

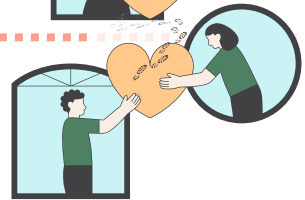
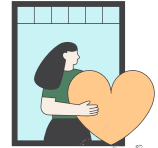


AMERICA'S
WALKING CLUB
— ESTABLISHED 1976 —

AUGUST
2023
VOLUME 32
NO. 8

CHECKPOINT

WWW.AVA.ORG



The Big Give

PRESIDENT/CEO - HENRY ROSALES

TAKE A STEP FORWARD. YOUR FOOTPRINT WILL MAKE A LASTING IMPRESSION ACROSS COMMUNITIES.

Have you ever dreamed of making an impact? Everyone has at some point in their lives. The Big Give donor campaign is a great opportunity to be part of a movement, the health and wellness movement. By donating to our individual donor campaign, The Big Give, you will be changing lives. The Big Give was created to unite our community around causes in which we truly believe will make an impact. It is a special day to celebrate all the positive changes happening in our communities, as well as an opportunity to give back.



Your contributions have helped with the purchase of equipment necessary for these walks to take place, as well as sustain the program and administrative operation of the organization. Your continued support will help us reach our goal of 90k.

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IMPORTANT DATES & INFO:

- **ONLINE GIVING STARTS WEDNESDAY SEPTEMBER 13, 2023**
 - **SEARCH FOR THEBIGGIVE.ORG THEN FIND OUR AVA ORGANIZATION OR CLICK ON THE DONATE BUTTON ON AVA.ORG**
- **ONLINE 24 HOUR MATCH FUNDRAISER STARTS @ 6:00PM ON WEDNESDAY SEPT 20TH THROUGH THURSDAY SEPT 21 @ 6:00PM.**
- **YOU MAY ALSO MAIL IN YOUR CHECKS TO THE AVA NATIONAL OFFICE NOW THROUGH OCTOBER 31ST.**

NEW AND IMPROVED TAW IN THE WORKS!

As AVA: America's Walking Club evolves to meet the needs of current and future members, we will be moving to a quarterly, digital version of The American Wanderer in 2024. This will be our outward facing email that you can share with current and prospective members. It will be a great way to encourage participation in our mission of fun, fitness, and friendship.

This digital edition will contain news from the Board of Directors, regions, clubs, and information about upcoming events. The Publicity Committee is working out details, including format, potential partnerships and sponsorships, and other features. If you have ideas that could make this product better, please send them to Susan Fine, Publicity Committee Chair at publicity@ava.org. Special thanks to the Publicity Committee for their recommendations and support.

Also in 2024, we'll be launching a yearbook that will contain members' event and distance milestones, member features, photos, and more. It's an exciting time to be a member of America's Walking Club and a good time to recruit your friends, neighbors, and community members.

Please join us in extending our gratitude and appreciation of Donna Seline, AVA Hall of Fame recipient and publisher of the TAW, for her many years of service to the AVA. Send us your stories and photos of Donna to publicity@ava.org. The December issue will be dedicated to her.

IN SUMMATION:

- The TAW will be an outward-facing, digital communication produced quarterly.
- The yearbook will be a membership benefit and include members' event and distance milestones, member features, and more.
- The Checkpoint will continue to be issued monthly and include more business and administrative information.
- The AVA will continue to provide a printed version of the TAW to those who request it, subscribers will be responsible for postage.
- Going digital gives us the opportunity to seek advertisers and sponsors and bypass strict postal regulations related to the percentage of advertising.

Q&AS:

Was the decision to go digital based on cost?

Cost was one factor in the decision to go digital. There are also considerations, such as saving trees and production time. The biggest factor is the ease of sharing the information with prospective members and other interested parties.

I used the TAW to schedule my travel. What will I do now?

The TAW will be produced on the same timeline and contain information about upcoming walks just like the paper copy,

I enjoyed seeing my event milestones in print. Why are you taking that out of the TAW?

