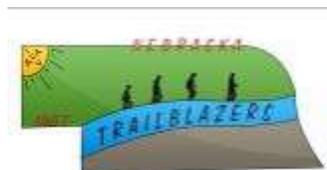


Footsteps

Fun, Fitness, Friendship



The Prez Sez...

You may not have noticed but NWFT just got through the slow time of the year. Regardless, we had events to offer and continued our work behind the scenes.

On the 4th of July we were in Seward, NE for a Meet and Eat and to take in the big celebration there. The morning heat was bearable, but it seemed no one wanted any more of it to tolerate. We walked the existing Benches of Seward year-round event (YRE) routes. The start point was conveniently located, and it offered a delicious meal in a cool room at the conclusion of the walk. All things considered it was a good way to spend the holiday. Much thanks to Lori Anderson for her excellent work as the Seward YRE POC and all the great support she provided for the day.

On the 25th of August we were in Ashland, NE for a social get together. We met at Parker's Smokehouse for some good food and for most of us a new place to experience. After dinner we met up again and moseyed around downtown for Ashland's Fall Art Walk finishing at a tasting room for a local winery. Many got the chance to see a new city while others were able to take in establishments which they had not been in before. Sandy Spaulding, Jill Champley, and Karen Dix-Johnson were especially instrumental in the event's success. Special thanks to Sandy for all her related work with Meetup.

Looking forward our next event is the Wabash Trace/Art Tour Walk on September 15 in Malvern, IA. The workers walk yielded some nice feedback and weather permitting, the event itself should be even better with the additional activity that day. By the way, our speaker at the September 10 monthly meeting will be presenting information on the Southwest Iowa Art

Tour.

On September 22 we will have a Meet and Eat in Nebraska City during the annual Applejack Festival held there. This is another nice local event and the timing should provide a good chance for pleasant weather. More details will follow at a later date.

The Small Town Nebraska Four County Event is October 5th through 7th. This is our most ambitious effort of the year highlighted by four walking events, game night on a riverboat, and dinner at a winery/microbrewery. One can participate in some of the events (good) or all of the events (better).

The last third of the year also brings the opportunity to volunteer and need for volunteers. As always, we have opportunities associated with each of our events. Given another large attendance projection, additional staffing is especially important for our Night of Lights on December 2. Hopefully you can fit this event into your plans.

The contributions of our members have resulted in high-profile successes and well-deserved recognitions. It comes as no surprise that the six state North Central Region has looked to our club to fill leadership positions for 2019. In anticipation of members accepting such positions we are looking to greatly scale back the duties of multiple individuals. In turn now through 2019 will be an especially good time to take a more active role in the workings of the club.

Fall is just around the corner. Enjoy the outdoors before winter sets in!

~Bryan

Inside this issue:

The Prez Sez	1
Sandy Speaks	2
Trip Report	3
Photos	4-5
Event Calendar	6
Birthdays & Anniversaries	6
Member Event Awards	6
Officer Roster	7
Meet and Eat	7
Speaker Schedule	7
Meetings & Dues	7

For the latest on events and news visit our website:
<http://www.netrailblazers.club/>

or like us on Facebook





Sandy speaks

This will be our 17th year for our Festival of Lights walk in downtown Omaha. As you know, this has been one of our most popular walks every year. With more than 40 blocks of dazzling lights, Omaha does a grand job illuminating

Downtown Omaha.

We well remember that first event 17 years ago. It was the first year Butch and I took over as trailmasters. Red Behren had set up the trail. After the prewalk, we had to reroute the trail because they used the bridge over the lagoon for wiring the lights and closed the bridge. It was our first time having to rework a trail. One of many. The second memory attached to this significant event was the birth of our second grandchild. I had to drive up to Sioux City to take care of the first one when our daughter went into labor. Scarlett cooperated and entered the outside world early enough that I was able to bring Melissa back in time to do the walk. She was thrilled to find St.

Nick in the Old Market as only a four year old can be. Hard to believe she is now a college student.

Unfortunately, two events will prevent us from continuing our tradition. The lobby of the Landmark Building will be under construction next year, changing this office building into a boutique hotel. The Gene Leahy Mall lagoon will be filled in starting next year to make way for a new and improved public space.

The good news is that we are once again able to use the Landmark Building for our start for this year. Ignore your original brochure that says the walk will be at the Visitor's Center. We were able to return one last time to this great start point. So, plan on attending this event on Sunday, December 2. Join us for our last hurrah. There is no fee for street parking on Sundays. You will need to enter the Landmark Building from the north (Farnam St.) as the south entrance may be under construction. Bring cookies. If you have donations for door prizes, bring them to me at the November meeting, the November pie walk or bring them the day of the event. Let's make this our best year ever.

~Sandy

According to the American Heart Association, you can get many of the same healthy benefits by walking instead of running:

Walk, Don't Run, Your Way to a Healthy Heart

OK, so you're not much into running? Or maybe you've had an injury and can't run. Then just walk — every step you take is part of your journey to good heart health.

