

**DAIRYLAND WALKERS BIMONTHLY MEETING  
ORCHARD RIDGE UNITED CHURCH OF CHRIST  
FEBRUARY 17, 2004**

**Officers Present:** Pam Wilson (Co-President); Karen Reger (Secretary); Barb Borde (Member at Large)

**In Attendance:** 20

**Meeting**

The meeting was called to order by Pam Wilson at 7:05 p.m.

Secretary's Report (Karen Reger)

Karen had put out on display paper copies of the minutes of the membership meeting on December 7, 2003. These were accepted.

Treasurer's Report (Karen Reger)

Due to the absence of Russ Crane, Karen read the Income & Expense Summary. The balance on January 15, 2004 (the last Board meeting) was \$1,716.11. Income since that time totaled \$36.00, and there were no expenses. The balance as of this meeting was \$1,752.11.

Reminders (Pam Wilson)

1. If you would like to receive up-to-date information about walks or meetings, be sure to let Bonnie Hamer know your email address.
2. There will be a group walk on April 3 to kick off the new Civil War walk. The meeting place will be at Hoyt Park, **not** the Best Western Inn Towner, as was indicated in the last newsletter. The walk will start at Hoyt Park because there is limited parking at the motel.
3. The club will be having a walk in Janesville on April 25.
4. The annual Syttende Mai walk will be on May 15.
5. During the election of officers at the December meeting, the position of vice president was left vacant. Tom and LaVonne McCrill later volunteered to share that office, and this was approved by the Board.
6. The deposit for the European trip is due by March 1. Barb Borde reported that five people have made the deposit and insurance payment so far. There is a limit of 35 people for the trip.
7. The next Board meeting will be on March 11 in Middleton. This is open to all members.

The question was raised as to whether there would be a pre-walk for the Janesville event. Bonnie Hamer was not present to answer this question.

The meeting portion ended at 7:10 p.m.

(over)

## **Program**

Jill Ruef introduced the speaker, Jim Larsein from Harbor Sports Medicine, who talked about foot care. The following are brief mentions of some of the subjects he talked about.

He mentioned that almost everyone will eventually have fallen arches. Road Runner magazine has an annual issue that recommends shoes for different foot types, including shoes for walkers. If you are using prescribed orthotics, they should be checked every 3 to 5 years, as feet do change over time. An over-the-counter orthotic that he would recommend is Superfeet, which is sold at REI. Birkenstock also has some decent ones.

Plantar fasciitis is a strain of muscle tissue on the bottom of the foot, and can cause extreme pain. Heel spurs are bony projections on the heel bone. Shin splints cause pain in the front and side of the shins, and may be caused from not stretching or walking too fast. Toenails may fall off due to pressure from shoes being too tight. Toenails should always be kept trimmed. Bunions may form from wearing narrow-toed shoes, like many women wear. It was suggested that people wear shoes with a wide toe box, but still have a snug fit on the heel. Try on different shoes to find the best fit. If feet are sore, using an elastic bandage helps to make them feel better, but don't wrap the bandage too tightly. Wearing compression stockings also helps reduce swelling and makes feet and legs feel better. Elevating the feet also helps. To prevent blisters, use something like moleskin or Second Skin.

An exercise for balance is to stand on one foot, looking up at the ceiling, then down at the floor, and then looking to the right and to the left. This will help the knees. Many problems with the knees start with the feet.

Instead of taking a longer stride, try to take quicker, shorter steps.

The program ended at 8:15 p.m.

Submitted by Karen Reger, Secretary