes, and enhance mental health.

Although there are many forms of exercise, there are many reasons which make walking particularly attractive. It is generally free, easy to do, and can be done almost anywhere at any time. There is no special training necessary (at least not since our earliest childhood)! One of the biggest advantages is that it is low impact, thus placing far less stress on our joints (hips/knees/ankles) than most other forms of exercise, so can repeated at frequent intervals without adverse effect. It leads to mutually beneficial social interaction if walking with friends. And on a lighter side, it doesn't pollute!

In next issue of the newsletter I will share some of the general and weight-control benefits of walking.

Membership Update By Mary Liebig, Membership Chair

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

- Kitra Burnham
- Ed & Karen Lucke

Where Did March Get its Name? Reprint From Angelo's Restaurants March 2016 "Food For Thought"

While historians agree that March was once the first month of the Roman calendar, they disagree over the derivation of its name. Some believe it comes from "Mars", the Roman god of war, saying that most battles began in this month as winter weather abated. Others contend that Mars was also a god of agriculture, and the month is named after him because it heralds the start of spring and the planting season.

And I would add "... the start of spring and the planting season and the Walking Season in northern states!"

Club Milestones By Doug Wiest

The following are the milestones of club members as reported by the February/March 2016 issue of The American Wanderer:

Events		Kilometers	
225	Kenyon Wensing	2,500	Curtis Armstrong
250	Curtis Armstrong	2,500	Cindy Haagensen
275	Cindy Haagensen	3,500	Kristina Kenyon
350	Kristina Kenyon	4,000	Chris Flessert
375	Gilbert Engel	4,500	David Riyeff
375	Chris Flessert	4,500	Kim Riyeff
400	Chris Flessert	6,000	Susan McMahan
575	Susan McMahan		
600	Susan McMahan		

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.

2016 Dairyland Walkers Calendar at a Glance

Wednesday, January 6 Saturday, January 16 -----	D W Volunteers Prepare Blue Books for Mailing East Towne Walk -----	Thank you volunteers! Results: Total 37; Adults: 36; Non-Credit: 1 -----
Wednesday, March 9 Saturday, March 12	Board Meeting – Lakeview Branch Library 2845 N. Sherman Ave., Madison Pie Walk – Middleton	6:00pm Start: St. Luke’s Lutheran Church, 7337 Hubbard Ave., Middleton. Register: Before 2:00pm Park Hotel Register: 8:45am; Walk: 9:00am Stop-n-Go Register: 8:45am; Walk: 9:00am 6:30pm
Saturday, March 26 Saturday, April 9 Wednesday, April 13	Sat. Walk & Eat – Capitol Walk, Madison Sat. Walk & Eat – Janesville Walk Membership Meeting – Hody Bar and Grill 1914 Aurora St., Middleton	Start: 8:00am – 12:00 noon, Finish by 3:00pm Assemble: 1:00pm. Bring Work Gloves -----
Saturday April 16 Sunday, April 24 -----	Indian Lake County Park Walk Trash Pick-up – Nora’s II, 1843 US Hwy 12 -----	Start: 8:00am – 12:00Noon, Finish by 3:00pm Start: 11:00am – 2:00pm Finish by 4:00pm Start: 8:00am – 11:00am Finish by 1:00pm Start: Noon – 3:00pm Finish by 5:00pm Start: 8:00am – Noon Finish by 3:00pm Lakeview Park, Middleton Details later. Start: 8:00am – Noon Finish by 3:00pm Start: 8:00am – Noon Finish by 3:00pm Start: 8:00am – Noon Finish by 3:00pm Start: 9:30 – 11:00am Start: Park Hotel Finish: Plaza Tavern
Saturday, May 21 Saturday, June 25 Sunday, June 26 Sunday, June 26 Saturday, July 23	Fort Atkinson – Barrie Park Band Shell Wautoma – Boarders Inn & Suites Roche-a-Cri State Park - Shelter Westfield – Pioneer Park Shelter Lodi – Habermann Park Shelter	Start: 8:00am – Noon Finish by 3:00pm Start: 8:00am – Noon Finish by 3:00pm Start: 8:00am – Noon Finish by 3:00pm Start: 8:00am – Noon Finish by 3:00pm Start: 8:00am – Noon Finish by 3:00pm
Wednesday, August 10 Saturday, August 27 Saturday, September 24 Saturday, October 8 Saturday, November 19	Membership Meeting & Annual Picnic Jefferson – Riverside Park Shelter Westport – Jackson’s Landing Shelter McKenzie Environmental Center–Picnic Shelter Veteran’s Week Walk – Downtown Madison	Start: 9:30 – 11:00am Start: Park Hotel Finish: Plaza Tavern
Sunday, December 4	Membership Meeting & Annual Holiday Party	Goodman Community Center Details later.

