

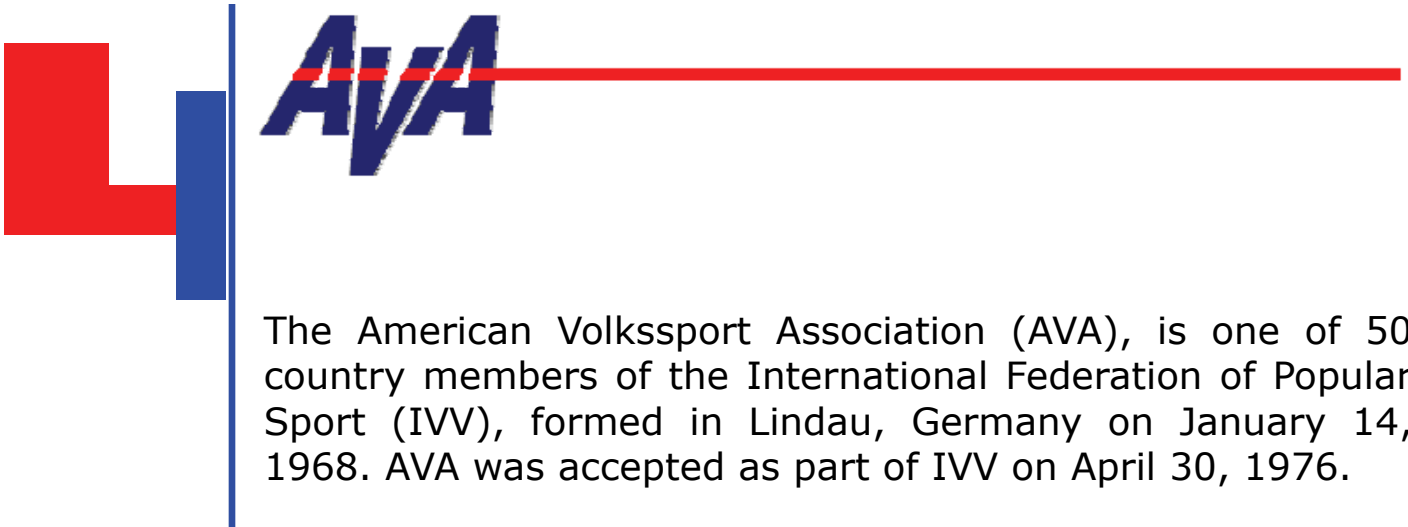


# **2009 AVA Biennial Report**



***Come Walk With Us!***

***American Volkssport Association***



## **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.



## President's Message

This term was sometimes exciting, sometimes frustrating, but never dull! My biennial message concentrates on showing you AVA's accomplishments in terms of growth and position within the international volkssport community. There are areas where we wish numbers were better, but there are significant bright spots that give cause for optimism for the future.

I am particularly proud of this term's officers and regional directors, who really came together as a team. I challenged each of them, and even Headquarters staff, with goals related to growing our sport. We came close to reversing the downward trend in losses of clubs with the acceptance of 13 new, enthusiastic clubs. Our publications are more upbeat and enthusiastic, and arrangements for AVA's transition to a new team were made smoother by better advance preparation. AVA still suffers from a shortage of volunteers at the national level. The shortage caused us to accomplish less than we desired, but we still made significant progress in partners, sponsors, marketing and publicity. The following is a summary of significant accomplishments. Enjoy your convention.

### AVA ACCOMPLISHMENTS

**a. AVA Goals:** AVA Officers and Committee Chairs accepted the challenge of meeting written goals that focus on growth. AVA Staff at Headquarters sponsored a year-round event for the first time, featuring the AVA Executive Directors stamp.

#### **b. Growth Indicators.**

##### **1) New Walker Packets Sold (by fiscal year)**

Annual Sales of AVA New Walker Packets	
TIME PERIOD	NUMBER SOLD
July 2004—June 2005	3665
July 2005—June 2006	3568
July 2006—June 2007	3303
July 2007—June 2008	3498

**2) AVA Club Membership.** Reported AVA club membership stands at 15,704. That number is slightly less than reported in 2008 (16,016) but higher than reported in 2007 at 15,476 members.

**3) Number of AVA Clubs – Present: 314.** In the eighteen month period from Sep 07 thru Mar 09 AVA lost 14 clubs but gained 13 clubs. (See chart on page 45.)

**4) Number of AVA Events -** Total events offered by AVA each year continues to be steady. The total number of events offered increased and 2008 saw the greatest number of year-round events in AVA's history. However, you can easily see that the number of traditional events continues to decline while year-round/seasonal events continue to grow. The ratio of year-rounds to traditional events stands at 60 - 40. Since traditional events are those that promote the most fun and friendship, we may have to considering actions to reverse this trend if it continues. (See chart on page 46.)

**5) Participation in AVA Events.** 2008 participation compared to the prior year shows a decline of just under 6%. The good news is that five of AVA's ten regions increased their participation; two of them by more than 10%. (See charts on pages 6 and 47.) Note that for the first time in our history, participation in year-round/seasonal events was higher than in traditional events.

**c. Pilot for Online Year-round registration.** The pilot for online Year-round registration began on January 1, 2009. The test is sponsored by the Footsore Fiends Volkssport Club and includes online registration for 16 year-round events in southern California. Your officers approved this test based upon an proposal prepared by Footsore Fiends President Jane Jensen Holmes. If our experience with the pilot proves that the project is feasible, we will likely seek a larger pilot test before allowing online registration as an alternative to standard registration. Be assured that online registration is meant as an alternative way to register, not a replacement for the current registration procedure. We need to offer alternatives to reach those who are more likely to participate in AVA events if registration is online.

**d. Publications:** We revised the following materials: How to Start an AVA Club; the NEC Handbook; the AVA policy manual; the AVA Index of Motions and numerous articles on the AVA website.

**e. Honorary AVA Membership.** AVA conferred an Honorary AVA Membership on Rear Admiral Kenneth Moritsugu, Acting Surgeon General of the United States.

## International Accomplishments

**a. TAFISA.** I met with the Secretary General of TAFISA in February 2008. AVA joined TAFISA and more IVV countries have join since then. TAFISA is an international organization that works mostly with country Olympic Committees and ministries of sport to promote sport for all people.

## b. IVV

**1) AVA Advisory Commission Appointed.** Appointed by AVA's Executive Committee, the 11-member commission, chaired by former President Shirley Lindberg accepted the task of reviewing the relationship between AVA and IVV.

**2) IVV Conference in Luxembourg.** I attended an IVV-EU Conference in Luxembourg, shared AVA concerns directly with the IVV Presidium. A short version of the report appeared in *The American Wanderer* and the AVA Checkpoint.

**3) 2008 IVV Congress.** Overall, the 2008 Congress was much more productive than in 2007. Positive results came because AVA was better prepared and actively took part in meetings. A coalition developed among English-speaking countries and several European countries, and it was effective in rejection of a formula to allocate member votes in such a way that nine European countries would gain 51% of the total votes while 18 country members lost one vote. The coalition was effective in passing a compromise measure which prevented reduced voting power. The IVV Treasurer resigned at the meeting.

**4) 2009 IVV Congress.** The first IVV Congress held outside Europe took place in May 2009 at the foot of Mt. Fujiyama in Japan. A new Treasurer was elected and two motions approved to simplify IVV event rules. All pending rules revisions were deferred another year to the next IVV Congress, scheduled for July 2010 in Luxembourg City, Luxembourg. There was some informal discussion of forming continental associations. I drafted a paper that identified principles IVV should follow in forming continental associations and sent it to all IVV member countries.

**5) English-speaking representation.** English-speaking members are now part of key IVV Committees and Boards; the Disciplinary Board, the Arbitration Court and the Audit Committee. Graham Fawcett (Canada) was elected Chair of the Board, I was elected to the Arbitration Court and Brian Tilbury (Great Britain) was elected to the Audit Committee. Further, Graham Fawcett and I were formally added to the Rules Committee.

**c. Conference of the Americas.** The AVA leadership approved funding for the first Conference of the Americas. The purpose of this one-day conference among Presidents in the Americas is to learn more about each other and find ways to support each other and grow our sport. The Presidents of Canada and Brazil accepted our invitation to attend the Conference as well as the AVA Convention. Growth of our sport in the Americas will bring more balance to IVV. A specific subject of the Conference is to discuss forming a continental association so that we can promote volkssport in the Americas more effectively.

## THE FUTURE.

There is much to do to make AVA and volkssport familiar words. Word of mouth is still the most effective means of increasing our membership. Consider inviting your family and friends often to events. Consider joining a club if you have not already done so. Get to know your neighbor clubs and cooperate with each other in holding events and finding volunteers. Organizationally, your National Executive Council has recommended that the next Council review AVA's structure to assure that we well organized to meet the future. Our website continues to undergo a thorough review and revision. Consider volunteering to help your sport move forward.

Thank you for the opportunity to serve you as AVA President 2007 - 2009.

