

Nebraska Trailblazers 2020 Events



www.netrailblazers.club



The Nebraska Trailblazers

The Nebraska Wander Freunde Trailblazers (NWFT) was formed in March 1979 as one of the first clubs in the American Volkssport Association (AVA). Walking is a great way to boost personal fitness, circulation, mental acuity and to get outdoors. Our walks are noncompetitive and are designed to be fun. "Traditional" walks are held monthly from March through May and September through December with other club activities scheduled during the summer months. The Trailblazers currently host 8 different year-round events (YRE) along the Interstate-80 corridor and in the greater Omaha metropolitan area, including western Iowa. New for 2020: seven special Iowa State Park seasonal events!

Club Meetings

The Trailblazers meet at Morning Star Lutheran Church, 311 S 85th Street, Omaha NE. Meetings are held the first Monday of the month except January, July and August. If the first Monday is a holiday, we then meet on the 2nd Monday of the month. The meetings are open to the public. We have a short program followed by a business meeting. Then it's time for coffee, treats and fellowship!

Club Officers

President:	Lee Frantz	Secretary:	Dave Brown
Vice-president:	Jeanne Miller	Treasurer:	Jill Champley

Club Membership

Annual membership in the Nebraska Trailblazers is only \$10 for an individual and a bargain \$15 for a family membership.

Questions about walks or membership? Call 712/322-2797



General Event Information

Volkssporting started in Germany and simply defined, is a personal fitness sports and recreation program offering noncompetitive walks, hikes, bike rides, swims, and in some regions cross-country skiing. You may choose your time to start within the start/finish “window” and participate in the sport at your own pace. Walking—also called “volksmarching”—is the most popular of all the volkssporting activities.

All events are sanctioned by the American Volkssport Association (AVA). By registering for these events, participants accept the guidelines for AVA-sanctioned events and agree to observe the principles of good sportsmanship. Littering is not permitted. Pets are allowed at some events but must be kept on a leash and cleaned up after. Events will take place regardless of weather conditions and there are no refunds. Water will be provided at the Start/Finish and at checkpoints.

Trail difficulty is rated 1-5 for elevation and A-E for terrain. A complete trail rating system can be found at:
www.netrailblazers.club/how-to/interpret-trail-ratings

Sponsors 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.

All events listed in this booklet count toward IVV achievement awards. Each participant desiring credit must present an IVV record book and completed start card for credit. Official IVV record books are available at events for \$6 each. New Walker Packets are \$6.

On-site registration will be available for each event. Each participant shall obtain a start card, which remains the property of the sponsor and must be returned to the Start/Finish point.

**Don't forget
your water!!!**



Water will be available at the Start/Finish point but you should carry your water bottle along the trail!

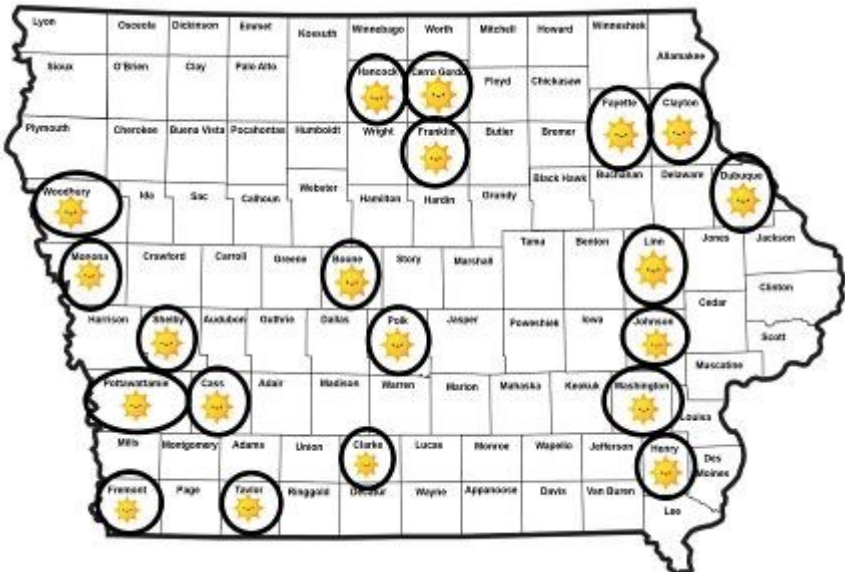
2020

Iowa State Parks

CENTENNIAL

2020 is the 100th anniversary of Iowa's state park system. In celebration, the Nebraska Trailblazers, Iowa's Walking Club and the DNR have created 20 walks in 20 state parks. These walks will be available to anyone at any time between May 1—October 15 or you can walk with a group on specified days.

