



# Madison Area Volkssport Association Newsletter

May - June 2023

[www.dairylandwalkers.com](http://www.dairylandwalkers.com)

Vol 2023-03

## May Events

May 6 Saturday Walk & Eat Group-Arboretum Walk  
8:45am Register;  
9:00am Walk (See p. 2)

May 10, Wednesday,  
6:00pm DW Board Meeting  
- Teams (See Article P. 1)

May 20, Saturday  
Evansville Walk;  
Start 8:00-Noon,  
3:00pm Finish (See p. 2)

## June Events

June 3 Saturday Walk & Eat Group-Middleton Walk  
8:45am Register;  
9:00am Walk (See p. 2)

June 7, Wednesday,  
5:15 - 5:30pm Register  
6:00pm Walk 6 KM  
7:00pm Ice Cream  
(See Article Page 2)

June 17 Saturday Walk & Eat, 8:45am Register and  
9:00am Walk: Picnic Point

June 24 Saturday Walk  
Sun Prairie:  
Start 8:00-Noon,  
3:00pm Finish (See p. 3)

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## Dates of Interest

### May

- Older Americans Month
- Asian Pacific Heritage Month
- 5 Full Moon - 12:34pm CDT  
- Flower Moon
- 5 Cinco deMayo
- 6 Charles III and Camilla Will  
Be Crowned
- 14 Mother's Day
- 20 Armed Forces Day
- 26-28 Brat Fest -Willows Island
- 29 Memorial Day

### June

- National Dairy Month
- 2 Live Music on King St.,  
(Also: June 23, 30, July 21 &  
Sept. 15)
- 3 Full Moon - 10:42pm CDT  
- Strawberry Moon
- 4 Fiesta Italia - McKee Farms  
Park, Fitchburg
- 6 D-Day
- 10-11 Waterfront Festival,  
Madison's Eastside
- 14 Flag Day
- 14 AVA General Membership  
Meeting Via Zoom.
- 18 Father's Day
- 19 Juneteenth Day
- 21 Summer Begins
- 28 First of 6 Consecutive  
Wednesday Concerts on  
The Madison Capital  
Square (Thursday Rain  
Dates)

July: Beginning July 6 Music  
On the Monona Terrace  
Roof on Thursdays

## NEWSLETTER ARTICLE SUBMITTAL DEADLINE

for  
July - August 2023  
Newsletter  
Deadline: June 20

Put an Article Specific Title  
on the subject line, **not**  
merely "Jan.-February"  
Newsletter Article" or  
"Next Newsletter",  
and send articles to the  
DW Newsletter email  
address:

[dairylandnews@gmail.com](mailto:dairylandnews@gmail.com)

Please send photos  
separately.

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



## May 10 Board Meeting Via Zoom By Barb Lund

The May Board Meeting will be held on Wednesday, May 10 at 6:00 via Microsoft Teams. Contact [Douglaswiest@yahoo.com](mailto:Douglaswiest@yahoo.com) if you would like to join us.

**Wednesday, June 7 - Join Us in June For a Walk and Ice Cream Sundae Bar  
By Kristi Kenyon**

Wednesday June 7 will be our June Membership meeting. We'll walk the DeForest Year-Round 6K followed by an Ice Cream Sundae bar. Meet at the Western Green Park Shelter, 417 Acker Pkwy, DeForest. Arrive 5:30-5:45 to get registered. The 6K group walk will start at 6 PM. After the walk, enjoy an Ice Cream Sundae Bar provided by the club. Can't make it by 6 PM for the walk? Arrive when you can and enjoy a shorter walk or just around 7 PM for ice cream!

We could use a few more volunteers. We could use a person or two to hang out at the shelter while the group walks. We could also use a couple more people to scoop ice cream. If you have a scooper you can bring, that would be most welcome. Let Kristi Kenyon know if you are willing to volunteer for any of these roles. Text 608-643-9913 or email [kensinginn2006@yahoo.com](mailto:kensinginn2006@yahoo.com).

Hope to see you in DeForest!

