



Happy
Holidays!

from the National Office

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PRESIDENT/CEO - HENRY ROSALES

AVA NATIONAL OFFICE HOLIDAY HOURS

The AVA National Office will be closed for the Holidays December 22, 2023 - January 1, 2024. If there is a club emergency during this time, please call or text **(210) 478-2784** and someone will get back to you asap. Please verify your clubs have received all December and January event stamps and Certificates of Additional Insured before December 21st especially for events that occur during the last week in December and first week of January. If you have not received all stamps or need additional ones or help with sanctioning events, please contact Hector before December 21st at hector@ava.org.

AVA BUS TOUR TO THE VOLKSMARCH AT CRAZY HORSE MEMORIAL – MAY 30 – JUNE 3, 2024 (PROPOSED)

The AVA National Office is once again exploring the option of a fundraising bus tour to the Crazy Horse Memorial Volksmarch, May 30 – June 3, 2024. The tour bus will leave San Antonio early morning on May 30, 2024, with an overnight stop in Colorado Springs on the way out and back from Rapid City, SD. The tour bus will return to San Antonio late evening on June 3, 2024. The approximate cost is **\$990.00**. This includes 4 hotel nights with breakfast and a minimum of 3 walks. The more that register the cheaper the cost. Space is limited to the first 40 registrants. A small non-refundable deposit will be required to reserve your seat.

If you think this is something you might like to attend, please send an email of interest to Henry at henry@ava.org with your name and number of additional family members or friends who you think might also be interested. Please reply by December 30th or sooner. If there is enough interest, additional information with booking details will be emailed to you. If the event is cancelled, you will also be notified via email.

BEWARE OF SCAMMERS ON THE RISE!

Just a friendly reminder not to open any emails that have attachments from an unknown source. Be very careful with emails that look like a DocuSign attachment. Always read the URL address and if you are not sure of the sender, it is best to delete the email. If it is an urgent matter, I am sure they will find a way to contact you. The AVA will never solicit funds or information from anyone. When in doubt always delete.

Recently I went online to renew our Trademark name, American Volkssport Association with the United States Patent and Trademark Office (USPTO). Because this is public information, someone pulled my name and phone number from the USPTO website and contacted me at the office by my name claiming to be from the USPTO. The scammer even referenced the official USPTO phone number. Now that they have confirmed I am a real person, they may send out correspondence to any/all claiming to be me so please do not respond and if in doubt please call me. This has also been the case with Board Members. Their names have been pulled from the website and used for false solicitations. When in doubt always delete.

NEW CHANGES TO AVA FORMS IN 2024 (FEE INCREASE INFORMATION UPDATE)

The following changes will be made on AVA forms because of the policy changes due to the participation fee increase effective January 2024. The AVA will change forms on the website, my.ava.org, and start cards. Clubs do not need to change any AVA forms or start cards. Please continue to use existing start cards until it is time to reorder new start cards which will have the changes. All forms and websites with the mention of “free” walkers will be changed to “guest” walkers. This change is to ensure all forms and websites are consistent with the new AVA fee structure. Forms that will be changed include the Event Registration Log – AVA Form 900A and event start cards. Note we will no longer use the Event Registration Log – AVA Form 900B that was on the website. It has been deleted because there is no use for it anymore. If there is a form that has not been updated, please email hector@ava.org with details.

The participation fee increase does not impact revenues for clubs participating in the Element3 Health (Referred Walker) Program. Clubs will still receive:

\$1.00 for each Element3 Health referred participant

\$1.75 for each reported group activity for Element3 Health participants

The only reporting change with reference to the Element3 Health, (Referred Walker) Program, will be that clubs no longer need to report E3H participants in their quarterly reports. This category will be deleted from the participation report. The reason is because we receive these referral numbers directly from Element3 Health. Please do not report E3H participants as Guests either because we want to continue to track E3H participants separately so we can monitor progress.

The participation fee increase does impact the Per Participant Sanction Fee (PPSF) program. Clubs utilizing the PPSF program will now pay:

\$1.00 Sanction Fee per participant in lieu of a sanction fee

\$2.00 participation fee for all participants

For more information on the new fee increase policy please refer to your Regional Director, the November Checkpoint or [click here](#).

IT/WEBSITE UPDATES CHANGES

The “Club Resources” page can now be found on your Club Home page on My.AVA.org.

Special Programs will be moved under the “Find A” tab on My.AVA.org.

The Legacy ava.org Website will no longer be accessible. The pages will be moved to the new website or My.AVA.org. Please do not use any forms or information on the Legacy website because it is outdated. Everything clubs and members need can be found on the AVA website or my.ava.org. Don't forget to check out the new publicity toolkit on the AVA website/Clubs Only tab. If you don't see a page or information you need, please email hector@ava.org.