*Curt Myron, President*

## AVA EVENT PARTICIPATION 2007—2008

	Qtr 1	Qtr 2	Qtr 3	Qtr 4	Qtr 1	Qtr 2	Qtr 3	Qtr 4	Qtr 1	Qtr 2	Qtr 3	Qtr 4
NATIONAL	2007	2007	2007	2007	Inc/Dec	2008	2008	2008	2008	2008	2008	Inc/Dec
<b>Number of Participants - YR/Seasonal Events</b>	22474	29783	30182	22700	105139	22125	27727	28714	21955	100521		
<b>Number of Participants –</b>												
<b>Traditional Event</b>	17308	44483	23755	23184	108730	18429	41921	18327	22120	100797		
<b>TOTAL EVENT PARTICIPATION</b>	39782	74266	53937	45884	213869	40554	69648	47041	44075	201318		
<b>TOTAL PARTICIPATION &amp; Per Cent Increase or Decrease over Previous Year</b>					-2.4%					-5.9%		
<b>Number of YR/Seasonal Events</b>				1621	-3.3%				1791	10.5%		
<b>Number of Traditional Events</b>				1096	-2.2%				1104	0.7%		
<b>TOTAL NUMBER OF EVENTS</b>				2717	-2.9%				2895	6.6%		
<b>Avg Participants per YR/Seasonal Event</b>				64.9	1.4%				56.1	-13.5%		
<b>Avg Participants per Traditional Event</b>				99.2	-0.6%				91.3	-8.0%		
<b>Avg Participants - All Events</b>				78.7	0.5%				69.5	-11.7%		



## National Executive Council XV

**President:** Curt Myron  
**Vice President:** John Ferguson  
Lynn Clark  
**Secretary:** Pat Lucero  
**Treasurer:** Ed Tod



**Curt**



**Lynn**



**Pat**



**Ed**



**John Ferguson—In Memoriam**



## **National Executive Council XV**

### **Regional Directors**

**Atlantic  
Mid-America  
North Central  
North East  
North West  
Pacific  
Rocky Mountain  
South Central  
South East  
South West**

**Skip Coburn  
Ginny Drumm  
Bonnie Johnson  
Phil Hait  
Becky Forsythe  
Wayne Holloway  
Mike Nelson  
Glenn Conyers  
Marvin Stokes  
Heinz Johnson**

### **Appointed Officials**

**IVV Liaison  
AVA Historian  
AVA Parliamentarian**

**Hans Dieter Fuhr  
David Toth  
Paul Lamb**



## Executive Director's Report

As with all organizations during our tough economic times, AVA has seen some of the results of folks not having the additional income to participate in leisure time activities. We WILL weather the storm. With the help of all of you, AVA has managed to keep prices at unchanged levels for several years. That makes Volkssporting a bargain compared to other recreational activities and as folks look for more reasonably priced ways to spend their leisure time, we hope to encourage them to give Volkssporting a try.

During the last two years, there have been changes that some love and others have told us they hate. One of those is the new search features for the event listings. We have worked to modify it so that it is more user friendly while allowing folks to search events in a number of ways. If you prefer the old way of just getting everything for your state, simply select the state and nothing else and that's what you'll get. If you tried it earlier and didn't like it, I hope you will give it another try. Most folks are very happy with being able to search events by a certain area or by the special event it covers.

A Power Point presentation was made for use at public appearances. We heard from many clubs and individuals that this would be a great benefit when they represented AVA at health fairs and other such places. In addition, the new Grabber brochure was produced and both items are offered to AVA clubs at no cost. The amount requested has grown as some clubs seek additional publicity to draw new walkers to their events. The Headquarters staff has been involved in cross training for a number of years.

Turnovers kept us from getting everyone fully trained but we have not had a turnover now in a while so everyone is almost finished with the initial training in all areas. The last training is taking place now in the Accounting Department. Once completed, staff should be able to answer your basic questions if the person who normally does that work is away.

The National Headquarters staff was tasked with "feeling your pain" and learning what the clubs go through to host an event. We were given the choice of either hosting a Traditional Weekend Event or a Year-Round event. Our first year-round event is now sanctioned at Mitchell Lake, an Audubon Bird Sanctuary in south San Antonio. It is the only place for this year that you can get the Executive Director's stamp so we hope that if you have a few extra days and aren't exhausted you'll take the time after convention to drive over and do our walk. We think it's great!

On a closing note, I'd like to take this time to thank ALL of the volunteers who make AVA work. Without you, many, many things would never get completed. We have a new volunteer who has accepted the challenge of getting the museum organized and put on display. I'd also like to thank the other Headquarters volunteers who come in every week without fail to do the stuffing, filing and other time consuming chores that would otherwise make it nearly impossible for your staff of six to get everything completed. We have many, many folks that work behind the scenes to help the Headquarters get things completed. Our sincere thanks goes to them and to all of you that keep our Clubs, State Organizations, Committees and the National Executive Council going. You are the backbone of AVA. Without you we would not be able to continue to provide Fun, Fitness and Friendship through Volkssporting. Keep up the great work and we look forward to the next two years!

*Jackie Wilson*



AVA Office Staff (from top): Kevin Davis, Jackie Wilson, Candace Purcell, Linda Rebmman, Cathy Turman and Connie Runkell



## Regional Reports

### Atlantic Region



The Atlantic Region is composed of 6 states (Virginia, Maryland, New Jersey, Delaware, West Virginia, and Pennsylvania) and the District of Columbia. We have State Associations in Pennsylvania, Virginia, and Maryland.

We have a tradition of being an extremely active and cohesive region with a lot of club support and participant support across state lines. With occasional multi-event weekends sponsored by multiple clubs, we enjoy, and make an effort to promote, the camaraderie aspect of the volkssporting tradition. The Atlantic Region is fortunate to have a number of clubs, traditional events, and year-round events in close proximity to each other. Especially, with the rising cost of gasoline during the past two years, we are lucky to have numerous walks within a short striking distance. In addition to our regularly-scheduled state association meetings, we have a regional meeting every year. We have continued to emphasize promoting Volkssporting at a number of health fairs, conventions, and expositions throughout the region. Club presidents and our state association presidents have given generously of their time and efforts to make the opportunity of volkssporting available to as many participants as possible and as often as possible.

*Skip Colburn, Director*



## Mid-America Region



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

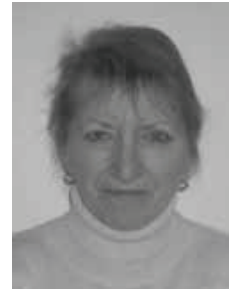
We have worked together to put on two successful region weekends—in March, 2007 the Ridge-walkers and ILVA hosted the region in Urbana, IL. This March we were treated to a weekend of volkssporting in Evansville, IN thanks to Linda Neu and the River City Ramblers. The host clubs have taken care of the 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 2010 in Pontiac, MI.

In 2008 Indy “G” Walkers provided workers and displays for two major conventions. In March the American Academy of Sports Medicine held their meeting in Indianapolis; the Girl Scouts of the USA visited in October.

*Ginny Drumm, Director*



## North Central Region



The North Central Region consists of North Dakota, South Dakota, Nebraska, Wisconsin, Iowa and Minnesota with 27 clubs. The Black Hills Volkssport Club (BHVA) has the largest yearly event with Crazy Horse exceeding 10,000 participants. In 2008, BHVA also led in the number of events scheduled nationally which included the Black Jack 21 Events over Labor Day weekend. Each May, the Madison Volkssport Association engages in the registration for all walkers for the Sytendai Mai event which conquers a few new volkssporters each year. In the past year, the North Central Region has gained one new club in Nebraska, the Heartland Walkers.

Iowa is working hard and is very upbeat for the 2011 Convention in Des Moines. Iowa is also maintaining the new concept of a club within a school. All clubs in the region are geared up to put on quality events, whether they be year-round, seasonal or weekend events. We have seen a number of new walkers who regularly continue to return for more walking events. In the Minnesota County Program, the average participation per walk has grown from 55 in 2006 to 81 in 2008.

Each state in the region is focusing on growth and the AVA program of Fun, Fitness, Friendship and in some cases, Food. Many of the larger clubs offer incentive programs so walkers doing a certain number of walks can earn a free event or distance book or earn coupons for a free walk. Another aspect is points earned to qualify for many different prizes. Some clubs have banded together and are working cooperatively to schedule weekend events together.

I am proud to be the AVA Regional Director and represent the North Central Region for a great group of clubs and volkssporters.

*Bonnie Johnson, Director*



## North East Region



The Northeast Region is comprised of the following seven states: New York, Connecticut, Rhode Island, Massachusetts, Vermont, New Hampshire and Maine. The Region has 13 clubs, the fewest of AVA's ten regions. Though small in quantity, three of our clubs are among the 10 largest nationally in membership!

The clubs are geographically spaced quite a distance apart which has resulted in the Northeast Region having the highest amount of year-round and seasonal events per club. The walk attendance for this same category was the second highest on average of all 10 regions during 2008. In fact it was 16% higher than the national average.

In September 2007, the Northeast Region represented the AVA at the AARP life@50 National Conference in Boston, MA. A booth in the trade hall with dozens of other exhibitors was visited by hundreds of potential walkers from around the United States. The AVA "grabber" was a popular handout. Staffing of the booth was done by club members primarily from Massachusetts, including two past Northeast Region Directors.

In October 2008, the Five Boroughs of New York City Challenge attracted walkers from all over the country, with many able to complete 10km walks in each of the boroughs (Bronx, Brooklyn, Manhattan, Queens and Staten Island) that comprise the city. This is scheduled to be repeated in October 2009. So mark your calendars.

A dialog has been established among the clubs to avoid scheduling conflicts for traditional events. As Northeast Region Director, I have continued the free flow of information of happenings nationally, regionally and at the club level by developing an extensive email contact list. A schedule is kept and distributed frequently to help the walking community plan their free time and be aware of upcoming events.

