



# BIENNIAL REPORT 2005-2007

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***Fun, Fitness, Friendship***



# **VOLKSSPORTING IN AMERICA**

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AVA is a member of the International Federation of Popular Sports (IVV), formed in Lindau, Germany, on January 14, 1968. The International People Sports (IPS-USA) was incorporated in Texas on April 28, 1976. It was accepted as an Associate Member of IVV on April 30, 1976.

At the first national convention of volkssporters in the United States, June 15-17, 1979, IPS-USA adopted the name of the American Volkssport Association (AVA) and it became a member nation of the IVV.

## **MISSION STATEMENT**

The AVA is the advocate for the promotion and organization of walking and other noncompetitive sporting events that encourage physical fitness, fun and fellowship for people of all ages and abilities.

## **VISION STATEMENT**

To be recognized as the premier noncompetitive sports organization in the United States with sustained growth and a sound financial base.

## **VALUES STATEMENT**

The AVA values fellowship, fun and fitness through quality family oriented noncompetitive events, in America's spirit of teamwork where all can achieve their personal best.

Volkssporting is “people sport” and began in the mid-1960’s in Europe. We promote non-competitive participation in walking and other recreational activities for fun, fitness and friendship. We are not-for-profit and dedicated to encouraging fitness for people of all ages. Clubs are located in more than 47 countries around the world and they bring unique opportunities for safe, healthy exercise without the stresses of speed and the strain of endurance. In volkssporting, all participants who complete the event of their choice at their own pace are recognized as “winners”!

Club members prepare the trails for walks, bike rides, and other sporting activities. Events are open to everyone. There are no age limitations. Because walking is a common activity, doing it for exercise is a safe and inexpensive form of “sport”. Health benefits abound, as well as recreational enjoyment as local culture is explored.

Membership in a volkssport club is not a requirement, but many volkssporters choose to join to link up with other walkers and to enjoy the company of other members.

AVA participants may join in the IVV Individual Achievement Awards Program. It is an international low-cost incentive program. Those joining the program benefit from the personal incentive and satisfaction gained by qualifying for a series of IVV awards based on the number of volkssport events completed, and/or the distances they have walked, biked, or skied. After each event their personal IVV record books are stamped, recognizing their participation in the event and the distance they have completed. Upon achieving a required progressive level, participating volkssporters forward their record books to AVA Headquarters in Universal City, Texas.

Well-earned awards in the form of an attractive pin, a patch and certificate are given for each milestone to mark accomplishments. This is given without additional cost.



# President's Message

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**You and I** make up the American Volkssport Association. The most important truth that I have taken to heart in my term is that only because we make AVA happen, it does. Without a doubt our program of non-competitive sport is more needed than ever in America, and the joys of experiencing nature while doing something good for our health is the genesis for what we do.

Accepted as an Associate Member of IVV first in 1976 and named *International People Sports*, in 1979 we became AVA and an Associate Member of IVV. We are a volunteer organization, totally dependent on the average person being involved to bring our activities to the general public. These volunteers give so generously so that anyone can get out and walk or participate in our other sport activities. It takes you to make AVA work, and for that I extend a BIG thank you from AVA, because the perception is that the NEC and Headquarters are the organization. Not true, but as we work together you need to know that those who serve in the leadership positions appreciate you.

Accepting a second term of office meant I had some experience and a clearer vision of what was needed to take AVA forward. Many things have been accomplished, and you'll find comprehensive reports in the Biennial Report. Our numbers do not show what we desperately need, and that is new participation at all levels. We are not alone in our struggle, as other non-profits are experiencing the same trends, and as our population ages and societal trends change, we must cling to our foundation, yet be flexible in trying new things.

## **PRESIDENT'S MESSAGE** continued

During the fourteenth term of the National Executive Council, some regions have exploded with major events and enthusiasm while others are languishing. One of my great joys has been to witness the development of the 2007 Convention Committee. Many had not even attended a convention previously, yet they have brought their ideas and down right hard work to make this convention possible. The age-old question of whether the person makes the opportunity happen or the opportunity makes the person develop comes into play here. I have seen both. One of the special couples in this region has shared their lives through leadership in California to help develop this region. Only after taking a step back have they accomplished a major personal goal – that of walking in each of our United States and in each capitol city. Herb and Lillian Webber, please stand to be recognized for this great achievement.

AVA is successful because of those who step forward. We are a network of local clubs, doing great things through people. One club saw an opportunity for a unique walk in a neighboring city. Their enthusiasm and reaching out through the local newspaper brought out Cynthia Turbin who was intrigued by the article. She and a friend did the walk, filled out information, and then Cynthia was contacted by Barbara Nuss as she followed through with the contact. The result is a new thriving club, with members participating in the IVV incentive program and many AVA special programs. Yet, Cynthia says that the one reward the members most cherish is the incredible camaraderie they experience when they are together. She claims that volkssporting is truly more than an opportunity to get some exercise; it is a complete mind, body and soul workout.

Clubs and members that make the marketing effort fun are those that are successful. Marketing is so important, and AVA has had many, many clubs take advantage of the local news media. However, the percentage of marketing that can be accomplished in this area is begging to be increased. AVA has strived to give the clubs the tools they need and is currently working on a Publicity Handbook. Still, it takes the local contact to make it happen.

## **PRESIDENT'S MESSAGE** continued

Another success story of community involvement needs to be told. As non-profit organizations, cities look to us for promotion of their festivals and location. Volkssporters make great tourists and are valued consumers. One club member noticed a grant was being offered for \$5000 to promote their city. What better way to also promote to the general public the volkssporting opportunities in that city? Ron Weaver applied, and got the grant, only to have it increased when another recipient dropped out. That commitment has filtered down through many IVV venues, from the Canadian Volkssport convention to our own where you'll find their booth. Has your club explored the opportunity in your community?

And behind the organization is our Executive Director that keeps us all on track. Please give a round of applause to Jackie for all she does for our organization. She is approaching 18 years with us. Take a minute or two to talk to her and to the other employees who are here this week.

Enjoy what California has to offer us, and keep volkssporting alive for all to enjoy. Organizational struggles are only opportunities and you can make the difference!

# National Executive Council XIV

## NATIONAL OFFICERS

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From left to right: John, Marvin, Bruce, Alfred, Ed, Wayne, T.I., Ginny, Curt, Shirley, Joan, Becky, Nancy  
Not present: Patty





# Executive Director

Submitted by JACKLYN WILSON

The AVA has seen many changes over the last two years and we have all risen to the task and embraced those changes as we work to move Volkssporting to the electronic age. Those of you who sanction events for your clubs know what I'm talking about. Nothing new is ever easy and in AVA, that seems to be particularly so as we deal with so many different people and their ideas and abilities.

I hope that all of you seek out Ron Drumm and the members of his Technology Committee and give them a big thank you! Without them, we would not be where we are today. It has been a huge blessing for me to have him working on these projects because he understands the technology and communicates with the programmers on their own level. The addition of the electronic ESR, electronic Club Officer Update and e-commerce site will help our clubs better manage the time that they have to devote to Volkssporting.

A new server was installed along with high speed internet so that we could accommodate the many hits we receive each day as well as to prepare for the e-commerce site which I hope is up and running by the time Convention comes around.

You may not be aware that 25 Year Anniversary letters and ribbons are now going out to clubs as they reach this milestone.

The museum items were moved to a storage facility in Universal City and a volunteer was found to sort through them, clean them and help us get a small museum set up at the Headquarters. While this is still in the beginning stages, I encourage you all to go by the Registration desk and take a look at the binder that we have that shows some of our progress and consider making a donation to help us get the displays and other materials we need to get this open to interested volkssporters.

## EXECUTIVE DIRECTOR'S REPORT continued

A new phone system was installed at Headquarters that includes voicemail. Now, those of you who cannot call during normal business hours can reach the person you want and leave a message to be handled the next day. The one function I refused to install was the automated answering. I simply felt that we should be there so that our customers can talk with a real person during normal business hours.

A new business card was produced for clubs to use as well as the new AVA "Grabber" Brochure and logo slicks. The Treasurer's Manual was updated and made available on the web and a new Awards Explanation Booklet was prepared and distributed to the clubs to help them better explain the awards program to new walkers. New sponsorship informational flyers were developed and your Sponsorship Committee has been busy gathering information and going out to companies that they think would be a good fit with AVA. While we lost the New Balance contract, we were able to continue to provide start cards and trail marking supplies to our clubs while we look for a new sponsor.

GNC reiterated their willingness to allow our clubs to use their stores as start/finish or checkpoint locations and renewed their contract with us. Many of our events now have a relationship with their stores and use them for their YRE or regular events.

Information on Goodsearch was sent out to everyone. We ask that you try using them as an alternative to your current search engine. Be sure to select AVA as your charity of choice and we receive a penny for each search. Doesn't sound like a lot but we have lots of members who use the internet every day. It all adds up.