More info on individual or group walks can be found at <http://www.netrailblazers.club/2020-special-events/iowa-20-in-20-walks/> or <http://www.iowaswalkingclub.org/20in2020>



<u>Park</u>	<u>City</u>	<u>County</u>
Big Creek	Polk City	Polk
Beeds Lake	Hampton	Franklin
Geode	Danville	Henry
Lake Anita	Anita	Cass
Lake Darling	Brighton	Washington
Lake Macbride	Solon	Johnson
Lake Manawa	Co Bluffs	Pottawattamie
Lake of 3 Fires	Bedford	Taylor
Ledges	Madrid	Boone
Lewis & Clark	Onawa	Monona
McIntosh Woods	Ventura	Cerro Gordo
Mines of Spain State Rec Area	Dubuque	Dubuque
Palisades-Kepler	Mt Vernon	Linn
Pikes Peak	McGregor	Clayton
Pilot Knob	Forest City	Hancock
Prairie Rose	Harlan	Shelby
Stone	Sioux City	Woodbury
Stephens State Forest	Woodburn	Clarke
Volga River State Rec Area	Fayette	Fayette
Waubonsie	Hamburg	Fremont



State Park Group Walks

May 1 & 2 State Park Kick-off:
Beeds Lake SP
McIntosh Woods SP
Pilot Knob SP

June 6 National Trails Day:
Lewis & Clark SP
Stone SP

June 16 Big Creek SP

June 20 Mines of Spain SRA

July 17 Ledges SP

August 29 Waubonsie SP (out of state vehicles \$5 fee)
Lake of Three Fires SP

Sept 10-16 Des Moines Multi-day bus trip:
Lake Macbride SP, Palisades-Kepler SP,
Mines of Spain SRA, Volga River SRA, Pikes
Peak SP, Lake Darling SP, Geode SP

Sept 26 Stephens State Forest

Oct 2-4 Blazin' Trails and Tellin' Tales Regional
Roundup:
Lake Anita SP, Prairie Rose SP,
Lake Manawa SP

North Central Regional Roundup*

October 2-4, 2020

Blazin' Trails and Tellin' Tales

Friday, October 2, 2020

Lake Anita State Park

1:00 p.m.

5/10K, 2A

Meet & Greet

Emma Jean's Restaurant

5:00—7:00 p.m.

Reservations required

Saturday, October 3, 2020

Prairie Rose State Park

8:00 a.m.

5/10K, 2B

Lake Manawa State Park

1:00 p.m.

5/10K, 1A

Evening banquet at Dodge Riverside Golf Club in Council Bluffs. Social time 5:00-5:30. Presentations, awards and sneak peek at 2021 convention at 5:30. Dinner is served at 6:30.

Reservations Required.

Sunday, October 4, 2020

Hitchcock Nature Center

9:00 a.m.

5/10K, 3B

\$3 fee per car, carpool recommended

**For detailed information, check out brochure & registration at netrailblazers.club or email netrailblazers@gmail.com.*

Traditional Events



These are one-day walks. Walk with a group or on your own.

Group walks will start 30 minutes after the stated start time.



Leashed dogs are allowed on all of our walks although they may not be allowed in buildings.

Winter-B-Gone Soup Walk

March 7, 2020

Mt. Calvary Lutheran Church
5529 Leavenworth St., Omaha NE

(Parking in rear of church off Marcy Street)

Start Time: 9:00—12:00 p.m., off the trail by 3:00 p.m.

\$3 IVV Credit/\$2 Non-Credit Walker

Event ID: 116111

This walk consists of two loops: North loop trail goes through Elmwood Park, Memorial Park and historic neighborhoods. South loop passes through Elmwood Park and the University of Nebraska-Omaha Scott Campus.

Bring two cans of soup to the walk. Following the walk, enjoy a bowl of soup with fellow walkers and help feed the needy as the extra cans are given to the food bank.

Distance/Trail Rating: 5k/10k; 2A

Amenities: Restrooms Yes Pets Yes
Strollers medium Wheelchairs medium

Special programs: Ice Cream Parlors, Little Free Libraries,
Rockin' Around the Clock

Directions: 5529 Leavenworth (parking available on south side of building, accessible from Marcy St) . Parking lot accessed from Mercy Street. Use I-80 Omaha Exit 450 (60th St.) or Exit 451 (42nd St.) north to Leavenworth St. Turn left (west) on Leavenworth from 42nd St. or right (east) from 60th St. to S. 55th St. South on 55th St. one block to Marcy. Right on Marcy to church parking lot.

POC: Jeanne & Steve Miller 402/891-0463
jeanneno@gmail.com



Bockfest Walk

April 4, 2020



Crescent Moon Ale House, 3578 Farnam St., Omaha, NE

Start Time: 11:00—1:00 p.m., off the trail by 3:00 p.m.

\$3 IVV Credit/\$2 Non-Credit Walker

Event ID: 116112

Join us as Huber Haus German Bier Hall and Crescent Moon Alehouse, along with Farnam House Brewing Company, welcome the return of spring with their traditional German-inspired annual Bockfest! Authentic bock beers on tap! Fire pit to get your bock bier poked! Outdoor bier garden open noon—10:00 p.m.; inside hours 11:00 a.m.—2:00 a.m. Food from the Crescent Moon Grill. Live music. Free admission. Families welcome. German costumes encouraged! Craft root beer available, too!

