Nebraska Trail blazers PO Box 8147 Omaha NE 68108





Nebraska Traiblazers 2019 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 10 different year-round events (YRE) along the Interstate-80 corridor and in the greater Omaha metropolitan area, including western lowa.

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: Trisha Abel 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



Nebraska Wander Freunde Trailblazers

The Great Plains Walking Club

Membership Application

Date				
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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.

	□Individual Membership		□Far	nily Membership	
Name					
Birthday (mm/dd)	F	Phone _			
Email					
Family Membership:					
Spouse: Name			Birthday (ı	mm/dd)	
Anniversary (mm/dd)					
Other Family Member	s				
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

Council Bluffs, IA

Lansky's Restaurant, 1131 North Broadway, Council Bluffs IA Event ID: 111805 2019/Y1099

Time: Mon-Thur 11a.m.—10 p.m.; Fri & Sat 11 a.m.—11 p.m.; Sun 11 a.m.—9 p.m. Closed major holidays. Between Oct and May restaurant may open earlier—please contact them 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: Louisiana Purchase, Water Fountain, Walk in City

Park

Award: "B" awards available for this walk.

Directions: Use I-80/I-29 to Manawa exit (exit #3). Turn left north on Iowa Hwy 192 to Kanesville (one block north of Broadway). At Kanesville turn right (east) to North Broadway. Turn left on North Broadway about ¹/₂ block to Lansky's on your right.

POC: Jim and Sheila Goeltz, 508 Lori Lane, Council Bluffs IA 51503 goeltzjs@cox.net

Shelby, IA—Old Stone Arch Trail

The Corn Crib (BP Gas Station), 12 East Street, Shelby IA Event ID: 111802 2019/Y1950

Time: Daily dawn to dusk. Store may close early on major holidays, call ahead for open hours (712) 207-2676.

Description: This trail will take you through small town lowa, along the Old Stone Arch Nature Trail, dotted with wildflowers, and through a wetlands area – former bed of the Rock Island Railroad. Restrooms in city park during summer months. Roadside and trail may not be cleared after snowstorms. Use suntan lotion and bug spray during warm months. Carry water on the trail. The Corn Crib is a great place to have a bite to eat after walking.

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

Special programs: Bridges Spanning the USA, Doin' The Louisiana Purchase, Take a Walk in a City Park, Treasure Hunt, United States Post Offices

Start Point/Driving Directions: From east or west take Exit 34 from I-80. Turn north a short distance and Corn Crib (BP Gas Station) is on your left.

POC: Sandy Spaulding, PO Box 8147, Omaha NE 68108 (712) 322-2797 spldngs@aol.com

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.ava.org.

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 \$5.

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!

Winter-B-Gone Soup Walk

Saturday, March 2, 2019
Childrens Square, 714 Avenue E, Council Bluffs IA
Start Times: 9:00 a.m.-12 noon, off the trail by 3:00 p.m.
\$3 IVV Credit/\$2 Non-Credit Walker
Event #113476

Come chase winter away at our annual soup walk!

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

Special Programs: Doin' the Louisiana Purchase, Walking the USA A-Z

Comments: Bring two cans of broth-based soup. One for the food bank and one for the pot. Stay and share a bowl of soup and visit with your fellow walkers.

Directions: from Omaha: Take I-80 into Iowa and follow I-29 North. Take the 25th St Exit 55. Turn south to Ave G. Turn left (east) on Avenue G to 7th St. Turn right (south) on 7th St to Avenue E. Children's Square will be on the right. From the East: Follow I-80 to US-6 W/E Kanesville Blvd Exit 8. Follow US-6 W/Kanesville Blvd west to Washington Ave (Washington Ave is the next street after Oakland Ave. The street sign for Washington Ave. is on the north. Main St is on the south side of Kanesville Blvd). Turn right on Washington Ave to N 6th St. North on

N 6th St. to Ave E. Turn left on Ave E. Children's Square is straight ahead across 7th St.