We have a staff member who is attending classes to become certified in web page maintenance and design so that we can move that function in-house and free one very busy volunteer for other important duties.

Those of you who wrote about higher level bike awards will be pleased to note that three additional levels have been added. So don't let the lack of awards keep you from hitting the bike trail!

I have only hit on some of the highlights in this report but rest assured that your staff and your elected Executive Council members have been busy working on many, many projects. I'm always happy to talk with any of you about your ideas so don't be shy, tell us what you think is important. While we won't be able to take action on every suggestion, it will help keep us pointed in the right direction.

# National Headquarters

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# Regional Reports

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## ATLANTIC REGION – DIRECTOR STENGER

The Atlantic Region is comprised of Delaware, District of Columbia, Maryland, New Jersey, Pennsylvania, Virginia and West Virginia. Of these seven entities, Maryland, Pennsylvania and Virginia have state associations. The Atlantic Region has 41 chartered clubs.

Maryland, Pennsylvania and Virginia have state programs as an incentive to bring out participants to walk in new areas within their states. Events are hosted in new areas to keep the participation new and exciting.

The region continues to hold regional meetings twice a year in different locations within the region. This venue provides clubs an opportunity to interact with each other and to discuss successes and failures. The clubs in the region have a good relationship with each other and have worked together to organize special weekend activities.

In 2006 I organized the Third Biennial Region Conference in Hagerstown, Maryland that provided a venue for social events, walking events, two workshops, a general business meeting, and Atlantic Region Award presentations. Four clubs coordinated their efforts to host one event each day of the conference. Plans are underway for 2008 for the Fourth Biennial Region Conference in Martinsburg, West Virginia.

In January 2006 and 2007 the Atlantic Region staffed a booth at the NBC4 Health and Fitness Expo held at the Washington Convention Center, Washington, DC. The booth was registered under the American Volkssport Association name to better promote the national organization as well as local volkssporting opportunities. This Expo attracts more than 80,000

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## **ATLANTIC REGION - Continued**

people during the two-day period. Our volunteers spoke with hundreds of people – many of whom were former volkssporters in Germany and even after all this time are surprised to know that volkssporting is in the United States.

In 2006 and again in 2007, four clubs are coordinating with each other to host a four-event weekend. A weekend for walkers in the Region and in neighboring Regions to enjoy trails in new areas and opportunities to meet new people.

In 2006 the Atlantic Region was host to the second International Marching League (IML) event in the United States. The US Freedom Walk Festival Club held its first successful and sanctioned IML event in October 2006 offering varying distance of trails to participants from 13 countries. The weekend afforded social opportunities for every one and recognition for individual accomplishments.

## **MID-AMERICA REGION – DIRECTOR DRUMM**

Mid-America is comprised of 5 states – Illinois, Indiana, Kentucky, Michigan and Ohio. We have state associations in Illinois, Indiana and Ohio.

The past two years we have had four new clubs come onboard in Michigan – Great Lakes Amblers in Mason, Washtenaw Wanderers in Ann Arbor, MOVES in Middleville and the newest Kalamazoo Valley Walkers in Kalamazoo.

We have worked together to put on two successful region weekends – in March, 2006 the Derby City Walkers hosted the region in Jeffersonville, IN. This March we were treated to a weekend of volkssporting in Dayton, OH thanks to Bulls Run Ramblers and Ohio Wander Freunde. The host clubs have taken care of the planning - set up the trails and made the arrangements with the hotels and had help from other clubs in working the events. This new tradition will continue in 2008 in Champaign, IL and 2009 in Evansville, IN.

## **NORTH CENTRAL REGION – DIRECTOR DEWEY**

The North Central Region is comprised of the States of North Dakota, South Dakota, Nebraska, Minnesota, Iowa and Wisconsin. During the year of 2006, over 100 events were held and a similar number have been sanctioned for 2007. The total number of year round/seasonals for 2006 was 125, and in 2007 over 130 were sanctioned. There are a total of 27 active clubs. One new club, the Rambling Rockets was formed in 2007, in Arcadia, Iowa. It is based in the Ar-We-Va Elementary School in Arcadia. There are no State Organizations in this region.

The annual Crazy Horse Walk near Rapid city, SD which is held the first weekend of June each year drew over 10,000 participants in both 2006 and 2007.

More clubs are conducting multi-day events across the Region. There are more longer walks being developed as regular events.

The Greater Des Moines Club in Iowa has placed a bid to hold the 2011 biennial AVA Convention.

There are clubs in 5 of the 6 states that hold regular weekly walks for their members and guests during the summer months. This is proving to be a source of new membership for these clubs.

## **NORTHEAST REGION – DIRECTOR OLSEN**

The Region continues to meet each October to provide each other with a calendar of events and the RD coordinates the dates to avoid conflicting times.

Our clubs have encouraged new walkers with walker packets, participated in Health Fairs, advertised thru the media, sanctioned Girl Scout Events and promoted AVA participation.

## NORTHWEST REGION – DIRECTOR FORSYTHE

For those who love to walk, the NW Region is the place to be! Sixty Volkssport Clubs and over 100,000 walks taken in the last two years is evidence the enthusiasm for walking continues to grow. Twenty four percent of the nation's credit walking volkssporters live in the Northwest region.

July of 2006 the Northwest regional conference was held in Seaside, Oregon. In addition to the numerous YRE's available along the picturesque Northern Oregon Coast, there were walks, hikes and even an opportunity to roller skate along the infamous Seaside Promenade for IVV credit. An ice cream social with specialty ice cream from the local ice cream shop and a barbeque in the park offered walkers to enjoy each others company and catch up on the latest walk talk. During the conference club representatives met to discuss the greatest needs for their clubs, with a discussion on how these needs can be met. The number one need expressed was the need to get the word out. Publicity was by far the biggest concern.

Oregon (OTSVA) and Washington (ESVA) State Organizations listened and made a commitment to lead the way in promoting walking. At one walk sponsored by the Washington State organization forty four new walker packets were sold. Because of the State Organizations and some very committed workers, the AVA has been represented at the Washington State Fair, The American Diabetes Association Expo, Race for the Cure, The Bloomsday Event Expo, and many, many corporate health fairs. Local brochures are distributed as well as the two state event publications. State Organizations also sponsor local incentive walking challenges. It has been possible to receive awards for walking in every county in Washington and Oregon. In Oregon an award for bringing friends to walks is available.

In addition to representation at these mega events, clubs have sponsored large multiple event weekends that draw crowds from the national volkssport community and the local residents. Discovery Walks, Whidbey Island Walkfest, The Columbia Gorge Events are just a sample of the walk extravaganza's that continue to impact the communities in which they are held. The most effective method to involve new walkers' involvement continues to be inviting a friend to a walk.

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## **NORTHWEST REGION continued**

Clubs are also partnering with established charity walk and marathon events, making it possible to promote volkssporting to people that love to walk. Typically a club will sanction an event in exchange for a booth at the event expo or mention on the event brochure stating that the walk is sanctioned with the American Volkssport Association.

A regional publicity contest between clubs asked clubs to contact their local newspapers and get articles about volkssporting published. The winning club, The Sherwood Merrywalkers of Sherwood, Oregon invited a reporter from the largest newspaper in Oregon to their club meeting and then took him on a club sponsored volkswalk the following weekend.

The creativity of NW clubs continues to be the backbone of growth. The innovation spans the imagination from the opportunity to become an “extreme” walker to some very clever uses for the new 5km YRE rule.

The walk for college credit, Volkssporting PE classes continue to be a hit with community college administrators and students. Over the past two years about 20 walks were taken by first time walkers working to meet requirements for their class credit.

As enthusiasm continues to grow for the sport, publicity will continue to be paramount through the combined effort of the clubs through the main objective of each of the two state organizations. Both have agreed to be supportive of the sister states Alaska and Idaho, which do not have state organizations to fall back on for support and synergy. This will continue to be the goal for the next two years. Additionally, growth and training of new club officers will be moving to the second area of emphasis for the insurance of healthy, growing clubs.

The walkers of the North West invite everyone that loves to walk to join in the walking fun. Next time you plan a walking road trip, consider coming to an area of the United States that boasts nearly 400 YRE and Seasonal events, beautiful scenery and a mild climate.



## PACIFIC REGION – DIRECTOR HOLLOWAY



Pessimism and doom and gloom are no longer resident in the Pacific Region. The enthusiastic Volkssporter looks for opportunities to excel, and in this Region enthusiasm reigns. Many good people doing good work, seeking opportunities to promote Volkssporting has events, participation and memberships on the increase. Folks are coming out because there is activity, fun ... fitness ... friendship.