Combining social events and food at club walks and meetings have been encouraged and seems to be occurring on a more regular basis. This exemplifies the FUN, FITNESS, FRIENDSHIP and FOOD philosophy that has always been the key to success at AVA.

*Phil Hait, Director*



## Pacific Region



Enthusiasm, optimism and opportunity reside in the Pacific Region. With the hugely successful 2007 edition of AVA's biennial convention, interest in volkssporting blossomed and has continued to flourish; the result of the efforts of many dedicated folks doing good work, seeking opportunities to promote Volkssporting, starting new clubs, energizing old clubs, and hosting events. Folks are coming out and joining up because of the activity, fun ... fitness ... friendship.

The promise of the new club in Merced, California failed, as did the hopes for the Sierra Nevada Striders in Reno, Nevada. These disappointments were more than offset with the establishment of three vital new clubs. The Sierra Gold Striders in Twain Harte, California, not only picked up part of their name, but the Sierra Nevada Striders' IVV flag. The Angels Volkssport Club was formed in Los Angeles, with the aim of promoting volkssporting through tourism. Then there is the Footsore Fiends, bent on bringing AVA and Volkssporting into the 21<sup>st</sup> Century by conducting their entire operation on the internet; from registration to receiving stamped insert cards, everything is accomplished on-line. The possibilities of this test will be examined further by expansion into a yet to be determined region and, if successful, becoming available as an option for all AVA clubs. The Pacific Region is a "hot bed" of innovation and adventure.

All is not rosy, however. The future looks dim for three to four California clubs. With the fortunes of the SLO Soles (Paso Robles, CA), Ye Olde Chico Walking Club (Chico, CA), and Monterey Peninsula Walking Club (Monterey, CA) on the wane, there is the further possibility of a club in Southern California closing up shop. These clubs have subsisted solely on Year Round Events for the past several years...establishing, to my satisfaction, that inactivity inspires nothing and assures eventual demise. It is anticipated that few, if any of their Year Round Events will be lost.

The clubs that are maintaining and growing have monthly club meetings, are hosting more events than ever, having club and event socials, publishing newsletters in one form or another, developing websites, hosting group walks and multi-event weekends, writing articles for *The American Wanderer*, and getting their stories in local newspapers, television and radio.

After hosting the Sonoma walk for the Biennial Convention, the Sonoma County Stompers (Santa Rosa, CA) felt they could tackle hosting the 2008 California Volkssport Association Convention. Among those enjoying walks in Santa Rosa and Sebastopol, and a "door prize for everyone" luncheon, was AVA President Curt Myron and his wife Martha. The Club had a radio interview on a popular Santa Rosa station, and the local paper featured Club members for an article on walking. There were two photos of them on one of the hottest days of the year. They weren't too happy with the photos, but are still getting phone calls about the Sonoma County Stompers walking club. The Club has a group walk of at least one local year round a month, and carpool to other clubs' walks. They are promoting the health benefits of our sport through contacts with Kaiser Permanente and Sutter hospitals.

One event they participated in was called "Way to Go Expo" and put on by the City of Santa Rosa one evening in August during Wednesday Night Market. Club President Marilyn Nasi explained, "It was for alternate modes of transportation. They had SMART train reps, bicycle groups, etc. The city provided free space and a covered table. We had a couple of our tri-fold boards and had quite a few people stop by and pick up flyers and free candy. Some signed up to be on our email list. We were disappointed we weren't right in the walking path of everyone that went down 4th St as the market always gets a good crowd. The city had a big ad in the paper, with no charge to us. Hopefully, they'll do it again this year, and make it even better!" Marilyn went on to say, "Our membership is growing." She also reported that she talks about AVA and the Club at the bank, grocery store, and elsewhere, and hands out cards, and "I took my new

COMPASS to the car wash. I was hoping someone would ask me about it! No one did. Tommy Smothers sat next to me there last year! He was having his old Mercedes detailed! I froze and didn't say a word, just kept reading the same page of my book, over and over." Sometimes we let promotion opportunities escape us.

The Thunder Mountain Trekkers (Sierra Vista, AZ) have reinitiated the club newsletter, furthering the "word" in South-eastern Arizona. They have developed a new route for their San Pedro River Walk, made necessary by the number of illegal aliens on the previous trail (now, if they had paid IVV sanction fees for "doing" the walk...). The TMT has sponsored two walks in support of Fort Huachuca, an Oktoberfest walk and another in aid of the Post Chaplin's' Giving Tree. They also walked and "wheeled" a new trail for the Moral and Welfare Division weekend event which was held on Fort Huachuca on 21 Feb 2009. It is hoped that enough interest was shown that the Post might reactivate the old club.

The Sacramento Walking Sticks (Sacramento, CA) thrive on publicity; their efforts continue to pay big dividends. Member Barbara Nuss contacts many local media outlets, including radio and television (club members have appeared on local shows at least three times) and it is known to work because: "Fun walkers," not seasoned volkssporters, make up about 40% to 60% of the attendance at their traditional events. The Club is committed to working many Health Fairs throughout the year, has established a Health Fair Coordinator position to be in charge of organizing who did what, when and for how long, and has put together a rolling cart with just the right amount of good "stuff" to bring to the fairs. The key is the follow-thru, with someone telling a new walker about the various walks with material they can hand that person along with a schedule that gives them choices of walks during the week day, week night and weekend for their pleasure. The SWS suspect that people are often a bit suspicious these day since Volksmarches can seem to be a bit "too good to be true." It takes a few free walks to build that trust. Further, the percentage of newspapers as the place new members first heard about the Club is now their second largest source of new members (now more than the internet!). Word of mouth is about 45%, roughly double Newspapers. They firmly believe, as does anyone with any sense, that being friendly at events is so important. No one new wants to try to break into cliques and people tend to trust their friend's opinion about something new to them.

The Club's mid-week TWITT (Twice a Week Two Timers) walk, are announced by weekly email messages to over 1300 addresses and adds about 2,000 walkers, mostly for credit, to YREs in the greater Sacramento area. The "Sticks" are a fun loving group that hosts Traditional Walks on March 14 (Pi Day), September 19 (International Talk Like a Pirate Day), May 8<sup>th</sup> (World Walking Day, and at least two Wednesday evening walks during the summer in their Hot Walkin' Nights program. They have recently installed the innovative Moon Walks – a night walk timed to coincide with the rising full moon. It is quite a thrill to be on the trail with a group 50-60-70 year-old volksmarchers howling at the moon. They don't seem to scare anyone away; having gone over the 200 member mark just last year...from about 25 just four years ago.

Loralie Cruz, President of the Saguaro Sun Striders (Surprise, AZ) says, "We've increased the number of regular events (3 in 2007, 4 in 2008, hoping for 7 in 2009). We realize it takes events to keep folks interested, but with such a small group of members willing to take on an active role, it's a real challenge. We've tried to pair our walk events with festivals, etcetera, in other communities to give newcomers an added incentive to go, especially with the high fuel prices we've recently experienced." The club is working with local Girl Scouts who have joined them on two walks. One troop leader is particularly interested in keeping the relationship alive and has expressed interest in having her troop work with the Club to plan a route for an event. The Club's group walk effort hasn't caught on yet, but there is hope that a reduction in event fee for distance only will encourage participation. Loralie has this to say about meeting places, "We'd love to find a new meeting place--advertising that we meet in Sun City West screams out that we're a bunch of oldies...which is true; however, it doesn't help us get younger people involved, which is what we need to happen."

The Menehune Marchers (Honolulu, HI) also has a reduced fee of \$1.25 for their members who walk their Year Round Events for distance only credit (\$3.00 for both Event and Distance Credit). The MM publishes a newsletter, has an annual Oktoberfest pot luck social, and exhibits extraordinary hospitality to visiting "mainlanders."

The Davis Dynamos (Davis, CA) has noticed an increase in attendance at club meetings, as well as growth in membership, since moving from the Davis Senior Center. Further shedding their history of ties to the Center, the club hosted a Traditional Walk in the far reaches of the Nevada Desert. More specifically, the walk followed up Soldier Creek from Ft. Halleck into the Ruby Mountains east of Elko, NV. Other than the gorgeous scenery one of the highlights was the motor home of one of the club members stationed at the end of the walk ready with all the "fixin's" for a picnic lunch. The event managed to snag 15 walkers, most of who were on their way from California to the annual Crazy Horse Volksmarch weekend in South Dakota. Another Club walk on the wild side was in the sometimes flooded Yolo Basin Wildlife area just southeast of Davis. With the amazing cooperation of the California Department of Fish and Game and the Yolo Basin Foundation the Club was able to host over 175 walkers searching for the rapidly evaporating vernal pools and enjoying a late spring wildflower display. Following up that walking adventure with barbecued hot dogs helped to keep a smile on sunburned faces.

Low Desert Roadrunners (Corona, CA) President, Sue Obradovitz, reports that the Club has begun to meet for group walks. She says, "We e-mail walks for the upcoming month which include time and point of departure. We carpool when possible. Since there are fewer events offered, this is a way to get in the YREs and have a fun time."

The Green Valley Gaiters (Calimesa, CA) signified their resurgence by adding five new Year Round Walks for 2009, after dropping to a single YRE over the past few years. They have established a Club communication network using email, and have enhanced their outreach and communication efforts by developing their own website.