DECEMBER AVA WEBINAR CANCELLED, WEBINARS WILL CONTINUE JANUARY 2024

The AVA webinar for December has been cancelled. The next webinar will be Wednesday, January 17, 2024, at 7:00pm. The registration link will be on the AVA website in January or you can [click here](#) to pre-register for the event. If asked for passcode the passcode is AVA.

January webinar presenters include:

Healing From Within: Detox For Better Health

Brenda Hernandez Daraiseh, MPA
Operations and Marketing, Managing Partner, SANA Wellness & Health, LLC



If the benefits of detoxification sound appealing but you don't know where to start, this webinar is for you. We'll explain who can be affected by toxins, where toxins come from, when you should get started with a metabolic detoxification program, what you can expect during a metabolic detoxification program, why you should consider the SP Detox Balance™ Program and the Standard Process Purification Program. Also, learn how you can get off to a good start by crushing the sugar habit—just in time for the holiday season. We're SANA Wellness & Health, and we're here to help you "Heal From Within."

Marketing Update by Members of the Publicity Committee

Join us for an update and discussion on the 2024 American Wanderer (TAW) and other new marketing initiatives for 2024.



The AVA National Office thanks Karen Kaufman and the Firststate Webfooters Walking Club for the t-shirts. Go Firststate Webfooters!



KING WILLIAM PARADE, APRIL 27, 2024, SAN ANTONIO, TEXAS

Thanks to the support of the King William Association, it is likely the AVA will once again be invited to participate in the annual King William Fiesta Parade. This event draws over 30,000 national and international participants. Please invite club members to participate in the parade and send us their ideas on how we can leverage this event to market the AVA to a broader national audience.



Enter the 2024 Parade Float Contest! – Send the AVA your ideas for a parade float, march, dance, or whatever you think is lively, colorful, and representative of the AVA for the AVA’s parade entry. The theme for this year’s King William parade is “Love Is In Bloom.” The recommendation is to incorporate flowers into our float or whatever we end up doing. **If your idea is selected for the parade, you will not only get to see your idea come to life in front of 30,000 spectators, but you will also receive one free roundtrip airfare ticket to San Antonio to participate in the parade!**

The contest rules are simple. If your parade idea is selected, you are the winner! If your idea includes a float, please send a sketch of what you envision the float to look like. Sketches of all other ideas are welcome and can only help your entry but are not required. The entry deadline has been extended to January 31, 2024. Please mail entries to the National Office, Attn: Henry Rosales. Be sure to put your name, address, phone number, and email on the entries. For questions email henry@ava.org. Please put parade contest on the subject line.



AVA VICE CHAIR - CARL CORDES

NEW ZEALAND-AUSTRALIA WALKING TOUR IN MARCH 2024

In the October Checkpoint I spoke about a tour being organized for the events happening down under in March. I have received the travel programs with pricing from P.T.A. Tours, one for 11-25 March that cover the two walk events and a tour of Sydney in between. Then an add-on trip to explore other regions of Australia. If you did not contact me last month and want the trip details, please email me at vice_chair@ava.org as soon as possible. Note I am not organizing this trip, just facilitating contact with P.T.A. Tours who specialize in arranging travel programs for major IML and IVV events worldwide.

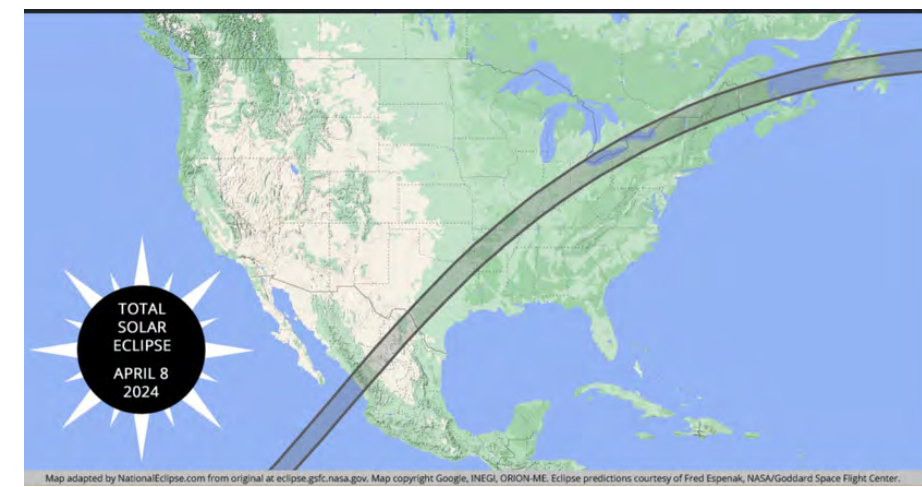
To recap walk information you can get IVV and/or IML stamps for these walks. Event information links: [Rotorua Walking Festival](#) March 15-17, 2024 and [Aussie Peace Walk](#) March 22-24, 2024.