Attachment A

Minutes Pending Approval

**Dairyland Walkers Board Meeting
Lakeview Branch Library
January 13, 2016**

Board Members Present:

Doug Wiest (President)
Terry Wendt (Vice President)
Susan Wester (Secretary)
Diane Thornberry (Treasurer)
Cindy Haagensen (Board Member at Large)
Don Suloff (Trailmaster)
Joanne Reuter (Sanctioned Walk Coordinator)
Mary Liebig (Membership Chair)
Karen Reger (Publicity Chair)
Tricia Gundlach (Volunteer Coordinator)
Tom Gundlach (AVA Electronic Sanctioning Volunteer)

Also Present: Russ Crane, Barb Lund

The meeting was called to order at 6:01 p.m. by President Wiest and the agenda was adopted. Minutes of the previous Board meeting (11-11-15) were adopted without corrections or additions.

Officer Reports:

President: Doug Wiest, with approval of the Board members, appointed the following people for the Article IX positions:

Membership Chair: Mary Liebig
Sanctioned Events Coordinator: Joanne Reuter
Trailmaster: Don Suloff
Publicity Chair: Karen Reger
Volunteer Coordinator: Tricia Gundlach
Newsletter Editor: Jerry Wilson
Website Administrator: Scott Kempen

In addition, Tom Gundlach was appointed as the AVA Electronic Sanctioning Volunteer.

Vice President: Terry Wendt indicated arrangements have been made for the East Towne Mall Walk (1-16-16) and West Towne Mall Walk (2-20-16). Hody's Bar & Grill has been reserved for the February general membership meeting (2-10-16), as have Lake View Park for the annual picnic (8-10-16) and the Goodman Center for the annual Christmas meeting/potluck dinner (12-4-16).

Secretary: No items were presented.

Treasurer: Diane Thornberry discussed the latest financial report (please see additional attached document). The Treasurer's report was accepted and filed for audit.

Director at Large: Cindy said that she, Bonnie Hamer, and Barb Lund have volunteered to lead walks during the week. However, she wondered whether members should be surveyed for their preferences. Tuesday evening walks have stopped because so many people have difficulty making the walks after working and driving through rush hour traffic. Possibly, weekend day trips would be more attractive. Mary Liebig added that she has recently fielded about 4 calls from retirement aged people inquiring about walking as a group during the day in the Madison area. It was agreed that Cindy could direct a membership survey for walking day and time preferences.

Other Reports:

Membership Chair: Mary said there have been no new members since December. However, she is receiving a lot of membership checks, especially considering that the Blue Books were just mailed. So far she has received 24 checks for the total amount of \$240.

Sanctioned Event Coordinator: Joanne indicated that Bruce has updated all the year round walk boxes in the Madison area. She recently sent emails to year-round box volunteers in other parts of the state regarding updating their boxes.

Trailmaster: Don has reserved the shelter in Lodi for the July (7-23-16) walk. He also stated that a Tater Tours trip will be coming through Wisconsin in September, going on to Michigan. He recommended to them that they perhaps also, or instead, consider the Green Bay/Packer Heritage trail, which was well liked by Dairyland Walkers in a 2015 outing. The Des Moines club is having a meeting on 1-18-16 regarding their upcoming WAI trip to Spain.

