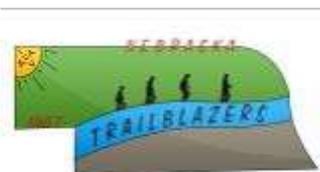


Footsteps

Fun, Fitness, Friendship

Volume XXII Number 3

May/June 2021



The Prez Sez...

Just to think, we are four months into the year 2021 already. Time really flies when you are walking more and enjoying time spent with your fellow club

members. There are many upcoming events to keep us busy, as the days are presenting more of a familiar routine in comparison to last year at this time.

Coming up soon is our walk event on May 15th at Eugene T. Mahoney State Park in Ashland, NE. With a start time of 8:00-11:00 a.m., please be off the trail by 2:00 p.m. on that day. There will be free entrance into Mahoney State Park on this day only. There are two loops for this event. The 5k is along sidewalks and park roads and rated 1a. It is fine for strollers and wheelchairs. The 6k is rated 2b and is considered a challenge route, with walking sticks recommended. In addition to sidewalks and park roads, this route includes dirt trails through beautiful Mahoney State Park. The 6k is NOT accessible for anyone with mobility issues. The 10k route option would be a combination of the two, and you get an extra K thrown in for good luck. The 10k combined is NOT accessible for strollers and wheelchairs. Directions: Eugene T. Mahoney State Park, Bur Oak Shelter, Ashland, NE. Take I-80 to exit 426, Hwy 66 to Mahoney State Park entrance.

Follow park road to Bur Oak Shelter on the left across the road from the miniature golf course. There is parking both north and south of the shelter. Look for yellow AVA signs. Our pre-walk for volunteers for this event will be on Saturday May 8th at 10:00 a.m. Also a reminder to please use the following link to sign the waiver online to protect our volunteers: <https://forms.gle/5Zs9NUDJnsnXS5u48> Only three weeks following the Mahoney State Park event, make a short journey down I-80 to Neola, Iowa for National Trails Day at Arrowhead Park. Taking place on Saturday June 5th, this National Trails Day event has been approved by the American Hiking Society. Start time for this event is from 9:00 a.m.-12:00 noon, and be off the

trails by 3:00 p.m. There will be two 5k loops, one being very hilly with sloped uneven paths, and the other 5k has less hills and more park road. Walking sticks are recommended. Directions: Take I-80 to Iowa exit 23, which is the Neola exit. Turn South toward Kum and Go to Sycamore Road. Left on Sycamore road following signs to Arrowhead park. Before road turns to gravel, turn left staying on paved road into the park for about .4 miles (4th drive on right) to parking for Dilbert's Den. Watch for the yellow AVA signs. Also a reminder to please use the following link to sign the waiver online to help protect our volunteers: <https://forms.gle/JVeqaGLaNZHiVnuN6> If you haven't already made vacation plans for this Summer, please consider attending the AVA National Convention in Madison, WI. This event is continuing on as scheduled from June 29th through July 2nd. Pre-convention events including walking and biking will be held on Saturday June 26th through Tuesday June 29th. Additional information regarding these pre-convention events is available on the AVA website. Club member Lori Sue Anderson has volunteered to represent our club as delegate at the convention, with Karen Dix-Johnson volunteering as our alternate delegate. On behalf of the club, many thanks to you both for volunteering to represent our club. It is most appreciated! If you're interested in attending the convention, please pre-register on the AVA website at www.ava.org. I hope everyone is able to get out sometime soon and enjoy our beautiful Spring weather. Join us at one of our upcoming walk events, meet your fellow club members, and get some exercise at the same time!

Stay Safe, Stay Healthy
and Happy Walking,

~Steve

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For the latest on events and news visit our website:

<http://www.netrailblazers.club/>





Sandy Peaks

National Walking Week was first celebrated in April, 2020. Oops. Guess it really wasn't. But it was supposed to be. This annual celebration of all things walking finally got off the ground this year. There were proclamations in many cities

and states, including Omaha. It was delayed by circumstances in our local government, but did make it through just in time for the week. We experimented with different places and different times. We did lose a day because of the Easter Holiday. We found that 1 p.m. and 5 p.m. on weekdays are good times. We found out that 4 p.m. is not. We had a good turn out on Saturday, but an even better on Monday evening when 25 walkers walked around Walnut Creek on a cool and very windy evening. Over the week, we had 89 walkers which included 52 different individuals. Even better, it included 32 new walkers. And many of them came back for the Bockfest walk. We had new memberships and sold new walker packets.

All this interest from new walkers has reinforced what we have heard from other clubs is that weekly walking events are a way to jump start growth in our club. I hope you will help us take advantage of this by adopting a walk or two. These free weekly walks, called ACE events, were introduced to you in the last newsletter. Very simple to do with none of the regular AVA requirements. Only need to have the walkers sign a waiver. It is often left to a few of the club members to set up the walks that you all enjoy. Can you take one evening to share your love of walking with new walkers? Pick a day time and place and let Steve or myself know and we will get it publicized. We will make sure you have everything you need to make it happen.