**Saturday Walk & Eat Group Walks  
By Mary Liebig****Arboretum – May 6, Middleton – June 3, Picnic Point – June 17**

More Saturday Group Walk and Eat opportunities are coming up in May and June. If any weekday morning walks are scheduled in those months, they'll be included in a future email.

**May 6 Madison Arboretum**

On Saturday morning, May 6, we'll meet inside the start point of the Arboretum Walk, Colectivo Coffee, at 2530 Monroe St. in Madison at 8:45 a.m. to register for the walk. Plan to start walking at 9 a.m. We'll eat at Colectivo after the walk. Here is a link to their menu: <https://colectivocoffee.com/our-menu>

**June 3 Middleton**

Join us Saturday June 3 as we meet inside the start point of the Middleton Walk, Hubbard Avenue Diner located at 7445 Hubbard Ave at 8:45 a.m. to register for the walk. The walk starts at 9 a.m. We'll eat at Hubbard Avenue Diner after the walk. Here is a link to their menu: <https://www.hubbardavenuediner.com/menus/>

**June 17 Picnic Point**

Saturday morning, June 17 will find us walking to Picnic Point in Madison. We'll meet at the start point of the Picnic Point walk, inside the lobby of the Best Western PLUS InnTowner, located at 2424 University Ave. at 8:45 a.m. to register for the walk; plan to start walking at 9 a.m. It may be helpful to park at our lunch location, Blue Moon Bar & Grill at 2535 University Ave. The Blue Moon opens at 11 a.m. and should be able to accommodate our group. For those interested in lunch after the walk, here is a link to the Blue Moon Bar & Grill menu: <https://www.bluemoonbar.com/menu/>

If anyone would like to volunteer to lead the 5k routes on these routes, let me know and I will add that information in an email update.

**Saturday, May 20 - A Walk in Historic Evansville  
By Diane Thornbery**

On Saturday, May 20, 2023, the Dairyland Walkers will sponsor a 5/10K walk in Evansville. Located just thirty minutes from Madison or twenty-five minutes from Janesville, Evansville is a town of 5000 residents with incredible charm. The Wisconsin Historical Society has identified Evansville as home to "the finest collection of 1840s to 1915 architecture of any small town in Wisconsin." Recent re- installation of the original brick paved Main Street is a signature revitalization project. We will walk along that street and see much of this architecture as our walk is concentrated in the Evansville Historic District, which was listed on the National Register of Historic Places in 1978.

Our walk will also point out barn quilt blocks that can be seen from our route. Barn Quilts are quilt block patterns painted on a wooden square. The quilt block is then displayed on the side of a barn, or in some cases a residence or business building. The patterns vary from historical quilt blocks to custom designed squares. Rock County has more barn quilts than any other county in the United States; many are in the Evansville area. Thanks to the City of Evansville for much of the above information.

From the Beltline, take exit 261 east on Hwy 14 towards Oregon for 19.5 miles. Entering Evansville turn right on WI 213/59 and follow it for 0.1 miles to Leonard Park on the right at Antes Drive. Registration is from eight until noon. Please finish by three. After the walk, be sure and stay in town for a meal at one of Evansville's many restaurant and café offerings. There will be menus for you to peruse at the start Table.

This walk qualifies for Rockin' Around the Clock (State Bank of Cross Plains, 2 E. Main Street), Walking with America's Veterans (Two qualifiers: An individual fixed memorial, identifiable on any civic map. Veterans Memorial Aquatic Center, 360 Burr W Jones Circle; and a building that is the location of any veterans' organization, or any government body that supports veterans. VFW Post 6905, 179 E. Main Street (Only one qualifier per walk, but participants can qualify for six different awards). Walking the United States - 50 States (Wisconsin). Walking the USA A - Z (E - Evansville). Wisconsin Counties (Rock).

## **Saturday, June 24 - Sun Prairie Walk** **By Mary Liebig**

How did Sun Prairie get its name? You'll learn that and visit notable sites walking downtown in Dane County's second largest city on Saturday, June 24. A Farmers' Market will be taking place from 7 a.m. to noon and accessible both midway and near the end of both the 5k and 10k routes.

