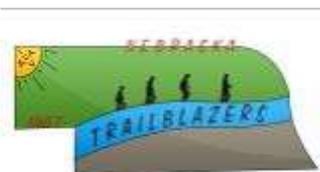


Footsteps

Fun, Fitness, Friendship

Volume XXII Number 4

Sept/Oct 2021



The Prez Sez...

As I write this column, amazingly the kids are back in school already, and the days are quickly getting shorter. Where does the time go? Fun Fall events for us to enjoy are just around the corner.

Coming up soon on the 11th of September, is our Patriot Day walk event at Standing Bear Lake. With a start time of 8 am-11 am, and off the trails by 2 pm. The 5k walk is rated 1A, flat and easy, and goes over the new floating bridge completed in October 2020. The 10K route extends the walk south and has gentle inclines. We will be collecting food items for Feed America at this event, so please bring your non-perishables to the walk. Most needed items are peanut butter, macaroni and cheese, canned tuna and chicken, cereal, pancake mix, and canned fruit and vegetables.

Directions: Entrance #4 to the park is on N.132nd St, between Military and Fort St. on the west side of the road. Follow the winding park road to the end. Shelter is set back in the trees behind a children's playground. Look for the yellow AVA signs. We are still in need of some volunteers for this walk event, so when you have time please take a look at the available volunteer options below that are still open for this walk. Please respond to me directly if you are interested in volunteering:

Start Table 7:45 am — 10 am

Start Table 10 am — 11 am

Checkpoint at boat ramp 11 am—1 pm

Finish Table 9 am — 11 am

Finish Table 11 am — 1 pm

Greeter 8 am — 10 am

Also a quick reminder to please use the following link to sign the waiver online to protect our volunteers:
<https://forms.gle/HCCntCuoNYRtKfnS8>

Also coming up on Saturday October 2nd is our Midtown Walk, located at Ahmad's Persian Cuisine at 4646 Dodge St. With a start time of 11 am-12 noon, and off the trails by 2 pm.

The 5k route for this walk keeps you north of Dodge Street, taking you into the historic Dundee neighborhood and through Memorial Park. The 10k route extends the walk up to Metcalfe Park, and takes Happy Hollow Blvd through Memorial and Elmwood Parks, visiting the Happy Hollow neighborhood and Holy Sepulchre Cemetery. Walking through Memorial Park does require descending two sets of broad steps. Both the 5k and the 10k routes are rates 2A. We hope you can join us for this fun Fall event.

Finally in closing, a quick reminder that we are finally having an in person club meeting! This club meeting will be taking place on Monday, September 13th, at 7 pm at Morning Star Lutheran Church, located at 331 South 85th Ave, in Omaha. The meeting will take place in the chapel area, with wearing of masks required, as they are currently mandatory in the church. Our speaker for the September 13th meeting is Eric Williams with the Papio-Missouri River Natural Resources District. He will be making a presentation on "Omaha Metro Area Trails".

I hope you all will be able to join us!

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 speaks

This will be a short and sweet article this month. First I just want to remind everyone that The Big Give is September 23rd this year. AVA is still reeling from the pandemic. Great things are coming, especially with the international Olympiad in 2023, but until then, they are still struggling with low walker numbers. To sweeten the deal, they are going to give away 10 complete registrations to the Olympiad (think AVA convention on steroids!). To have a chance to win one of these great prizes, you must donate \$100 or more to AVA during the Big Give. But they will be happy with whatever you would like to give. Watch for an email that tells you what times we can donate that helps get matched funding for our donations. Last year our club won a free convention registration which went to one of our members. An almost \$400 savings!

Check out the new schedule for the rest of this year and next. I am especially excited about our new Chadron walks. We went out and did a test run of the trails. I fell in love with White River. It was fun to walk the trails the college has set up in Chadron. We were not too crazy about the third walk and now have moved it from Toadstool Geological Park to Agate Fossil Beds National Monument. This sounds like a great trail. The 5k is all on paved trail or boardwalk. I can't wait to check it out.

Hope to see you all on the trail soon!

~Sandy



Walker of the Year

Now Accepting 2021
Walker of the Year Nominations

Our club is blessed with so many great volunteers! They organize and put on meetings with speakers and treats. They scout out walks, map them and work for hours on walk days to greet, register and walk with new and old friends. They take pictures and keep those memories alive for the future. Our club recognizes one of these people every year as the "Walker of the Year." Can you think of someone deserving of recognition, either as a volunteer or as someone who



exemplifies the spirit of fun, friendship and fitness?

