



This Month's Walks & Events:

Middleton Pie Walk (see article below), Saturday 3/14, 2:00, start at Middleton Public Library [copy to calendar](#) 📅

Articles:

What Does 3.14159 Mean to You?, by Don Suloff

Unless you are a closet mathematician or new to the Dairyland Walkers, you should immediately know that we are again talking about exercise and PIE!

Our annual Pie Walk is just around the corner and you'll want to make your reservations now. This is one of the few walks that we conduct where we request reservations. This is necessary in order to properly order the pies for the post-walk indulgence!

On Saturday, March 14th (exactly pi this year!), we will meet at the Middleton Public Library in Middleton for a guided 5K walk, followed by a slice of Hubbard Avenue Diner pie for each participant. The walk will depart the library at precisely 2:00 pm with all registration completed prior to that time. To reserve your piece of pie please contact Linda Abegglen by email or phone at least two days prior to the walk. Linda may be reached at 238-8891 or linda.abegglen@gmail.com.

The fee for all participants will be \$4.00 and frequent walker coupons may be used. There will not be a separate sanction number for this walk - the stamp for the Middleton year-round walk will be used. New this year, there will be no charge for your slice of pie - the club is picking up the tab!

Our start/finish point will be in the meeting room of the library which is downstairs from the entrance lobby. The library requests that the parking lot behind the library (on the other side of the railroad tracks) be used for our meeting.

2025 VIP Finishers, By Kristina Kenyon

Congratulations to 15 walkers that completed our Volkssport Incentive Program (VIP) for 2025!

The 2025 VIP goal was to complete any 12 of our 26 Year-Round/Seasonal walks. The reward for completion was any IVV/AVA achievement book of their choice (a \$6 value). As an added incentive, participants could choose to complete the program a second time to earn a second IVV/AVA achievement book, participating in 12 walks not completed the first time. The program could be completed multiple times. Three walkers participated multiple times as denoted in parentheses behind their names.

Completed 24 walks

Chris Flessert

Kristina Kenyon

Beth Levers (1.5)

Jill Ruef

Jerry Wilson (1.5)

Pam Wilson (1.5)

Completed 12 walks

Deb Calder

Beth Halverson

Tom Hlaban

Lori Hlaban

Patrick Jones

Bill Levers

Mary Liebig

Samantha Stegura

Don Suloff

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

Since the walks that qualify for the VIP book are our Year-Round and Seasonal events, if you register via a Physical Start Box, you may use Dairyland Walkers Frequent Walker Coupons, saving \$1 per event. It's never too late to pick up a free VIP Book or purchase Frequent Walker Coupons. These are available at all our events or contact me to handle via mail.

Let me know of any questions you have about our Frequent Walker Coupons or VIP program.

Unseated by a Scarlet Knight!, by Don Suloff

Each year your Trailmaster struggles to put together our fall walking schedule without having the Badger football schedule available. We have been fortunate in past years, but this year the Scarlet Knights of Rutgers will be in town for an afternoon football game on November 8th - the date we had scheduled for our annual Veteran's Walk. Acknowledging the problems we would experience with parking and crowds, we have decided to move that walk to Saturday, November 21st . Please make that change on your calendars!

2026 Physical Walk Box Changes, by Chris Flessert

Now that the calendar is turning to March, spring is soon in the air (and hopefully warmer walking weather!). Our seasonal walks outside of Dane County begin on April 1. This year there will be a physical start box at each seasonal walk EXCEPT for Fond du Lac and Oshkosh. No one volunteered to take over the management of those boxes, so the Fond du

Lac and Oshkosh walks will only be available to register and get directions on the AVA Online Start Box.

If you are not familiar with the AVA Online Start Box, go to www.ava.org. At the top, put your mouse over "Members" and select "Personal Account Login" where you can register to use the OSB. Happy walking!!

Devil's Lake POC change, by Chris Flessert

Beginning April 1, Jill Ruef will be the new Devil's Lake point of contact. Beth Levers is relocating out of the Madison area. Thank you to Beth for being the Devil's Lake POC for the past several years and welcome to Jill as the new POC.

Walking the United States, by Kevin Moore

The number one item on my Bucket List has always been to visit all 50 States. There are two AVA Special Programs that helped incentivize my quest both under the title "Walking the United States": "50 States" and "51 Capitals". I decided to do both with my personal rule that a walk wouldn't qualify for both programs. Over the last 8 years, many of my travels were centered around completing the walks necessary to complete these programs.

My first Capital Walk was one of the more memorable walks I have done. I walked the "Shortcut to the Embassies" Walk in the 51st Capital, Washington DC. It was the 8th time I'd walked with the AVA and I was still learning. I checked in at a Panera Bread and was given a route that led me down Embassy Row. Many of the Embassies were holding open houses. I stopped and toured 7 European embassies coming away with an interest in traveling to these countries as well as pizza from Italy, a T-shirt from Portugal and chocolates from Belgium.

My final State Walk was in Ketchikan, Alaska. I walked in the rain on a brief stop on an Alaskan cruise with my mother. I remember being afraid to pause too long. I needed to finish my walk before my ship sailed.

I remember being devastated when I stopped in Pierre, SD during COVID to complete the Capital Walk. The person behind the desk at the start point had no idea what I was talking about. I explained and we looked for the Start Box but couldn't find it. I couldn't reach the coordinator. I gave up and continued on my trip. I was 20 minutes down the road when the coordinator reached out to me and said he had worked with the hotel to find the box. I returned and completed the walk.

I enjoyed having the incentive of the "States" program. If I had to choose one, I would recommend "Capitals" programs. Looking back, I've done multiple walks in most states. It's hard to remember which was my first. I vividly recall each of my capital walks.

I took my niece and grand niece to the Hershey Discovery Center after my walk in Harrisburg, PA. I had to find a lobster roll after hiking in Augusta, ME. I remember being impressed by the beauty of the Capital building in Des Moines, IA and the setting of the Capital in Olympia, WA. I enjoyed the walk in Bismarck, ND but was unimpressed by the Capital building. In Montgomery, AL, I took an hour to walk through the National Memorial

for Peace and Justice. In Boise, ID, I toured the Basque Museum and Cultural Center. In Annapolis, MD, I toured the Capital and walked through the room where George Washington resigned his commission as commander-in-chief.

The magic of the AVA Special Programs is that they give you a reason to visit a place you might not have visited on your own. The best of these Programs are the ones that allow you to look back and vividly recall what made the Program special. Take the time to stop and walk through the Capital building. The State Capitals have great museums often on the walk route. Take the time to visit. Stop for a good meal on your route. The walks I remember most vividly are those where I was able to take the time to explore and enjoy.

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