The walk will start and finish at Carriage Hills Estates Park located at 450 Musket Ridge Dr. off Hwy 19 on the east side of Sun Prairie. A parking lot and restrooms are available near the park shelter. Both routes start on a lovely, paved park path around a pond. The 10k route includes 2k on a paved bike/walking path in a newer development near Sun Prairie East High School as well as a trip to Wetmore Park at the 7k mark. Start any time between 8 a.m. to noon and finish by 3 p.m. \$3 for all walkers.

## **Passing of Dairyland Walker Members** **By Mary Liebig**

We're saddened to note the passing of two Dairyland Walkers members in recent months:

### **Jan Kaminski**

Jan died on February 11, 2023 after a long battle with ovarian cancer. Jan was a member of the Dairyland Walkers for 20 years and especially enjoyed our group walks. Here is a link to her obituary:

<https://www.legacy.com/us/obituaries/madison/name/janice-kaminski-obituary?id=47976237>

### **Duane Kraemer**

Duane died on April 18, 2023 after a brief illness. He and his wife Gwen have been longtime Dairyland Walkers members.

Here is a link to his obituary :<https://www.staffordfuneralhomes.com/obituaries/Duane-C-Kraemer?obId=27748024>

In so including this article we realize obituary articles for club members in the past have not been routinely published. Moving forward please consider submitting an article when appropriate to [DairylandNews@gmail.com](mailto:DairylandNews@gmail.com).

## **North Central Region Adventure** **By Mary Liebig**

The North Central Region Adventure & Meeting is to be held in Rock Valley, IA on September 15-17, 2023. Registration is needed by August 18, 2023. The block of rooms are on hold until September 1, 2023. (See attached brochure: Attachment D.)

## **A Quote of Note**

"Your imagination is your preview of life's coming attractions." - **Albert Einstein**

## Word From Your Walk Box POCs (Point of Contacts)

No submittals.

## National Walking Week Results By Kristi Kenyon

Thanks to all who came out for National Walking Week! Despite the wind and cold temperatures on most days, we had 81 participants over our 7 walks. We had a nice mix of new members, long-time members, and non-volkssporters. We enjoyed three Traveling Guided Walks (TGW) and 4 Year-Round Walks.

Walk	Participants
Quarry Park TGW	13
Epic Outdoor TGW	24
Eastside YRE	7
DeForest YRE	4
West Side Parks YRE	11
Arboretum TGW	12
Monona YRE	10

Mark your calendars and join us for next year’s National Walking Week – April 1-7, 2024! We’d love more volunteers to lead hikes. If interested, let Kristi Kenyon know. Text 608-643-9913 or email [kensinginn2006@yahoo.com](mailto:kensinginn2006@yahoo.com).

## Spiritwear – Call for Volunteers By Kristi Kenyon

It has been a few years since we’ve offered spiritwear – shirts, sweatshirts, hats – with the Dairyland Walkers logo. We’d like to offer spiritwear again, but need to decide how. I’m looking for a couple volunteers to meet with me to discuss our options and set up an ordering process. Does anyone have any experience with local screen printers or on-line screen printers, such as Café Press or Zazzle? Please contact Kristi Kenyon. Text 608-643-9913 or email [kensinginn2006@yahoo.com](mailto:kensinginn2006@yahoo.com).

## Club Milestones By Doug Wiest

The next issue of The American Wanderer (TAW) will be the June edition, which was not received by the publication submission deadline for the May - June 2023 issue of the Dairyland Walkers Newsletter. Milestones listed in the June 2023 TAW will be published in the July - August 2023 DLW newsletter.

**Membership Update**  
**By Mary Liebig, Membership Coordinator**

Please welcome the following members who've joined our group since our last newsletter:

- Robert Calder - Madison, WI
- Dora Cline & Sam Lord – Verona, WI
- Samantha Stegura – Madison, WI

**2023 Dairyland Walkers Calendar at a Glance**

When in doubt, verify on [AVA.org](http://AVA.org) or [dairylandwalkers.com](http://dairylandwalkers.com) The Membership Chairperson sends out an informative email each month, check it out!  
 Group Walk opportunities are listed on page no. 1 and in more detail on pages no. 2, 3 and 4.