Nominees will be listed in the November/December newsletter and voted on in late November/early December. The person with the most votes (all of them are winners!) will receive the traveling trophy at the January Annual Meeting.

Thank You

Thanks to all who sent cards and prayers our way when my mom passed away last month. She was a grand old lady and will be missed by her family as well as those who knew her.

Julie Brown

2021 Events

2021 Events

- Sept 11 Traditional Standing Bear
- Sept 25 Apple Jack Festival-Nebraska City
- Oct 2 Traditional Midtown-Ahmads
- Oct 12 Lincoln daytime walk
- Oct 23 Hanscom Park
- Nov 6 Traditional Little Bohemia
- Dec 3 Traditional Lights Walk

2022 Events:

- March 5 Soup walk- St. Johns UCC, Council Bluffs
- April 1-7 **National Walking Week**
 - Fri, Apr 1-Prairie Queen-Daytime walk
 - Sat, Apr 2-Traditional walk Bockfest Crescent Moon
 - Sun, Apr 3-Chalco-Afternoon walk
 - Mon, Apr 4-Bob Kerry Bridge-Evening walk with possible club meeting in park to follow
 - Tue, Apr 5-Keystone Trail-Day walk
 - Wed, Apr 6-Walnut Creek-Evening walk
 - Thu, Apr 7-Wabash Trace-Afternoon walk
- Apr 26 Day walk in Neb City to see apple blossoms
- May 14 Auburn & Humboldt walks
- May 24 Downtown Ace day event
- May 30 ACE Event Memorial Day starting at 9 am at Performance Pavilion. MECA will promote with their opening weekend events. Partnering with Omaha Downtown Opening Memorial Day 2022
- June 4 Glenda Tucker & Joyce McNair Memorial Walk, Grand Island
- July Chadron club-Fur Trade Days 2nd week in July-Possible road trip to support the new walks in Chadron. Chadron sanctioning 2 YRE.
- June 18 Group walk in Seward
- Sep 10 Flanagan Lake-
- Sep 30-Oct 2 Regional Roundup. (Des Moines)
- Oct 29 Lincoln Wyuka Cemetery walk-Rose Quackenbush Memorial Walk
- Nov 5 Pie Walk
- Nov 25 Opt outside?
- Dec 3 Lights walk

New Special Programs for 2022

Rails to Trails *Small Town Town Halls*

Rails to Trails qualifiers: North Platte, Chadron White River Trail, Bob Kerry Bridge (if used for downtown), Wabash Trace. One day events: Valley View (if used Soup Walk)

Town Hall qualifiers: Ashland, Council Bluffs, Nebraska City, Seward. One Day events: Auburn, Humboldt

Setting up a Trail

Have you ever considered the mechanics of putting together our club's monthly, seasonal and year-round walks? Well, our club's 4 certified American Volkssport Association (AVA) Trailmasters sure have! Although every walk is different, every walk is the same in some key respects.

Our club has annual themed walks (Soup, Pie and Lights). Other walks during the year may feature a location, neighborhood or town that has caught the fancy of one of our club members. We have to follow AVA rules and offer a 10-kilometer (or more) walking route, with a 5-kilometer (or more) alternative. Somewhere along the potential 5 km route, we need to find a Start Point for the walk.

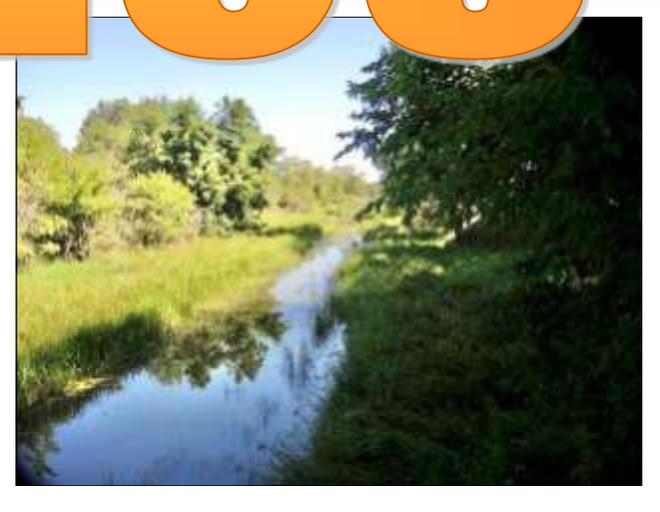
What makes a good Start Point? Nebraska and Iowa can have some weather extremes, so we prefer to have shelter over our heads in all months and 4 walls surrounding us in the colder months (and of course, to serve soup and pies!). Access to parking, restrooms and water is critical. Volunteers appreciate ease of setting up and taking down and especially so when the Start Point can provide tables and seating.

