

# Footsteps

## Fun, Fitness, Friendship

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### The Prez Sez...

#### Pace Yourself

This title seems appropriate as the world is still watching ups and downs in COVID cases and getting outside to walk still holds some narrative of caution. First though, here's hoping you are all well, keeping safe and continuing to walk, exercise and stay mentally healthy.

Pacing yourself is always a good move when walking. Depending on your fitness level, age, and yes gender, there can be marked differences in walking speed average as you journey through life (see: <https://www.healthline.com/health/exercise-fitness/average-walking-speed>). The article in this link has some great charts on average speeds through the lifecycle (as you look at the charts note that a pace of 3.2 miles per hours would roughly equate to 5k per hour). Volkswalkers, over the years, have often well-conditioned themselves for 5k and 10k walks (and more) in a day. However, some of us may not be up to our usual pace after the past few months and need to think about working our way back to our usual speed. The article notes: "Always listen to your body and exercise safely to prevent injuries....Consider setting attainable goals for yourself and rewarding yourself when you meet them.....A walking speed of 3 to 4 miles per hour is typical for most people. However, this can vary based on many factors including your fitness level, overall health, and age."

Now, the other self-pacing to talk about is returning to past activities you love as COVID cases are still around worldwide. Factual news sources are constantly updating the U.S. map with states climbing, staying the same or declining in cases. So again, always listen to your own body and mind is regard to returning to activities you are used to. Traditional group Volkswalking will be here for you when it is safe *in your mind* to join in. Some of our colleagues across the U.S. are back walking in groups using AVA guidelines on mask recommendations, physical distancing, and special start-point/finish table set-ups; some have not. We will let you know as soon as we jump in with group walks.

The church we hold meetings in is still closed to outside organizations. In an [Online Letter from Pastor Chris](#), June 2020, he notes:

"...our Congregation Council has authorized two distinct task forces to help us prepare wisely for potential future gatherings. These task forces, one for worship and one for our preschool ministry, are

examining our building, meeting spaces, bathrooms, and sanctuary and offer recommendations and best practices to mitigate the spread of infectious disease. Please know that we will likely implement policies and procedures that follow the most recent guidelines of our public health officials. Once our Congregation Council has made these critical decisions, we will communicate thoroughly and swiftly with the congregation and larger Morning Star community."

So for now, please pace yourself, walk when you can and remember we still have **Year Round Events (YREs)** and the **20 Parks in 2020 Seasonal Events (SEs)** to walk. Except for Westroads (where the startpoint has gone dark), our walk boxes are in place and ready for access across the state. Also, I can announce that the board and our current YRE POCs have agreed, apart from Westroads *for now*, to renew our YREs for 2021.

We are keeping hope alive for Westroads in 2021 because it is such a great place to walk when it is below freezing or extremely hot outdoors. [Any suggestions for a new Westroads startpoint are welcomed.](#)

Let's wrap this up with some bittersweet news. The longtime awesome Volkswalk club in Lincoln, NE has decided to close shop. Over the years their great leaders and club members have sponsored amazing YREs (i.e. the State Capitol, Wesleyan Campus, Seward, and Nebraska City) and Traditional Walks (i.e. Antelope Park, Halloween Wyuka Cemetery, and Seward 4th of July) and run a tight ship. Our board has agreed to adopt the: *State Capitol YRE* (and welcome POCs Stan and Carol Fraas as NWFT members); *Seward YRE* (NWFT member Lori Anderson as POC); and change the *Nebraska City* walk to a Seasonal Event (April 1 to October 31). NWFT members Donna Campbell and Lee Frantz will be POCs for Nebraska City—these dates will fittingly cover Arbor Day, Apple Blossom Time, and Applejack Festival days. Again, thank you to the Lincoln Volkssport Club, Inc. for their many years of fun, fitness, and friendship.

Walk to Live, Live to Walk,  
Be Safe, Stay Healthy,

~Lee

## Sandy Speaks

Well, in the last newsletter, I wrote that Covid-19 would be just a memory by the time our Blazin' Trails, Tellin' Tails event came in October. Seems I was mistaken. This little virus that was supposed to disappear when the heat of summer came just is not following the rules. So, we've cancelled our Regional Roundup event. Thanks to all of the committee members who did lots of work to put it together.

We do plan to continue our fall events with some new rules in place. There will not be food served, so no breakfast in September. We will be social distancing, requiring use of masks when you are near others, bringing exact change to the walks in an envelope. Using your own pen if possible when completing the start cards/signing the waiver. For those of you who have printing capabilities, we may even encourage you to print your own start card at home, sign it and bring it to the event.

What we can look forward to-September will bring a great walk around Standing Bear Lake. If it is completed in time, we will walk on a new boardwalk skirting the west end of the lake, avoiding that walk along the road. In October, we will still host the Sunday walk at Hitchcock Nature Center. If you have been doing the state park walks, you will be all ready for the new trails at Hitchcock. November takes us to Ashland, Nebraska. We are waiting to see if we are able to share pie. Our friendly virus is the only one who knows the answer to that. And in December, we plan to host our Christmas Lights walk starting at Urban Abbey.

We've completed all of the state park walks. They have been fun with a variety of trails and lots of fresh air. The trails have been empty of traffic and people but full of birdsong. I was really surprised to find a new Little Free Library at Lake Anita. We managed to get in on the Travel Iowa challenge and earned T-shirts and park prints as well as entries into the drawing for a weekend at an Iowa Park resort. It's helped get us out of the house and given us something to look forward to. We have walked our neighborhood walk lots of times. It's been fun to watch the change in the scenery day by day. We have lots of gardeners in our neighborhood, so lots of pretty flowers. Of course, it also has given us those stamps we need to complete the AVA Centurion Program and steps for the AVA virtual online program covering the Appalachian Trail.

