

Footsteps

Fun, Fitness, Friendship

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The Prez Sez...

Hello Trailblazer Members,

Welcome SPRING—Friday March 20th is sooo close I can feel the dirt under my fingernails!



My column this time comes from my OT's (Occupational Therapist's) daughter: Plyometric training can improve power, speed, balance and agility as well as improve metabolic and bone health in all ages, (with a lot of statistics and 12 pages long). Wow that sounds complex. So here is my real world take on it.

Why we need to add jumping to our walking.

When you hear the word "jump" do you immediately think, "Not me—my knees, hips and joints can't handle that"? If so, you're not alone. But here's the truth: gentle, controlled jumping—sometimes called jump training or impact exercise—can be one of the best ways to do this without strain. Are we getting older? Not going to face it but...

Doing small, controlled jumps creates a safe, intentional impact that encourages your bones to grow stronger, your muscles to contract more efficiently and your body to move with better stability. Impact stimulates osteoblasts, the cells that build new bone tissue and engages your fast-twitch muscle fibers essential for power, balance and quick movements. The key is starting small and building gradually. Even tiny hops, gentle skips or mini jumps while holding onto a sturdy surface can create enough impact. Ways to incorporate jumping safely and effectively could be jump rope, jumping jacks, squat jumps, lunge jumps and skipping. Remember consistency matters more than intensity. A few minutes a day of low-impact jump training is all it takes. This can be a regular addition to your walking (which gives us a nice warm up first). Start small, celebrate every lift off the ground and build your confidence gradually.

Your bones, muscles and future self will thank you for it! So if you see me skipping a little on our walks its not just because I'm happy to be outside with friends, its because I am gaining bone density and balance. Join me as we look a little silly on the trail!

~Lori



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For the latest on events
and news visit our website:

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

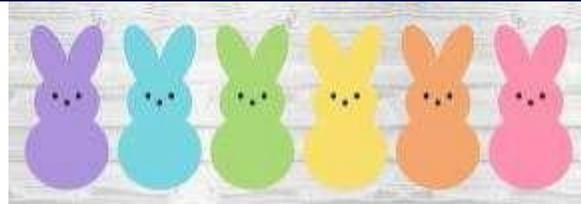




Sandy peaks

You are probably totally tired of hearing about the upcoming walks, but I am so excited that you will have to bear with me. If you don't have your reservations in for the 50th Anniversary events, get them in now. This three-day event is going to be a ton of fun. I love those rhyming words-ton of fun. I have heard that the swag bags that those who preregister get will include a really special gift. The First Avenue Trail event will have information on all of those murals that are on the trail. The Friday night buffet will have a bunch of fun door prizes. The RiverFront walk will be started off by a Proclamation by the Council Bluffs Mayor, and a welcome by the AVA chairman of the board. The walk will be a great walk over the Bob Kerrey Bridge. Did you know that there is almost always sidewalk chalk where Iowa and Nebraska meet so that you can leave your mark? There will be food trucks, indoor seating to eat the food you purchase as well as free cake, coffee, hot chocolate and water. The logo that Lori and her daughter designed is a combination of our logo, the 50th anniversary logo and the pedestrian bridge. A beautiful design that will be found on the surprise gift in the swag bag. We will be providing carpools to the out of towners, so, if you want to help, be sure to sign up to drive to Nebraska City. The trees should be in bloom in Nebraska City. We found a few new spots to walk. I have never walked the Lilac Trail but the lilacs should be in bloom and there is a boardwalk that overlooks the forest near the Lied Center. I am so excited! So, get your reservations in. You don't want to miss out on the prizes.