Publicity Chair: No items were presented.

Volunteer Coordinator: No items were presented.

Newsletter Editor: No items were presented.

Webmaster: No items were presented.

AVA Electronic Sanctioning Volunteer: Tom Gundlach has updated all the club officers on the AVA website. He also noted that Russ had entered the 2015 4th quarter walk participation there as well.

Unfinished Business:

Newsletter Article for March/April Issue: Joanne has 3 articles, regarding trash pickup, Spirit wear, and food pantry donations, to submit. Don, Russ, Tricia and Doug also have articles for the newsletter (about Indian Lake, Pie walk, VIP results, volunteers and milestones, respectively).

New Business:

Payment of Membership Dues for New Members in Year of Joining: Mary informed the group that the Board had not yet decided what to do with new members who join during 2016 and thereafter. All standing members have had their dues prorated, so that everyone will now pay annual dues at the beginning of each year. She presented several plans, some used by other clubs. These included paying entire dues if joining in the first half of the year and half dues the second half; monthly prorating, with new members calculating the amount they owe themselves; paying the whole amount the first year, with prorated amount due indicated on their January Blue Book address label. Tom moved that since dues are so easy to calculate, being \$1 per month, new members should prorate their dues upon joining. The Board unanimously approved this motion. For the time being, Mary will hand-correct membership application forms to indicate this change.

Email voting of Board members was undertaken though a few days after the meeting to amend the above action. It was realized by Mary that, unlike other clubs, we are providing new member packets at no charge. Hence Dairyland Walkers, which pays for the packets, would be operating at a deficit if the prorated dues membership action was carried out. A quorum of email votes approved Mary's proposal to instead charge new members joining January through June full annual dues and members joining July through December half dues for their first year.

Retention of Meeting Minutes: Hard copies of meeting minutes historically have been retained by the acting Secretary. The minutes go back in time more than 2 decades. Very old minutes are in possession of past Secretary Karen Reger, with more recent minutes kept by most recently former Secretary Mary Liebig. Given that the current Secretary (S. Wester) is hard pressed for storage space, the boxes of accumulated meeting minutes cannot be stored at her home. It was agreed that the minutes could go in the storage shed, as they are in hard plastic containers. Secretary Wester will not store any hard copies of future meeting minutes, but will instead use her own hard drive, her iCloud storage, and CD's for duplicated/back-up storage.

Russ Crane then proposed the group begin using the Cloud for storage of documents. After some discussion, it was agreed that this could begin with new documents. A decision about whether to scan old documents into the Cloud would be made at a later date. Susan volunteered to look into options available present more information at the next Board meeting.

Additional New Business: Terry suggested members bring something to eat , such as cake, for the February meeting. While an effort is being made to get someone from the Wisconsin Historical Society to speak about effigy mounds at this meeting, Don Suloff indicated that he would be able to discuss the health benefits of walking if necessary.

The next Board Meeting will be March 9, 2016 at the Lakeview Branch Library. The next General Membership Meeting will be on February 10, 2016 at Hody's Bar & Grill. The next walking events will be the East Towne Mall Walk on Saturday, January 16 and the West Towne Mall Walk on Saturday, February 20. There is a Saturday Walk and Eat scheduled for Saturday, February 6 at West Towne Mall.

The meeting was adjourned at 7:13 p.m. by President Wiest.

Respectfully submitted, Susan Wester, Secretary

Attachment B

Minutes Pending Approval

Dairyland Walkers Bimonthly Meeting Hody's Bar & Grill, Middleton WI February 10, 2016

Members present: 9

The meeting was called to order at 6:32 p.m. by President Wiest and the agenda was adopted without change. Minutes of the previous membership meeting (12-6-15) were adopted without discussion.

Officer Reports:

President: No items were presented.