Several clubs and individual Volkssporters have organized weekly, mid-week, evening, and weekday morning walk programs throughout the region. From the Menhune Marchers' Hue Hele weekly walks and neckties on Father's Day, to the Sacramento Walking Sticks' Hot Walkin' Nights, and the Las Vegas High Rollers and Strollers' weekly walks, there is an opportunity for everyone to shake off the couch syndrome. There is even a mid-week Volksbike program that was started recently by an old Volkssporter with a new bike. In this Region, when a new walker tries our sport and asks when the next event is, they are no longer told that it will be in two or three months.

From the Arizona/Nevada/California Tri-State Walks, cooperative club ventures have grown in recent years as enthusiasm and Volkssport awareness has grown and dynamic and inspired leadership has surfaced. The united effort of three Sacramento Area clubs to host a multiple event weekend in Redding, California, last year spawned a brand new club. Welcome the Shasta Sundial Strollers. This club has grown with dynamic leadership and a can do attitude, and lead the cooperative effort for a multi-event repeat this year. Teamwork, encouragement, and cooperation between clubs have boosted morale among clubs that were in a malaise and spurred others to increased excellence.

A new club has started in Merced, California, that will soon fill a void left in Central California with the close of the Big Valley Vagabonds a few years back. By assuming leadership responsibilities, members of the University of Nevada, Reno's School of Public Health has provided the promise of new life for the Sierra Nevada Striders, which had been in virtual caretaker status for over two years. The enthusiasm of this new leadership is deeply heartening.

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## PACIFIC REGION continued

Communication has been a key to improved administration, and program awareness throughout the Region. Through weekly Walk Alerts, periodic “Hello Pacific Region” messages from the Director (over 120 numbered messages were dispatched in the past two years), and monthly newsletters from the President of the California Volkssport Association, clubs and individual Volkssporters are receiving timely information by electronic mail. Reminders and encouragement (nagging) ensured that there were no clubs in the Pacific Region with delinquent year-end Officer Update/Change Reports or Financial Reports. It is anticipated that the AVA Budget will suffer, as anticipated fees for delinquent reports do not meet expectations from the Pacific Region.

Clubs from Southern California, with the able assistance of the Northwest Region Director, participated in the AARP convention in Anaheim, the first such effort by AVA. This was a most successful effort and yielded many “lessons learned.” Northern California clubs have routinely joined forces to participate in NBC health fairs in Sacramento, making many contacts and increasing membership in several clubs. The CVA President and members of local clubs have appeared from time to time on morning TV talk shows to promote our sport. Their promotion of the First Annual International Talk Like A Pirate Day Volksmarch in Sacramento (or anywhere else in the World) was truly something to behold...Aarrghh! They were able to attract over 80 walkers to a Tuesday evening Volksmarch.

Over four years ago the clubs in Northern California were approached about putting on an American Volkssport Association Convention in 2007. Naïve folk that they then were, they agreed. It was readily apparent that it would require a joint effort and pooling of personnel resources. The clubs that joined this effort are the Placer Pacers (Auburn), Sacramento Walking Sticks (Sacramento), Vaca Valley Volks (Vacaville), Sonoma County Stompers (Sonoma), Bay Bandits Volkssport Club (San Francisco), Davis Dynamos (Davis), Delta Tule Trekkers (Stockton), Tahoe Trail Trekkers (Truckee) and South Bay Striders (San Jose). One member of the Convention Committee donated \$5,000, another \$500. Several clubs donated money, at least two giving \$1,000. All to keep costs to Volkssporters as low as possible. Individual sacrifices have been made by almost 50 dedicated individuals...for a free T-shirt.

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## **PACIFIC REGION continued**

This report should include that there have been trials, hurt feelings, and flashes of anger. This report should also include that the committee remains intact with the departure of only two of those who started way back when, and they for reasons not connected with the convention effort. This commitment to Volkssporting, and above all, fun, has not gone unnoticed. In recognition of their effort, the Pentagon Pacesetters Volkssport Club of Virginia, presented members of the Convention Committee the esteemed Kas Award, given "In Appreciation of the Volunteer Spirit of Volkssporting." A spirit that runs rampant in the Pacific Region.

## **ROCKY MOUNTAIN REGION – DIRECTOR WEINTRAUB**

The biggest news in the Region since we last reported in 2005 is the success and continued growth of volkssporting in Montana. The Miles City Club is run by the Chamber of Commerce. They continue to offer more YRE routes and the city is seeing great turn outs for the weekend events as well as the YREs. While Montana is growing, the rest of the region is in decline. We have lost one club in Wyoming and will probably lose another club in Utah in the next year. The problem remains low density demographics of volkssporters in the region. The clubs are struggling to break even on events and YREs. The greatest successes we have had in the Region revolve around the Denver Clubs who have increased the number of winter events. We now have seasonal snowshoe and x-country ski events at most of the state nordic centers. The clubs are combining multiple events for weekends where volkssporters can ski, snowshoe, and swim in the same day....and all above 10,000ft! We have had three clubs turn 25 years old in the region as well.

## **SOUTH CENTRAL REGION – DIRECTOR TOD**

We held the Regional Roundup in Lawton Oklahoma. The event was well attended and four regional directors and the AVA treasurer attended. These events bring clubs in the region together for a weekend of walks, swims and social events. We also continued to host the Bi-state picnic for all the area clubs.

I continue to work with the Missouri State Committee and the Great Rivers Greenway Organization. They have transitioned from planning to building and are currently building 60 miles of bike and walking trails.

## **SOUTHEAST REGION – DIRECTOR STOKES**

The seven marvelous states which make up the AVA's Sensational South East Region, continue to prosper and plan for increased fun, fitness and friendship over the next two years.

Even though, over the past two years, the South East has unfortunately had seven clubs choose to go to inactive status, we still have 24 local clubs and two State Associations promoting our wonderful sport. They have provided over 330 regular events for Volkssporting enjoyment since the last Convention. This includes two of the most popular and successful Mega Event Weekends in the nation – The Biennial Savannah in January and the (now biennial) Presidents Weekend (known as Floribama) on the Gulf Coasts of Florida and Alabama. Participation in regular events has been reasonably steady with a small increase over the preceding two years to between 14,000-18,000 Volkssporters. The 200 plus YREs available brought the South East participation of 55,000-60,000 during the past two years.

Clubs in the South East continue to develop and cultivate relationships with various civic and charitable organizations in hopes of exposing more people to the activities which are offered by the AVA.

The Sensational South East Region of the American Volkssports Association is proud of the many wonderful, hard-working volunteers who provide thousands of hours of planning, trail-marking, proselytizing, and all the other myriad of activities needed to promote our organization.

## **SOUTHWEST REGION – DIRECTOR FERGUSON**

With the assistance of the clubs of this Region the following were accomplished.

Revisited our marketing relationship with Texas AARP with minor results. We continued our relationship with the statewide Walk Across Texas Program station. These later will be an ongoing partnership.

Encouraged local clubs to partner with other like minded organizations, including charitable groups, to encourage Volkssporting with some success.

Supported local Boy Scouts with Volkssport efforts toward their completion of requirements for the Hiking Merit Badge.

Continued

## **SOUTHWEST REGION continued**

Participated in a major outdoor exhibition in Austin Texas of the Texas Parks and Wildlife Department exposing about 9000 participants to Volkssporting. This may become an annual promotional event.

San Antonio clubs have been very active in presenting the Volkssport program to civic and professional groups.

Southwest Region sponsored a booth at the Dallas meeting of the American College of Sports Medicine. Additional, Volkssporters from Texas have presented papers and displays at other ACSM meetings across the country..

Materials prepared for the canceled 2005 National AARP, New Orleans, meeting were furnished to the Pacific Region for use at the 2006 AARP meeting in California.

While one club was declared inactive, a new club was formed in San Angelo.

We are seeing clubs branch out with YREs or events into areas of the region where there has not been any Volkssport presence in the past.



# AVA Committees

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## SPECIAL EVENTS

### Joan Lampart, Chair

Since my appointment as Chair of the Special Events Committee for the past six years, the program has gone from a few Special Events to many and for the past two years, the Special Events have skyrocketed. The response from clubs and individuals has been outstanding. Every one is a winner for this committee. AVA has earned a few dollars from 50% of the net profits of these Special Events, with the exception of National Heritage who has given all of the profit to AVA; the walker has benefited by finding more interesting places to walk, the clubs have benefited by finding new and interesting trails to accommodate these Special Events. Where would we be without the wonderful folks who thought up these great Special Events? The following should be commended for their imagination and commitment to AVA:

National Heritage Event –Victor Shaff, Florissant, MO  
This Special Event will end December 31, 2007

Golden Heritage – Roberta Murrery, Auburn, CA  
This Special Event will end December 31, 2007

Lewis & Clark Expedition - Jim and Norma Jones – Belleville, IL  
This Special Event will end December 31, 2007

(Continued)

## **SPECIAL EVENTS continued**

Walk the USA A-Z - Becky Adams – Englewood, OH

This Special Event will run indefinitely

College Campus Program – Eric Moench – AVA, Universal City, TX

This Special Event will end December 31, 2007

US Presidents Program - Nancy Stenger – Centreville, VA

This special Event will continue until 2009.