The Las Vegas High Rollers & Strollers (Las Vegas, NV) sells coupons for the Club's 12 Year Round Events for \$30, an average of \$2.50 a walk. Club President, John Oszejca, reports that he has started "eWalks in the summer when our club is on hiatus." These are group walks that are announced electronically. The Club is also considering a "Road Trip" to get in the Carson City, Sacramento capital walks and are working on downtown Las Vegas and Pahrump traditional events for 2009, and considering forgoing their annual Tri-state – California-Arizona-Nevada extravaganza.

The Placer Pacers (Auburn, CA) offers Three Dollar Placer Pacer Williams (ppw) to club members for \$2.50, to be used for any Club hosted event, Year Round or Traditional. The Club publishes a monthly newsletter, has a weekly group walk program, maintains its own website, and hosts occasional bus trips. A traditional feature of the PP's Christmas "meeting" is a Honey Baked ham and Herb Webber's homemade bread.

The Footsore Fiends (Carlsbad, CA) is the newest club in the Pacific Region. They kicked off their first AVA-sanctioned walks January 1 and currently have 20 Year Round or Seasonal Events in Southern California. The Club is piloting an online store walk purchase program, which has gone well. Some of the Southern California Volkssporters are regulars – and appreciated. Jane Holmes, President and founder of the club, says she is always happy to help anyone who doesn't understand or can't use the online store. The Club has another big project in their meetup.com group. The Footsore Fiends leads two walks a week, a "3 mile Thursday" walk and a 6 to 8 mile hike on Saturdays. This program has really taken off. They now have 325 people signed up on their meetup group, and is so successful that they have had to set the RSVP limit on walks to 25 people because the groups were getting too big to manage. There are now two "assistant organizers" to help lead hikes. They are still working on gaining the interest of the young hikers in the AVA incentive program.

The San Diego County Rockhoppers (Poway, CA) continues to host four traditional walks a year, including their annual walk to the flowers...now up to its 14th year for this popular walk. They will try something new, with a joint effort with the Footsore Fiends. The SDCR will host a level 2 walk, while the FF will host a level 4 walk. So, people can elect to do one walk or both, on both days of the weekend. To add a touch of fun (adventure) to another traditional event, the walk will start at a city public bus stop where participants will take a ride to a predetermined point 10 Km away then walk back to the start point. The Club also has an idea that they can promote Volkssporting while providing walk opportunities for Volkssporters bound for an ocean cruise, and have added four new Year Round Walks, including a 14 Km walk, to their repertoire. Their Downtown/Waterfront Year Round Walk starts across the street from the San Diego Cruise Ship Terminal, and continues to draw good numbers from visitors from outside California. The Club publishes a quarterly newsletter, with distribution primarily by email saving a significant amount of money in postage, paper, and reproduction costs.

In an illustration of the Pacific Region's creed of enthusiasm, optimism and opportunity, Pacific Region's input to the 2007-2009 biennial report concludes with the report from Phil Jones, president of the afore mentioned Sierra Gold Striders.

Quote: ***SIERRA GOLD STRIDERS, in the HEART of the MOTHER LODE***

With its beginnings at a first time ever Regular Walk sponsored in 2007 by the Pacific Region Director, Wayne Holloway, in a remote California mountain village named Twain Harte, (home to 2,000 folks in the summer when the tourists are here), the ***Sierra Gold Striders***, AVA #0941, was born in March of 2008.

The new club quickly grew to 40 members, and hosted two one-day Regular Walks in its first nine months of operation. The first, in Columbia State Historic Park, took in an airport, an old gold rush town, and a trek to an abandoned Marble Quarry. The second Walk was through the town of Sonora, "The Queen of the Southern Mines" in California's gold country, during the Christmas season. We visited shops enticing us with products for Christmas, and had the opportunity to view many residences and businesses built during and soon after the gold rush in the 1850s and 1860s.

The **Sierra Gold Striders** also took on the responsibility for revamping seven existing Year-Round events, and had them ready to resume activities as of January 1<sup>st</sup>, 2009. These were walks that had been originally developed by other clubs, but no longer being kept in the repertoire of those originating clubs. Four of the walks are in areas of Yosemite National Park, and offer significant challenges to walkers that want to “get out of the ordinary”.

Now experienced in hosting Regular Walks for a one-day event, the club will follow the more normal AVA mold of presenting two-day Regular Walks in 2009. The agenda is set for a walk the end of March in Mokelumne Hill [this event had 150 participants], and another in Railtown 1897/Jamestown for Father's Day weekend. A Walk later in the year will return to the groups birthing place, Twain Harte, for an event that combines with the communities Oktoberfest.

Because of their geographic location in central California, this clubs' events all have close ties to early California history that provide the basis for a plethora of Special Classification listings – so bring your books and “come on down”.

Fun, Fitness, Friendship? You bet! We're hot on the trail. Unquote.

*Wayne Holloway, Director*



## North West Region



The Northwest continues to lead the nation in popularity of volkssporting activities. Fifty-seven vibrant, active Volkssport Clubs and over 100,000 walks taken in the past two years is evidence of the enthusiasm. Twenty-four percent of the nation's credit walking volkssporters live in this region.

In September of 2008 the Northwest Regional conference was held in Post Falls, Idaho. In addition to the numerous year-round events available in the historic Idaho panhandle, there were opportunities to bike the "crown jewel" of the rail-to-trails Route of the Hiawatha, and a 73 mile more-days walk that spanned the Idaho panhandle on the Trail of the Coeur D'Alene's. Workshop topics included focus on growth and first aid. The sharing was rich and leaders came away with a wealth of ideas to try and share at the local club level. The 2010 conference will be held in Anchorage, Alaska.

Twenty seven regional publicity awards were received by clubs for having websites, publishing event announcements in local newspapers, and circulating brochures of events. The most effective method to involve new walkers continues to be inviting a friend to a walk. The sale of new walker packets evidences the exposure the AVA is getting to new walkers in the area. One of the growth innovations that has advanced walking and club participation are the weekly club group walks. In addition to regular weekend events it is possible to walk with a group of volkssporters nearly every day of the week in Oregon or SW Washington.

Both Oregon (OTSVA) and Washington (ESVA) State Organizations elected new leadership with a continued commitment to lead the way in promoting walking. Both State Organizations and very committed volunteers represented the AVA at large, recognized events such as the Washington State Fair, Washington Health Foundation, the Portland Marathon, Race for the Cure, and many, many corporate health and fitness fairs. OTSVA and ESVA sponsor local walking challenges that provide interest and incentive to NW walkers. In 2007 the state organizations merged the publication of NW Walking and The Pathfinder to form the NW Pathfinder.

In addition to AVA representation at mega events, clubs sponsored large multiple event weekends that draw crowds from the national volkssport community and local residents. Discovery Walks, Whidbey Island Walking Festival, and the Columbia Gorge are a sample of the walk extravaganza's that continue to impact the communities in which they are held.

To the credit of the volunteer volksspirit, 225 passionate people received outstanding awards for their hours and years of service to the American Volkssport Association. This zeal for the sport continues to expand the Northwest's enthusiasm for fun, fitness and friendship.

*Becky Forsythe, Director*



## Rocky Mountain Region



### Status of Clubs

- Three clubs were closed
- Most all events were adopted by other clubs in the region.
- One new club was opened.
- Overall participation is up slightly.

### Special Event

- A volksmarch was held in conjunction with the National Get Outdoors Day, June 13, 2009.

*Mike Nelson, Director*



## South Central Region



There has been much activity in the South Central Region the last two years. Three clubs were involved in hosting three of the “pre-walks” for the Texas Convention. Dogwood Trailblazers hosted the first walk on June 20, 2009 in Joplin, Missouri; Wichita Skywalkers held the second walk on June 21, 2009; and Wandergruppe of Oklahoma City, Oklahoma hosted the third walk at Sulphur, Oklahoma in the Chickasaw National Recreation Area. All clubs in each respective state volunteered themselves to the host club in their state for assistance. The two post walks, hosted by the East Texas Trekkers, occur on June 27, in Bossier City, Louisiana and in Hope, Arkansas on June 28.

The region lost a long standing club, the Frontier Walkers in Oklahoma City, Oklahoma, but was fortunate to replace it with the Ozark Hill Hikers in northwestern Arkansas. There had been a club in this area about fifteen years ago but it had gone inactive. We look forward to great things out of this new club which sponsored three regular events and placed nine year-round events in the 2009 Starting Point, all of this with just a little over a year’s operation.

One thing that the I have tried to do in the past two years is to promote more communication between clubs by making regular reports to them after each NEC meeting and also intermittent communications regarding other AVA activity. In addition, a website for the director was established to reach new walkers as well as club members.

Although the region is spread out over a large geographical jurisdiction, many of the clubs interact with one another and support each other’s walk events. The region offers over eighty year-round events and is fortunate to have some good sites for said walks where the walker can enjoy the rich history of our nation, great woods walks, and beautiful historic neighborhood walks as well.

I have participated in regular events with sixteen of the seventeen clubs. The one club remaining does not provide a year-round or regular event.

In October 2008, the region had a Regional Roundup of all clubs which was hosted by the Sunflower Sodstompers club in Topeka, Kansas. Participants represented four of the five states in the region. The host club provided great walks and there was good participation. I used the opportunity to have a session of about two hours with members where I fielded questions from members about AVA activities and operating procedures. Two of the subjects covered were providing supplemental information on the ESR and trail marking.

We have made great strides, but know that growth is our problem and more concentration on this facet will be in place in the future.