Saturday, January 14	West Towne Walk	24 Walkers - Credit: 24
Wednesday, February 8	East Towne Walk	22 Walkers - Credit: 22
Saturday, March 18	Middleton Pi Walk	37 Walkers - Credit: 37
April 1 - 7 Nat. Walk Week	Seven Locations - Seven Days	81 Walkers - Credit: 81 (Multiple Duplicates)
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Saturday, May 6 (See Article page 2)	Saturday Walk & Eat Group Walk - Madison Arboretum Walk Colectivo Coffee, 2530 Monroe St.	8:45am Register; 9:00am Walk Lunch: Colectivo
Wednesday, May 10 (See Article page 1)	Board Meeting Via Teams (Article p. 1)	6:00pm - <u>Request Teams Invite in Advance</u>
Saturday, May 20 (See Article page 2)	Historic Evansville Walk Leonard Park - 15 Antes Drive, Evansville	Start: 8:00am - Noon. Finish by 3:00pm
Saturday, June 3 (See Article page 2)	Saturday Walk & Eat Group Walk - Middleton Walk - Hubbard Avenue Diner, 7445 Hubbard Ave.	8:45am Register; 9:00am Walk Lunch: Hubbard Avenue Diner
Wednesday, June 7 (See Article page 2)	Membership Meeting In-Person - DeForest, Green Park Shelter, 417 Acker Parkway, DeForest	5:30-5:45pm Register; 6KM Walk; 7:00pm - Ice Cream Sundae Bar
Saturday, June 17 (See Article page 2)	Saturday Walk & Eat Group Walk - Picnic Pt. Walk - Best Western Inntowner, 2424 University Avenue	8:45am Register; 9:00am Walk Lunch: Blue Moon Bar & Grill
Saturday, June 24 (See Article page 3)	Saturday Walk - Sun Prairie Carriage Hills Estate Park 450 Musket Ridge Drive (Off Hwy 19)	Start: 8:00am - Noon. Finish by 3:00pm
<hr/>		

## 2025 AVA Biennial Convention - Decisions Still Pending By Jerry Wilson

As published in the June The American wanderer:

“No clubs, or consortium of clubs submitted a proposal to host the 2025 AVA Biennial Convention. That’s the bad news.

Exciting news... A proposal in concept was brought to the AVA Board in April to hold the 2025 AVA Biennial Convention in-whole or in-part on a cruise ship off the East Coast of North America in 2025. Talk about thinking outside the box! The plan will be developed over the next few months and taken before the Board. Cruise lines will have cost and schedule information for the 2025 year available this summer for the AVA Convention Committee to incorporate in the proposed plan.”

### Attachment A

Minutes Pending Approval

## Dairyland Walkers Board Meeting Dairyland Walkers Board Meeting 8 March 2023 Location: At everyone’s home Via ZOOM

Call to Order 1800 hours (6 P.M.)

Approve/amend agenda - Adopted

Approval of the minutes of the 11 January 2023 Board meeting. Approved

### Officer Reports

1. President: Doug - None
2. Vice President: Barb - None
3. Secretary: Jill - None
4. Treasurer: Kristi -

Balance 12 February 2023: \$6,879.48

Income: \$339.00

Expense: \$207.00

Balance 8 March 2023: \$7,011.48

5. Director at Large: Kathy - None

### 6. Other Reports

--Membership Chair: Mary – Membership list 164 members (9 lifetime & 1-2 year behind in dues) Total Households 90.  
Volunteer Mike Roy for West Towne walks feels low turnout possibly due to 11am late start time. Encourage those to walk West Towne on their own.

Still working on the Sun Prairie walk route. Has reserved the Carriage Hill Estate Park for June 24.