American Revolution Walks - Barbara Kolapakka - Saratoga Springs, NY

This Special Event continues to December 31, 2008.

Lighthouses USA – Teri Morosco – Hazlet, NJ

This Special Event continues to December 31, 2008

Great Lakes, Great Walks, Great Fun – Jim Muma – Belleville

This Special Event continues to December 31, 2009

Walking Europe in the United States – Jan Wood – Tyler, TX

This Special Event will continue to January 2009

Pony Express – Millie Haupt – Yakima, WA

This Special Event continues to 2010.

RiverWalk America – Lorraine Weaver – Leonardtown, MD

This Special Event started January 1, 2006 and will run indefinitely.

RailRoad Heritage – Lorraine Weaver – Leonardtown, MD

This Special Event started January 1, 2006 and will run indefinitely.

American Authors and Literary Landmarks – Patty Proulx – Jaffrey, NH

Started in 2006 and will run for five years with the option to extend.

Spirit of Walking Cemetery Stroll – Dennis Michele – Fairview, NC

This special Event will end December 2009

Walking USA State Parks – Jan Wood – Tyler, TX

This Special Event will end December 31, 2009.

(Continued)

## **SPECIAL EVENTS continued**

Walking Courthouses in the USA. – Jan Wood – Tyler, TX  
This special Event will end December 31, 2009

Covered Bridges – Sharon Smetzer – Hellertown, PA  
Started January 1, 2007 will run until December 31, 2012

Native American Culture – Sharon Snyder – Lawton, OK  
This Special Event started June 1, 2007 and will run until December 31, 2010

Islands – Helen Neher – Anacortes, WA  
This Special Event started June 1, 2007 and will run until December 31, 2010

## **YOUTH**

**Nancy Wittenberg, Chair; Bruce Dewey, NEC Liaison**

Accomplishments include:

Responded to many inquiries from AVA clubs, individuals, Girl Scout councils and troop leaders regarding the Girl Scout Walk Together program and the AVA Master program and served as a liaison matching clubs with Girl Scout councils answering questions to help when needed.

Reviewed and revised all AVA website pages regarding the Youth Program. We've included pdf format brochures online, as well as other procedures. Published an article in *The American Wanderer* informing clubs.

Selected the Walk-Together patch for 2006-2007 through the Anchorage Volkssport Club and Girl Scouts – Susitna Council, and the 2007-2008 patch designed by a girl in Moingona Girl Scout Council in association with the Greater Des Moines Volkssport Association.

Staffed the AVA's table display at the Girl Scout national council meeting in Atlanta in October 2005 and handed out new Girl Scout Walk Together brochures and new Youth Program brochures. Held a volksmarch of the Atlanta downtown YRE for Girl Scout adults attending the meeting with the assistance of the Roswell Striders club.





## **STANDARDS AND EVALUATIONS**

### **Marvin Stokes, Chair**

The newly revised American Volkssport Association Policy Manual has been published and distributed to all AVA Clubs.

The committee is currently reviewing the AVA Event Handbook, and seeks input from interested parties as they review, edit and seek to improve the Event Handbook.

## **STRATEGIC PLANNING**

### **John Ferguson, Chair**

This committee attempted to further the actions of the 2003-05 Planning Committee.

The initial action being approval by the NEC of a primary goal or mission focus for 2005-07 of "Increasing participation at all levels" This goal was to have been the benchmark for the actions of all of the NEC XIV actions. This goal statement was later paraphrased to mean "Growth".

With the input from others on the NEC, a revised draft for an AVA Strategic Plan emphasizing growth was issued in September 2006.

## **BYLAWS**

### **John Baird, Chair; T.I. Weintraub, Liaison**

Proposed bylaw changes for this term are minimal. At the suggestion of the Executive Director, two classes of membership are being put to the vote: Associate Membership and Honorary Membership. Additionally,, cleanup of the bylaws regarding the types of non-profit IRS designation will be voted on.

## **SPECIAL FUNDS DEVELOPMENT**

**Jacklyn Wilson, Chair**

The Special Fund Committee was a committee of one but a few things were accomplished.

An account was set up with Goodsearch, an internet search engine that pays you to search. Although to date it hasn't produced much income, the potential is there if we can get everyone to use it and designate AVA as the non-profit to receive the donation.

The AVA investment manager was contacted to discuss a benefactor program. He recommended getting legal advice. The AVA attorney does not handle this sort of thing but will look into other lawyers that can assist.

A grant request was submitted for Immersion Active, an internet marketing agency for mature markets.

## **OUTYEARS CONVENTION**

**Bruce & Claudia Fitch, Chair; John Ferguson, Liaison**

June 2004 – Meet with DART officials and Renaissance Hotel management to study feasibility of proposed convention concept.

September 2004 – Lined up leaders of the Operations, Logistics, Planning and Finance functions of the Convention.

August 2006 – 2009 Convention Web site goes live.

August 2006 – Begin campaign to solicit volunteers for subordinate committee chairpersons and volunteers.

September 2006 – Convention logo, convention slogan finalized.

October 2006 – Met with primary committee chairs.

January 2007 – Began production of 2009 Convention Presentation for the 2007 Convention in Sacramento.

March 2007 timeframe – Met with all committee chairs who will then begin meeting regularly with their committees by e-mail, teleconference or in person at a designated meeting location as often as needed to conduct business and make decisions. Formal discussions of actual locations of Convention walks began at this time.

## **OUTYEARS CONVENTION** continued

April 2007 – Identify venue for the 2009 Convention social event.

April 2007 – Identify proposed transportation providers for the 2009 Convention walking events.

April 2007 – Finalized the design of t-shirts and buttons to be sold at the 2007 AVA Convention in Sacramento in order to raise money to promote the 2009 AVA Convention.

May 2007 – Finalize design of 2009 AVA Convention promotional brochure to be handed out in Sacramento.

## **AUDIT**

**Annette Tollett, Chair; Ed Tod, Liaison**

The financial records of AVA were audited by the firm of Carneiro, Chumney & Company of San Antonio, Texas. The report dated September 8, 2006 states no significant issues were noted. Some previous issues with reporting from the POCs for the special programs were improved, but attention to the accounting is an on-going concern. Onsite Convention training was conducted to ensure financial and internal controls are met by all volunteers.

## **TRAINING**

**Ginny Drumm, Chair**

Contributed articles to the AVA Checkpoint explaining the reason behind some of the policies included in the Policy Manual.

Worked with the Technology Committee to write instructions for Electronic Officer Updates and On-line purchasing by ACA Clubs and Individuals.

## **AWARDS**

### **Becky Forsythe, Chair**

The Awards committee has had an active two years. Committee activity began just months after the 2005 convention and has steadily continued throughout the past two years. The committee recognized the fact there are many people on past award's committees that worked hard to present meaningful awards to special volunteers, but we wanted to make it possible to expand that work to a higher level. The goal was to empower Regional Directors and recognizing people within the region of their responsibility by the criteria met for their hard work and achievements.

The entire AVA organization works because of the many faithful volunteers that selflessly give their time, money and energy to provide volkssporting events, club activities and to foster the atmosphere of friendship among walkers. It is critical to recognize these hard workers and thank them for their efforts. Without these committed walkers there would be no AVA.

Each member of the committee donated many, many hours to present a plan that was acceptable to the National Executive Council for an AVA policy change. The hours were long and at times the work was exhausting. Through much deliberation and many drafts, an agreement to change AVA policy was completed.

Along with the redesign of the AVA Awards program, new tokens of appreciation have been designed and are ready to be distributed to the first recipients at the national convention in Sacramento, 2007.

Ribbon awards for club banners have been designed and distributed to clubs that have reached anniversary milestones.

The 2005-2006 AVA Awards Committee is proud to present to you the newly revised AVA awards policy, and updated awards. The committee would like to thank you all for your confidence and willingness to try a new way to say thank you; One that will be meaningful to the recipients and supply an path by which a regional director may make awards in a timely, meaningful manor. A copy of the revised policy may be found on the AVA web site.

## **HISTORY**

**David Toth, Chair; Ed Tod, Liaison**

Projects undertaken by the History Committee in the last Biennium include:

1. Registry of AVA events: YREs from 2004 thru 2007 is nearly complete; regular weekend events are being continually added.
2. Bibliography of Articles about Volkssport or the AVA continues to grow.
3. Biographies of all Executive Council Members is still in progress.
4. Who's Who in the American Volkssport Association – a new project.
5. Local club and State Organization Histories – ongoing.
6. History of THIRTY YEARS of Volkssporting in the United States – recommended.
7. AVA Museum Inventory – directed by Jackie Wilson, Executive Director AVA.

