

Nebraska Trailblazers 2024 Events Jan-June



www.nebraskatrailblazers.com



Notes

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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 June and September through December with other club activities scheduled during the summer months. The Trailblazers currently host 9 different year-round events (YRE) along the Interstate-80 corridor and in the greater Omaha metropolitan area, including western Iowa.

Club Meetings

The Trailblazers meet at Maple Ridge Retirement Community, 3525 N 167th Cir, Omaha NE. Meetings are held the first Monday of the month except January, April (Location TBA), 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 business meeting followed by a short program. Then it's time for coffee, treats and fellowship!

Club Officers

President: Lori Sue Anderson Vice-president: Joyce Sobczyk
Secretary: Dave Brown 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.



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. Dogs are allowed at most 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!

Traditional Events



These are one-day, staffed 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.

45th Anniversary and Soup!

March 2, 2024

Living Water Church

1623 15th Street, Plattsmouth, NE

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

\$4 Fee

Event ID: 126666 2024

Come for the walk, stay for the soup!

Celebrate our anniversary with us at our annual soup walk. Forty-five years ago, our club hosted its first walk in Plattsmouth, NE. We will return and throw in some delicious soup. Please bring two cans of soup to the walk, one to add to the pot and one to the food pantry at our host church. After the walk, stay to enjoy some great soup and get to know your fellow walkers.

The trail will be on city sidewalks, streets and paved paths. If there is snow, the trail rating will change. Not suitable for wheelchairs or strollers. Pets are allowed on trail but not in the start/finish.

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

Amenities: Restrooms Yes
Strollers Hard

Pets Yes
Wheelchairs No

Special Programs: Par-for-the-Course
Step to the Beat
Town Halls/City Halls
Walking with America' Veterans

POC: Sandy Spaulding
Sandypauld@yahoo.com
712/435-0815





2024

Monday, April 1
5:30 p.m.

Deer Creek, 12221 Mary Plaza strip mall

Tuesday, April 2
10:00 a.m.

Boys Town Visitors Center, 13628 Flanagan Blvd.

Wednesday, April 3
5:30 p.m.

La Vista Central Park Trail, Park View Blvd & 83rd St

Thursday, April 4
10:00 a.m.

First Avenue Trail, Railway Inn parking lot, 115 S 12th St, CB

Friday, April 5
5:30 p.m.

Heroes Park, E Mission Ave & Jerry Ryan Plz, Bellevue

Saturday, April 6
10:00 a.m.

Chalco Hills, Natural Resources Ctr, 8901 S 154th St, Omaha

Sunday, April 7
2:00 p.m.

Old Market, Landmark Center Lobby, 13th & Farnam, Omaha

A Spring Walk on the Antelope Trail

May 11, 2024

Trago Park, N. 22nd & U St., Lincoln NE

Start Time: 8:00 a.m., Off trail by 2:00 p.m.

\$4 Fee

Event ID: 126668 2024

Walk the trail along Antelope Creek, through the Rotary Strolling Garden, Hamann Rose Garden and Antelope Park Sunken Gardens. The 10K also includes the state capital, Centennial Mall, the historic Lincoln Station and more.

Distance/Trail Rating: 6k/10k; 1A

Amenities: Restrooms Yes
Pets Yes
Strollers Easy
Wheelchairs Easy

Special programs: Par-for-the-Course
Step to the Beat
Walking with America's Veterans

POC: Sandy Spaulding
Sandyspauld@yahoo.com
712/435-0815

Directions:

Trago Park, N. 22nd & U St., Lincoln, NE. Watch for yellow AVA signs.





Lee Frantz Memorial Walk

Saturday, June 1, 2024

Prairie View Recreational Area

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

\$4 Fee

Event ID: 126667 2024

Bennington Lake and Prairie View Lake together offer nature and country living, side-by-side. The trails are a pleasure to walk whether on the crushed gravel or on the wide sidewalks surrounding the bigger lake. Some gentle hills surround the larger lake, nudging the 10k route into a 2B rating.

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

Amenities: Restrooms Yes
Pets Yes
Strollers easy
Wheelchairs med

Special programs: A-MAZE-ing Labyrinths
Step to the Beat

POC: Sandy Spaulding
Sandyspauld@yahoo.com
712/435-0815

Directions:

Prairie View Recreational Area. Hwy 36 to N. 180th St. South on 180th St. to entrance to Prairie View Rec on right. Look for yellow AVA signs.