Distance/Trail Rating: 5k/10k; 2A

Amenities: Restrooms Yes Pets Yes
Strollers medium Wheelchairs medium

Special programs: Ice Cream Parlors, Little Free Libraries

Directions: From I-480 northbound, use Farnam/Harney exit 2A. Left on Farnam to Midtown Crossing area. Metered or garage parking available in this area. From I-480 southbound, use Dodge St. exit 2B. Left on N. 30th St., which becomes Turner Blvd. Right at Farnam St. Parking may also be available at 36th & Harney (church/Kiewit parking) and 35th & Dodge (Mutual of Omaha parking lot).

POC: Dave Brown & Steve Miller
402/493-5468
jeanneno@gmail.com



Field Club Columbus Park Walk

May 9, 2020

Columbus Park, 1515 S. 24th St., Omaha, NE

Start Time: 8:00—11:00 a.m., off the trail by 2:00 p.m.

\$3 IVV Credit/\$2 Non-Credit Walker

Event ID: 116114

From the Subby Anzaldo Columbus Park and the Omaha Quartermaster Depot Historic District, the trail leads through the historic neighborhood where President Gerald Ford was born, and along the Field Club Trail.

Subby Anzaldo served as acting mayor from 1994-1995. Anzaldo, a theatrical booking agent by profession, also served from 1988-1995 on the Omaha City Council.

In 1892, the depot commissary from Ft. Leavenworth, Kansas, moved to Omaha. The US Army's Department of the Platte used the depot as a storage and distribution source for military outposts for 20 years, including its peak activity during WWI. During that period, the depot supplied camps and National Guard units throughout the Midwest. During the Great Depression, the depot was activated as part of FDR's New Deal program as a supply base for Civilian Conservation Corps camps across the US.

Distance/Trail Rating: 5k/10k; 1A

Amenities: Restrooms Yes Pets Yes
Strollers medium Wheelchairs medium

Special programs: Little Free Libraries

Directions: From I-480, take the Martha St. exit. Go east on Martha to 24th St. North on 24th St. to Woolworth and turn right (east) to park shelter.

POC: Lee Frantz & Donna Campbell
402/213-6274 glfrantz@cox.net



Standing Bear Lake Walk

September 19, 2020

Standing Bear Lake Entrance 4 Shelter

North of N. 132nd St., and Military Rd., Omaha, NE

Start Time: 8:00—11:00 a.m., off the trail by 2:00 p.m.

\$3 IVV Credit/\$2 Non-Credit Walker

Event ID: 116115

Standing Bear Lake is named for the Ponca leader, Chief Standing Bear, and is operated by the City of Omaha. The day use only facility offers picnicking, no-wake boating, hiking and bicycling trails, nature study opportunities and fishing. One unusual feature at Standing Bear Lake is a wind organ. Created by artist Douglas Hollis, the sculpture is a combination of metal pipes placed vertically in the ground. Each pipe has a hole in its side for filtering the wind and making sound.

Distance/Trail Rating: 6k/10k; 2A

Amenities: Restrooms Yes Pets Yes
Strollers medium Wheelchairs medium

Special programs: No special programs assigned

Directions: From I-680, take Irvington/Blair/Hwy 133 exit 6. Turn north to next lights at N. 103rd St. Left as street becomes Ida St., then Military Road to lights at N. 132nd St. Left .2 miles to Entrance 4 tucked away on the right. Follow the winding park road to the end. Shelter is set back in the trees behind a children's playground.

POC: Jeanne & Steve Miller 402/981-0463
jeanneno@gmail.com



Hitchcock Nature Center Walk

October 4, 2020

27792 Ski Hill Loop, Honey Creek, IA

Start Time: 9:00—11:00 a.m., off the trail by 2:00 p.m.

\$3 IVV Credit/\$2 Non-Credit Walker

Event ID: 116128

The Hitchcock Nature Center exists to develop and foster appreciation and understanding of the Loess Hills as a globally significant land form through land management, environmental education and low-impact recreation. Acquired by Pottawattamie County in 1991, Hitchcock Nature Center (HNC) currently consists of 1,268 acres located in the heart of the globally significant Loess Hills. The Loess Hills harbor some of the largest remaining prairie remnants in Iowa and provide refuge for plants and animals found nowhere else in the state.

Hitchcock is open every day of the year for hiking, camping, picnicking, bird watching, snow sledding, star gazing or simply enjoying nature.

Distance/Trail Rating: 5k/10k; 3B

Amenities: Restrooms Yes Pets Yes
Strollers No Wheelchairs No

Special programs: No special programs assigned

Directions: Take I-680 east from Omaha, or I-29 north from Council Bluffs to Crescent, IA. Then north on Old Lincoln Highway, then left on Page Lane, right on Ski Hill Loop and left on Nature Center Road.