Those achievements will now be listed in the yearbook, which will be a nice keepsake.

The TAW was one of the few benefits of membership. Why are you taking it away?

We're not taking the TAW away—we're just revising it. We're also providing a new membership benefit with the yearbook.

PUBLICITY COMMITTEE - SUSAN FINE, CHAIR

PUBLICITY COMMITTEE UPDATE



I hope the weather has been tolerable where you live. I live in Texas and the 100+ heat has sent me to the treadmill at the Y, or walking at a mall. But remember, there is also the [AVA National Swim](#) event, to get IVV credit and exercise. This is an OSB event, to swim 300 meters anywhere in the country, at an approved local pool/aquatic facility where there is a lifeguard on duty. [Get more info here.](#)

Please submit your best photos for the 2024 Starting Point Photo Contest. Deadline is August 31, 2023. There were many wonderful images taken at the Olympiad, Texas Trail Roundup, Crazy Horse, and your local events, and we would love to see them. [Get more info here.](#)

Planning your travels this fall? Be sure to check the multi-event page on the website, [AVA festival section](#), to get the most fun, fitness and friendship on your trips. Please let [Hector](#) know if you are having a multi-day event, so we can have it listed on the webpage, to help promote your weekend.

The US FreedomWalk Festival had to change the host hotel and the start/finish for the upcoming October 20-22 festival. The new hotel: Doubletree by Hilton in Arlington, VA, close to the Potomac, Pentagon and Arlington National Cemetery. IML Board and AVA Board will be attending, along with volkssporters from around the world. This is one of 2 IML events in the U.S. [Register and get more information here.](#) An International Dinner with a pasta buffet is \$35 at the DoubleTree Saturday night at 6:30pm. Please pre-register by October 6: info@usfreedomwalk.org.

The publicity committee meets monthly, so if you have something for us to discuss, please email me: publicity@ava.org.



IT SPECIALIST - HECTOR HERNANDEZ

YRE RENEWAL

Please remember to have your renewals in by August 31, 2023 to get your events in the Starting Point Book.

RD's must review and approve all events by September 15, 2023, in order to get them into the 2024 Starting Point book. Any approvals after the 15th do not guarantee publication in the Starting Point book.

If you have any questions or need assistance, please call (210) 659-2112 or email Hector@ava.org.

***Please note that new events can be submitted year round. If you are planning a new event for 2024, you can submit those events anytime.



ACCOUNTING SPECIALIST - MARIAN DEVAUL**OCTOBER 2023 NATIONAL VOLKSSPORT MONTH PATCH**

October is National Volkssport Month. Celebrate by pre-ordering patches using the order form and returning to the National Headquarters. The 2023 patches are \$5.00 each (20% club discount does not apply. Shipping cost is not included)

Mail form to AVA, 1008 S. Alamo St, San Antonio, TX 78210, or fax form to 210-659-1212. You may also place your order by emailing this form to marian@ava.org. The deadline to order these October patches is September 15th. Don't miss this opportunity to offer this collectible patch to walk participants!



Click on image for order form.

STARTING POINT BOOKS**2024 STARTING POINT BOOKS - PREORDER NOW**

It's time to pre-order your 2024 Starting Point Book. The deadline is no later than midnight, September 30, 2023. Mail form to AVA, 1008 S. Alamo St, San Antonio, TX 78210, or fax to 210-659-1212. You may also place your order by emailing the form to marian@ava.org. [Click here for Order Form](#)

2023 STARTING POINT BOOKS - CLEARANCE SALE

Our 2023 Starting Point books are now on sale for the low cost of \$15.00 plus shipping and handling. For purchase, please e-mail marian@ava.org, or call 210-659-2112.

FINANCIAL

If your club's fiscal year ends on 6-30-23, it is time to file your 990 E-Postcard, Annual Financial Report (AFR), and update your club officers. The financial documents are due by November 15, 2023. An IRS user guide, and the AVA Retention policy for financial and event records have been posted on the AVA website under "Clubs Only". Please submit a copy of your filings to marian@ava.org.

