

About Iowa's Walking Club

In 1984, a group of avid walkers organized the Greater Des Moines Volkssport Association (GDMVA). One name change and forty-one years later, we are still promoting physical fitness through non-competitive sporting events.

We keep members informed of walks, business meetings, and other events throughout the Midwest via our website, monthly newsletter, and emails. For up to date information, check our website and Facebook at iowaswalkingclub.org

About our walks and events

The walks are non-competitive and go through scenic or historical areas. Directions and a map are provided. The walks and events are open to everyone. Children under 12 must be accompanied by an adult.

Events that require a fee are sanctioned by America's Walking Club, and count towards IVV Achievement Awards. See AVA.org for more information.

Carry water with you on all walks. Pets are allowed at most events, but must be kept on a leash.

Health precautions

Iowa's Walking Club follows local, state, and federal rules and guidelines.

Weekly walks

A group gets together during the week to walk and socialize. These are free, guided walks that last about an hour. This is a great way to get to know club members. Details are available on our website and Facebook.. Weekly walks are not sanctioned. For more information, contact Nancy Dunbar at (515) 710-9107

Types of walks we offer

- **Weekly Walks:** From April to October, these walks are held each week in good weather and are informal, leisurely 45 to 60-minute group walks. While fitness is a factor in everything we do, Weekly Walks emphasize fun and friendship.
- **Monthly Events:** Each month, Iowa's Walking Club schedules at least one weekend walking event that is a minimum of 5K, usually with a 10K option. You can walk by yourself, bring friends, or meet a new walking friend at the registration table.
- **Special Events:** Throughout the year, we schedule special events, generally on weekends. These have included picnics, Iowa Cubs games, and the annual Holiday Social in December.). We have two planned this year!

Walk all 99 Iowa counties

Walk on your own challenge program

Can you meet the challenge? Get a free book for recording your progress from Peggy Watts 515.708.0405 peggywatts@mchsi.com.. This program ends Dec 31, 2029.

ADDRESS SERVICE REQUESTED

GDMVA, Iowa's Walking Club
P.O. Box 110
Des Moines, IA 50301-0110



Iowa's Walking Club Membership Application

For renewals, only provide your name and any changes to your information.

Name

Address

City, State, Zip

Phone (mobile or home)

Email Address

Membership Type

- Individual \$10
- Family \$12

For Family, list your family members' names:

Membership Fee \$ _____

Donation _____

Total Enclosed \$ _____

Make checks payable to "Iowa's Walking Club."

Mail with payment to
Iowa's Walking Club
PO Box 110 Des Moines, IA 50301-0110

Walk on your own in 2024

You can walk these walks at at your convenience during the available months listed.

Walk by yourself or in a group – there are so many opportunities! We all know that the greater the commitment you make, the more pleasure you'll receive!

We offer 20 walks in 20 cities and towns in 2025. Can you walk them all?

- Amana (Iowa)
- Beaman (Tama and Grundy)
- Cedar Rapids (Linn)
- Corning (Adams)
- Davenport (Scott)
- Des Moines – Waterways (Polk)
- Des Moines – Capitol (Polk)
- Glenwood (Mills)
- Grinnell (Poweshiek)
- Madrid (Boone)
- Marshalltown (Marshall)
- Stanton (Montgomery)
- West Des Moines (Dallas)

Socialize with other walkers

The following walks feature a specific date and time for the walk, so you can social with other walkers. Most walks are on weekends.

Date	Description
Jan 1	Winter Walk at the Jordan Creek Mall, WDM
Jan 10	Ada Hayden Heritage Park, Ames
Feb 15	Winter Walk at the Jordan Creek Town Center, WDM
Mar 29	Western Gateway, Des Moines
April 1-7	National Walking Week
May 17	Snusville, Des Moines
Jun 27-28	Southwest Iowa Walking Weekend
Jul 19	Brenton Arboretum, Dallas Center
Aug 23	Iowa's Walking Club 40th Anniversary
Sep 13	Wolf Creek Recreation Area, Beaman
Oct 4	Grinnell City Views
Nov 8	Veterans Memorial Group Walk, Des Moines
Dec TBD	Holiday Social

Our rules

- Be kind and courteous.
- Let's treat everyone with respect.
- Remember that Iowa's Walking Club is a diverse community.
- Give more than you take in this group.
- Make sure everyone feels welcome and safe.
- Respect everyone's privacy. Being part of this group requires mutual trust.