Mutt Strut

Saturday, April 6, 2019
Nebraska Humane Society, 8929 Fort Street, Omaha NE
Start Times: 10:30 a.m.-12:30 p.m., off the trail by 3:30 p.m.
\$3 IVV Credit/\$2 Non-Credit Walker
Event #113477

Walk will be on city sidewalks and along the Papio Trail. Dogs are welcome but you do not need one to walk. Come and join in the fun. There will be puppy prizes! The Nebraska Humane Society would love our donations of old large towels, blankets, dog toys and much more. You can check their wish list at nehumanesociety.org.

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

Special Programs: Doin' the Louisiana Purchase, Walking the USA A-Z

Comments: Special prizes for special dogs. We will be collecting

items for the Humane Society, watch our website for info. Part of the walk will be on the Keystone Trail

Directions: Take I-680 to Fort St. Exit (exit 5). Go east a short distance and the Humane Society will be on your right.

Ogallala, NE—Cowboy Capital

Kwik Shop Convenience Store – 217 E 1st Street, Ogallala, NE Event ID: 111810 2019/Y1146

Time: Daily dawn to dusk-closed major holidays. Please call to ensure open hours (308) 284-6138

Description: NEW ROUTE - The 5K/10K trail is through the town of Ogallala and on a hiker/biker trail. The trail is mostly flat with a couple of hills. Featured sites are Front Street (replica of old western town); overlook of town; Mansion on the Hill; Wild West Soap Box Derby Track; Boot Hill; Spruce Street Station; US Post Office; Lincoln Highway; terminus of Western Trail. Strollers and wheelchairs may find some difficulty.

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

Special programs: Bridges Spanning the USA, Take a Walk in a City Park, Louisiana Purchase, Treasure Hunt

Directions: From I-80 in Nebraska, take Exit 126 for NE-61/US-26 toward Ogallala. Turn right at the top of the exit ramp toward Ogallala for approximately 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 Street. 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, 818 West D St, Ogallala, NE 69153 (308) 284-3076 jcochsner@charter.net

North Platte, NE

Kwik Stop Food Store # 3 1421 South Dewey Street Event ID: 111809 2019/Y0125 Daily dawn to dusk.

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 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 1B

Special programs: Bridges Spanning the USA, Take a Walk in a City Park, Lady Liberty, Louisiana Purchase, Points of Reference, Wish at Water Fountain

Directions: From I-80, Exit 177 (Hwy. 83) travel north approximately 3/4 mile on Hwy 83 which becomes Dewey Street. You will pass over the South Platte River, and Dewey Street will become one-way NORTH. Watch for Leota Street. Shortly after Leota Street, you will see the McDonald's to your right. Turn into the same drive as McDonald's and then go back to the right or south to park north of the Kwik Stop. If you wish to turn right on Leota, 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, PO Box 8147, Omaha, NE seger@nebnet.net

Ashland, NE

Casey's General Store, 108 S 14th St., Ashland NE Event ID: 111807 2019/Y1969

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

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

Special programs: Food For Thought, Ice Cream Parlors, Louisiana Pur-

chase, Treasure Hunt

Directions: From I-80 east bound take exit 420 (NE-63) turn left on NE-63 toward Ashland for about 3.1 miles to US 6. Turn right onto US 6 for about 1.8 miles to NE-66. Turn left on NE-66 toward Ashland. Take NE-66 (turns into 14th St in town) for about 0.4 miles to start/finish on your left. From I-80 west-bound take exit 432 (NE-31). Turn right onto NE-31 toward US-6/Gretna/ Ashland for about 0.2 miles. Turn left onto US-6 and go about 7.4 miles to NE-66. Turn right onto NE-66 and go about 0.4 miles to start/finish on your left.

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

Fremont, NE – Historic

Hy-Vee, 840 E 23rd St, Fremont NE Event ID: 111808 2019/Y1444 Daily 7:00 AM to 9:00 PM

Description: This 10K or 5K (must drive to the walk start location) walk is along city streets and sidewalks. The trail is flat and is suitable for strollers and wheelchairs, but there may be some difficulty with one set of railroad tracks. The walks go through three historic areas of Fremont, showcasing 19th century homes and businesses, unique architecture and detailing. 5K walkers will need to drive about 1.25 miles to start.

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

Special programs: Lady Liberty, Louisiana Purchase, Take a Walk in a City Park, United States Post Office, Walk the USA Street-by-Street.