This has been a year for foxes for us. We have a mother that has taken up residence behind our house. We've gotten to see her trot through our yard several times. Her baby (kit, pup or cub) has only appeared in our back yard once, but he/she is beautiful. Our other encounter with a fox was a strange sighting. We were prewalking the Bockfest walk and there was a fox relieving herself by a building in the open right by Saddlecreek. She had to finish her business, so it remained there for a few seconds before it scurried into some bushes. We will have to watch for her next year when, hopefully, we can do the Bockfest walk without the fear of contagion.

We hope to see you all in September. We miss all of our walking friends!

~Sandy

## State Park Spotlight: Lake Manawa State Park

As part of the 20 Walks in 2020 and the celebration of 100-years of park management in Iowa, the Nebraska Wander Freunde Trailblazers have adopted the 2020 Seasonal Walk at Lake Manawa State Park, 1100 S. Shore Dr, Council Bluffs, IA 51501. Lake Manawa State Park (Pottawatomie County) has 1,529 acres encompassing a beautiful 772 acre natural lake. Lake Manawa was formed during a flood in 1881 when a portion of the river channel was cut off by the meandering of the great Missouri River. Over the years, the resulting "oxbow" lake, became a major outdoor recreation center for thousands of visitors. "Manawa" is a Native American term meaning "peace and comfort". Lake Manawa is the premier boating spot in the Omaha/Council Bluffs area, a favorite spot for anglers of all ages, and a great place for swimmers and sunbathers, young and old. A modern beach facility provides opportunities for swimming, as well as refreshments.

The AVA 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; The 10K walk reaches to lake housing on the eastern shore and has a short stretch on The Wabash Trace Trail (a 63-mile (101km) rail trail stretches from Council Bluffs southeast to the city of Blanchard, IA). No camping is currently available at this park. Lake Manawa is a Carry- In/Carry-Out park. All trash/refuse must be taken out with you. The park is open daily from dawn to dusk. There is a \$5.00 permit required for out-of-state licensed vehicles. One of 20 Iowa State Parks in 2020 / Pottawattamie County. For more information email [walk20in2020@gmail.com](mailto:walk20in2020@gmail.com)

Amenities within the park include: Bait, Beach, Bicycling, Bird Watching, Boat Launch Ramp, Boat Rental, Boating, Camping - Youth Group, Canoe Rental, Canoeing, Concession, Dock, Boat, Dump Station, Firewood Sales, Hiking, Horseshoe Pits, Kayaking, Mountain Biking, Picnic Area, Picnic Shelter, Pier, Fishing, Pit Toilets, Playground, Restrooms, Retail, Bait & Tackle, Swimming - Beach, Trails, Bicycle, Trails, Cross Country Skiing, Walking, Wildflower Viewing, Wildlife Viewing

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 wooden box on post near the parking area.

## Mark your calendars: Upcoming Events!!

***Please note that many events have been canceled or postponed***  
***Double check the calendar below to make sure your event is still scheduled***

### July

- 10 Tenney Park Walk, Madison WI ..... Madison Area Volkssport Assn.
- 12 Woodbury Thrives Family Volksmarch, Woodbury MN ..... Twin Cities Volkssport
- 12 Ice Cream Social, Silver City SD ..... Black Hills Volkssport Assn.
- 15 City of Osseo Walk, Osseo MN ..... Twin Cities Volkssport
- 18 Finley River, Ozark MO ..... Dogwood Trailblazers
- 18 Forestville State Park Walk, Preston MN ..... NorthStar Trail Travelers
- 19 Lake Louise State Park Walk, Leroy MN ..... NorthStar Trail Travelers
- 19 Homestake Trail, Lead SD ..... Black Hills Volkssport Assn.

### August

- 8 French Regional Park, Plymouth MN ..... Twin Cities Volkssport
- 22 Melrose Celebration Walk, Melrose MN ..... Central Minnesota Volkssports
- 22 Baraboo Walk, Baraboo WI ..... Madison Area Volkssport Assn.
- 22 Grand South Grand Walk, St. Louis MO ..... St. Louis-Stuttgart Volksmarch Club
- 29 4th Annual Charity Walk, Leavenworth KS ..... Kansas JayWalkers

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

or like us on Facebook



## NWFT Officers

President  
Lee Frantz

Vice President  
Open

Secretary  
Dave Brown

Treasurer  
Jill Champley

## Speaker Schedule

- |         |  |
|---------|--|
| Sept 14 | Kathy Aultz, Douglas County Historical Society<br>"Chief Standing Bear, the Man"                               |
| Oct 5   | Eric Williams, Natural Resource Planner, Papio-Missouri Natural Resource District<br>"Omaha Metro Area Trails" |
| Nov 2   | Nicole Guthrie, Director of Community Engagement<br>"The Urban Abbey Café" (December Lights Walk start point)  |
| Dec 7   | Jerry & Betty Golmanavich, NWFT members<br>"Street Organ Grinder" and Music Demonstration                      |

## Meeting News

If possible, the next club meetings will be September 14, October 5, November 2, and December 7, 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

May & June 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,

snail-mail: NWFT  
PO Box 8147  
Omaha NE 68108