*Glen Conyers, Director*



## South East Region



Since my last biennial Report in 2007, the AVA's Sensational South East Region has continued its love affair with Volkssporting by showing an increase in participation – small but up instead of down – an increase in the number of events; and an increase in the number of Volkssport Clubs. We currently have 25 active clubs in the South East Region and the great news is that there are presently 4 new groups in the process of completing their paperwork to become active AVA Clubs. Hopefully, by the time you read this those Clubs will be on board. This will give the South East Region 29 Clubs and two State Associations (Florida and North Carolina).

Over the last two years we have provided in excess of 310 events to over 34,000 Volkssporter participants. We have had increased numbers of favorable responses to the quality and operation of most events. Our participation in the AVA Special Events Program has piqued interest among many of our participants and helped the SE Clubs to develop new routes to include many of these Special Events. The "Book Stamping" has become more challenging, but we are making a significant number of Volkssporters happy.

Some clubs have had their struggles but all have overcome and moved forward. I would like to praise and thank all those Volunteers out there who have dedicated so much of their time and effort to helping those struggling clubs as well as those clubs who continue to thrive. The gasoline and economic situations have not been very helpful to us lately, but once again, perseverance and hard work have kept the Region hopping. The Region's average attendance at events increased by 4%. Congratulations!

Publicity and marketing efforts have been emphasized and have paid off. We need to do even more.

The Sensational South East Region of the American Volkssport association is proud of the many successful events held in the Region with special note to the Capitol City Wanderers, Montgomery, AL; the Georgia Walkers, Atlanta, GA; the Pensacola Volksmarch Club, Pensacola, FL; and the Happy Wanderers, Port Orange, FL for their huge, successful efforts with Floribama and the Savannah Baker's Dozen Mega-Event weekends. Both events enjoyed the best attendance ever and sky-rocketing participation.

The Sensational South East continues its March (Volksmarch, that is) to Greatness by offering "Fun, Fitness, and Friendship" through participation in quality events.

*Marwin Stokes, Director*



## South West Region



The Great Southwest Region consists of 38 chartered clubs plus the Texas Volkssport Association and the AVA National Headquarters. New Mexico has four clubs and Texas has 34 clubs.

During this reporting period five new clubs were chartered in Texas:

- BTC Oddsports Club, AVA-789 (new club but old number used)
- Castroville Chamber of Commerce, AVA-939
- Rainbow Rovers, AVA-940
- LoneSt\*r Walkers, AVA-944
- Smithville Chamber of Commerce, AVA-947

One club, the Rainbow Rovers, was declared inactive in February 2009 for failure to submit an Annual Financial Report. This club consisted of an informal group of recreation vehicle travelers (RV-ers) and they never could get properly organized and operating as a functional club.

Inquires have been received from several organizations about possibly starting a new club. These are from Arlington; Bandera; Bastrop; Blanco; Camp Swift; Marble Falls; and Rockport, Texas. Discussions and an exchange of information are currently underway with the respective Points of Contact.

I organized and chartered the LoneSt\*r Walkers in 2008 to fulfill requests for special walking and trail events. This club serves as a vehicle to demonstrate how to organize, administer and conduct a walking event. Also, it helps organizations that want to try out a volkssport event with the idea of possibly chartering a follow-on club. A successful demonstration event was held at Camp Swift, Texas in 2008 to support an OktoberFest celebration for local communities. Another took place early this year at St. Mary's University in San Antonio, Texas.

I found there was an acute need to be able to expeditiously communicate with club presidents. There were occasions when I needed to be able to quickly relay information, pass on policy changes, highlight problem areas, and to remind clubs about hard, fast and critical deadlines that were approaching. In November 2007, I instituted the Volkssport ALERT system and it is a tool I use regularly to contact club presidents.

I have taken part in numerous Health & Wellness EXPOs to publicize the American Volkssport Association. The largest of these is the Texas Parks & Wildlife EXPO at Austin, Texas. This two-day extravaganza, sponsored by the Texas Parks & Wildlife Department, is held in early October and attracts upwards of 10,000 visitors. It is an excellent opportunity to expose volkssporting to the

A special sanctioned walking event is being planned at the 2009 EXPO as an on-site demonstration of the AVA walking program.

Two new clubs were started in small Texas towns under the sponsorship of the local Chamber of Commerce. These organizations have little, if any, background or experience in volkssporting. It was found that a "How-To-Do-It" package was necessary to provide definite guidelines outlining the successful organization and operation of an event.

I designed the package to include such things as a sample event brochure format; walk directions; walk box supplies and materials list including a registration log and walk instructions. Also, I laid out walking courses/routes; developed an "Event Plan of Operation;" and administered/ supervised the first Traditional events for these new clubs. In addition,

I provided on-the-spot guidance on the Electronic Sanctioning System and developed a timeline for the various reports that are due throughout the year.

Event brochures/flyers are essential marketing tools for publicizing an event. It's a chance for a club to "look good" and sell its product: a Year-round or Traditional Event. I consider these publicity tools to be a key element in the communications triad: written word, spoken word and electronic media.

Some event brochures as well as route directions/maps that are published are not clear, concise or easy to read. In essence, they are anything but "user friendly."

A publication called, "Guidelines for Developing an Event Brochure," is currently under development and is being designed as an aid for event coordinators. Since there is an ongoing turnover of club leadership, this should be very helpful to new people.

The idea of the guidelines brochure is to encourage consistency so that event brochures will be CLEAR, CONCISE, EASY TO READ, NOT WORDY, and contain NO MINUTIA. In addition, a prioritized brochure format will be included along with standardized terminology.

Two informal organizations are now assisting me with the sanctioning process. The purpose of these two organizations is to coordinate and establish an orderly schedule of Traditional Volkssport Events in Texas. That way they will be spread out across the year and to avoid, if possible, same date event conflicts.

Annual meetings are held by both groups to develop annual event planning calendars. Face-to-face discussions by club representatives during these meetings is productive and mitigates potential problems that are sometimes caused by same date events. This does NOT involve Year-Round Events or Seasonal Events.

The Volkssport Clubs of Southwest Texas (VCSWTX) includes 15 clubs and four other clubs/organizations when their events are conducted within the VCSWTX area. The area includes all chartered clubs located within a radius of 100-miles of San Antonio.

The Volkssport Clubs of North Texas (VCNORTX) includes eight clubs that fall within a three-hour drive of the Dallas-Fort Worth Metroplex.

Volkssporting in the Great Southwest...Fun, Fitness and Friendship!

*Heinz Johnson, Director*



# **AVA COMMITTEE REPORTS**

## **AUDIT COMMITTEE**

### **Chronological Actions:**

On November 1, 2007, AVA President Curt Myron requested that I chair the AVA Audit Committee pending approval of the AVA NEC on December 1, 2007. Our responsibility was to engage a public CPA firm to audit the AVA books and records for the period of July 1, 2007 through June 30, 2008.

On January 30, 2008, Carneiro, Chumney & Co., L.C., certified public accountant firm mailed an audit engagement letter and tax engagement letter dated January 28, 2008 and received by the AVA Audit Chair on February 2, 2008. The Audit Chair sent notification (on that day) to AVA Executive Director, the AVA President and selected other interested AVA members of the AVA concerning the CPA firm's solicitation. In this email, pertinent matters were summarized and the Chair's intent to sign the two engagement letters and to commit the AVA the CPA fees, unless there were any objections. On February 5, 2008, the engagement letters were signed and returned to Carneiro, Chumney & Co., L.C., CPA firm.

On September 8, 2008, AVA Financial Director sent to members of NEC and the Audit Chair the AVA in-house financial statements, as well as notifying that the CPA firm had completed their on site review on September 5, 2008. On November 24, 2008, AVA Financial Director notified the CPA firm of the accessibility of the AVA Audit Chair by email and the Audit Chair's authority to release the report. On December 2, 2008, the Audit Chair received the CPA firm draft audit report from CPA firm representative Gilbert Cremar. This draft report was reviewed by distinguished Audit Committee members Annette Tollett and James Geith. In addition to draft report, the committee requested the draft management letter, the results of additional procedures that were based upon new audit standards that became effective during this audit period, and any assessment of internal controls. That information was provided to the audit committee on December 10, 2008.

On December 11, 2008, the AVA Audit Committee notified Gilbert Cremar that he had approval to release the AVA Audit Report to the AVA Management and Officers.

#### AVA Audit Committee Responsibilities:

- reviewing qualified candidates and selecting for employment, the individual/firm to perform the annual audit of the AVA,
- receiving the annual report prepared and submitted by the individual/firm accomplishing the audit. and
- reviewing the audit report and making appropriate recommendations regarding its contents to the Executive Council.

#### Recommendation to the AVA National Executive Council:

We recommend that the AVA Executive Council accept the AVA Audit Report of the Financial Statements prepared by Carneiro, Chumney & Co., L.C., for the period ending June 30, 2008 and signed November 8, 2008. We have reviewed the report and the accompanying management letter.