Group Walks

February

29 Leap Day Walk, the RiverFront Gene Leahy Mall Arch 2:00 pm

April

1 Deer Creek Walk, 12221 Mary Plaza strip mall, Omaha 5:30 pm

2 Boys Town 13628 Flanagan Blvd, Omaha 10:00 am

3 La Vista Central Park Trail, Park View Blvd & 83rd St. 5:30 pm

4 First Avenue Trail, Railway Inn, 115 S. 12th St., CB 10:00 am

5 Heroes Park, E. Mission Ave. & Jerry Ryan Plz., Bellevue 5:30 pm

6 Chalco Hills Natural Resources Ctr., 8901 S. 154th St. 10:00 am

7 Old Market Landmark Center Lobby, 13th & Farnam 2:00 pm

20 Arrowhead County Park, Neola, IA 10:00 am

May

7 Wabash Trace, Iowa West Foundation Trailhead 5:30 pm

16 Little Italy Walk, Gene Leahy Mall, 11th St. Promenade 5:00 pm
Please register by May 14th on our website
nebraskatrailblazers.com, "2024 Calendar-first half"

June

11 Iowa Western Campus Walk, Parking Lot 6A 5:30 pm

22 Seward Group Walk, Seward NE 10:00 am



Year-Round/Seasonal Events



On the following pages you will find Year Round Events (YREs). These can be walked daily, dawn to dusk, unless time is specified. **PLEASE NOTE: all our YREs & seasonal walks feature our Online Start Box** in addition to a physical start box. Cowboy Trail is Online Start Box only.

What is the Online Start Box (OSB)?

The Online Start Box provides a complete event start box, except it is through this website. You sign the waiver, register, download directions and get your stamps, all online.

Do I need to create a personal account?

Yes. All of your activity is predicated on signing the online waiver.

How do I get the event directions?

Event directions are downloaded from the Online Start Box in your personal account.

How do I pay for credit?

The Online Start Box includes a credit/debit card payment system.

What about children, friends?

All adults must have their own account. Children are managed from your own account.

How do I start?

Click "Register for event". If you have an account, you can login. If you do not have an account, then create one. There is plenty of HELP and instructions on the pages that you will need to visit.

Detailed "how-to's" can be found in each walk box.

Don't forget to stamp your books!

Cowboy Trail #1&2

Seasonal: March 1—October 31, 2024

Dawn to Dusk, Bike or Walk

Online Start Box Only

\$4 Fee

Event ID: 125129 2024/Y3388

It is recommended to start in one of the towns listed on the OSB instructions. There are a few areas to park outside of towns, but be sure you do not block farmers' access to fields or drives. There may be other special programs that are not listed depending on your start points. You may find Par for the Course and Walking with America's Veterans in some of the parks. The trail is 187 miles long and our instructions will include several starting point suggestions. The detailed location of, and driving directions to, the event starting points are downloaded from the OSB.

Distance/Trail Ratings: 5K/10K 1B
Wheelchairs/strollers: Hard

Special programs: Rails-to-Trails

POC: Sandy Spaulding sandyspauld@yahoo.com 712/735-0815

Chadron NE—Agate Fossil Beds National Monument

Chadron Chamber of Commerce, 706 W. 3rd St., Chadron NE or OSB

April 1—September 30, 2024

\$4 Fee

Event ID: 125130 2024/Y2976

Time: This walk has a remote start. You will drive approximately 65 miles to the Start Point. Hours for the Chamber of Commerce are: Memorial Day—Labor Day M-F 8:30—4:30; Sat 9—3; rest of the year: M—Th 8:30—4:30. Hours for the Agate Fossil Beds Visitor Center are: May 14—Sept 30 8—5 M-T; Oct 1—May 13 9—4 M-T.

Description: Great views of the sweeping plains and the Niobrara Valley as well as fossil dig sites. The 5k trail is paved or boardwalk leading to fossil exhibits and is stroller/wheelchair friendly. The 10K also follows a dirt trail to the Bone Cabin and along a gravel country road. Both are out & back trails on high plains mixed grass prairie. Note that this is rattlesnake country and there is little shade. Bring plenty of fluids and watch where you step.

Distance/Trail Ratings: 5K/10K

Directions: Chadron CoC: Take Hwy 20 into Chadron. The CoC will be north of highway 20 on 3rd St.

POC: Kerri Remp director@discovernebraska.com 308/432-3006

Chadron—Chadron State College Walk

Chadron Chamber of Commerce & Online Start Box
706 W 3rd St., Chadron NE
\$4 Fee

Event ID: 125131 2024/Y2977

Time: Hours for the Chamber of Commerce are: Memorial Day—Labor Day M-F 8:30—4 Sat 9—3; rest of the year: M—Th 8:30—4.