The above projects are all underway with the AVA History Committee. We encourage membership on the History committee of all those interested in preserving the history of our sport.. We are making new history everyday, let's not misplace it.

## **INTERNET AND TECHNOLOGY**

**Ron Drumm, Chair; Nancy Stenger, Liaison**

**The Internet and Technology Committee is responsible for:**

- ✓ Reviewing, continually, the state of technology in the National Headquarters and recommending needed changes to ensure the Headquarters is operating with the latest technology that can be accommodated within fiscal restraints;
- ✓ Establishing procedures for implementing approved improvements; and Reporting on progress and results of improvements;
- ✓ Advising the National Headquarters on using Internet technologies to improve work flow and communications;

## **INTERNET AND TECHNOLOGY continued**

- ✓ Evaluating equipment and training necessary to use these technologies and locating funding to offset expense once needs are evaluated;

### **Accomplishments**

- ✓ 1800 Year Round Events Entered each year
- ✓ 1000's of regular events entered each year
- ✓ The technology committee works with vendors, staff and members to Try to keep this working 24/7
- ✓ Works with vendors, staff and members to plan how to keep AVA equipment and programs working and current.
- ✓ Officer update section completed
- ✓ Updated Instructions for Officer Updates
- ✓ New Reports added to Sanctioning Authority Pages
- ✓ New DSL Line Installed
- ✓ New Secure Site Certificates ordered and installed on server
- ✓ Statement of work for upgrade to MAS 90 completed
- ✓ Meeting with BCS to complete details of upgrade
- ✓ Working with Headquarters to train new employee
- ✓ New AVA server purchased
- ✓ Two Laptops purchased for Staff
- ✓ Two new Desktop computers purchased
- ✓ Working with vendors to rebuild AVA servers to correct issues created during upgrades throughout the years. The work is being done free of charge in preparation of MAS 90 upgrade.
- ✓ Over 60 AVA hosted web sites maintained
- ✓ Planning and installation of on-line specialties pages
- ✓ Working with AVA members to correct system issues
- ✓ Working with staff to verify that upgrades function with existing systems
- ✓ Web updates completed on almost a daily basis

## **PUBLICITY/MARKETING/SPONSORS**

**Curt Myron, Chair**

### **PUBLICITY SUB-COMMITTEE:**

- MISSION:**
- focus outside the AVA community
  - develop projects to promote national name recognition
  - increase public awareness of the AVA and specific events
  - develop techniques for regions, state organizations and clubs to create and share local publicity

### **OBJECTIVES:**

- develop a new brochure for the general public
- organize and conduct AVA Publicity Contest (newsletters, websites, brochures)
- revise the publicity Handbook;

### **ACCOMPLISHMENTS: 2005-2007**

- AVA 'Grabber' brochure: Design and print a new AVA brochure, aimed at the general public. Replace the current 'Spirit of Walking' brochure to promote volkssports in general terms, invite public participation, and link the public to local AVA clubs.
- Publicity Awards: Contest completed. Awards to be presented at 2007 Convention
- Distributed a revised AVA cutsheet with AVA and IVV logos to each AVA club (Sep 2006).
- AVA Publicity Handbook. Review of 45-page draft publicity handbook in progress.

## MARKETING SUBCOMMITTEE

MISSION: - focus is 'inside' the AVA community.

- create and implement plans to increase public awareness
- develop AVA membership recruitment and retention programs;
- promote TAW subscriptions;
- promote sales of New Walker Packets;
- promote formation of new AVA clubs.

OBJECTIVES:

- seek endorsements from other organizations.
- review of AVA Associate, membership, life membership and Associate membership to improve the impact of these programs. Project Deferred.

ACCOMPLISHMENTS: 2005-2007

- Endorsements acquired from World Health Organization, US Surgeon General and Director, President's Council on Physical Fitness and Sport.
- Revised AVA Logo with Fun, Fitness and Friendship tagline.
- Revised AVA business card. Printed and available for distribution to AVA clubs.
- Completed promotional document titled "Introduction to AVA" for use with marketing materials.
- With the lead of AVA's Director of Finance, developed new sales items to increase publicity (bumper stickers, pins, cling sticker, AVA jacket).
- Better use of Spirit of Walking Brochures and Starting Points. Old Starting Points put to use in trade shows, conferences and conventions.
- RV organizations and camping groups. Article to appear in Good Sam magazine July 2007.
- Added "club membership" numbers to Club Officer Report.



## SPONSORSHIP/PARTNERSHIP SUBCOMMITTEE

MISSION: - increase public awareness of the AVA;  
- increase income for AVA;

### OBJECTIVES:

- determine what AVA wants from sponsors/partners and what AVA can offer in return
- create a sponsorship marketing package that outlines the benefits of AVA sponsorship and includes a model corporate sponsorship agreement
- create a coordinated sponsor campaign with a list of target sponsors and target partners
- solicit targeted organizations
- create a partnership marketing package for potential partners

### ACCOMPLISHMENTS: 2005-2007

- completed "AVA Sponsorship Levels" to distribute to potential sponsors
- revised sponsor agreements. New approach seeks leasing of convention booths and advertising in TAW in addition to income
- renewed sponsorship partnership agreement with GNC
- sponsorship agreement with Fuel Belt was declined
- solicitation of sponsors: ninety potential sponsors selected for review; letters sent to 31 companies, all declined
- gathered data for regional and state companies, but action deferred until regional volunteers are obtained.
- gathered data regarding corporate grant programs for future volunteer projects
- worked with AARP national office to develop areas for partnership. AARP's Ten Event walking program is active in 16 states. AVA was promoted by AARP to their state programs as a resource for their initiatives for healthy lifestyles



# AVA NEC MEETINGS

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October 15, 2005	San Antonio, Texas
January 28, 2006	Las Vegas, Nevada
May 20, 2006	St. Louis, Missouri
September 30, 2006	Edmonds, Washington
January 27, 2007	College Park, Georgia

## POSITIVE ACTIONS TAKEN BY THE NEC INCLUDE:

- Motion to allow 5k walks at YRE/Seasonal events taken to IVV and it was passed.
- Booklet on IVV Incentive Program was printed and distributed to clubs.
- Letters of endorsement received from the U.S. Surgeon General, and World Health Organization, which included TAFISA, U.N. and U.S. President's Council for Physical Fitness and Sport.
- Sponsor opportunity information prepared along with an AVA informational sheet.
- Letters of sponsorship invitation sent to about forty potential companies.
- Major revision of AVA Policy Manual with clubs receiving printed copy.
- AVA Awards Program revised and new guidelines published on the web page.
- Articles shared in the Canadian Volkssport Federation publication to promote AVA walking.

### Continued - POSITIVE ACTIONS TAKEN BY THE NEC INCLUDE:

- GNC sponsorship stepped up.
- AVA patches offered to clubs for May and October events.
- A “grabber” rack card developed to be used at fairs, expos, health clubs, etc.
- New specialty items offered with the highlight being a new AVA jacket.
- On-line sales and marketing developed and greatly improved with the purchase of upgraded financial software.
- On-line officer updates for the club reporting.
- Improved on-line event sanctioning.
- Improved on-line YRE/Seasonal event sanctioning with Starting Point information more easily gathered.
- Major promotions done in conjunction with popular running events.
- New Special Event Programs made available and enjoyed by many.
- Events offered at Disneyland for the first time.
- AVA Museum articles moved to HQ, cleaned and sorted for display.
- AVA employee being training for web page input.
- Treasurer’s Handbook updated and available on the web page.
- Girl Scout Walk-Together brochure developed for use with GS Councils.
- “Growth” became the major strategic plan for the entire AVA.
- TAW contract renewed through November. 2007.
- IRS issues worked on and resolved with clubs.
- New phone system installed at Headquarters.
- Business card for club marketing offered by AVA.
- “How to Start a Club” CD produced and distributed to the RDs and available through HQ.
- A new logo with the tag line of “fun, fitness, friendship” adopted.
- New computer server with high speed internet obtained by HQ.

## Continued - POSITIVE ACTIONS TAKEN BY THE NEC INCLUDE:

- A new sign at the street for the HQ office.
- Convention program software put into use.
- Club congratulation letters and ribbons distributed for reaching 25 years.
- NEC Handbook continually updated with policy for council use.
- New sponsor for start cards obtained.
- Money earned for using Goodsearch as a web search engine.
- Special event stamps distributed to the NEC for use at regular events.
- Major presentation to the IVV on marketing given with a Power Point demonstration.

## Concerns:

- ❖ Human resources
- ❖ Lack of volunteers in critical business areas, like electronics, publicity --
- ❖ Lack of national sponsors
- ❖ Aging population
- ❖ Increase in Non-IVV participation

# AVA PRESENTS MARKETING TO IVV

At the Congress of Delegates meeting in South Tyrol in 2006, AVA President Lindberg and Treasurer Myron shared a marketing presentation showing IVV some of the ways we market volkssporting.