POC: Butch Spaulding 712/322-2797
bs1preznfwt@aol.com





Pie Walk

November 7, 2020

First Christian Church, 1702 Boyd St.,
Ashland, NE

Start Times: 9:00 a.m.-Noon, finish by 3:00

\$3 IVV Credit/\$2 Non-Credit Walker

Event #116127

This walk strolls through historic Ashland, past numerous churches, along Salt Creek (weather permitting) and past downtown cafes, antique stores, and nationally known artist Gene Ronka's Willow Point Art Gallery. Bring a pie! We will walk a new trail and then enjoy pie and coffee with fellow walkers. Extra pie will go to New Visions.

Voted one of the 10 most beautiful cities in Nebraska, Ashland is conveniently located between the two largest metropolitan areas of the state. Ashland was incorporated on February 2, 1870, and known for its small-town ambiance and friendly community. Ashland is home to just 2,600 people but nevertheless is a thriving, vibrant stop-off in southeast Nebraska. First settled in 1857, Ashland's quaint brick-paved downtown still retains much of its original charm with historic buildings residing comfortably with modern shops, cafes and art galleries. Just outside town is the Israel Beetson House, a beautiful mansion built in 1875 by an Englishman who settled in the area. Ashland is also considered the hometown of astronaut Clayton Anderson.

Distance/Trail Rating: 5k/10k 1B

Special Programs: Ice Cream Parlors, Little Free Libraries

Amenities: Restrooms Yes Pets Yes
Strollers medium Wheelchairs medium

Directions: Take I-80 exit 426 (Hwy 66) north to Ashland, NE (entering Ashland, Hwy 66 becomes 14th St.). Follow 14th St. (Hwy 66) to Boyd St. Turn left (west) on Boyd St. and go three blocks to the church.

POC: Leona & Dan Marchand 402/598-5780
countrycrafted@windstream.net



Lights Walk

December 5, 2020

Urban Abbey, 1026 Jackson St., Omaha, NE

Start Time: 4:00—6:00 p.m., off the trail by 8:00 p.m.

\$3 IVV Credit/\$2 Non-Credit Walker

Event ID: 116238

Enjoy the spectacular light display at the shops and eateries in the downtown area. The 5K loop navigates Omaha's Old Market, home to 2020's Holiday Lights Festival. The 11K walk (additional 6K loop) then heads north and west through downtown Omaha up to the Creighton University campus and returns via the Capital District. Trail will be on city sidewalks and paved paths. Strollers and wheelchairs may have some difficulty with curbs. Icy conditions may make the trail rating higher. Leashed pets are welcome on the trail but not allowed in buildings. This year we are supporting Urban Abbey's diaper drive for the Youth Emergency Services (YES) Maternity Group Home. Donations of boxes of diapers and wipes are appreciated. Sizes 3 and 4 are most in need for their parenting outreach program. Diaper shares are available for a \$5 donation. Metered and garage parking is available near the start point.

Distance/Trail Rating: 5K Rated 1A/11K Rated 2A

Amenities: Restrooms No Pets Yes Strollers Yes Wheelchairs No

Special programs: Ice Cream Parlors, Rockin' Around the Clock

Directions: From the east: I-480 into NE, left at 10th St. to Jackson St. From west: I-480 northbound to Leavenworth St. Right on Leavenworth to S 13th St. Left on S 13th to Jackson. Pay lot across street from Urban Abbey; metered parking in area with parking garages to north and west.

POC: Sandy Spaulding 712/322-2797 SpldngS@aol.com



Year-Round Events



On the following pages you will find our Year Round Events (YRE). These can be walked daily, dawn to dusk, unless time is specified.

Detailed “how-to’s” can be found in each walk box. Don’t forget to stamp your books!

Ashland, NE

Casey's General Store, 104 S 14th St., Ashland NE
Event ID: 115090 2020/Y1969

Time: Daily dawn to Dusk. Store closes early on some holidays; call for open hours (402) 944-2555. Note: After registering for the walk park your vehicle in one of two public parking lots close by. Casey's parking is for customers only.

Description: Trail wanders through this small city known for its art and small town flavor. Part of the trail travels a crushed rock trail along Salt Creek. Insect spray is recommended during summer months for 10K trail.

Distance/Trail Ratings: 5K/10K Rated 1B
Wheelchairs/strollers may have difficulty

Special programs: Ice Cream Parlors, Little Free Libraries

Directions: From I-80 E, exit 420 (NE-63) left on NE-63 to Ashland 3.1 miles to US 6. Turn right on US 6 about 1.8 miles to NE-66. Turn left on NE-66 to Ashland. Take NE-66 (turns into 14th St in town) for about 0.4 miles to start/finish on your left. From I-80 westbound take exit 432 (NE-31). Right to NE-31 to US-6/Gretna/Ashland 0.2 miles. Left on US-6 about 7.4 miles to NE-66. Right on NE-66 about 0.4 miles to start/finish on your left.