--Sanctioned Event Coordinator: Chris – Seasonal walks begin April 1st. Chris will send the new stamps out to start box coordinators.

--Trailmaster: Don – An interest person in New Glarus is putting on a walk during October Fest. We are not sanctioning it with our club, but will put an announcement on our website

--Publicity Chair: Jerry - Absent

--Volunteer Coordinator:

--Newsletter Editor: Jerry – Absent - Articles due April 20th . News Letter will be mailed May 1st or 2nd .

--Website Administrator: Kevin - None

--AVA Electronic Sanctioning Volunteer: Patrick - Absent

--Stores Manager: Kristi – Low on AVA books. Have plenty of the Rose.

7. Unfinished Business:

--Newsletter Articles for May-June 2023 issue

Doug – Accomplishments, Mary - Sun Prairie walk in June as-well as group walks in May and June. Jerry – Summarize IVV Olympiad, Membership meeting in June

8. New Business:

--Walks during AVA walking week 1-7 April. The following have volunteered to lead walks;

Don – Corry Park Saturday April 1 st

Kristi - walk Epic 5k Sunday April 2 nd

Kristi – West side Parks Monday 3 rd ,

Mary - Deforest walk Tuesday April 4 th

Wednesday April 5 th open

Don - Arboretum Thursday 6 th

Chris - Monona walk Friday April 7 th

--April Membership meeting format, location, and date for April: The April 12th meeting will change from Zoom to Microsoft TEAMS. Mary will send the invite to the Board. This will be a trial run and No program will be delivered.

--Future Board Meeting formats:

Chris is available to offer Zoom meetings through July (if needed).

June Membership meeting at shelter with Ice cream provided by the club.

--Lifetime membership criteria: No criteria (current ones have a long history of club service)

9. Adjourn

-----  
Next Board meeting – Wednesday, 10 May 2023, format TBD.

Next General Membership Meeting - Wednesday, 12 April 2023 (T), format TBD.

Next Special Event Walks:

--Pie walk, Saturday, 18 March 2023, Middleton Public Library, 7425

Hubbard Ave., Middleton, WI.

--Multiple walks for AVA National Walking Week, 1 - 7 April 2023

Next Saturday morning group walks:

--Madison Capital YRE walk, Saturday, 25 March 2023

--Madison Civil War YRE walk, Saturday, 22 April 2023

**Attachment B**

**Minutes Pending Approval**

**Dairyland Walkers General Membership Meeting**

**12 April 2023, 6:30PM**

**Location: At everyone's home via Microsoft Teams**

Call to Order 1830 hours

Approve/amend agenda – Adopted

Approval of the minutes of the 8 February 2023 Membership meeting. Approved

Officer Reports

1. President: Doug - None

2. Vice President: Barb - None

3. Secretary: Jill - None

4. Treasurer: Kristi –  
Balance 8 March 2023: \$7,011.48  
Income: \$ 692.00  
Expense: \$ 549.55  
Balance 12 April 2023: \$7,153.93
5. Director at Large: Kathy - None
6. Other Reports
  - Membership Chair: Mary – Sun Prairie walk is now June 24 th .
  - Sanctioned Event Coordinator: Chris – Seasonal walk boxes are ready.
  - Trailmaster: Don – Middleton walk (Pheasant Branch) under construction.  
Please do the 5k for now. Hopefully, work will be completed within a month.
  - Publicity Chair: Jerry - Absent
  - Newsletter Editor: Jerry – Articles
    - Kristi - Recap of April Walk Week
    - Kristi - Membership and Ice Cream walk
  - Website Administrator: Kevin – None
  - AVA Electronic Sanctioning Volunteer: – Patrick - Absent
  - Stores Manager: Kristi – Received shipment of AVA books
7. Unfinished Business: None
8. New Business:
  - DLW delegates for AVA (virtual) membership meeting in June.  
Primary – Jerry and Alternate - Patrick
  - June membership meeting - date, location and format  
Scheduled change to June 7 th . De Forest, Western Green Area Park shelter.  
Walk will be 6k with Ice Cream Bar afterward. Motion for the club to give \$50  
towards ice cream and toppings. Motion approved. Walk begins at 6:00 PM  
until 7:30 PM then Ice Cream Bar and Membership Meeting.
9. Adjourn  
-----
  - Next Board meeting – Wednesday, 10 May 2023, 1800 hours via Microsoft  
Teams or ZOOM.
  - Next General Membership Meeting – Wednesday, 7th June 2023, 1800 hours  
(6:00 PM), date and location/format TBD.
  - Next Special Event Walks:
    - Evansville walk, Saturday, 20 May 2023
    - Sun Prairie walk, Saturday, 24 June 2023
  - Next morning walking group walks:
    - Madison Civil War YRE walk, Saturday, 22 April 2023
    - Madison Arboretum YRE walk, Saturday, 6 May 2023