A Power Point presentation was given with emphasis on why we market: to gain new participants; to keep the participants we have; and to gain sponsors, partners and endorsements.

We shared AVA's New Walker packet, our Special Event Program books, and ideas on how and where to market volkssporting.



China, Japan, England, United States, Korea and Hungary  
representatives at the IVV Meeting

# MONEY MATTERS

## AVA FINANCIAL INFORMATION

The second column shows actual income and expenses for the fiscal year ending June 30, 2005 without the convention income and expense. The third column shows actual income and expenses for the fiscal year ending June 30, 2006. The fourth column shows the approved AVA budget for Fiscal Year 2007-8.

<b>AVA INCOME AND EXPENSE</b> (whole dollars)	<b>Activity Ending 6/30/2005 (Actual)</b>	<b>Activity Ending 6/30/2006 (Actual)</b>	<b>FY 2007-8 Budget</b>
<b>INCOME</b>			
Membership	\$ 75,434	\$ 59,676	\$ 67,082
Events **	351,844	327,092	318,893
Sales	102,368	99,280	97,082
Publications	46,603	46,943	45,414
Sponsorship	70,800	45,400	8,468
Miscellaneous	31,430	28,321	28,654
Fund-Raising	13,430	26,678	17,330
<b>TOTAL INCOME</b>	<b>\$ 691,528</b>	<b>\$ 633,390</b>	<b>\$ 582,923</b>
<b>COST OF GOODS SOLD</b>	<b>\$ 49,737</b>	<b>\$ 40,927</b>	<b>\$ 40,358</b>
<b>GROSS PROFIT</b>	<b>\$ 641,791</b>	<b>\$ 592,463</b>	<b>\$ 542,565</b>
<b>EXPENSES</b>			
Administration	\$ 4,927	\$ 3,761	\$ 3,372
Equipment	11,336	10,919	9,474
Service **	51,528	52,028	50,743
General	32,272	14,116	25,505
Postal	27,803	29,513	31,942
Printing	31,273	31,809	34,000
Promotions	32,322	15,648	21,380
Operations *includes sales	124,616	104,591	116,330
IVV	10,810	13,552	13,737
Personnel	195,691	203,078	\$ 209,099
<b>TOTAL EXPENSE</b>	<b>\$ 522,969</b>	<b>\$ 479,015</b>	<b>\$ 515,582</b>
<b>PROFIT/(LOSS)** without convention</b>	<b>\$ 118,822</b>	<b>\$ 113,448</b>	<b>\$ 26,983</b>

NOTE: The summary Income Statement above shows only major account headings for space consideration, but includes all AVA income and expense activity.



# AVA PUBLICATIONS

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- **TAW:** 3226 subscriptions in 2005; 2721 in 2006.

Retained contract with Typesetting a la Macque. The contract was extended and will be reviewed later in 2007.

- **STARTING POINT:** 2435 sold in 2005; 2347 sold in 2006;

Computerized entry of information was easier as improvements were made in the electronic form. Clubs add the information entry while sanctioning.

- **OTHER PUBLICITY:** IVV Calendar Book, articles in magazines such as Walk!, Walk About and many local newspapers. Better Homes and Gardens in a fitness article stated: “Visit [ava.org](http://ava.org) for walking friendly events and ideas.”



# 2005 AWARDS PROCESSED

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Event Awards Processed January through December 2005 = 4535  
10 Events = 495  
30 Events = 364  
200 Events = 153  
500 Events = 85  
1500 Events = 23  
2500 Events = 7  
4100 Events = 1

Distance awards = 2126

Bike awards = 9

**Total IVV Awards  
Processed for 2005 = 6670**





# 2006 AWARDS PROCESSED

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**Event Awards Processed January through December 2006 = 5750**

**10 Events = 442**

**30 Events = 244**

**200 Events = 132**

**500 Events = 57**

**1500 Events = 29**

**2500 Events = 4**

**4300 Events = 1**

**Distance awards = 1815**

**Bike awards = 11**

**Total IVV Awards  
Processed for 2006 = 5750**



# 2005 EVENTS

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■	<u>BIKE</u>	<u>29</u>	
■	<u>GLOBALS</u>		<u>16</u>
■	<u>GUIDED WALKS</u>		<u>92</u>
■	<u>MARATHON</u>		<u>1</u>
■	<u>NIGHT SWIMS</u>	<u>5</u>	
■	<u>NIGHT WALKS</u>		<u>31</u>
■	<u>ICE SKATE</u>	<u>1</u>	
■	<u>SWIMS</u>	<u>30</u>	
■	<u>SNOW SHOE</u>	<u>4</u>	
■	<u>WALKS</u>		<u>963</u>
■	<u>X CNTRY SKI</u>	<u>4</u>	
■	<u>YRE BIKE</u>		<u>61</u>
■	<u>YRE SWIM</u>	<u>3</u>	
■	<u>SNL BIKE</u>		<u>20</u>
■	<u>SNL WALK</u>		<u>238</u>
■	<u>SNL X SKI</u>	<u>2</u>	
■	<u>YRE WALKS</u>		<u>1268</u>



# 2006 EVENTS

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■	<u>BIKE</u>	<u>22</u>	
■	<u>GLOBALS</u>		<u>12</u>
■	<u>GUIDED WALKS</u>	<u>66</u>	
■	<u>MARATHON</u>	<u>1</u>	
■	<u>NIGHT SWIMS 3</u>		
■	<u>NIGHT WALKS</u>	<u>17</u>	
■	<u>SWIMS</u>	<u>45</u>	
■	<u>SNOW SHOE</u>	<u>5</u>	
■	<u>ROLLER SKATE</u>		<u>2</u>
■	<u>WALKS</u>	<u>986</u>	
■	<u>X CNTRY SKI</u>	<u>4</u>	
■	<u>YRE BIKE</u>	<u>60</u>	
■	<u>YRE SWIM</u>	<u>2</u>	
■	<u>SNL BIKE</u>	<u>22</u>	
■	<u>SNL WALK</u>		<u>294</u>
■	<u>SNL X SKI</u>	<u>2</u>	
■	<u>YRE WALKS</u>		<u>1296</u>
■	<u>YRE SNOWSHOE</u>	<u>1</u>	

# 2005 PARTICIPATION

REGULAR	REGION	YRE/SEASONAL
20657	ATLANTIC	19147
10808	MID AMERICA	7788
15701	NORTH CENTRAL	6756
5472	NORTHEAST	8482
29997	NORTHWEST	24756
6902	PACIFIC	12115
3461	ROCKY MOUNTAIN	3578
5156	SOUTH CENTRAL	6255
4777	SOUTHEAST	11738
10404	SOUTHWEST	8296
113335	TOTAL	108907

Free participants at regular events = 19,806

Free participants at YRE/Seasonals = 8,768

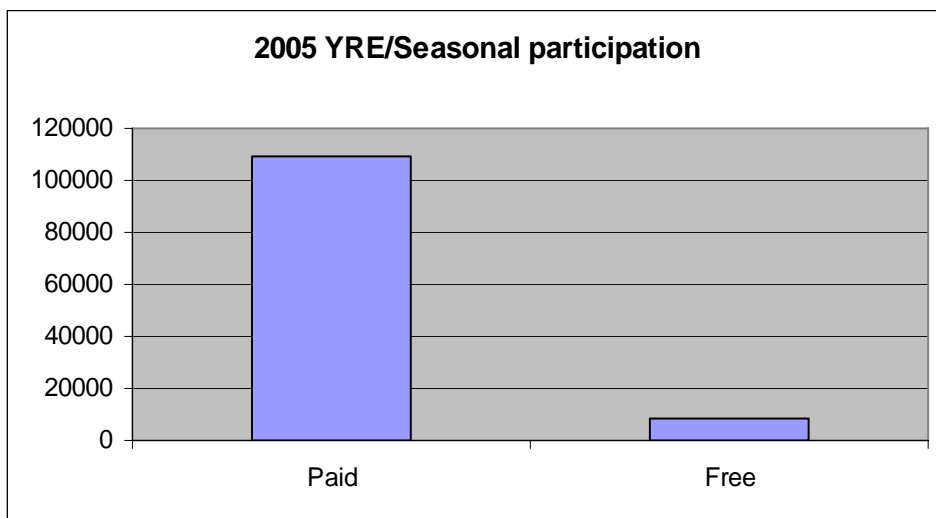
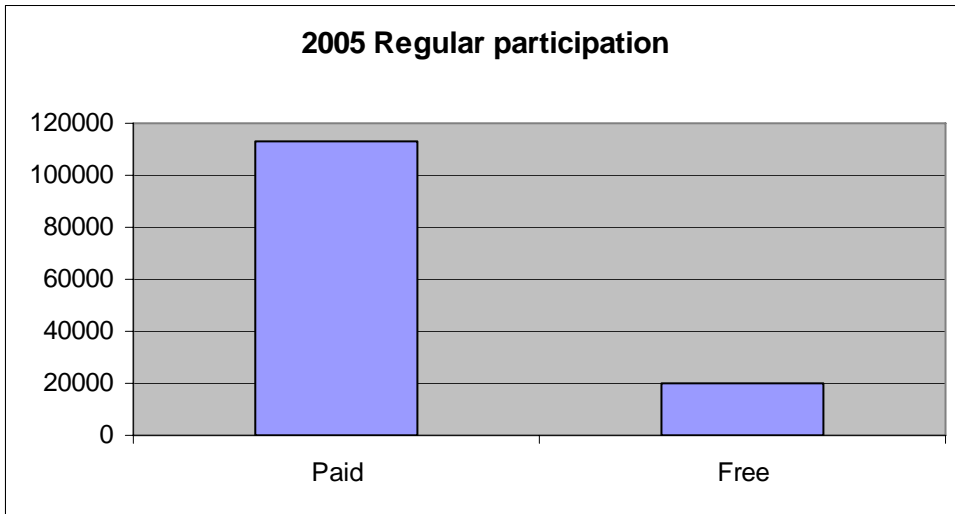
# 2006 PARTICIPATION