POC: Karen Dix-Johnson (402) 452-8422 kdix3@cox.net



Black Squirrel Walk, Council Bluffs, IA

Lansky's Restaurant, 1131 North Broadway, Council Bluffs IA
Event ID: 114319 2020/Y1099

Time: Mon-Sun 11a.m.—9 p.m. Closed major holidays. Between Oct & May restaurant may open earlier—please contact for hours 712/329-5400. If an earlier start time is desired, contact POC.

Description: This 10K & 5K walk is along city sidewalks. The trail is not suitable for strollers and wheelchairs—there are a couple of hills.

Distance/Trail Ratings: 5K/10K Rated 2A

Special programs: Little Free Libraries

Award: "B" awards available for this walk.

Directions: W&N: I-80/I-29 to Manawa (exit #3). Left on IA192 to Kaneshville (one block N of Broadway). At Kaneshville turn right to N. Broadway. Turn left 1/2 block to Lansky's on right. **E&S:** I-80/29 to Manawa exit 3, turn right and follow 192 to Kaneshville (1 block N of Broadway). At Kaneshville, turn right to N. Broadway. Left 1/2 block to Lansky's.

POC: Jim and Sheila Goeltz goeltzjs@cox.net

North Platte, NE

Kwik Stop Food Store # 3 1421 South Dewey Street
Event ID: 114317 2020/Y0125

Description: The walk goes along the South Platte River, through parks, past the Museum for Children, Sioux Lookout Statue and the downtown business area. It goes to the site of the North Platte Canteen along the Union Pacific railroad main line. Complete this interesting walk by walking by the Neville Center, Pawnee Hotel, and fire station. The Lincoln Highway is on the route, as is a western mural representative of the fact that, you are "Out West." Primarily on paved walkways, sidewalks, and streets.

Distance/Trail Rating: 5K/10K Rated 1A

Special programs: Mayflower—400th Anniversary, Rockin' Around the Clock

Directions: From I-80, Exit 177 (Hwy. 83) travel north approximately 3/4 mile on Hwy 83 which becomes Dewey Street. After passing over the South Platte River, turn right at first traffic light which is Leota St. On your left is Kwik Stop, you can turn left into the Kwik Stop fueling area, and drive around the east side of the store to get to the parking lot on the north side of the building.

POC: Larry Seger 308/387-4578 seger@nebnet.net



Ogallala, NE—Cowboy Capital



Kwik Shop Convenience Store – 217 E 1st Street, Ogallala, NE
Event ID: 114318 2020/Y1146

Time: Closed major holidays. Call 308/284-6138 to ensure open hours.

Description: Daily dawn to dusk. The trail is through the town of Ogallala (Keith County). The trail is mostly flat with a couple of hills. Featured sites are Front Street (replica of old western town); schools and residential areas; overlook of town; Mansion on the Hill (on Historic Register); Boot Hill; Spruce Street Station (on Historic Register); US Post Office (on Historical Register); a Petrified Wood Gallery; Lincoln Highway; terminus of Western Trail

Distance/Trail Rating: 5K/10K Rated 2A

Directions: From I-80 take Exit 126 for NE-61/US-26 toward Ogallala. Turn right at the top of the exit ramp toward Ogallala for 0.7 miles. Upon reaching the traffic light at US 30, continue straight ahead travelling in the left lane. The Kwik Stop is at your right front at this intersection. At the next corner, turn left onto E 2nd St. After making the turn, half way down the block, on the left, turn left into a public parking lot. On street parking is also available. Do not park at the Kwik Stop.

POC: Jim and Cathy Ochsner (308) 284-3076 jcochsner@charter.net

Omaha, NE – Hanscom Park area
Comfort Inn 2920 S 13th Court, Omaha NE
Event ID: 114315 2020/Y0476

After registering, drive 2 miles to walk start—free parking. Restrooms at registration point. Seasonal restrooms (porta-potty) at walk start parking area no water.

Description: There is a 5K and 10 K trail. Trail goes through neighborhoods & parks. Trail is on paved sidewalks and trails. Trails may not be cleared after a snowstorm.

Distance/Trail Rating: 5K/10K Rated 2A

Special programs: Little Free Libraries

Directions: Driving to Start: 2920 S 13th Ct. I-80, exit 13th. N short distance N of I-80 to 13th Ct between Bucky's and McDonalds on left.

POC: Jim & Diana Webb 402-999-6727 noslacksir@gmail.com

Omaha, NE - Historic (Downtown)
Comfort Inn 2920 S 13th Court, Omaha NE
Event ID: 114316 2020/Y0093

After registering, drive about 3.5 miles to walk start.

Description: The trail goes along city sidewalks through the Historic Old Market, past Ameritrade Park (Home of the College World Series). You will pass life-size and larger-than-life-size statues and sculptures depicting the pioneers' westward movement. Some hills; strollers are OK. Restrooms at registration point, but no restrooms or water at the walk start parking site.