Description: Trail goes through Chadron Memorial Park, Chadron State College and along scenic paved and dirt trails including the CSC Serpentine Trail. Leashed dogs are welcome on the trail. You will drive approximately 1 mile to the walk start at the War Memorial Park. Trail is a mix of sidewalks, paved trail and grass trail.

Distance/Trail Ratings: 5k/10k 2B

Special programs: Walking with America's Veterans

Directions: Chadron CoC: Take Hwy 20 into Chadron. The CoC will be north of highway 20 on 3rd St.

POC: Kerri Remp director@discovernebraska.com 308/432-3006

Chadron—White River Trail

Chadron Chamber of Commerce
706 W 3rd St., Chadron NE
\$4 Fee

Event ID: 125132 2024/Y2975

Time: Hours for the Chamber of Commerce are: Mem Day—Labor Day M-F 8:30—4; Sat 9—3; rest of the year: M—Th 8:30—4.

Description: Trail is crushed rock with some paved street. The White River Trail has stunning views of tree-covered buttes and crosses the White River on former railroad bridges. It connects Crawford NE to Fort Robinson State Park, a park filled with history from the surrender of Crazy Horse, Buffalo Soldiers and a German prisoner-of-war camp during WWII. Leashed dogs are welcome on the trail. Trail may not be plowed in winter.

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

Special programs: Par for the Course, Rails to Trails

Directions: Chadron CoC: Take Hwy 20 into Chadron. The CoC will be north of highway 20 on 3rd St. You will drive 20-23 miles to the start point. Start either at Fort Robinson State Park (park fee charged) or Crawford City Park.

POC: Kerri Remp director@discovernebraska.com 308/432-3006

Gretna, NE—Chalco Hills

Holiday Inn Express, 16175 Stevens Point Circle, Gretna NE

\$4 Fee

Event ID: 124519 2024/Y1446

Description: Daily dawn to dusk. Drive 1/3 mile to walk start. The 10K route goes around Wehrspann Lake in the Chalco Hills Recreation Area. The trail is on concrete walkways. Strollers and wheelchairs may have a little difficulty. Carry water on hot days. Insect spray is recommended in summer. Trail is not cleared during winter months. Look off to the northeast from the east side of the dam and you can spot the eagle's nest and maybe the two eagles who make it home!

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

Amenities: Restrooms-yes Pets-yes
Strollers/Wheelchairs-Med

Directions: Take Exit #439 off I-80 and head west toward Gretna. Less than 1/2 mile to Wickersham Blvd (on your left after Kum & Go, Sapp 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 Holiday Inn Express. After registering, you will drive a short distance to the walk start.

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

Lincoln, NE—Capital Walk

U-Stop, 610 S. 10th St., Lincoln NE

\$4 Fee

Event ID: 124520 2024/Y0704

Time: Daily dawn to Dusk.

Description: Daily dawn-dusk. Trail goes through the downtown campus of the University of Nebraska, the Historic Haymarket Entertainment District, the architectural masterpiece, our State Capitol, and lovely residential areas.

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

Amenities: Restrooms-Yes Pets-Yes
Strollers-Easy Wheelchairs-Medium

Special programs: State Capitals; Step to the Beat

Directions: 610 S 10th St. , Lincoln, NE. From I-80 use exit 401 South on I-180 until it merges into 9th St. Continue south on 9th (one-way street) to "G" St. Left on "G" for 1 block to 10th. Turn Left (N) on 10th. (one-way street), go approx. 100-yards past "H" St. to the U-Stop store. It is on your right (East side) of 10th.

POC: Stan & Carol Fraas carfraas@aol.com 402/440-4569

Omaha, NE - Historic (Downtown)

Online Start Box

\$4 Fee

Event ID: 124521 2024/Y0093

After registering, drive about 2 miles to parking garage on 10th & Jones.

Description: The trail goes through the newly reopened Gene Leahy Mall, part of the RiverFront project with all new green spaces. This area has water features, food trucks, hammocks, a dog park and so much more. You will also go through the Historic Old Market, the Hot Shops Art District and past the home of the College World Series. You will pass life-size and larger-than-life-size statues and sculptures depicting the pioneers' westward movement.