#### Standards for the Audit Committee:

Our responsibility to is access that CPA firm reached the proper conclusion that the financial statements represent the AVA books and records in all material and significant matters. The audit committee members can best help a nonprofit organization such as AVA and fulfill their function by being knowledgeable about their responsibilities and the activities of the nonprofit, as well as diligent in their inquiry and oversight of the significant accounting and audit functions. For public companies, the 2002 Sarbannes-Oxley Act has given audit committees greater responsibility for overseeing public companies' accounting, financial reporting, internal controls and audits. Though there are no national standards on the responsibility of a nonprofit audit committee, some states may have a nonprofit integrity act that covers those responsibilities. Those significant accounting and auditing functions normally include:

1. Retention and termination of the outside auditor;
2. Consideration of the outside auditor's independence;
3. Oversight of the non-audit services performed, if any, by the outside auditor;
4. Oversight of the audit planning and annual audit by the outside auditor;
5. Review of the annual audit, the accounting and financial affairs, and the internal controls with the outside auditor;
6. Consideration of whether to recommend that the board accept the annual audit;
7. Oversight of the accounting and financial internal controls;
8. Oversight of the accounting function, including staffing, qualifications and tone at the top; and
9. Oversight of the (anonymous) whistle-blower process for accounting matters.

After review of the above and our research of the stated responsibilities of the AVA Audit Committee, we have no other recommendations for modification of the current stated standards for the AVA Audit Committee.

*Frederick S. Sheets, Chair*



## PUBLICITY COMMITTEE

The objective of the Publicity Committee is to find ways to use publicity to help AVA's name and events to become better known.

While the Marketing Committee focuses on 'branding' AVA and creating materials that are attractive, consistent and recognizable, the Publicity Committee focuses on appearances at national conventions and conferences which are attended by the public. To be most effective, an organized approach was needed. The approach developed involved two points of contact working together: points of contact at both national and local levels. The national point of contact, the Chair of the Publicity Committee, coordinates funding, booth displays, giveaways and handout materials. The local point of contact acts as a volunteer coordinator who organizes the booth gathers materials, sets up and takes down the booth, and tracks the number of contacts made. Both volunteers contribute to a written after-action report.

The committee canvassed major conventions and settled on three: Girl Scouts USA, AARP and the American College of Sports Medicine. AVA made its second appearance at the Girl Scout Convention in Indianapolis in 2008; appearances at the annual AARP conventions in Boston in 2007 and Washington, DC in 2008, and a booth at the American College of Sports Medicine (ACSM) Annual Meeting in May 2008 in Indianapolis.

At each appearance, the points of contact at national and local levels were successful in securing exhibit materials and had suggestions for improvement through their after action reports. In one case, AVA received donated printing of AVA bookmarks for use at the AARP convention booth.

At the recommendation of the Publicity Chair, AVA officers authorized the funded attendance of an AVA Officer at the AARP Convention in Washington DC. The purpose was to observe to see how things were done and meet with other organizations with booths to seek out likely partners and sponsors as well as learn more about techniques for booth presentations.

Glen Conyers, our SC Regional Director, attended the convention when Chair John Ferguson became ill. With John's death, planning was interrupted, but our feeling is that AVA should continue to research and target conventions where a booth appearance can promote volkssport.

For the AVA Convention, the Publicity Committee organizes publicity awards to be given at this convention. Categories include Photographs, Club Newsletters, Year-round/Regular Event Brochures, Community Relations Programs, Local Sponsorship Programs and Single Event Publicity.

*Joan Lampart, Acting Chair*



## STANDARDS & EVALUATION COMMITTEE

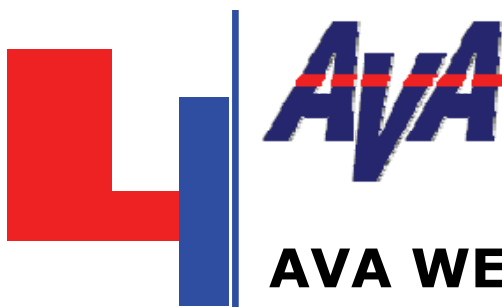
### Established goals for the committee are:

- a). Set standards for entering event details online. Many new participants find our events through the AVA website. It is imperative that the information there be complete, understandable, friendly to encourage their participation in our organization.
- b). Review AVA forms, revise as needed. Most of the forms have been replaced by electronic entry. However, for the few that do not have computer access they are still needed.
- c). Revise the AVA Event Handbook. This project is overdue. Clubs need the guidance it can provide to put on safe, events.
- d). Draft 'fill-in-the-blanks' guidelines for entering/updating event information on the AVA website.

The goals were met. In addition guidelines for entering and updating events were added to the policy manual and distributed on paper to the clubs via the AVA Checkpoint.

My concern is that I am functioning as a committee of one, consequently only my opinion is being considered.

*Ginny Drumm, Chair*



## AVA WEBSITE COMMITTEE

The AVA Website Committee spent much of this term analyzing our website to make it more appealing and easier to use while still providing AVA clubs with the administrative support they need.

While a few changes were made by adding interactive maps and the ability to search for similar events, the website needs better organization. There's lots of information on the site, but finding that information is frequently more difficult than it needs to be. This is a common problem with many websites, especially those that are managed primarily by volunteers and have been developed over a long time period.

Earlier in this term, there was also an effort to gather input on what club's and individuals want to see added, modified, and deleted from the website. That produced a document called The Future of AVA, which you can see at the AVA website at the following address: [http://www.ava.org/clubs/pres/president/AVA\\_Future/Future.htm](http://www.ava.org/clubs/pres/president/AVA_Future/Future.htm) What our website needs is a new plan for how it should be organized, a plan that looks at the entire website and organizes it from the top down, or in web terms, from the home page down. And that is the task we focused upon.

The new organization of the website should be logical and flexible enough to allow for future change without creating a need for another total redesign. And the organization of the website should also reflect the priorities given to the different types of visitors we have.

The first priority should be given to the person who is looking for a walk and probably doesn't know anything about AVA. This should be reflected in the organization of the home page especially, which should be easy for the non-initiated to navigate. It should be easy for a newcomer to find events and clubs so they can get involved quickly and easily. We want to attract as many newcomers as possible because they are the folks that will make AVA grow.

The second priority should be given to the AVA insider, those that know, at least, something about the organization and may be looking for documents or detailed information on an aspect of AVA. This second priority should have a second, subservient, "home page," titled something like "Inside AVA." A third area of the website should be Club Administration.

Our committee is proceeding methodically and attempting to consider all factors. If you are interested in joining the Website Committee or have suggestions, please contact me.

*Steve Hughart, Chair; Jacklyn Wilson, Liaison*



## AWARDS & RECOGNITION COMMITTEE

The 2007-2009 Awards Committee was charged with making the nomination forms match the changes in the Policy Manual which created Regional Awards. The committee took on the additional task of considering the use of the now dead Star Club Award to help clubs achieve quality. The last task was to solicit nominations for presentation throughout the biennium and at the 2009 Convention.

Once the form was redesigned, an additional task was added – make the forms into fillable files. That is, when the form is pulled up from the AVA website, the user could fill in the form, print it out, and go on to the next nomination. All of the various versions of AVA Form 302 are now fillable.

Two innovations have been completed. The first is a master list of all who have received awards since 1985, and the second is a disk that has all of the awards booklets since 1985. The master list was prepared on an Excel spreadsheet so that data may be sorted easily. They will be invaluable tools to determine who received awards, when, and at what level. These lists were made available to Regional Directors and AVA officers.

The use of the Star Club Award had some promise to help create club quality. Diversity of opinion however, was too great to accomplish this task. Some items were pass/fail; others had points awarded. Rather than lose focus on the primary tasks, this idea was scrapped until some future date. It is recommended that this be looked at by the Awards Committee of the 2009-2011 biennium.

Two articles were submitted to The American Wanderer reminding members that award nominations for Hall of Fame, Distinguished Achievement, the Ted Ballman Youth Award, and the AVA Trailblazer Award had to be received by Regional Directors by November 1, 2008. Regional Directors reviewed the nominations, making recommendations as to approval/disapproval and upgrade/downgrade. Regional Directors had until March 1, 2009 to decide on Meritorious Service Awards, Certificate of Service Awards, and Certificate of Appreciation awards.

Nomination packets for Hall of Fame, Distinguished Achievement, and Trailblazer awards were presented to the NEC and the NEC rendered its judgments.

The creation of Regional Awards in the 2005-2007 biennium was thought by many to open up the awards door too far, and would thus cheapen the awards. Quite the opposite has occurred. At one time, the AVA Policy Manual had a limit of 20 Distinguished Achievement awards per biennium. This biennium, only 11 will be awarded. Through the years since the AVA awards program began, (the first awards were presented in 1985), to date, only 133 Distinguished Achievement awards have been presented, or an average of only 11 per convention.

Committee members were recruited from four different regions. Members are: Dick Baker, Vancouver, WA; Wayne Holloway, Rescue, CA; John Ferguson, Richardson, TX; Chris Mellen, Tyngsboro, MA; Phil Hait, Holliston, MA; Joe Piffat, NE Region, and Herb Webber, Auburn, CA.

*Sam Korff, Chair*



## HISTORY COMMITTEE

### What is the History Committee working on:

**1. Registry of AVA events:** The Registry of Events is a compilation of every event ever held in the US. Data received from the National Office is still being collated and when at least one or two quarters of 2007 are completed they are delivered to the Regional Directors for review. If there are folks who are keeping their own personal records of events to include Date, Location, sponsoring Club, Event number and IVV Stamp number and would be willing to share this information, please have them contact this committee at [dntoth@sbcglobal.net](mailto:dntoth@sbcglobal.net).

**2. Bibliography of AVA related articles:** This project is to build a list of AVA related articles, wherever they are published. We welcome submissions from all Clubs, RDs and National officers.

**3. Biographies of AVA Notables:** This combines biographies of elected officers with the AVA Who's Who in Volkssporting – there were nearly no submissions for either project so they were combined.