Directions: From Omaha, use Hwy 275 and take the East US 30 exit and turn left (west). Start will be a little over 2 miles on your right, just past the lights at Bell Street. From the west: take US-30 to the Business US-30 exit, heading east. Start will be 2.7 miles on your left, just past the Fremont Area Medical Center and the lights at Clarkson. From the south: use Hwy 77, which becomes Broad St. in Fremont. At 23rd St. (Business US 30), turn right ¹/₂ mile to Start on your left, just past the lights at Clarkson.

POC: Jeanne & Steve Miller, PO Box 8147, Omaha, NE 68108 jeanneno@gmail.com

Bellevue Museum Walk



Saturday, May 11, 2019
Sarpy County Museum, 2402 Clay Street, Bellevue NE
Start Times: 9:00 a.m.-Noon, off the trail by 3:00 p.m.
\$3 IVV Credit/\$2 Non-Credit Walker
Event #113478

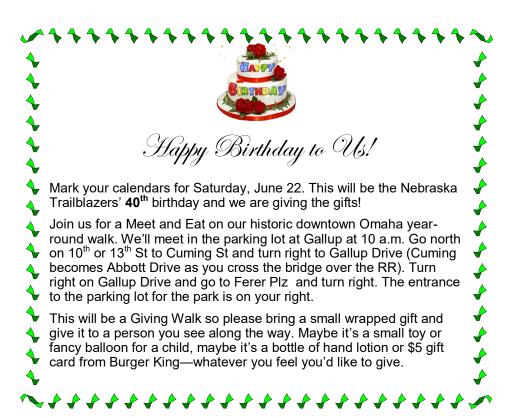
This walk will be on city sidewalks, trails and streets. Dogs are welcome but not in the museum.

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

Special Programs: Doin' the Louisiana Purchase, Walking the USA A-Z,

Little Free Libraries

Directions: Sarpy County Museum, 2402 Clay Street, Bellevue, NE 68005. From I-80, go south on US 75 to Hwy 370 exit. Turn east on Hwy 370 which becomes Harlan Dr. Right on Galvin Rd. which becomes Lincoln Rd.. Left on 24th Ave. to Clay St. Right on Clay to Museum.



Walnut Creek Walk

Saturday, September 21, 2019 Papillion American Legion, 230 W Lincoln, Papillion NE Start Times: 8:00 a.m.-11:00 a.m., off the trail by 2:00 p.m. \$3 IVV Credit/\$2 Non-Credit Walker Event #113479

Walk along Papillion Creek Trail and through city parks...

Distance/Trail Rating: 5k10k Rated 1A

Special Programs: Doin' the Louisiana Purchase, Walking the USA A-Z

Take a Walk in a City Park

Comments: The 5 K trail takes you along the Papio trail and

through parks. The 10 K trail takes you through residential areas and around Walnut Creek Lake. Dogs are welcome on the trail but not allowed in the

American Legion.

Directions: Papillion American Legion, 230 W. Lincoln, Papillion, NE.

I-80, take 84th St. exit south. 84th St. becomes N. Washington St. Turn right on Lincoln. The American Legion will be on the right.

Arrowhead Park Walk

Saturday, October 5, 2019 Arrowhead Park, 29357 210th St, Neola IA Start Times: 9:00 a.m.-Noon, off the trail by 3:00 p.m. \$3 IVV Credit/\$2 Non-Credit Walker Event #113482

Enjoy the fall leaves as this walk takes you on grass trails through the woods and along park roads. There will be two 5 K loops with one very hilly with sloped uneven paths and one with less hills and more park road. Walking sticks recommended. A limited number of extra sticks will be available at the walk for those who need them.

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

Special Programs: Bridges—Spanning the USA, Doin' the Louisiana

Purchase, Points of Reference, Walk the USA Street

by Street, Walking the USA A-Z

Comments: Free park entrance for walkers. Lunch will be

available for a small fee

Directions: Take I-80 east to exit 23-Neola exit. Turn south toward Kum & Go after exit to entrance to Arrowhead Park on left. Stay on paved road. Left into park, following park road around lake to top of hill. You do not need to stop to pay fee at park entrance. Park in parking area. Lodge is on the right. Entrance to the lodge is on the north side of the building.