IT COMMITTEE - MIKE GREEN, CHAIR**2024 STARTING POINT PREVIEW AND EVENT ANALYSIS REPORT**

Just Click on "Go" - Clubs may now preview how their Year Round and Seasonal Events (YRE/SEs) will appear in the upcoming 2024 Starting Point. Clubs are strongly encouraged to review all of their 2024 YRE/SEs using this report created by clicking the "GO" button below the heading, "2024 Club Starting Point Report". Shown below is an image of this button from a club my.ava.org home page.



The report PDF contains two sections.

Starting Point Listing - The first section of the report includes an introductory page followed by the club's 2024 YRE/SE information formatted as it will appear in the 2024 Starting Point Book. Note the "Event Information" text from event sanction in my.ava.org for each Starting Point entry. But the sanction's "Event Comment" text is not included. Instead, the sanction's "Elevator Pitch" (aka, short description) is displayed starting on the second line for each entry.

Event Analysis - The second section contains an introductory page followed by an analysis of each YRE/SE with recommendations for improvement. Starting Point event entries that are missing an “Elevator Pitch” or “Mapping Phrase” are distinctly noted in the analysis.

Update and Repeat - Changes to the my.ava.org event data will appear immediately in the next report only if they are saved and published.

OSB and OSB/PSB - While OSB (Online Start Box) and OSB/PSB (Online Start Box / Physical Start Box) events renewed from 2023 will inherit their OSB or OSB/PSB designation and event pdf, clubs may choose to designate a PSB event as an OSB or OSB/PSB event starting in 2024. When a 2024 YRE/SE is marked as OSB or OSB/PSB (via the OSB tab), it will appear in the Starting Point as an OSB or OSB/PSB event independent whether the club has uploaded the required event pdf and obtained OSB customer service approval. The assumption here is that the club will upload the required event pdf file and submit the event for OSB approval well before (at least four weeks prior to) the event’s start date.

Deadline 10/1/2023 - It is expected the Starting Point book will be shipped to publisher on or about 10/18/2023. Clubs need to have all their changes (edit/save/publish) in place before the 10/1/2023 deadline to allow for a manual review of all entries by AVA IT committee volunteer, Chris Mellen.

SOUTHWEST REGIONAL DIRECTOR - SUSAN MEDLIN

TRIP TO FINLAND

I am organizing a trip to Finland in August, 2025 for the Finland IML (August 8-10) and the next IVV Olympiad (August 14-17). The tour company is PTA and it will be an English speaking tour. My POC is Andrea Baumeisner. She and Thomas are going on a 14 day inspection to Sweden and Finland in August to work on the details for this trip. So far we start the tour in Sweden with an IVV walk in Stockholm, and visit Stockholm. Then we drive north along the coast, stopping at a UNESCO World Heritage Site for another IVV walk. Next we take the ferry to Vaasa, Finland for the 2 day IML walking event in Vaasa. After the IML, we head to the south coast to Turku. There we combine cruising and walking at the Archipelagoes around Turku. Then we continue to Tampere for the 4 day 2025 IVV Olympiad Walking Event in Tampere. Finish with a drive to Helsinki, and tour of Helsinki. The regular tour ends there and you fly home from Helsinki. There will be an add on package; a post Olympiad tour to the 3 Baltic states. Spend 2 days in Tallinn, Estonia; 2 days in Riga, Latvia; and 2 days in Vilnius, Lithuania.

I already have 44 people who are interested in this trip. If you are interested, please email me at sueammed@aol.com.



SAN ANTONIO, TX - OLYMPIAD PHOTO SUBMITTED BY LESLIE MURPHY STONE

IOWA'S WALKING CLUB - PHYLLIS OLSON, MEMBER

FUN AT THE NORTH CENTRAL ADVENTURE WEEKEND

Lots of fun is planned for the adventure weekend in Northwest Iowa on September 15-17. In conjunction with the 9 sanctioned walks available over the 3 days, we'll have scavenger hunts, contests, geocaching, card games, board games, and lots of food.