Vice President: Terry reported that the West Towne walk (2-20) is set. He will touch base with board members again before the walk. Reservations have been made for the (8/10) annual picnic as the well as the (12-4) Christmas party. He suggested that the April membership meeting be held at Hody's again. This proposal was agreed upon.

A call for help with ideas for future speakers was made. Don Suloff indicated he would try again for a speaker regarding the Effigy Mounds. Diane Thornberry is attending a lecture series at the Arboretum and will check with Arboretum staff for a DNR speaker contact person.

Secretary: Susan Wester stated that the final version of the January board meeting minutes has been emailed to board members.

Treasurer: Diane discussed the latest financial report (please see additional attached document). She is still waiting upon receipt of money from Appleton and Milwaukee. The Treasurer's report was accepted and filed for audit.

Director at Large: No items were presented.

Other Reports:

Membership Chair: Mary Liebig stated a few people have joined this year. The newest members are a couple, recently of Montello, who learned about volkssporting in Germany and received their membership as a gift. Another new member is a West Virginia woman who visits her grandfather in Iowa every month. Some Dairyland members have already met her on the Wisconsin county walks.

Sanctioned Event Coordinator: Joanne Reuter reported by email that she is currently working on printing updated materials for the walk boxes.

Trailmaster: Don said that everything is ready for 2016. He has not yet begun to work on 2017 walks. A Tater Tours trip will be coming to Wisconsin this September, first doing the Mackinac Bridge walk on Labor Day, and then moving south to Milwaukee and Madison. The trip itinerary has not yet been finalized.

Publicity Chair: No items were presented.

Volunteer Coordinator: No items were presented.

Newsletter Editor: No items were presented.

Website Administrator: No items were presented.

AVA Electronic Sanctioning Volunteer: No items were presented.

Unfinished Business: None.

New Business: None.

Speaker: Don presented a talk he had previously given to the Dane County Medical Assistants Association regarding the health benefits of walking. His talk not only detailed the numerous positive effects on the different body systems, but cited the medical studies which produced the data. Don was asked to submit his talk for publication in the newsletter, so that this important information could be disseminated to all members. He agreed to do this, indicating it would have to be published in a series, due to the large volume of material.

Upcoming Events:

The next Board meeting will be March 9, 6 p.m. at Lakeview Library, Madison. The next general membership meeting will be April 13, 6:30 p.m. at Hody's Bar and Grill, Middleton.

The next special event walks are the West Towne Mall Walk, Saturday 2/20, and the Pie Walk, Saturday 3/12. The next Walk and Eat Group Walk will be the Capitol YRE, Saturday 3/26.

The meeting was adjourned at 7:12 p.m. by President Wiest.

Respectfully submitted, Susan Wester, Secretary

Attachment C March Event

Pie Walk (guided walk)

Sat, March 12, 2pm – 4pm

Where St Luke's Lutheran Church, 7337 Hubbard Avenue, Middleton, WI, United States
 N43.09496 W089.50806
[map](#)

Calendar dairyland walkers

Description Guided 5km Walk - Start at 2:00pm Register prior to 2:00pm; Pie to follow

Excerpt from Dairylandwalkers.com website

Attachment C April Event

Dates:	4/16/2016 - 4/16/2016
City / State:	Cross Plains, WI
Event Name:	Indian Lake County Park Walk
Event Type:	Walk
Event ID:	104384
Distance - Trail Ratings:	10K & 5K - 3B
Description:	GPS: N 43.19272 W 89.62988. Walk will follow scenic trails through the park, passing through woodlands, prairies , and around Indian Lake. A special feature of the walk is a visit to the 1857 historic frontier chapel.
Amenities:	Strollers: NO Wheelchairs: NO Pets: No Restrooms: Yes
Special Programs:	Lakes and Reservoirs, Points of Reference, Walking the USA A - Z
Start Times:	8:00 am to 12:00 noon, finish by 3:00 pm
Location:	Indian Lake County Park Shelter
Start Point / Driving Directions:	8183 Hwy 19, Cross Plains, WI. From US Hwy 12 north of Madison, take Hwy 19 west for about 3 miles. The park is on the left (south) side of the road. Ample parking available at the park.
Awards & Fees:	IVV Credit Only
Comments:	SPECIAL PROGRAMS: Lakes and Reservoirs, Walking the USA A-Z, Walking Wisconsin Counties - Dane, Points of Reference - Madison "Area" Volkssport Assn
Host Club:	Madison Area Volkssport Assn.
Contact:	Bill/Beth Levers (608) 370-6458
Website:	www.dairylandwalkers.com/walks/event-walks/indian-lake-walk/
E-Mail Contact:	bblevers@aol.com