**Attachment C** May 2023 Traditional Event - Saturday, May 20 - Evansville Walk

**WHAT IS THE EVENT**

**Evansville Wisconsin Walk**

**Traditional Walk**

**SN: 124139 - 2023**

**WHEN IS THE EVENT**

**Starting Sat, May 20th, 2023 for 1 day**

Start table open: 8:00 a.m. to 12:00 noon, finish by 3 p.m.

**WHERE IS THE EVENT**

**Evansville, Wisconsin**

The address/location to the start table for mapping services such as Google or Siri:

**Leonard Park, 15 Antes Drive, Evansville, WI**

**REASONS TO DO THE EVENT**

**Special programs**

Rockin' Around the Clock

Walking with America's Veterans

**CC: Rock County**

**Event comments**

The walk will explore the community of Evansville, focusing on the famed Barn Quilts of the community.

**CONDITIONS FOR THE EVENT**

**Rating: 1B, Distance: 5, 10km**

Restrooms: Yes

Pets: No

Strollers: Medium

Wheelchairs: No

**Event information**

Restrooms and water are available at the start/finish point and along the walk.

**Awards: IVV CREDIT ONLY**

**HOW TO GET TO THE EVENT**

**Driving to the start**

From the Beltline, take exit 161 east on Hwy 14 towards Oregon for 19.5 miles. Entering Evansville turn right on WI 213/59 and follow it for 0.1 miles to Leonard Park on the right at Antes Drive

**POINT OF CONTACT**

**Diane Thornbery** [dthornbery@gmail.com](mailto:dthornbery@gmail.com) (608) 233-8408

**Attachment C** June 2023 Traditional Event - Saturday, June 24 - Sun Prairie Walk

**WHAT IS THE EVENT**

**Sun Prairie Walk**

**Traditional Walk**

**SN: 124138 - 2023**

**WHEN IS THE EVENT**

**Starting Sat, June 24th, 2023 for 1 day**

Start table open: 8:00 a.m. to 12:00 noon, finish by 3 p.m.

**WHERE IS THE EVENT**

**Sun Prairie, Wisconsin**

The address/location to the start table for mapping services such as Google or Siri is as follows:

**Carriage Hills Estates Park, 450 N. Musket Ridge Dr, Sun Prairie, WI 53590**

**REASONS TO DO THE EVENT**

**Special programs**

Par-For-The-Course

Town Halls / City Halls

**CC: Dane County**

**Event comments**

The walk will include local trails in new developments, several local Parks, and coincides with the Sun Prairie Farmers Market.

**CONDITIONS FOR THE EVENT**

**Rating: 1B, Distance: 5, 10km**

Restrooms: Yes

Pets: No

Strollers: No

Wheelchairs: No

**Event information**

Ample parking is available.

**Awards: IVV CREDIT ONLY**

**HOW TO GET TO THE EVENT**

**Driving to the start**

Carriage Hills Estates Park is located on the east side of Sun Prairie. Exit US 151 on exit 101 northeast of Madison onto Bus 151/Hwy 19/Main Street. Follow Main Street through Sun Prairie. Shortly after crossing railroad tracks, turn left on N Musket Ridge Drive.