**4. Local and State organization Histories:** All levels of AVA organization are encouraged to keep a history file or file box and to keep it up to date, and most importantly to pass it on within their organization as new leaders are elected or appointed.

**5. AVA Museum Inventory – directed by Jackie Wilson, Executive Director AVA:** AVA had a volunteer who sorted, evaluated and organized objects donated to the AVA Museum. A new volunteer is on board but the only volunteer. This seems to be a universal problem for those committees which need volunteers.

Each of these committee projects will require weeks and months of data entry and will occur very slowly the fewer folks who are working on it. Some of the projects are doable at home. If you wish to participate, contact me.

*David N. Toth, Chair; Curt Myron, Liaison*



## MARKETING COMMITTEE

### OBJECTIVE:

The Objective of the Marketing Committee is to create value for participants, clubs, potential participants and sponsors/partners.

### GOALS:

To brand the AVA as the Premier authority on walking events in the United States.

#### To create value:

For Walkers: To create value in walking for IVV Credit, becoming a Volkssport Associate, and in belonging to a walking club. To initiate a daily walking program, which includes an online daily tracking system.

For Clubs: To create value in club excellence and event publicity. To create value in walking events so walkers will invite their friends to participate.

For Colleges: To have a course outline available for presentation to the college board for class approval. Develop a plan that includes a return for the AVA and the College. Develop a community education walking class and present pilot classes.

For Potential Walkers: To create value in participating in AVA events and in walking for IVV credit.

For Future Sponsors and Partners: To be ready to present the AVA in such a way that both the potential sponsor and the AVA feel they are receiving worthwhile returns on their partnership.

To upgrade the American Wanderer for a more up to date look, so it can be used as a marketing tool.

To upgrade the office stationery and logo to indicate a more congruent, vital, active organization.

### ACCOMPLISHMENTS:

- Two marketing kits have been developed. One for marketing the AVA through expositions, the second for marketing ideas for clubs.
- A series of marketing articles featuring tips for getting the word out about volkssporting were submitted to The American Wanderer. Plans have been made for marketing tips and helpful marketing links available on the AVA website when the site is upgraded.

- After reviewing the cost and benefit the committee felt it would be too expensive to replace the AVA logo and art work already done with the grabber.
- A marketing team has made a presentation to a major national company. The Power point presentation has been revised and shortened to fulfill the needs of a short business meeting presentation.
- Several volkssporting community classes were given at a national sporting goods outlet.
- The Marketing Committee published marketing articles in the TAW.
- The new AVA banner was created. The updated banner brands the look of the AVA as presented on the grabber.
- Forty new style 4 X 6 vinyl AVA banners were made and purchased by clubs. This continues to brand the look of the AVA as presented on the grabber. Additionally, 3X6 banners were created, which fit well in front of a display table and as a banner in a parade. The ordering of additional "grabber" banners has been transferred from the committee to the AVA office.
- The grabber and the AVA business card have been translated into Spanish.
- A daily walking program is being developed.
- A college course outline is available from the marketing chairperson.
- Locally, Northwest clubs are working hard to market regular events and have been offered an incentive of a regional publicity award.
- The pilot program for online walk registration aimed at non-volkssporting walkers was implemented.
- Bids were requested for an update to The American Wanderer although not much enthusiasm for the idea has been experienced.
- A digital projector has been purchased. In cooperation with the AVA office, the business equipment committee and the NEC, policy was set for the use of the digital projector. Each region now has the ability and equipment necessary to make a professional presentation at a health expo or other local festival.

### **RECOMMENTATIONS:**

Several years ago the NEC received a suggestion that the AVA adopt a mascot. This looks like it would add fun to the sport. The committee will research the idea.

The committee recommends a special program to collect the stamps of the NEC Officers. The purpose of this program would be an officer fundraiser for the upcoming convention.

The committee recommends \$1000 be placed in the next marketing budget to assist smaller clubs in paying fees for booths at local festivals and fairs. More information for application for this grant will be in the Checkpoint.

### **CONCERNS:**

The most cost effective way for the AVA to grow exponentially is for walkers to bring friends to walks. What would make this an appealing activity for people that enjoy volkssporting?

The committee needs members. I promise I will not waste your time. The first meeting of the group will form clear objectives for the year. Jobs and responsibilities will be divided up by interest. We will meet together "on line" in a chat room or by conference call monthly to check our accomplishments. Computer access is a requirement. This group will be innovative and creative.

*Becky Forsythe, Chair*



## OFFICE SYSTEMS COMMITTEE

### Hardware Purchases for AVA Headquarters:

- a new computer
- a new server
- a backup system consisting of 5 hot swappable 180gb drives
- a digital projector

### Software Changes to AVA Headquarters systems:

- Anti-virus software was updated.
- Employee time reporting and payroll software updated.
- Email provided change to enable mass mailing to clubs.

*Mike Nelson, Chair*



## PARTNERS & SPONSORS COMMITTEES

### SPONSORS

1. AVA Signed a new five-year sponsorship contract with YAMAX Corporation. Value of contract \$8,000.
2. The Walking Company provided a second printing of AVA Start Cards for use at AVA events.
3. AVA is discussing a sponsorship arrangement with Manakey, Inc., a maker of foot care products (not shoes).

### PARTNERS

1. TAFISA. AVA has joined TAFISA, an international organization that promotes sports for all people. TAFISA is closely associated with national Olympic Committees in many countries and can help AVA promote volkssports in less developed countries.
2. AARP. AVA has signed a national partnership with AARP. The first task is to promote walking events to AARP members who complete AARP's 10-week walking program, called Getting Fit on Route 66.
3. AARP-Washington. AVA is promoting a partnership to sponsor Washington volkssport events as a healthy exercise choice for AARP members. If successful, we plan to solicit participation from AVA State Organizations.

### ACTIVITIES:

1. Several potential sponsors and partners were screened and contacted. Several others contacted AVA HQ with inquiries. Most inquiries related to offering discounts to AVA members. NOTE: AVA does not release its membership list nor does it approve discount offers where there is no benefit to AVA clubs or Headquarters.
2. We evaluated online event registration companies for possible use for AVA events. However the idea was discarded as surcharges made registration too expensive.
3. YAMAX. We are discussing ways to expand our sponsorship with YAMAX to include use of their online Personal Walking Program.

**CONCERNS:** We accomplished much less than we hoped for during this term, due mostly to a lack of volunteers. The Sponsorship and Partnership Committees had only one member for the entire term.

*Curt Myron, Chair*



## **SPECIAL EVENTS COMMITTEE**

AVA's Special Events Committee is composed of points of contact from each club that conducts a special event. The committee continues to review and refine our policy to assure that participants benefit from special challenges and that clubs and AVA benefit from holding special events.

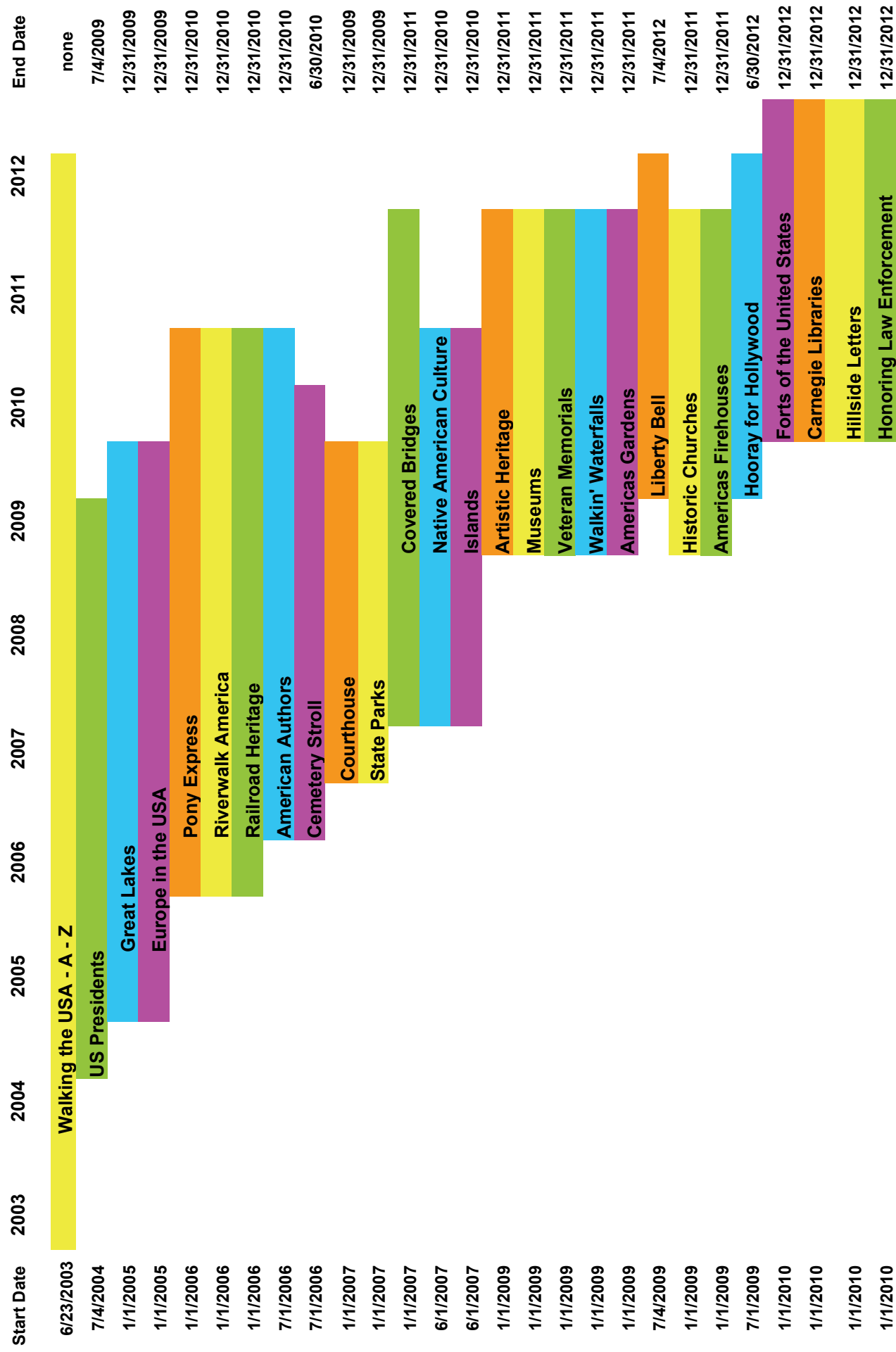
The next page contains a bar chart which lists all approved Special Events and their dates of operation. The following page identifies each special event, the sponsoring AVA club, their sales and completions to date and the beginning and ending dates of the special event.