May comes so soon after that with Walking Week, May 18-24th, filled with seven days of fun. Limited to the first 25 to sign up is the First Avenue Trail cleanup followed by lunch (on your own) at the Railway. I have heard rumors that workers will receive a \$5 off coupon for the Railway. Tuesday is Stinson



Park, walking the Aksarben area followed by social time at the Inner Rail Food Hall. I have heard you can order great food there. Wednesday is a walk through Dundee, starting at Memorial Park. Thursday is another fan favorite. Little Italy will once again show their hospitality with the annual Little Italy walk. Friday takes us to Lewis Central High School in Council Bluffs to visit The Wall That Heals, a replica of the Vietnam Memorial. Saturday is a traditional event at Standing Bear Lake. Sunday finishes the week off with a traveling stamp walk in Shelby, Iowa. If you have never walked the Rock Island Old Stone Arch Nature Trail, you are in for a treat. This small town has a lovely trail that goes past wetlands, through the woods and over its namesake, the Old Stone Arch.

Hope you all are as excited as I am. See you on the trail.

~Sandy

Extra! Extra! Extra!

Asking all of you to think about volunteering at our 50th Anniversary Signature Event on Saturday, April 18th. We need a lot of help on this one. Even if you no longer walk or we are not your primary club, we would love to have you volunteer at this event. Watch for the Sign Up Genius and be sure to get your name down. We want our club to shine!

Here are some of the jobs we need filled:

- Hospitality Room Hosts
(multiple throughout weekend)
- Trail Marking (2)
- Parking Director (1)
- Greeter (2)
- Registration/Book Stamping (2)
- Group Walk Leaders (2)
- Trail Sweeps (2)
- Photographer (1-2)
- Cake & Drink Server (1-2)
- Checkpoints (2-4)

Annual Dinner



Annual Dinner





Mark your calendars: Upcoming Events!!

March

- 7 South Omaha Trail, Omaha, NE..... Nebraska Trailblazers
- 15 St. Patrick's March Madness, Lawrence, KS..... Sunflower Sod Stompers
- 17 Riverside MO Riverfront Trail, Riverside, MO..... Clay-Platte Trackers of Kansas City
- 28 Beaverdale Trails, Des Moines, IA..... Iowa's Walking Club
- 28 Lawrence County Walk, Aurora MO..... Dogwood Trailblazers
- 28 Monet Missouri Walk, Monet, MO..... Dogwood Trailblazers

April

- 2 Historic Florissant Missouri, Florissant, Mo..... Saint Louis Walkers
- 12 Strawberry Hill, Kansas City, KS..... Clay-Platte Trackers of Kansas City
- 17 1st Ave Trail Mural Walk (AVA 50th), Council Bluffs, IA..... Nebraska Trailblazers
- 18 Tree Top Walk (AVA 50th), Council Bluffs, IA..... Nebraska Trailblazers
- 19 Nebraska City Group Walk, Nebraska City, NE..... Nebraska Trailblazers
- 25 Water Works Park, Des Moines, IA..... Iowa's Walking Club

May

- 9 New Town Walk, New Town, MO..... Saint Louis Walkers
- 16 Bison Trail, Hudson-Meng Education Ctr, NE..... Northwest NE Trails Association
- 23 Standing Bear Lake, Omaha, NE..... Nebraska Trailblazers
- 24 Old Stone Arch Trail, Shelby, IA..... Nebraska Trailblazers
- 25 Leavenworth VA Medical Center & Cemetery, Leavenworth, KS..... Clay-Platte Trackers of Kansas City



Happy Birthday to You!!!!

March

April



NWFT Officers

President
Lori Sue Anderson

Secretary
Dave Brown



Vice President
Joyce Sobczyk

Treasurer
Jill Champley

Meeting Speakers



Meeting News

Our next meetings will be March, April and May at Maple Ridge Retirement Community, 3525 N.167 Circle, Omaha, at 7 p.m. There will be a short program and a short business meeting followed by refreshments. Just a reminder that the club meetings are the 1st Monday of the month at 7 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.

Club Dues

Dues are \$10 for a single membership and \$15 for a family membership. Anyone who joins later in 2026 will have their membership pro-rated so that it expires 12/31/26.

Please send to: NWFT
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Send in Your Newsletter Info

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



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