**Maps phrase and directions:**

Carriage Hills Estates Park, 450 N. Musket Ridge Dr, Sun Prairie, WI 53590

**EVENT SPONSOR**

**Madison Area Volkssport Assn. (AVA-0835) Event website: [www.dairylandwalkers.com/](http://www.dairylandwalkers.com/)**

**POINT OF CONTACT**

**Mary Liebig [mbliebig@tds.com](mailto:mbliebig@tds.com) (608) 846-2299**

**General Information:**

This will be a fun weekend of walking, socializing and eating. Walk Boxes are available at Pipestone, Lake Benton and Sioux Falls. The other walks are listed as available only on OSB registration, but this weekend only you will be able to register and stamp your books at a central start/finish.

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

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

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

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

**Social Gatherings:**

**Friday 5pm:** Pizza & Games at the Grand Stay Hotel in Rock Valley. All you can eat pizza for \$5 payable with registration or that night. Drinks are available for purchase at the hotel bar outside the party room. Put on your club shirt and come meet other volkssporters from around the region.

**Saturday 5pm:** Social hour 5-6pm. Group dinner at 6pm with meeting at Cedar Rock Grill, 1523 14th Ave, Rock Valley, IA 51247. A family style dinner (\$25 gratuity included) of Roast Beef, Chicken Cordon Bleu, Garlic Mashed Potatoes, Candied Carrots, Salad, Roll, and Blue Bunny Ice Cream. Drinks are not included.

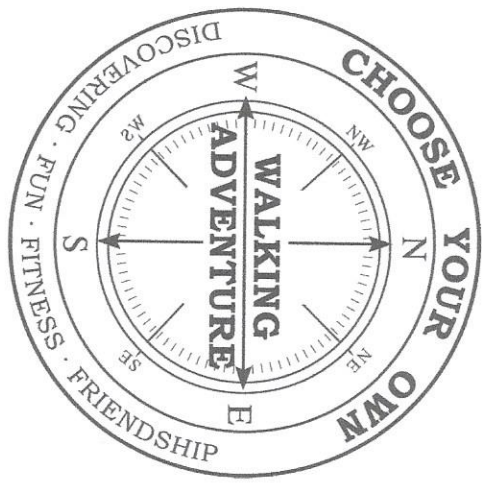
**Host Hotel:** A block of rooms has been reserved at the Grand Stay Hotel & Suites, 2679 Rock Ridge Dr, Rock Valley, IA (712)476-9200. \$109 for double queen room, breakfast is included. Reservations under North Central Region must be made by September 1. The hotel has a fitness center, indoor pool and spa tub.

**Camping:** Rivers Bend Campground, 2433 300th St, Rock Valley, IA 51247 has 4 cabins, 74 RV sites and 5 tent sites. Reservations are available two months in advance on their website: [camp@cityofrockvalley.com](mailto:camp@cityofrockvalley.com). The campground is on the Rock Valley walk route.

**North Central Region  
Adventure & Meeting**

**Rock Valley, IA**

**September 15-17, 2023**



**Choose your own walking  
adventure with these walks:**

- Lake Benton, MN
- Le Mars, IA
- Pipestone, MN
- Rock Rapids, IA
- Rock Valley, IA
- Sheldon, IA
- Sibley, IA
- Sioux Falls, SD - Big Sioux River
- Sioux Falls, SD - Outdoor Campus

Most walks are within a 50 mile radius of Rock Valley.

[lowaswalkingclub.org](http://lowaswalkingclub.org)



## What's your path to Adventure?

All of the following walks are within easy driving distance from each other. It is your choice if you want to do one or all of them. Some walks will be featured at specific times, but available to do anytime on your schedule. Along some routes you will find "old" Volkssport patches; take one and bring it to the registration table at the hotel for a prize.