On another note, all of our seasonal/YRE walks are now on the Online Start Box. Thanks to Jeanne Miller for all of her help getting this done. You can still do the walks the traditional way going to the physical start box to register and stamp your books. Or skip the physical start box and do it all online. Just do not do both on the same day! Check out Jeanne's tutorial [here](#). The new seasonal walk starting at Memorial Park is only on the Online Start Box, so you will need to register online for this one. Even if you do not want to use the Online Start Box, you should register for an account on my.ava.org. The current AVA.org will be going away and replaced by this new system. It is much more user friendly with lots of added features.

See you on the trail soon!

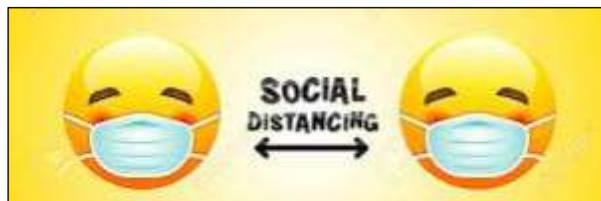
~Sandy

Covid-19 Protocols

We truly value every one of our walkers and the volunteers that make our walks happen. In order to minimize the risk of infection, we've adopted the following procedures at our walks. These procedures may be altered if CDC guidelines change.

- **MASKS ARE REQUIRED AT THE REGISTRATION and FINISH TABLES**, per AVA guidelines. Please keep your mask on as you gather before and after the walk. We also require **6' Social Distancing** in those areas.
- Our volunteers will be gloved and masked. We will sanitize supplies and the workspace as needed.
- Register ahead of time, using our convenient eRegistration. If you cannot use eRegistration, a paper Start Card will be available for you to complete. Please bring your own pen to do so.
- Bring payment in an envelope, using exact change or a check (made payable to NWFT). \$3 per walker.
- Credit Walkers: Leave your books at the Start Table to be stamped while you're walking. Collect them at the end; they will be placed in alphabetical order on the table.
- Collect your trail map and off you go! Once you're walking, folks from different households should maintain at least a 6' social distance (your arm is about 3' long). Masks can come off while walking so long as that distance is maintained.

When you return and you're ready to socialize, that will take place in an open area after the event. For outdoor socialization, please bring your own lawn chair.



Papillion Butterfly Walk



Photos courtesy of Diana Webb

Papillion Butterfly Walk



Photos courtesy of Diana Webb

Plantar Fasciitis—Ouch!

By Lee Frantz

'In the United States alone, approximately 2 million Americans suffer from arch or heel pain each year. Heel pain is typically located on the underside of the heel, and occasionally behind it. Bottom of the heel pain is most caused by a strain of the **plantar fascia**, or the main ligament on the bottom of the foot. Therefore, it is commonly referred to as **plantar fasciitis** (i.e. inflammation of the plantar fascia).' https://samuraiinsoles.com/blogs/landingg/plantar-fasciitis-cause-symptoms?gclid=EA1aIQobChMiw_nIirWa8AIVAz2tBh15NA4CEAAYAiAAEgKlIPD_BwE

As my spring walking got underway, I noticed severe pain developing on a pinpoint spot on my heel. It felt like someone was driving a nail into my heel. After ice, acetaminophen, elevation, and rest did not seem to help I went to a podiatrist in mid-April. This is my second bout of plantar fasciitis and when you cannot dare to touch down on your heel (without tearing up) after a Volkswalk, it is smart to get help. After x-rays, foot manipulations and strict orders to wear the type of walking shoes the doctor recommended I now have a course of action and will hopefully have some heel-healing soon.

So, Step 1 (ha ha) was getting my foot wrapped in a super strength tape after the doctor manipulated and relaxed my foot into a "normal position." Supposedly this is like at birth—which was probably the last time my foot was in a normal position. I am not good at relaxing my foot and letting someone move it around. She corrected that too—by firmly telling me to "relax your foot," 10-15 times in a half an hour. Quite sure I know that stretching daily, and especially right before a walk, is helpful in relaxing my feet. I just have to remind myself to practice what I know.

Step 2 will be a cortisone shot and some more taping. I already have costly custom plantar fascia support inserts and the doctor determined those to still be usable. Just a thought, if you ever face this condition, custom inserts may be prescribed as a part of normal treatment. Inserts take pressure off the ligament.