Distance/Trail Rating: 5K/10K Rated 2A

Special programs: Border Crossing

Directions: From I-80 exit 13th Street north to 13th Court, a short distance north of I-80. Between Bucky's and McDonalds on your left. Turn left on 13th Ct and go to end.

POC: Jim & Diana Webb 402-999-6727 noslacksir@gmail.com

Omaha, NE - Chalco Hills

Holiday Inn Express, 16175 Stevens Point Circle, Gretna NE 68028
Event ID: 114314 2020/Y1446
Daily dawn to dusk

Description: Drive 1/3 mile to walk start. The 10K route goes around Wehrspann Lake in the Chalco Hills Recreation Area. The trail is on asphalt, concrete and gravel walkways. Strollers and wheelchairs may have a little difficulty. Benches and pit toilets are scattered along the trail. The park office is located at about the halfway point with modern restrooms and water when open. Numerous shady areas along the trail. Carry water on hot days. Trail may not be cleared during winter months.

Distance/Trail Ratings: 5K/10K Rated 2A

Directions: From either east or west on I-80 take Highway 370 exit (exit #439). Turn west on Highway 370 for about 1/2 mile to Wickersham Blvd (on your left after Kum & Go, Sap Brothers road on your right). Turn left onto Wickersham Blvd. Go about 1/4 mile to Stevens Point Cir on your right. Turn right onto Stevens Point Cir to start point. After registering, you will drive a short distance to the walk start.

POC: Jim & Diane Fenlon 402/334-8373 jfflaw@cox.net

Omaha, NE – Westroads Mall

AmericInn Hotel, 9720 W Dodge Rd, Omaha NE
Event ID: 115089 2020/Y0362
Daily 7 a.m.—6 p.m.. Closed on major holidays.

Description: Short drive from Start Box to walk. Walk this mall event in perfect 70 degree weather year round with new views every week. Look for points of interest such as Snow White's magic mirror.

Distance/Trail Ratings: 5K/10K Rated 1A

Special programs: Ice Cream Parlors

Start Point/Driving Directions: Take I-680 North to exit 3, US-6/W Dodge Road/Boys Town. Keep right at the fork for US-6 E/Downtown and merge onto US-6 E/W Dodge Road. Take the first right toward Regency Pkwy / Westroads. Stay right and go under W Dodge Rd. Merge onto California CAREFULLY move to the left one lane to get onto N. 98th St. After going through the traffic light take the first right onto N. 98th Frontage Rd and turn right following sign to AmericInn on the left.

POC: Steve Burkland 402/659-1954 burk1220@aol.com

More Walks for You in 2020!

One-Day Traditional Events from our Neighbor Clubs

Iowa's Walking Club

- | | | |
|-------|--------------------|------------|
| 2/15 | Skywalk | Des Moines |
| 10/17 | Walk for Wildlife | Grainger |
| 10/31 | Downtown Breweries | Des Moines |

Lincoln Volkssport Club

- | | | |
|-------|----------------|---------|
| 3/21 | Spring Walk | Lincoln |
| 10/24 | Halloween Walk | Lincoln |

Sunflower Sod Stompers (Kansas)

- | | | |
|---------|------------------------------|-------------------|
| 2/16 | Presidents' Day Weekend Walk | Lawrence |
| 4/25-26 | Spring Fling | 4 SW Kansas towns |

Kansas Jaywalkers

- | | | |
|------|-------------------------------------|-------------|
| 5/30 | 4 th Annual Charity Walk | Leavenworth |
|------|-------------------------------------|-------------|

More info on these walks
can be found at www.ava.org





The following seven walks are sanctioned as seasonal for May 1—October 15, 2020. They may be walked daily, dawn to dusk.

Lake Anita State Park

Lake Anita State Park Campground Kiosk, Anita IA
Event ID: 115118 2020/Y2560

Lake Anita State Park was dedicated in 1969. The 1,062-acre park features a beautiful 171-acre artificial lake which was formed by creating a dam on a branch of the Nishnabotna River. Restrooms, parking, and water available at the start point.

Description: There is a drive to 5K start point. Paved trail and park roads, with a short well groomed grass nature trail. Beautiful tree lined trails and views of the lake with natural water lily ponds in bloom June and July. One of 20 Iowa State Parks in 2020/Cass Count

Distance/Trail Rating: 5K/10K Rated 2A

Amenities: Restrooms Yes Pets Yes Strollers Hard Wheelchairs Hard

Directions: Driving to the start box: From I-80, take the Exira/Anita, Iowa Hwy 148 S exit (Exit 70). Go south on Iowa HWY 148 for about 3.5 miles. Turn Right onto Main Street (Iowa Hwy 148). Take the second Left onto Chestnut. Continue on Iowa Hwy 148 south for approximately 1 mile to the park entrance. Enter the park and follow signs to the camping area. The start box is located in the kiosk near the campground

POC: Jill Champley nwftjill@gmail.com 402/681-6745

Lake Manawa State Park

1100 S. Shore Drive, Council Bluffs IA

Event ID: 115100 2020/Y2562

No camping available at this park. Lake Manawa is a Carry- In/Carry-Out park; be prepared to take all trash/refuse out with you.