Registration needed by August 18, 2023

### Registration:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Friday Pizza \$5

Saturday Dinner/Meeting \$25

Roast Beef/Chicken Cordon Bleu

Salad/Garlic Mashed Potatoes

Dinner Roll/Candied Baby Carrots

Blue Bunny Ice Cream

(Vegetarian available on request)

Circle Size

T-Shirt - \$20 S M L XL (2X-\$23)

L-Sleeve T - \$25 S M L XL (2X-\$28)

Polo Shirt - \$30 S M L XL (2X-\$32)

Make checks payable to: GDMVA

Send registration to: GDMVA, Iowa's Walking Club, PO Box 110, Des Moines, IA 50301-0110 Attn: NC Adventure

### Lake Benton, MN

A start box is available at 117 E Benton St, Lake Benton, MN 56149. Near the SD border, and on the west side of Hwy 75 at the junction of Hwy 75 and Co Rd 119. Rated 1B, 5K & 10K routes.

### Le Mars, IA

Start point will be staffed on Friday from 10-noon, finish by 3pm at the Plymouth County Historical Museum, 335 1st Av SW, Le Mars, IA. From Sioux City take Hwy 75 northeast to Le Mars exit 4th St SW. East on 4th St SW to 1st Av SW. North on 1st Av SW to museum on left. Rated 1A, 5K & 10K. The walk is also available throughout the weekend by registering at the host hotel.

### Pipestone, MN

A start box is available at the Pipestone Grand Stay Hotel & Suites, 915 7th St SE, Pipestone, MN 56164. From I-90 Exit 12: North on Hwy 75. Left on Hwy 30/75. Motel is on right just before Hwy 75 turns right. Rates 1A, 5K and 1B for 10K. **NOTE:** This walk goes to the Pipestone National Monument on the Circle Trail. Use your Senior National Park Pass or pay fee to enter national park.

### Rock Rapids, IA

Start point will be staffed on Friday from 2-4 pm at the Four Seasons Motel, 810 1st Av, Rock Rapids, IA. From Hwy 9 in Northwest Iowa turn south on Bradley St. Motel is at the corner of Bradley and Hwy 9. Rated 1A for two 5K loops. Walking at any other time you must register at the host hotel or by OSB.

### Rock Valley, IA

Start point will be staffed on Saturday from 1-3 pm at the Rock Valley City Park, 1013 13th Av, Rock Valley, IA 51247. From US Hwy 18 in Northwest Iowa turn north into Rock Valley on 13th Av. City Park is on your left. Rated 1A for 5K, 6K, & 11K. Walking at any other time you must register at the host hotel or by OSB.

### Sheldon, IA

Start point will be staffed on Saturday from 9-11 am at Hills Park, 220 Maryetta Rd, Sheldon, IA 51201. From US Hwy 18 in Northwest Iowa turn north on 2nd Av at the 4-way stop. Hills Park is a short distance on your left. Rated 1A, 7K & 11K. Walking at any other time you must register at the host hotel or by OSB.

### Sibley, IA

Start point will be staffed Sunday from 9-11 am at the Osceola Regional Health Center, 600 9th Av N. Sibley, IA. From Hwy 9 exit south on Northwest Blvd, left on L40 to hospital. Rated 1A for two 5K loops. Walking at any other time you must register at the host hotel or by OSB.

### Sioux Falls, SD - Big Sioux River

A start box is available at Country Inn & Suites, 200 East 8th St. Sioux Falls, SD. From I-29 Exit 81: Follow Russell St to Main Av. Right on Main, Left on 8th St to motel. From I-90 Exit 400 unto I-229 south to Exit 7: Right on Rice St, Left on Cliff Av, Right on 8th St to motel. Rated 1A, 5K and 10K

### Sioux Falls, SD - Outdoor Campus

Registration for this walk is only available by OSB or at the host hotel during the weekend. Rated 1B, 5K & 10K. The walk is on a recreation trail along the Big Sioux River and city sidewalks, through city parks and past historical markers.

### Featured Walk Start Times

(A start/registration table available)

Friday: Le Mars 10:00 am to Noon

Friday: Rock Rapids 2:00 to 4:00 pm

Saturday: Sheldon 9:00 to 11:00 am

Saturday: Rock Valley 1:00 to 3:00 pm

Sunday: Sibley 9:00 to 11:00 am