REGULAR	REGION	YRE/SEASONAL
17048	ATLANTIC	17561
11455	MID AMERICA	9054
15285	NORTH CENTRAL	7532
4128	NORTHEAST	7264
32670	NORTHWEST	24310
7582	PACIFIC	11575
3049	ROCKY MOUNTAIN	3692
3697	SOUTH CENTRAL	6314
7355	SOUTHEAST	11714
8708	SOUTHWEST	8318
110977	TOTAL	107334

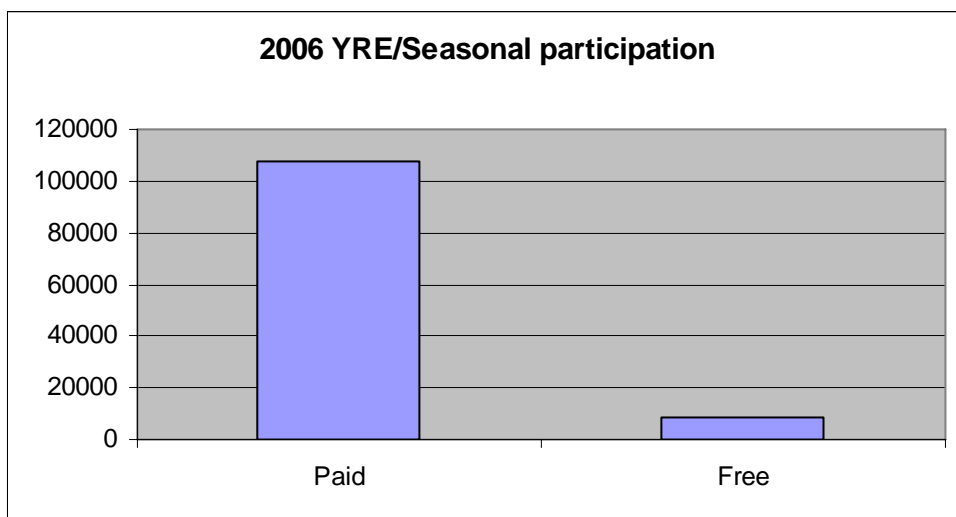
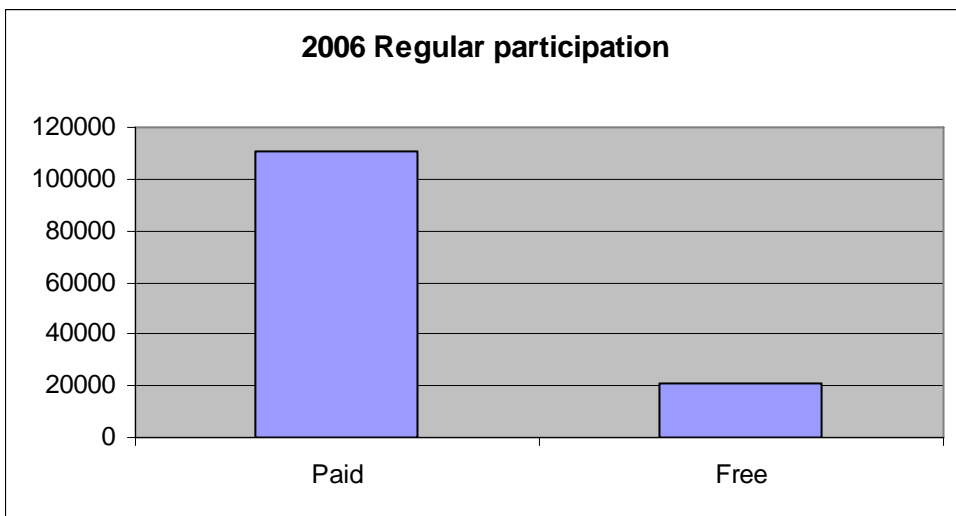
Free participants at regular events = 20,637

Free participants at YRE/Seasonals = 8,685

# 2005 PARTICIPATION



# 2006 PARTICIPATION





# AVA CLUBS

TOTAL as of January, 2007 = 327

## **ALABAMA**

Boll Weevil Volksmarchers Assn.  
Capital City Wanderers  
CV Hobo Hikers

## **ALASKA**

Anchorage Volkssport Club

## **ARIZONA**

Saguaro Sun Striders  
Thunder Mountain Trekkers  
Tucson Volkssport Klub

## **ARKANSAS**

Arkansas Octoberfest Volksmarsch

## **CALIFORNIA**

Bay Bandits Volksmarch Club  
California Volkssport Assn.  
Central Coast Peregrine Pathfinders  
Coronado Beachcombers  
Davis Dynamos  
Delta Tule Trekkers  
Green Valley Gaiters, Inc.  
Hollywood Star Trekkers  
Laguna Turf 'N Surf Walkers  
Low Desert Roadrunners  
Monterey Peninsula Walking Club  
Placer Pacers  
Sacramento Walking Sticks  
San Diego County Rockhoppers  
Shasta Sundial Strollers  
SLO Soles  
Sonoma County Stompers  
South Bay Roadrunners  
South Bay Striders  
Tahoe Trail Trekkers  
Vaca Valley Volks  
WIC Merced-Mariposa Volkssport  
Ye Olde Chico Walking Club

## **COLORADO**

Colorado High Country Hikers  
Colorado Springs Walking Club  
Columbine Country Cruisers  
Falcon Wanderers  
High Plains Drifters  
Northern Front Range Wanderers  
Rocky Mountain Wanderers  
Upper Rio Grande Mountain Walkers  
Woodland Wanderers

## **CONNECTICUT**

Connecticut Valley Volkssport Club

## **DELAWARE**

Diamond State Trekkers  
First State Webfooters

## **DISTRICT of COLUMBIA**

Mid-Atlantic Walking Assn.

## **FLORIDA**

First Coast Trail Forgers  
Florida Volkssport Assn.  
Happy Wanderers  
Meandering Manatees  
Mid-Florida Milers Walking Club  
Nature Coast Volkssport Hiking/Biking  
Panama City Volksmarchers  
Pensacola Volksmarch Club  
Suncoast Sandpipers Volkssport Club

## **GEORGIA**

Alpine Helen Volkswanderung Club  
Georgia Walkers  
McIntosh Trail Walkers  
Roswell Striders

## **HAWAII**

Menehune Marchers

## **IDAHO**

Coeur d'Alene Volkssport Club  
Selkirk Striders  
Treasure Valley Volkssports

## **ILLINOIS**

Decatur Park Dist. Rec. Office  
Illinois Trekkers Volkssport Club  
Illinois Volkssport Assn.  
Kountry Walkers  
Lebanon Cedar Cruisers  
Mississippi River Ramblers  
Railsplitter Wanderers  
Ridgewalkers Walking Club  
Traveling Trekkers  
Windy City Walkers

## **INDIANA**

Auburn Duesey Walkers  
Bedford Hiking Club  
Bloomington Flying Fish  
Columbus Wellness Walkers  
Goodtime Trailblazers  
Hoosier Hikers  
Indiana Volkssport Assn.  
Indy 'G' Walkers  
River City Ramblers  
Three Rivers Strollers  
Wabash Wanderers  
White River Ramblers

## **IOWA**

Greater Des Moines Volkssport  
Hawkeye Hikers  
Rambling Rockets  
Tri- State Trekkers



# AVA Clubs Continued

## KANSAS

Heart Of America Volkssport Assn.  
Kansas JayWalkers of Leavenworth  
Sunflower Sod Stompers  
Wichita Skywalkers

## KENTUCKY

Derby City Walkers  
Northern Kentucky Trotters

## LOUISIANA

Baton Rouge Striders Assn.  
Crescent City Volkssport Club

## MAINE

Southern Maine Volkssport Assn.