The most important consideration for a walking trail is SAFETY. Safe footing, safe crossings, safe persons. Directions and maps need to be clear and accurate, so that our walkers can come back to the Start Point, all the while enjoying Fun, Fitness and Friendship! (And, sometimes, Food!)

Our club's AVA certified Trailmasters are Butch and Sandy Spaulding, Lee Frantz (with assistance by Donna Campbell) and Jeanne Miller (with assistance by Steve Miller). If you've got an idea for a walk or would like to adopt a walk, these folks are ready to assist!

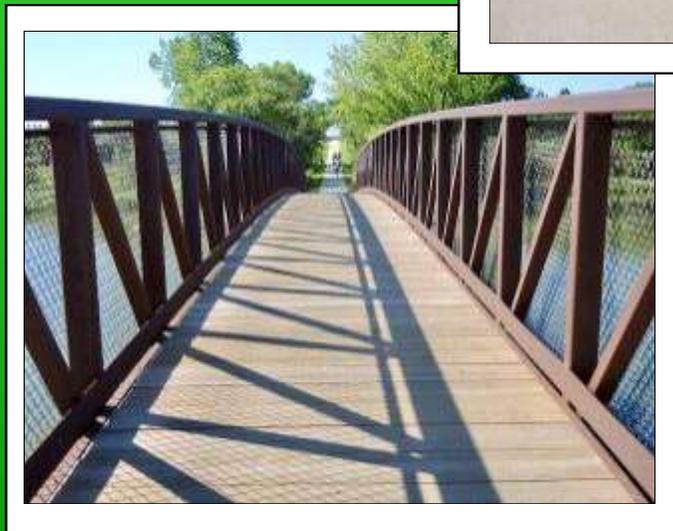


Chalco



Photos courtesy of Diana Webb

Chalico



Photos courtesy of Diana Webb



Mark your calendars: Upcoming Events!!

September

- 5 Essex Labor Day Walk, Essex IA Greater Des Moines Volkssport Assoc (GDMVA)
- 10-12 6 Walks: Plankinton, Armour, Tyndall, Wagner, Winner, Gregory, SD Prairie Wanderers Volkssport Club
- 11 Patriot Day at Standing Bear Lake, Omaha Nebraska Trailblazers (NWFT)
- 11 March to the Arch, St. Louis MO..... Gateway Milers (GM)
- 18 Downtown Breweries, Des Moines GDMVA
- 18 La Creek National Wildlife Refuge, Martin SD..... Black Hills Volkssport Assn (BHVA)
- 18 Battlecreek Walk, Maplewood MN..... Twin Cities Volkssport (TCV)
- 18 Stoughton Walk, Stoughton WI..... Madison Area Volkssport Assn
- 18 Pine Ridge Volksmarch, Pine Ridge SD.....BHVA
- 19 I-35 Walking Weekend, Wellington KS Sunflower Sod Stompers (SSS)
- 19 Traditional Walk, Wichita KS Pace Setters Volkssport Club (PSVC)

October

- 2 Midtown at Ahmads, Omaha NWFT
- 2 From Schuetzenpark to Sunderbrook, Davenport IA..... GDMVA
- 2 Osprey Trail 2@ Pactola, Hill City SDBHVA
- 3 Mural Walk, Cuba MO International Wanders (IW)
- 9 Walk for Wildlife/Girl Scout Walk Together, Granger IA..... GDMVA
- 9 Clayton Walk, Clayton MO.....GM
- 16 TCV Annual Meeting Walk, Coon Rapids MN TCV
- 29-31 Hoofin' it at Halloween, Fredonia, Howard, Parsons, Pittsburgh, KS..... SSS
- 31 Bellefontaine Cemetery, St. Louis MO St. Louis Walkers (SLW)

NWFT Officers

President
Steve Burkland

Vice President
Jim Webb

Secretary
Dave Brown

Treasurer
Jill Champley

Speaker Schedule

Sept 13 Eric Williams "Omaha Metro Trails"
Papio-Missouri River Natural Resources District



Meeting News

We will begin in-person meetings beginning September 13 at Morning Star Lutheran Church, 331 S 85th St., Omaha. The meeting will be held in the chapel area and masks are required. 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