Excerpt from www.AVA.org website

Attachment D Sister Club Event

Two Walking Events in Chicago's Western Suburbs

By Irena Paronis

Windy City Walkers are planning two traditional events in suburbs west of Chicago - Downers Grove and Morton Arboretum in Lisle, Illinois.

The first event is a traditional walk in Downers Grove, Illinois on Saturday, May 7, celebrating Founders Day for the village of Downers Grove. The start point is in Fishel Park, 1000 Grove Street, registering walkers between 9 a.m. and 11 a.m. The walk will be self-guided, with maps and walking instructions highlighting historic Downers Grove locations

There are three walking options – a 10k walk and two 5k walks. One 5k option highlights natural areas, taking you through the Denburn Woods area, Maple Grove Forest Preserve, and through historic downtown Downers Grove. The second 5k option will take you past the Downers Grove History Museum where the Downers Grove History Society is sponsoring “Country in the Park”. This option takes walkers through a large concentration of Sears Catalog homes, and will also pass historic downtown locations. The 10k walk combines both loops to incorporate features of both 5k walks.

The Downers Grove Founders Day walk qualifies for the following special programs: Amphitheaters, Animal Safari, Make a Wish – Water Fountains, Honoring Our Flag, National Register of Historic Places, Points of Reference, Take a Walk in a City Park, Trekking with the Trees, United States Post Office (60515), Water Towers, Walk the USA – Street by Street, Walking the United States - 50 States, Walking the USA A-Z and You'll Never Walk Alone.

Working with the Wandering Wheels Volkssport Club of Ohio, the Windy City Walkers are sponsoring a walking event at the Morton Arboretum in Lisle, Illinois on two days – Sunday June 26 and Monday June 27. Registration for the event will be in the Morton Arboretum Visitor Center. On Sunday walkers can register between 10 a.m. and 12 noon, on Monday registration will be from 12 noon until 2 p.m.

Jim Medzviega, trail master for the Wandering Wheels, planned the event trail, which includes paved roadways and pathways with natural surfaces on both the East and West sides of Morton Arboretum. The trail is 10k with a shorter 5k option available. Both the 10k and the 5k will pass through The Children's Garden, the May T. Watts Reading Garden, over and under several bridges, and around several lakes. The walk includes the Children's Maze for walkers needing an additional challenge.

For walkers for whom “Food” is an essential part of the Volkssporting experience, the Arboretum offers several options, from picnic facilities to a cafeteria-style café to a full service restaurant. The dining area overlooks Meadow Lake – the view is beautiful.

The Arboretum charges admission, but has reciprocal agreements with over 300 gardens across the United States. Members have free admission, as do active-duty service men or women with a valid ID. For more information about the Arboretum and admissions, check <http://www.mortonarb.org/>.

The Morton Arboretum walk qualifies for the following special programs: Amphitheaters, Bridges, Honoring Our Flag, Lakes and Reservoirs, Make a Wish – Water Fountains, Points of Reference, Trekking with the Trees, Walking the United States - 50 States, Walking the USA A-Z , You'll Never Walk Alone.

Each of these walks is close to several Windy City Walkers YREs in the western suburbs, including Hinsdale and Geneva. Come walk with us!