PUBLICITY COMMITTEE - SUSAN FINE, CHAIR

PUBLICITY COMMITTEE UPDATE

I forgot to announce the winners of the 2024 Start Point photo contest. The winners are Diana Wendling, a member of Falcon Wanderers from Colorado Springs, CO for the front cover (first place), and Sarah Garcia a member York White Rose Wanderers from Everett, PA for the back cover (second place). Congratulations! And thank you to all those who entered the contest. There were so many wonderful photos submitted.



As you begin to plan for spring walks, remember that April 1-8 is National Walking Week. PLUS the total solar eclipse is occurring Monday April 8, which many of you are planning to include in your week. We will promote your walks for Walking Week, and for the Solar Eclipse. If your walks are multi-day, be sure to also list them in the [multi-day events](#).

Speaking of [multi-day events](#), I have been asked many times if these can include YRE group walks. YES, if you are having several group walks over a few days, you can list them as multi-day walk events. If you have questions on how to do this, [Hector](#) or [Jeff Giddings](#) can help you.

What stories do you want to see in the new TAW? Please send your ideas to publicity@ava.org. We welcome any and all ideas on walking, health, people, etc.

ACCOUNTING SPECIALIST - MARIAN DEVAUL

2024 STARTING POINT BOOKS

If you pre-ordered a 2024 Starting Point book, we received the books and they were shipped out on Monday, November 27.


If you did not pre-order a book, we still have books available for sale at a cost of \$30.00 plus shipping and handling. For purchase, please e-mail marian@ava.org, or call 210-659-2112.

This bound 7 ½" x 9" publication is a collection of sanctioned walking, bicycling, swimming, hiking, cross-country skiing, snow shoeing, and boating activities. It is your comprehensive guide to 1,966 self-guided events throughout the United States. The book includes directions to the event, trail ratings, hours of operation and whether an award is offered. Click here for Order Form. [Click here for Order Form.](#)

2024 CENTURION ACHIEVEMENT CHALLENGE

The 2024 program begins January 1, 2024. You must be an AVA Associate Member (annual or lifetime) to participate in the Challenge. Eligible participants may register for the 2024 Challenge between October 1, 2023 and September 30, 2024 using the official registration form. Please mail forms to AVA, 1008 S. Alamo St, San Antonio, TX 78210, or e-mail to marian@ava.org.

American Volkssport Association



CENTURION

100 EVENTS EACH YEAR

Click on image for order form.

SUPPORT OUR NATIONAL AND INTERNATIONAL FRIENDS

INTERNATIONAL EVENTS



Join us May 24-26, 2024 for a walk through history in Canada's First Capital and surrounding areas. Registration includes 5 Event Walks, a Meet & Greet, and a Dinner.

Rejoignez-nous les 24-26 mai 2024 pour une marche à travers l'histoire dans la première capitale du Canada et les environs. L'inscription comprend 5 marches événementielles, un Meet & Greet et un dîner.

The King's Town Trekkers Volkssport Club
CVF Festival

Come join us May 24-26, 2024

Kingston Ontario Canada welcomes you for a great weekend of fun, friendship and food, oops I mean fitness.

Registration, hotel info and the schedule will be on the website: www.walks.ca

SOLAR ECLIPSE
APRIL 8, 2024
SAVE THE DATE

The Texas Hill Country will be one of the few places in North America in complete totality of the solar eclipse. Observers will see about 4 minutes and 29 seconds of totality starting at 13:32.

The Texas Volkssport Association is planning 5 & 10 km walks in the Texas Hill Country

World Walking Week is 1-7 April, 2024

COME WALK WITH US
www.walktexas.org

38th Annual Spring Volksmarch June 1, 2024



Come and join us for the 23rd
US FreedomWalk
18-20 October 2024



NATIONAL EVENTS

Click images to go to official website.



TEXAS TRAIL ROUNDUP
3-DAY International
WALKFEST

San Antonio, Texas, USA
23-25 February, 2024



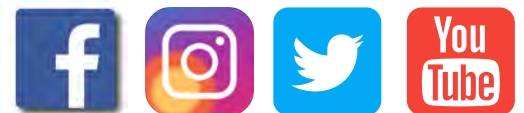
Checkpoint Available Via Email to All Club Members Who Request It

To receive an electronic copy of the Checkpoint send your request to Hector at hector@ava.org. Please note on the subject line: Request for Checkpoint.



The American Volkssport Association

The Mission of AVA is to promote and organize noncompetitive physical fitness activities that encourage lifelong fun, fitness, and friendship for all ages and abilities.



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