Description: . There is a \$5.00 permit required for out of state licensed vehicles. Walk follows paved roads, grassy paths and paved bike paths past picnic shelters, newly built accessible playground, beach and concession area and through wooded, grassy trails; 10K walk reaches to lake housing on eastern shore.

Distance/Trail Rating: 5K/10K Rated 1A

Amenities: Restrooms Yes Pets Yes Strollers Hard Wheelchairs Hard

Directions: From I-80 West from Omaha/I-29 South from Sioux City follow exits to S. 24th Street; then south on S. 24th to US Hwy 275 (Veterans Memorial Highway). Turn east to 11th St., then south on 11th St. and take right on South Shore Dr. at the lake. Follow South Shore Dr. (large lake on your left) to sign pointing to Park Office. Turn left to parking. From I-29 North use Exit 47 and go west on US Hwy 275 (Veterans Memorial Highway) and follow directions above to park office. Accordion Style Start Envelope is in box on post attached to the wire fence outside the park office.

POC: Lee Frantz/Donna Campbell glfrantz@cox.net 402/213-6274

Lake of Three Fires State Park

Bedford IA

Event ID: 115772 2020/Y2608

Lake of Three Fires State Park, with its beautiful lake and old-growth oak/hickory timber was dedicated in 1935.

Description: General wooded trail weaving through public use areas, the lake and ridges. Hiking trails are also used by horses; horses have the right-of-way on the trail. Sunscreen, insect repellent, long pants recommended.

Distance/Trail Rating: 5K/10K Rated 2B

Amenities: Restrooms Yes Pets Yes Strollers No Wheelchairs No

Directions: Driving to start box: Located 10 minutes NE of Bedford, Iowa. From the north on IA Hwy 148: south to 220th Street. Left 3.5 miles to Co. Rd. N44/Lake Road. Right 1 mile to park entrance and turn right. From the south on IA Hwy 2 go just east of Bedford to Co. Rd. N44/Lake Road and take a left for 3 miles to the park entrance. From park entrance: Follow signs to Park Office. Start box is stand-alone box in Office foyer.

POC: Sandy Spaulding sandyspauld@yahoo.com 712/322-2797

Lewis & Clark State Park
Visitor Center, Onawa, Iowa
Event ID: 115116 2020/Y2559

Lewis and Clark Park is popular for family picnics with more than 30 acres of picnic grounds with tables, grills, and drinking water. The 250 acres of Blue Lake offer a variety of water-oriented recreational opportunities. The park has a full-sized reproduction of Lewis and Clark's replica boats on display: a keelboat, two pirogues, a dug-out canoe, The Iron Boat, and a bull boat. On August 10, 1804, the Lewis and Clark expedition arrived at the site where Lewis and Clark State Park now lies. The park has been designated as part of the Lewis and Clark National Historic Trail by the National Park Service.

Description: Trail is on grass and dirt trails and park road. Stroll past a replica keel boat, the work horse of the Lewis and Clark Expedition. The shady trails through the woods are a birdwatchers delight.

Distance/Trail Rating: 5K/10K Rated 1B

Amenities: Restrooms Yes Pets Yes Strollers Hard Wheelchairs Hard

Directions: From I-29 take exit 112 (Onawa) turn west about one mile to park entrance on your right. Turn right on park loop and go about 1.3 miles to Visitor Center.

POC: Sandy Spaulding sandyspauld@yahoo.com 712/322-2797

Prairie Rose State Park

Park Office Front Porch, Harlan, Iowa
Event ID: 115120 2020/Y2561

Prairie Rose State Park is one of the most attractive outdoor recreation areas in western Iowa. The 422-acre park lies in a region of scenic hills, six miles east and three miles south of Harlan. The park received its name from a small town called Village of Prairie Rose which was once located near the present park location. Plans for Prairie Rose were initiated in the 1930s. However, actual construction of the dam started in 1958 with the park dedication taking place in 1962.

Description: Nature walk following the edges of Prairie Rose Lake on mostly well-groomed trails, park road and boardwalk.

Distance/Trail Rating: 5K/10K Rated 2B

Amenities: Restrooms Yes Pets Yes Strollers No Wheelchairs No

Directions: Take I-80 Exit 46 (Prairie Rose/Walnut). North on Shelby County Road M47 to park entrance. Go to the Park Office. After signing in, drive to a different start for either the 5K or 10K.

POC: Karen Dix-Johnson kdix3@cox.net 402/452-8422

Stone State Park

Pammel Shelter, Stone State Park, Sioux City, Iowa
Event ID: 115115 2020/Y2558

Stone Park is recognized nationally as an "Urban Wildlife Sanctuary". The rugged topography of Stone Park, which is typical of the Loess Hills, offers many scenic vistas of wooded valleys, dry prairie ridges, the Big Sioux River, and the neighboring states of South Dakota and Nebraska. In early May the woodland flowers bloom and in June the little Hackberry Emperor Butterflies come out by the thousands. Only pit toilets near start point. Carry own water as there is no water available at start. Walking sticks/bug spray recommended.

