

HEARTLAND WALKERS

AVA – 0906

2012 Seasonal Walking Events

Invites you to Come Walk

HEARTLAND WALKERS CALENDAR OF EVENTS

None Scheduled

NEBRASKA YEAR ROUND OPPORTUNITIES

- Ashland
- Aurora
- Crawford
- Fremont
- Grand Island
- Kearney
- Lincoln
- Nebraska City
- North Platte
- Omaha
- Seward
- Sidney
- South Sioux City
- York



Hastings, Nebraska



Ogallala, Nebraska

January 2 – September 30, 2012

5 and 10 km Trails



SANCTIONED BY: The Heartland Walkers, the American Volkssport Association (AVA), and the International Federation of Popular Sports (IVV). This event counts for acquisition of IVV achievement awards.

ELIGIBILITY: Everyone is welcome! This walk is open to all regardless of age, sex, creed, race, physical condition, or nationality. Participants may walk, jog, or run the trail. Children under 12 must be accompanied by an adult.

AWARDS/REGISTRATION FEES: There is no charge to participate in these walks. However, each participant must carry a start card. The award for each of these events is a 4-3/4 x 2-3/8 inch, 100% embroidered patch. Award and Credit is \$5.00. Credit Only is \$3.00. Please pay by check. Fees (if any) and completed start cards are mailed to the Heartland Walkers in the addressed, postage paid envelopes provided. No refunds.

IVV CREDIT: The trail may be completed no more than twice on the same day on one start card at no additional fee. The applicable registration fee must be paid each day you walk for distance credit.

PROCEDURES: Request the Heartland Walkers' walk box from our host. Please complete the registration for the event in accordance with the instructions in the box. Register by completing a start card, signing the registration book, and signing the waiver and release of liability form at the Start point. Each person must register and obtain a start card. The start card must be validated at checkpoints and mailed to the Heartland Walkers in the stamped, addressed envelopes provided in the registration box.

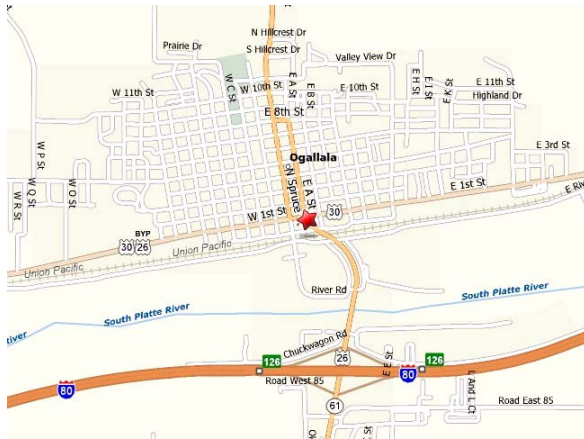
IVV Books: All previous participants of IVV walks are reminded to bring their IVV books. Insert pages are available if you forget to bring your books or if they are full.

CONDITIONS: Walk only during daylight hours. With registration for this event, the participant accepts the guidelines for AVA Volkssport events and agrees to observe the principles of good sportsmanship. All pets are to be kept on a leash (6 feet or less) at all times and owners are responsible for cleaning up after their pet. Wheelchairs and strollers may have difficulty due to the grade of the hills. Water and restrooms are available at the start location. Litter must be deposited in the designated containers. Please exercise care when you are walking on the shoulders of roads. Carry water regardless of weather conditions.



Travelling east on I-80 in Nebraska, take Exit 126 for NE-61/US-26 toward Ogallala/Grant. Turn left at the top of the exit ramp toward Ogallala for approximately 0.7 miles Continue****

****At the traffic light at US 30, cross US 30 and continue straight ahead travelling in the left lane. (The Sinclair Kwik Stop is at your right front at the end of the ramp.) At the next corner, turn left onto E 2nd Street. Half way down the block on E 2nd Street, turn left into a public parking lot. Park in this lot. On street parking is also available. Do not park at the Kwik Stop.



DISCLAIMER OF LIABILITY: The sponsor of this walk, as well as the host, cannot be held responsible for any lost or stolen items, accidents, or injury. Every reasonable effort has been expended by the sponsor to make these walks safe, educational, and enjoyable.

FOR ADDITIONAL INFORMATION CONTACT:

Nancy Stenger, Heartland Walkers
(402) 834-0338; Email: heartlandwalkers@yahoo.com

www.ava.org/clubs/HeartlandWalkers.htm

***Volksmarching is:
Taking a different Path
Going somewhere New
Enjoying the Unknown and the Unexpected
every now and then***

HASTINGS, NEBRASKA
SEASONAL -- 1239

START/FINISH: Hastings Museum of Natural and Cultural History, 1330 N. Burlington Avenue, Hastings, NE; (402) 461-2399

START/FINISH HOURS:

WINTER Hours [Sep 8-30]: Sun: Noon-6:00 p.m.; Mon: Closed; Tues-Thurs: 9:00 a.m.-5:00 p.m.; Fri-Sat: 9:00 a.m.-8:00 p.m. SUMMER Hours [May 1-Sep 6]: Sun: Noon-6:00 p.m.; Mon-Thurs: 9:00 a.m.-5:00 p.m.; Fri-Sat: 9:00 a.m.-8:00 p.m.