In fact, walking briskly can lower your risk of high blood pressure, high cholesterol and diabetes as much as running, according to a new study conducted at Lawrence Berkeley National Laboratory, Life Science Division in Berkley, Calif. All three conditions are risk factors for heart disease and stroke — and you can do something about them.

Researchers analyzed 33,060 runners in the National Runners' Health Study and 15,045 walkers in the National Walkers' Health Study. They found that the same energy used for

moderate- intensity walking and vigorous-intensity running resulted in similar reductions in risk for high blood pressure, high cholesterol, diabetes, and possibly coronary heart disease over the study's six years.

The more people walked or ran each week, the more their health benefits increased. "The findings don't surprise me at all," said Russell Pate, Ph.D., a professor of exercise science in the Arnold School of Public Health at the University of South Carolina in Columbia. "The findings are consistent with the American Heart Association's recommendations for physical activity in adults that we need 30 minutes of physical activity per day, at least 150 minutes of moderate activity per week or 75 minutes of vigorous activity per week to derive benefits."

[Read more here!](#)

Trip Report

Tim & Julie survive the heat, see a



and walk on the moon!

We planned our trip with Volksmarches and National Park units in mind. Also wanted to finish up the Nebraska Passport, which we did!

Day 1

Our trip began with a visit to Gavin's point, where we looked over the visitor center and were treated to the rumblings of the water overflow from the dam—very relaxing! We drove west to Fort Randall Dam and enjoyed that area as well, especially since they had crayons and coloring books for us to take to the grandkids!

We then headed toward Badlands National Park, where we were to do our first walk. As we neared the Black Hills, we noticed an increasing number of motorcyclists. I checked and yup, it was Sturgis Rally week! Was fun to see all the bikes. We stayed at a small motel right outside the Badlands and were near where the rangers had their night sky viewing program—so many stars when there is no light pollution.

Day 2

We started our Badlands walk early in the morning before it got hot (that's a joke, it was 94°). We hiked up the trail and Tim did some climbing. When we finished, we headed down the road to complete the Badlands Loop Road; lots of beautiful scenery...and bikers! Had a bite to eat in Wall (free ice water!) and stopped at the National Grasslands

Visitor Center and looked at interesting exhibits about the grasslands and animals that live there. Then we drove to Mt. Rushmore and stayed for the evening Ranger Talk and lighting ceremony. Very moving.

Day 3

After a trip to Jewel Cave and a short cave tour, we headed to Devils Tower for a walk. As we hiked around the base, we could see climbers scaling the side! It is a sacred place to the Native Americans in the area and we could see prayer ribbons and feathers tied to the bushes and trees.

Day 4

Most of this day was spent exploring Little Bighorn National Battlefield. There was an informative Ranger Talk and then a short walk up to the monument. We drove the road to the second battle site, where there was a 45 minute walk. I opted out—it was 103°!

Day 5

We were in Helena MT to walk the Capital walk and also stamp for the Louisiana Purchase. Along the route, we noticed a Little Free Library, which is a program starting in 2019.

Day 6-10

Heading south, we stopped at Yellowstone to see Old Faithful, then back out of the park to go south to Rigby ID, where we spent a few days with Tim's cousin. We went to their county fair to watch the pony cart driving competitions. Tim's cousin and his wife work with 4H kids teaching them

how to drive 2-wheeled pony carts. During our stay, we took a road trip to Craters of the Moon National Monument. Very "moonscapey," some rugged and desolate terrain there in the lava fields.



Day 11 & 12

Back on the road after a fun few days with Tim's cousin. Spent two days in Yellowstone. Beautiful scenery! We drove to Artist's Point to see the waterfall. Saw herds of bison, some elk, a coyote and 2 grizzlies! Left by the east entrance and spent the night in Cody WY.

Day 13

Back in the Black Hills, we met up with fellow volksmarcher, Duane, from the Black Hills Volkssport club. We enjoyed a Worker's Walk with him as he blazed the trail looking for problems (he found 2) that walkers might encounter on his club's Wind Cave walk in October. It was a beautiful walk and we enjoyed our time with him.



Day 14

We now began our trip through the panhandle to finish up the Nebraska Passport. Stopped at a lot of nice little Passport places, as well as some that weren't on the list, such as Carhenge in Alliance. We visited Scottsbluff National Monument and walked in Oregon Trail wagon ruts, as well as drove up to the top of the bluff.

Day 15

Back in Wyoming to walk at Fort Laramie National Historic Site—very interesting! The setting was beautiful, along side a small river. Then on to Cheyenne for the Capital walk and the last Louisiana Purchase walk!

Day 16 & 17

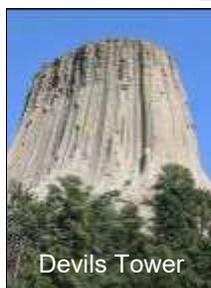
Time to head for home! We stopped at Ogallala and North Platte to do our club walks. We had a great time on our trip: 5 states, 3 National Parks, 8 National Monuments & Memorials, 8 AVA walks and lots of museums and historic sites. We love to travel but it's sure nice to come back home!