## MARYLAND

Annapolis Amblers  
Baltimore Walking Club  
Chesapeake Bay Country Wanderers  
Columbia Volksmarch Club  
Freestate Happy Wanderers  
Great Greenbelt Volksmarchers, Inc.  
Maryland Volkssport Assn.  
Piedmont Pacers  
Potomac River Volksmarching Club  
Seneca Valley Sugarloafers  
Washington DC Area Volksmarch Club  
Worldwide Volkssport Tours

## MASSACHUSETTS

Two Town Walking Club  
Walk 'N Mass Volkssport Club

## MICHIGAN

Great Lakes Amblers  
Historic Pathwalkers  
Kalamazoo Valley Walkers  
Mackinaw Walkers Volkssport Club  
Michigan Pathfinders  
Washtenaw Wanderers Volkssporting  
Zeeland Volk's Corporation

## MINNESOTA

Central Minnesota Volkssports  
Crow River Crawlers  
Minnesota Sneakers  
Minnesota Volkssport Assn.  
NorthStar Trail Travelers  
Pelican Rapids CC Walking Club  
Riverbend Striders Volksmarch Club  
Twin Cities Volkssport

## MISSISSIPPI

Magnolia State Volkssport Club

## MISSOURI

Clay-Platte Trackers  
Dogwood Trailblazers  
Florissant Valley Walkers  
Hermann Volkssport Assn.  
Missouri Marching Mules  
Missouri Milers Volksmarch Club  
Pace Setters Volkssport Club  
St Louis-Stuttgart Volksmarch Club

## MONTANA

Big Sky Wanderers  
Madison County Volkssport Club  
Miles City Volksmarch

## NATIONAL OFFICE

Ramstein Roadrunners

## NEBRASKA

Homestead Striders  
Lincoln Volkssport Club, Inc.  
Mid-Nebraska Trail Seekers  
Nebraska Wanderefreunde Trailblazers  
Panhandle Walkers  
Wellness Wanderers  
Wild West Walkers

## NEVADA

Las Vegas High Rollers & Strollers  
Sierra Nevada Striders

## NEW HAMPSHIRE

Granite State Trail Walkers  
Seacoast Striders

## NEW JERSEY

Garden State Wanderers  
Princeton Area Walkers

## NEW MEXICO

Double Eagle Hike & Bike Club  
Kiwanis Club of Raton  
Pecos Valley Volkssporters  
Sun Country Striders

## NEW YORK

Empire State Capital Volkssporters  
Finger Lakes Volkssports Club  
Niagara Escarpment Volkssport Assn.  
Niagara Frontier Volkssport Club  
North Country Wanderers  
Travelwalk  
Volkssport Club of West Point

## NORTH CAROLINA

Asheville Amblers  
Metrolina Walkers  
Rowan Roamers  
Tarheel State Walkers Volkssport Triangle  
Trailblazers  
Winston Wanderers

## NORTH DAKOTA

Bismarck-Mandan CVB  
Koda Manipe Volkssport Club  
Red River Volkssport Assn

## OHIO

Beaver Walkers  
Blanchard Valley Volkssporters  
Buckeye Wander Freunde  
Bulls Run Ramblers  
Cuyahoga Valley Spaziergangers  
De 'Fence Walkers Volkssport Club  
Flusstalvolk  
Gemutlich Wanderers  
German Village Wander Volk  
Germania Volksmarch Gruppe  
Heart of Ohio Hikers  
Kettering Kilometer Climbers  
Maumee Valley Volkssporters  
Miami Indian Trekkers  
Ohio Volkssport Assn.  
Ohio Wander Freunde  
Olentangy Owls  
Purple Penguins  
Queen City Skywalkers  
Stillwater Leisure Sport Assn., Inc.  
Tecumseh Trailblazers  
Trail Trolls Inc.  
Valley Vagabonds, Inc.  
Village Walkers of Path 'N Glen  
Wandering Wheels Volkssports Club  
Xenia Walking Club

## OKLAHOMA

Frontier Walkers, Inc.  
Holy Family Walkers  
Tulsa Walking Club  
Wandergruppe Walking Club  
World Wide Walkers

# AVA Clubs Continued

## OREGON

Albany Fitwalkers  
Cedar Milers  
Columbia River Volkssport Club  
Corvallis Cruisers  
East County Windwalkers  
Eugene Springfield Mossback Volkssport  
International Wanderers  
Mac Trackers Walking Club  
Monitor Petal Trekkers  
Oregon Trail State Volkssport Assn.  
Ponderosa Pathfinders  
Rivercity Strollers  
Rogue Valley Walkers  
Rose City Roamers  
Sherwood Merrywalkers  
Silverton Walk Abouts  
Tualatin Valley Volks  
Turnaround Trekkers  
Umpqua Valley Walkers  
Valley Volkswalkers  
Willamette Wanderers  
Yachats Coastal Gems Volkssport Club

## PENNSYLVANIA

Baloney Stompers, Inc.  
Cumberland Valley Lead Foot Club  
Keystone State Volkssport Assn.  
Liberty Bell Wanderers  
Nittany Nomads  
Penn-Dutch Pacers Volksmarch Club  
Susquehanna Rovers Volksmarch Club  
York White Rose Wanderers

## SOUTH DAKOTA

Black Hills Volkssport Assn.  
Capital City River Ramblers  
Prairie Wanderers Volkssport Club

## TENNESSEE

Gatlinburg Hiking Club  
Trail of Tears Club  
Tuck-A-See Wanderers

## TEXAS

Amigo Amblers  
Buffalo Chip Kickers  
Bushwalkers  
City of McAllen Parks and Rec. Dept.  
Colorado River Walkers  
Dallas Trekkers, Inc.  
East Texas Trekkers  
Friendswood Fun Walkers  
Hill Country Volkssportverein  
Hood County Hummers  
Houston Happy Hikers  
HQ U.S. Army Medical Command  
Kerrville Trailblazers  
Midland Walkabout  
NB Marsch-und Wandergruppe  
Plano Walking Club  
Randolph Roadrunners  
San Angelo Volkswalkers  
San Marcos River Walkers  
Selma Pathfinders  
Shoeleather Express  
Sparkling City Strollers  
Star Trekkers of Irving  
Tarrant County Walkers  
Texas Volkssport Assn.  
Texas Wanderers  
Trinity Trekkers  
Trotting Texas Turtles  
Volkssportverein Friedrichsburg  
Weslaco Pacers  
West Texas Trail Walkers

## UTAH

Footloose Volkssport Club  
Gadabout  
Golden Spike Striders

## VERMONT

Twin State Volkssport Assn.

## VIRGINIA

All American Walking Club  
Bad Pennies, The  
Ft Belvoir Outdoor Rec.  
Gator Volksmarsch Club  
German American Volkssport Assn.  
Germann Volkssport Association  
Lee Lepus Volksverband  
Loudoun Walking & Volkssport Club  
Northern Virginia Volksmarchers  
Peninsula Pathfinders of Virginia  
Pentagon Pacesetters  
U.S. Freedom Walk Festival Club  
Virginia Vagabonds  
Virginia Volkssport Assn.  
Wood and Dale Wanderers

## WASHINGTON

All Weather Walkers  
Bavarian Volkssport Assn.  
Border Crossers  
Capitol Volkssport Club  
Daffodil Valley Volkssport Assn.  
Ellensburg Wind Walkers  
Emerald City Wanderers  
Evergreen State Volkssport Assn.  
Evergreen Wanderers  
Federal Way Lions Volkssport Club  
Four-Plus Foolhardy Folks  
FS Family Wanderers  
Global Adventurers  
Hopkins Telephone Pioneers  
Interlaken Trailblazers Volkssport  
International Walk Fest  
Key Peninsula Lions Volkssport Club  
Kitsap Volkssporters Club  
Lilac City Volkssport Assn.  
Northwest Striders Volkssport Club  
NW Tulip Trekkers  
Olympic Peninsula Explorers  
Over-The-Hill-Gang Volkssport Club  
P.E.O. Pathfinders  
Palouse Hills Volkssport Assn.  
Sea-Tac Volkssports Club  
Sound Steppers Volkssport Club  
The Naturals Club  
Third Planet Volkstours  
Vancouver USA Volkssporters  
Yakima Valley Sun Striders

## WEST VIRGINIA

Riverfront Ramblers

## WISCONSIN

Hearty Sole Walkers  
Madison Area Volkssport Assn.  
Manitowoc City Centre Association  
Menominee River Volkssport Club

## WYOMING

Cheyene High Plains Wanderers  
Wyoming State Parks and Historic Sites