Omaha, NE - Historic (Downtown) Comfort Inn 2920 S 13th Court, Omaha NE Event ID: 112034 2019/Y0093 Daily dawn to dusk

After registering, drive about 3.5 miles to walk start.

Description: The trail goes along city sidewalks through the Historic Old Market, the Heartland of America Park, and the ConAgra Campus—a lovely park-like business complex. 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 start point, but no restrooms or water at the walk start parking site.

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

Special programs: Border Crossing, Bridges Spanning the USA, Louisiana Purchase. Take a Walk in a City Park

Directions: From I-80 exit 13th Street north to 13th Court (13 CT) 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: Dave & Mary Brown, PO Box 8147, Omaha, NE 68108 smackdb5@hotmail.com

Omaha, NE - Westroads Mall

AmericInn Hotel, 9720 W Dodge Rd, Omaha NE Event ID: 112033 2019/Y0362 Daily 7 a.m.—6 p.m.. Closed on major holidays.

Description: 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 and the Flying Worm. For a special challenge, see how many of the scavenger hunt answers you can find.

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

Special programs: Louisiana Purchase, Treasure Hunt

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 American on the left.

uspatriot37@yahoo.com POC: Bill Colwell, PO Box 8147, Omaha NE 68108

Omaha, NE - Chalco Hills

Holiday Inn Express, 16175 Stevens Point Circle, Gretna NE 68028 Event ID: 111806 2019/Y1446 Daily dawn to dusk

Description: 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 2-A **Special programs:** Louisiana Purchase.

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: Lee Frantz (glfrantz@cox.net) or Donna Campbell (deecampbell@cox.net)

Omaha, NE - Hanscom Park area

Comfort Inn 2920 S 13th Court, Omaha NE Event ID: 112035 2019/Y0476 Daily dawn to dusk.

After registering you will have to drive about two miles to the walk start – usually free parking. Trails may not be cleared after snowstorms. Restrooms at start point - seasonal restroom (porta-potty) at walk start parking area - no water.

Description: Trails rating are 2A. 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 1A

Special programs: Louisiana Purchase, Vice Prez, Take Walk in City

Park, Little Free Libraries

Award: "B" awards available for this walk.

Directions: From I-80 exit 13th Street north to 13th Court (13 Ct.) a short distance north of I80. Between Bucky's and McDonalds on your left. Left on 13th Ct. and drive to end of street.

POC: Dave & Mary Brown, PO Box 8147, Omaha, NE 68108 smackdb5@hotmail.com

Will Walk For Pie

Will Walk for Pie

Saturday, November 9, 2019 Countryside Church, 13130 Faith Plaza, Omaha NE Start Times: 9:00 a.m.-Noon, off the trail by 3:00 \$3 IVV Credit/\$2 Non-Credit Walker Event #113481

Our annual pie event combines two of our favorite things: walking and eating!! Come join us for a lovely autumn walk, followed by a plethora of pies! Pick your choice and settle in for some great

conversation with other volksmarchers.

Distance/Trail Rating: 5k10k Rated 2A

Special Programs: Doin' the Louisiana Purchase, Walking the USA A-Z

Comments: Dogs are welcome on trail but not allowed in church

Directions: From I-80 take Exit 445 to West Center Road. West on West Center Road to 132nd, right on 132nd to Sterling Ridge Dr, right on Sterling Ridge and take the first right off the traffic circle to Faith Plaza.

Things to know about this walk:



- Bring a pie to share with other walkers. Leftovers will be taken to a shelter.
- Coffee, hot tea and hot chocolate are provided.





2019 Meet & Eat

January Westroads, meet at play area outside Dick's.

8:30

February No Meet & Eat

March TBA

April TBA

May TBA

June 22 Giving Walk—10:00 a.m.

Omaha Historic Walk, meet at Gallup parking lot

Bring small wrapped gift to give to random

passers-by

July TBA

August TBA

September TBA

October Lincoln Cemetery Walk (Time & meeting place TBA)

November Opt Outside (Time & meeting place TBA)

Walking instead of Black Friday shopping!

December No Meet & Eat

Year-Round-Events

On the following pages you will find our Year Round Events (YRE). These can be walked at any time, unless specified.

Don't forget to stamp your books!