Step 3, more tape, ice and resting until she tells me I can walk long distances again. Since I do not want to be "selling" in this article I will not

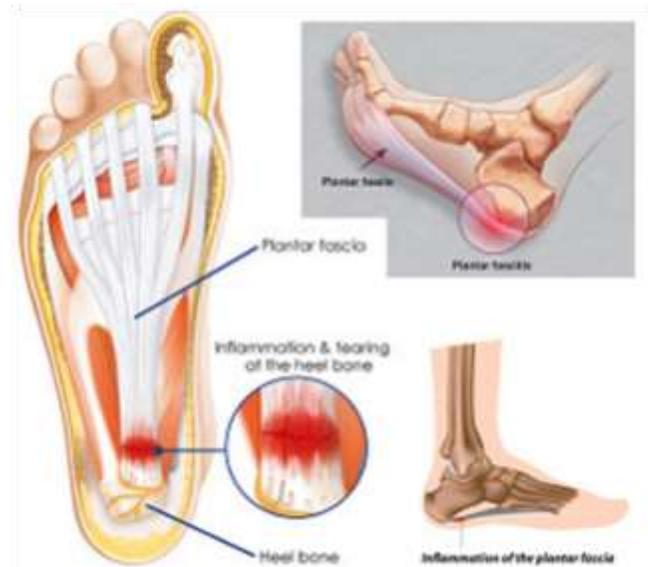
mention the podiatrist, or the insert or the shoe company in this article.

Step 4 is to Walk Properly. In thinking about what I may have done (besides changing shoe brands a couple of years ago) to contribute to this heel pain, I realized I take long walking strides and I come down hard on my heel. To correct this, I need to take shorter steps, bend a little into my walk, and not crash down on my heel. In other words, I need to use more of my whole foot when coming down in my step.

This will take some work. My walking habits are 70+-years old and are formed somewhat by the polio I had when I was 2-years old; and there are years of military marching, flight boots and bad habits on my part that also contribute. However, if I want to avoid this pain or the possibility of surgery, I need to correct my walking habits. If interested, here is a video on walking with plantar fasciitis: <https://www.youtube.com/watch?v=cQz7I78x3Xs>. It seems to also make sense regarding walking in general.

Walk in health,

~Lee





Mark your calendars: Upcoming Events!!

May

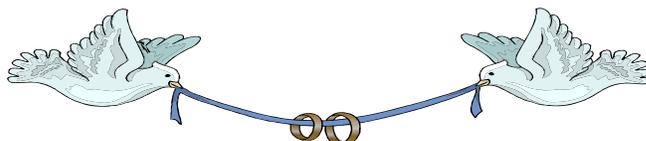
- 1 Huffin' & Puffin' on the High Plains of Kansas, LakinSunflower Sod Stompers
- 1 Huffin' & Puffin' on the High Plains of Kansas, Syracuse.....Sunflower Sod Stompers
- 2 Huffin' & Puffin' on the High Plains of Kansas, JohnsonSunflower Sod Stompers
- 2 Huffin' & Puffin' on the High Plains of Kansas, UlyssesSunflower Sod Stompers
- 5 Valley of the Flowers Festival Walk, Florissant MO St. Louis-Stuttgart Volksmarch Club
- 8 St. Croix State Park Spring Walk, Hinckley MN NorthStar Trail Travelers
- 15 Eugene T. Mahoney State Park Walk, Ashland NE Nebraska Trailblazers
- 15 Brentwood Parks and Neighborhoods, Brentwood MO.....Gateway Milers
- 15 Good Earth State Park Walk, Sioux Falls SD..... Prairie Wanders Volkssport Club
- 15 Belleville Walk, Belleville WI..... Madison Area Volkssport Assn
- 15 CASA 5th Annual Walk, Leavenworth KS Kansas JayWalkers
- 15 MS Gateway Regional Park Walk, Brooklyn Park MN Lake Country Wanderers
- 22 Brooklyn Center Girl Scout Walk, Brooklyn Center MN Twin Cities Volkssport

June

- 5 Lafayette Park, St. Louis MO St. Louis Walkers
- 5&6 Spring Crazy Horse, SD Black Hills Volkssport Assn
- 5 National Trails Day, Neola IA Nebraska Trailblazers
- 12 A March Through History, Sturgis SD Black Hills Volkssport Assn



Madison AVA



NWFT Officers

President
Steve Burkland

Vice President
Jim Webb

Secretary
Dave Brown

Treasurer
Jill Champley

Speaker Schedule

TBA



Meeting News

When possible, we hope to be able to meet in person again. Changes may have to be made, but in the past, the meetings started at 7:00 p.m., with 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.

Changes to Club Dues

Information on the club dues structure for 2021 is as follows:

- Anyone who joins in **2021** will join for free and their membership expires **12/31/21** (a benefit that Lincoln members who join us will like).
- All club members current as of **1/1/21** have their memberships expire **12/31/21**.
- All club members in **2021** who wish to be club members in **2022** will pay \$10 individual or \$15 family due by the annual banquet in January **2022**.
- Anyone who joins later in **2022** will have their membership pro-rated so that it expires **12/31/22**.
- Since club members who adopt a YRE/SE/Traditional Event have no annual dues, per our by-laws, they will receive 5-coupons valued at \$3 apiece for use only at our club events.

Renewal is \$10 for a single membership and \$15 for a family membership.

Please send renewals to: NWFT
PO Box 8147
Omaha NE 68108

Send in Your Newsletter Info

To place info/articles/photos in the next newsletter,



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