← We finished, we headed down the road to complete the Badlands Loop Road; lots of beautiful scenery...and bikers! Had a bite to eat in Wall (free ice water!) and stopped at the National Grasslands



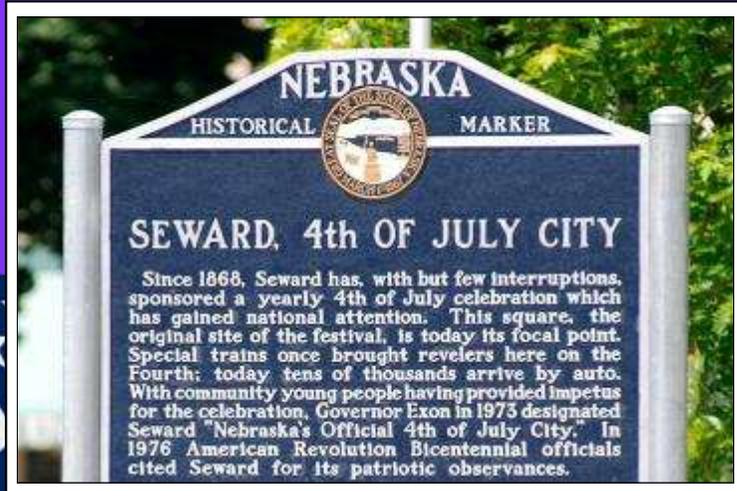
Carhenge,



Devils Tower



Yellowstone



Ashland Meet & Eat



Cat & Melissa



Jim & Sheila



Deb & Friend & Bryan



Jill & Sandy



Jim & Diane



Butch & Sandy



Mark your calendars: Upcoming Events!!

September

- 1 Outlaw Ranch Volksmarch, Custer SD Black Hills Volkssport
- 7-9 Regional Smorgasbord Roundup, MN
..... Central Minnesota Volkssports/Lake Country Wanderers/Twin Cities Volkssport
- 8 Des Moines Brewery Tour, Des Moines Greater Des Moines Volkssport
- 15 Wabash Trace/Art Walk, Malvern IA Nebraska Trailblazers
- 14-16 6-Walk Weekend, SD Prairie Wanderers Volkssport
- 22 Outdoor Expo, Des Moines Greater Des Moines Volkssport
- 22-23 Pelican Rapids, MN North Star Trail Travelers
- 29 Flume Trail #50, Hill City SD Black Hills Volkssport
- 30 Crazy Horse Black Hills Volkssport

October

- 5-7 Discover Small Town Nebraska Nebraska Wander Freunde Trailblazers
- 6 Fort Leonard Wood MO Rolla Roadrunners Volkssport
- 6 Wind Cave National Park, Hot Springs SD Black Hills Volkssport
- 6 Annual Meeting/Guided Walk, Bloomington MN Twin Cities Volkssport
- 10 Walk for Wildlife, Granger IA Greater Des Moines Volkssport
- 12-14 South Central Regional Roundup KS Sunflower Sod Stompers/Kansas JayWalkers
- 21 Baldwin City KS Sunflower Sod Stompers
- 27 Roaring River State Park, Cassville MO Dogwood Trailblazers
- 27 Lincoln NE Lincoln Volkssport
- 27 Taylors Falls MN North Star Trail Travelers

November

- 3 Bridgeton MO St Louis/Stuttgart Volksmarch Club
- 3 Springfield MO Global Adventurers
- 3 Rita Eldrige Memorial Pie Walk, Blair NE Nebraska Wander Freunde Trailblazers
- 10 Walking Company Walk at Rosedale Mall, Rosedale MN Twin Cities Volkssport

NWFT Officers

President
Bryan Taylor

Vice President
Larry Boehm

Secretary
Jill Champley

Treasurer
Butch Spaulding



Speaker Schedule

Sept 10	Golden Hills Resource & Dev Tina Bakehouse
Oct 1	Omaha National Cemetery Cindy Van Bibber
Nov 5	TBA
Dec 3	TBA
Feb 4	TBA
Mar 4	Omaha Storm Chasers



2018

Sept 22	Apple Jack Festival Nebraska City NE Time & meeting place TBA
Oct 27	Lincoln Cemetery Walk Time & meeting place TBA
Nov 23	Opt Outside Black Friday walk instead of shop Time & meeting place TBA

Meeting News

The next club meetings will be September 10, October 1, November 5 and December 3 at Morning Star Lutheran Church, located at 331 S 85th Street in Omaha. The meetings start at 7:00 p.m. We try to have a short program before the business meeting. Just a reminder that the club meetings are the 1st Monday of the month at 7:00 p.m. with some exceptions: no meetings in January, July or August, and it is the 2nd Monday in September. Don't forget that at each meeting, we have a drawing for a \$10 door prize. Contrary to popular belief, you don't have to be a club member to win this.

Membership Dues

June and July dues are now past due (check your mailing label—email message will be sent out as a reminder). Renewal is \$10 for a single membership and \$15 for a family membership. Please send renewals to:

NWFT
PO Box 8147
Omaha NE 68108

Newsletter Info

To place info/articles/photos in the next newsletter, please send by October 15:



snail-mail to: NWFT
PO Box 8147
Omaha NE 68108