In Le Mars on Friday morning, you can play "I Spy" along the trail. In Rock Rapids on Friday afternoon, you will be looking for Volkssport patches to be redeemed for an array of neat prizes, walking sticks, REI gift bags, AVA event & distance books, special adventure weekend merchandise, etc.

On Friday night at the host hotel, Grand Stay Hotel & Suites in Rock Valley, we will have a pizza party with a special activity to get to know our Regional Director and Deputy Regional Director better. Also, card games and board games will be available.

Saturday morning, we will host a 2K community walk in Sibley, IA and have tours of the hospital rehabilitation department available. Saturday afternoon in Rock Valley you can learn to geocache along the Volkssport trail.

Before the dinner in Rock Valley on Saturday night there will be a happy hour from 5-6pm with appetizers provided by the Greater Des Moines Volkssport Association, aka Iowa's Walking Club. At registration to start the weekend everyone will be given a limerick to complete. After dinner, we will hold a regional meeting and read some of the clever compositions.

Come to the North Central Adventure Weekend to walk and have fun. For more information and brochure go to our website iowaswalkingclub.org or North Central Regional Director, Susan Pinneke, susanpinneke@gmail.com.



SUPPORT OUR NATIONAL AND INTERNATIONAL FRIENDS

INTERNATIONAL EVENTS



Coffee Break!
International Volkssport News
[IVV Website](#) [IVV Online Database](#)



Please click on the image to see the latest issue of the IVV Newsletter the Coffee Break. Enjoy reading it and have a good weekend.



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

Monday, June 5th, 2023.

Save your spot, sign up early.



WalkFest Vancouver -
September 22-24, 2023
Registration is Now Open

The Vancouver 'Venturers are pleased to welcome you to WalkFest 2023 in beautiful Vancouver, BC. Enjoy a weekend of walks that showcases the spectacular natural beauty of the area as well as the historical areas of Stanley Park, Gastown, Chinatown and the West End. An optional 3 hour harbour cruise and banquet will take you under the Lions Gate and Burrard bridges into False Creek passing Granville Island, Roger's Arena and the iconic Science World building. Come early or stay late, and start planning your visit to [Vancouver](#) in September.

NATIONAL EVENTS

Click images to go to
official website.



PALO DURO CANYON STATE PARK -
CANYON, TEXAS - OCTOBER 6-8

Hike with an "altitude" at Palo Duro Canyon State Park, Canyon, Texas! Join the West Texas Trail Walkers for our 42nd year of hiking in West Texas National and State Parks, October 6-8, 2023. Be sure to check out our webpage, www.westtexastrailwalkers.org to see beautiful pictures of the multi-colored ridges and hoodoos at Palo Duro Canyon. [Brochure](#) [Registration form](#)

SOLAR ECLIPSE
APRIL 8, 2024
SAVE THE DATE
World Walking Week is 1-7 April, 2024

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

COME WALK WITH US
www.walktexas.org

CALLING ALL WALKERS!!
Join us in Arlington, VA USA
for the 22 Annual US FreedomWalk Festival
October 20-22, 2023
www.USFreedomWalk.org

AMERICA'S WALKING CLUB
Volksmarching at its Best

Walk Arlington

An International Walking Experience

JOIN US THIS SPECIAL ANNIVERSARY YEAR!
CRAZY HORSE MEMORIAL VOLKSMARCH!

37th Annual SPRING Volksmarch!
One Day Only - June 3rd

11th Annual FALL Volksmarch!
One Day Only - Oct. 2nd

12151 Avenue of the Chiefs • Crazy Horse, SD 57730
For more information, please visit CrazyHorseMemorial.org
OR call 605-673-4681

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.



1008 S Alamo St · San Antonio, TX 78210, Phone 210.659.2112 · Fax 210.659.1212 [Message US](#).