Description: Trail is mostly on multi use tree lined park trails in the Loess Hills. Trail has several overlooks with views of the surrounding area.

Distance/Trail Rating: 5K/10K Rated 3C

Amenities: Restrooms Yes Pets Yes Strollers No Wheelchairs No

Directions: From I-29 take Exit 151. Follow signs to Stone State Park four miles. About two miles from I-29 you will want to be in the left hand lane for the upcoming light so that you can turn left. Park entrance will be on your right. Upon entering the park follow signs to Park Office. Walk box is on the side of the building. After registering, you will drive to the Pammel Shelter parking lot.

POC: Sandy Spaulding sandyspauld@yahoo.com 712/322-2797

Waubonsie State Park

between Sidney and Hamburg, Iowa
Event ID: 115114 2020/Y2557

\$5 entrance fee for non-Iowa residents. Waubonsie State Park provides a walk through woods, grassy areas, in valleys and ridges of the scenic Loess Hills of Iowa. Spectacular views of the Missouri River.

Description: One very steep descent and ascent over a 1 km stretch on Sunset Ridge Trail. Sunscreen, insect repellent, long pants, hiking stick strongly recommended.

Distance/Trail Rating: 5K/10K Rated 2B

Amenities: Restrooms Yes Pets Yes Strollers No Wheelchairs No

Directions: From I-29, take Exit 10 for Iowa Hwy 2. Turn east, toward the hills, for 5.5 miles. Turn right at sign for Waubonsie State Park and follow signs for Park Office.

POC: Jeanne Miller jeanneno@gmail.com 402/981-0463

Walks to Take

So much is going on in 2020!! Use this page to keep track of your walking plans.

Traditional

- March 7 Soup Walk
- April 4 Bockfest
- May 9 Field Club/Columbus Park
- Sept 19 Standing Bear Lake
- Oct 4 Hitchcock Nature Center
- Nov 7 Pie Walk
- Dec 5 Lights Walk

2020 State Park Centennial

You may walk these any time May 1-October 15 or if you'd rather walk with others, group walk dates are listed.

- Beeds Lake SP (May 1)*
- McIntosh Woods (May 2)*
- Pilot Knob SP (May 2)*
- Lewis & Clark SP (June 6)
- Stone Park (June 6)
- Big Creek SP (June 16)*
- Mines of Spain SRA (June 20)*
- Ledges SP (July 17)*
- Waubonsie SP (Aug 29)
- Lake of Three Fires SP (Aug 29)

Lake Macbride SP (Sept 10)

- Palisades-Kepler SP (Sept 11)
- Mines of Spain SRA (Sept 12)
- Volga River SRA (Sept 13)
- Pikes Peak SP (Sept 14)
- Lake Darling SP (Sept 15)
- Geode SP (Sept 16)
- Stephens State Forest (Sept 26)*

These walks are part of a 7-day bus trip sponsored by Iowa's Walking Club. Details at iowaswalkingclub.org

- Lake Anita SP (Oct 2)
- Prairie Rose SP (Oct 3)
- Lake Manawa SP (Oct 3)
- Hitchcock Nature Center (Oct 4)

And don't forget our 8 YREs on pages 17-20 of this book!

*Details at iowaswalkingclub.org

Nebraska Trailblazers

The Great Plains Walking Club

Membership Application

Date _____

Why become a member?

Club members can vote for club officers and for the annual Walker of the Year award. Club members get a discount on the Annual Dinner and other club events, as well as the cost of walking a Year Round Event for credit more than once in a year's time. Club members also receive the newsletter, *Footsteps*, and are recognized for their birthdays, anniversaries and walking achievements.

Single Membership \$10/year
 Individual Membership

Family Membership \$15/year
 Family Membership

Name _____

Address _____

City _____ State _____ Zip _____

Birthday (mm/dd) _____ Phone _____

Email _____

Family Membership:

Spouse:
Name _____ Birthday (mm/dd) _____

Anniversary (mm/dd) _____

Other Family Members

Name _____ Birthday (mm/dd) _____

Name _____ Birthday (mm/dd) _____

Name _____ Birthday (mm/dd) _____

Name _____ Birthday (mm/dd) _____

Are you interested in volunteering? Training is available.

Working start/finish tables

Monitoring checkpoints

Leading group walks

Adopting walks

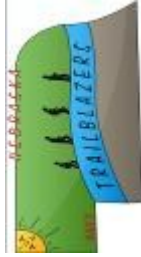
Meeting treats

Walk greeters

Please fill out and return with payment to:

Nebraska Trailblazers
PO Box 8147
Omaha NE 68108

Membership runs one year from application date



Nebraska Trail blazers
PO Box 8147
Omaha NE 68108



AMERICA'S
WALKING CLUB
— ESTABLISHED 1976 —