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

Special programs: Par-for-the-Course, Border Crossings, Rails-to-Trails, Step to the Beat, Town Halls/City Halls, Walking with America's Veterans

Amenities: Restrooms-Yes Pets-Yes Strollers/Wheelchairs-Medium

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

Seward, NE—Music of Seward

Fast Mart, 215 No. 6th St, Seward NE

Daily Dawn to Dusk

\$4 Fee

Event ID: 124522 2024/Y0888

Description: Beautiful trail passing musical wanderings in the small town Seward. Visit the Children's Memorial Garden, Concordia University grounds, the historic downtown square and the Nebraska National Guard Museum. Not all of the walk may be maintained during the winter so it may be partially snow covered.

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

Special programs: Step to the Beat, Town Halls/City Halls, Walking with America's Veterans, Par-for-the-Course

Amenities: Restrooms/Pets-Yes Strollers/Wheelchairs-Med

Start Point/Driving Directions: From I-80 exit 379, go North on Hwy 15/ No. 6th Street approx. 6 miles to the Fast Mart. After registering, drive approximately 1 mile to Children's Memorial Garden to start the walk. Park on the southeast corner of Hillcrest & No. Columbia by the garden.

POC: Lori Anderson fromustoyou@zoho.com 402/641-1771

Council Bluffs – Wabash Trace Nature Walk

Tastee Treet, 13996 Wabash Ave., Council Bluffs IA & OSB

\$4 Walk Fee

\$2 Trail Fee (under 65)

Event ID: 124518 2024/Y2815

Seasonal Walk April 1—September 30, 2024

Description: An easy stroll along the Wabash Trace. A Rails-to-Trails Conservancy Hall of Fame rail-trail. The Wabash Trace Nature Trail earns its title—providing an amazing trip through the rural forests and countryside of southwest Iowa along a crushed rock hike bike trail. Tastee Treet opens at 11:00 a.m. If you would like to sign the waiver prior to that time, use the online start box.

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

Special programs: Rails to Trails

Amenities: Restrooms-Yes Pets-Yes
Strollers/wheelchairs –Med

Start Point/Driving Directions: From I-80, take I-29 south. From I-29, use exit 47 to HWY 92. Right (e) on Hwy 92 to Harry Langdon Blvd/ Wabash Ave. (1st traffic light). Right at light (appx. 3/4 mile) to Tastee Treet on your right.



More Walks for You in 2023!

Check out Events from our Neighbor Clubs!

Iowa's Walking Club
(Des Moines)

Sunflower Sod Stompers
Kansas Jaywalkers
(Kansas)

Prairie Wanderers Volkssport Club
Black Hills Volkssport Assn.
(South Dakota)

NorthStar Trail Travelers
Twin Cities Volkssport
Lake Country Wanderers
(Minnesota)

Clay-Platte Trackers of Kansas City
Dogwood Trailblazers
Pace Setters Volkssport Club
Saint Louis Walkers
Gateway Milers
Global Adventurers
(Missouri)

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





Please fill out and return with payment to:

Nebraska Trailblazers
P.O. Box 8147
Omaha, NE 68108

Nebraska Wander Freunde Trailblazers Membership Application

	SINGLE MEMBERSHIP \$10 per calendar year	FAMILY MEMBERSHIP \$15 per calendar year
NAME		
ADDRESS		
CITY		
STATE		
ZIP		
PHONE		
EMAIL		
BIRTHDAY (mm/dd)		
ANNIVERSARY (mm/dd)		
ADD MORE FAMILY MEMBERS – PLEASE INCLUDE BIRTHDAYS (mm/dd)		
NAME/BDAY		
NAME/BDAY		
NAME/BDAY		
NAME/BDAY		

Circle the month and membership level below and use to determine your payment.
All memberships expire December 31st.

	Sgl	Fam		Sgl	Fam		Sgl	Fam		Sgl	Fam
Jan	\$10.00	\$15.00	Apr	\$7.50	\$11.25	July	\$5.00	\$7.50	Oct	\$2.50	\$3.75
Feb	\$9.17	\$13.75	May	\$6.67	\$10.00	Aug	\$4.17	\$6.25	Nov	\$1.67	\$2.50
Mar	\$8.33	\$12.50	June	\$5.83	\$8.75	Sept	\$3.33	\$5.00	Dec	\$0.83	\$1.25

Are you interested in volunteering? We'll train!

- | | | |
|--|--|--|
| <input type="checkbox"/> Making treats | <input type="checkbox"/> Monitoring checkpoints | <input type="checkbox"/> Leading Group Walks |
| <input type="checkbox"/> Walk Greeters | <input type="checkbox"/> Working Start/Finish Tables | <input type="checkbox"/> Adopting a Walk |

Nebraska Trail blazers
PO Box 8147
Omaha NE 68108



Great Plains Walking Club