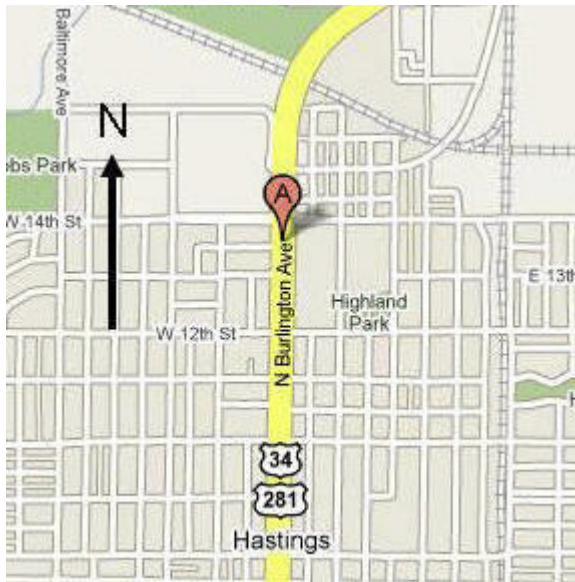
DISTANCE/TRAIL RATING & DESCRIPTION:

— The 10 km trail will take walkers along The Pioneer Spirit Trail around Lake Hastings and through the City of Hastings visiting historic sites and parks throughout town...the Hastings Museum grounds, Libs Park, Heartwell Park, and Hastings College.

— The 5 km trail will take walkers through the City of Hastings to the original Kool-Aid production building, the beautiful Burlington Depot (still operating as an Amtrak stop).

SPECIAL PROGRAMS: America's Gardens, Artistic Heritage, Carnegie Libraries, Firehouses, Historic Churches, Honoring Law Enforcement, Museums, Veteran Memorials, WPA Works Projects Administration

DRIVING DIRECTIONS: From I-80 in Nebraska: Take Exit 312 to merge onto US South 281/US 34 toward Hastings. Drive approximately 16 miles. Turn left at traffic light onto 14th Street [Casey General Store and McDonalds on the left]. Turn right onto Hastings Avenue. Make first right turn into parking lot and drive straight ahead into the parking area by the Hastings Museum. Entrance to the Museum is up the ramp; doors on the right. Request walk box from the reception desk.



—Hastings is a city in and the county seat of Adams County. The population was 24,064 at the 2000 census. Hastings is home to Hastings College, a four-year liberal arts college founded in 1882. It is known as the town where Kool-Aid was invented by Edwin Perkins in 1927, and celebrates that event with Kool-Aid Days the second weekend of every August. Hastings is also home to Fisher Fountain, and during World War II operated the largest Naval Ammunition Depot in the United States. Hastings is also the birthplace of Neal Hefti and former University of Nebraska football coach and Congressman Tom Osborne.

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**OGALLALA, NEBRASKA**  
**SEASONAL -- 1146**

**START/FINISH:** Kwik Stop Convenience Store, 217 E. 1st Street, Ogallala, NE 69153; (308) 284-6138.

**START/FINISH HOURS:** Daily, dawn to dusk.

**DISTANCE/TRAIL RATING & DESCRIPTION:** 5/10 km walk, rated a 2. The 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]; schools and residential areas; overlook of town; Mansion on the Hill [on Historical Register]; Wild West Soap Box Derby Track; Boot Hill; Spruce Street Station [on Historical Register]; US Post Office [on Historical Register]; Lincoln Highway; terminus of Western Trail.

**SPECIAL PROGRAMS:** 10 km: Firehouses, Historic Churches, Murals, Honoring Law Enforcement, Museums, Veteran Memorials. 5 km only: Murals, WPA Works Projects Administration

Nebraska's Cowboy Capital and Nebraska's Recreation Capital...For its role as the end of the Texas (or Western) Trail Drives from 1875-1885, Ogallala has been designed as Nebraska's Cowboy Capital. Boot Hill, the town's first cemetery, is now a historic park and tombstone history of early Ogallala. As home of Nebraska's largest playground, Lake McConaughy, Ogallala also reigns as Nebraska's Recreation Capital.

**DRIVING DIRECTIONS:** Travelling west on I-80 in Nebraska, take Exit 126 for NE-61/US-26 toward Ogallala/Grant. Turn right at the top of the exit ramp toward Ogallala for approximately 0.7 miles. Continue\*\*\*\*