Please note that once an official ending date is reached, the sponsoring club no longer sells books for their special event but they may continue to give awards for completion as long as supplies of awards last.

In February 2009, the National Executive Council (NEC) adopted a policy regarding approval of special events. It was decided that the NEC would consider new requests for approval only at the first meeting of each calendar year and that approved special events may begin at the start of the calendar year following approval. This policy is necessary to assure an orderly process of adding new special events and closing of old events. It also standardizes the start dates for new special events and allows time for clubs to determine whether their events qualify for the special event in time to publicize them in various AVA publications, such as *The Starting Point*.

*Phil Hait, Chair*

# Special Event Programs Existing or approved as of the 2009 AVA Convention



## Special Event Programs Book Sales and Completions through December 31, 2008

Program	Sponsoring Club	Books Sold	Books Complete	Start Date	Finish Date
Walking the USA, A to Z	AVA Headquarters	1529	416	6/23/2003	none
American Revolution	Empire State	455	265	4/1/2004	12/31/2008
Lighthouses USA	Princeton Area Walkers	610	318	6/1/2004	12/31/2008
US Presidents	Heartland Walkers	794	375	7/4/2004	7/4/2009
Great Lakes	Mackinaw Walkers	289	78	1/1/2005	12/31/2009
Walking Europe in USA	East Texas Trekkers	497	142	1/1/2005	12/31/2009
Walking Courthouses	East Texas Trekkers	435	87	1/1/2007	12/31/2009
Walking State Parks	East Texas Trekkers	460	35	1/1/2007	12/31/2009
Pony Express	Yakima Valley Sun Striders	229	63	1/1/2006	12/31/2010
Riverwalk America	Free State Happy Wanderers	887	394	1/1/2006	12/31/2010
Railroad Heritage	Free State Happy Wanderers	808	402	1/1/2006	12/31/2010
American Authors	Granite State Trail Walkers	483	242	7/1/2006	12/31/2010
Cemetery Stroll	Tarheel State Walkers	534	151	7/1/2006	6/30/2010
Covered Bridges	Liberty Bell Wanderers	299	39	1/1/2007	12/31/2011
Native American Culture	Holy Family Walkers	331	58	6/1/2007	12/31/2010
Islands	Northwest Tulip Trekkers	281	34	6/1/2007	12/31/2010
Historic Churches	Germanna Volkssport Assoc.	168		1/1/2009	12/31/2011
Artistic Heritage	Central Minnesota Volkssport	135		1/1/2009	12/31/2011
America's Gardens	Central Minnesota Volkssport	135		1/1/2009	12/31/2011
Veteran Memorials	Holy Family Walkers			1/1/2009	12/31/2011
Museums	Penn Dutch Pacers			1/1/2009	12/31/2011
Walkin' Waterfalls	Finger Lakes Volkssports			1/1/2009	12/31/2011
America's Firehouses	Kitsap Volkssporters			1/1/2009	12/31/2011
Liberty Bell	Heartland Walkers			7/4/2009	7/4/2012
Hooray for Hollywood	Footsore Fiends			7/1/2009	6/30/2012
Forts of the US	Tulsa Walking Club			1/1/2010	12/31/2012
Carnegie Libraries	Holy Family Walkers			1/1/2010	12/31/2012
Hillside Letters	Black Hills Volkssport Assoc.			1/1/2010	12/31/2012
Honoring Law Enforcement	Kitsap Volkssporters			1/1/2010	12/31/2012



## TRAINING COMMITTEE

The 2007-2009 Training Committee was very active (relatively), with several accomplishments.

The Committee provided the Region Directors with a package for training club officers, president-vice president, secretary, treasurer and trailmaster. This seminar formatted training package included a pre-test, guide for conducting a seminar, and suggested discussion questions. The Committee also provided a Leadership Training document, a set of slides for a workshop presentation (made available by AVA President, Curt Myron).

A workshop presentation has been prepared for training Region Directors on the use of their website, Electronic Sanction Request (ESR) approval, and responsibilities. A similar set of presentations has been prepared for delivery at 2009 Biennial Convention workshops on preparing ESRs, assigning Special Events to ESRs, and renewing Year Round and Seasonal Events.

The committee, represented by Bob Wright, submitted articles on Internal Revenue Service rules and hints for “good volkssporting” to the *Checkpoint* and *The American Wanderer*.

Motions to establish an AVA Trailmaster and a formal training program were rejected by the National Executive Council. Discussion revealed the fear that such a program would be an intrusion into the affairs of the member clubs and adversely impact the ability of the smaller clubs to function, rather than be, as intended, a training resource for those very clubs, and “expertise” to be marketed to the non-volkssporting community.

An effort to enhance the Events Handbook was referred to the Standards and Evaluation Committee.

Solicitation of members for the Committee yielded gifted and dedicated individuals: Dick Baker, Vancouver, WA; Carol Bussell, Columbus, IN; Lois Head, St Cloud, MN; Sam Korff, Clatskanie, OR; Chris Mellen, Tyngsboro, MA; Sally Ross, Springfield, OR; Herb Webber, Auburn, CA; Bob Wright, Leesburg, VA.

*Wayne Holloway, Chair*



## YOUTH COMMITTEE

### **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 troops and councils, answering questions to help when needed.

Revised Master Program information. Connie Runkel has created a new Master Program brochure, specifically listing the revised program rules, and registration forms. This brochure is a better fit for all youth organizations we want to target.

Selected the Participation Patch for Girl Scout Walks (Walk-Together patch) for 2008-2009. Bob Wright of the Loudoun Walking and Volkssport Club organized a contest with Girl Scouts of the Nation's Capitol. The 2009-2010 patch contest is being conducted by Dar Parrow of the Cedar Milers Volkssport Club and Girl Scouts of Oregon and Southwest Washington and will be announced at the convention.

With greatly appreciated help from Clarence Wright, president of the Indy "G" Walkers, we set up and staffed the AVA booth at the Girl Scout national convention held in Indianapolis October 30 – November 2, 2008. Fifteen walkers walked the Indy "G"'s YRE altered start from the convention center with ten receiving the Participation Patch for Girl Scout walks. Others walked from the normal start point a couple of blocks away. Clarence provided club members to staff the booth, brochures and patches to give away and came to help take the booth down at the end of the convention.

*Nancy Wittenberg, Chair; Bonnie Johnson, NEC Liaison*



**August 11, 2007 Schertz, Texas**

**December 1, 2007 Mason, Ohio**

**March 1, 2008 Washington, DC**

**June 21, 2008 Des Moines, Iowa**

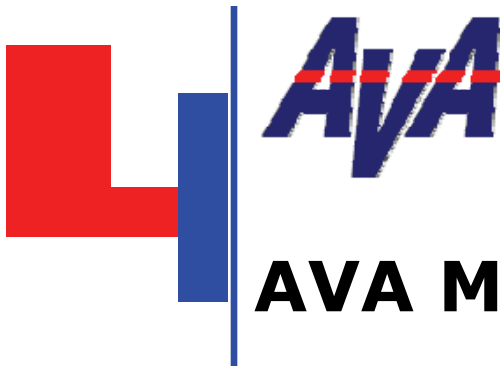
**November 7-8, 2008 Oklahoma City, Oklahoma**

**February 27-28, 2009 Tucson, Arizona**

**March 19, 2009 via conference call**

**April 20, 2009 via conference call**

**June 24, 2009 AVA Convention, Richardson, Texas**



## AVA MONEY MATTERS

<b>AVA INCOME AND EXPENSE</b> (whole dollars)	<b>Activity Ending 6/30/2007 (Actual)</b>	<b>Activity Ending 6/30/2008 (Actual)</b>	<b>FY 2009-10 Budget</b>
<b>INCOME</b>			
Membership	\$66,447	\$62,340	\$57,080
Events **	334,218	311,847	325,428
Sales	105,664	92,927	96,013
Publications	36,600	46,140	35,430
Sponsorship	8,484	8,468	6,768
Miscellaneous	40,142	43,958	34,427
Fund-Raising	18,634	19,512	21,865
<b>TOTAL INCOME</b>	<b>\$610,189</b>	<b>\$585,192</b>	<b>\$577,011</b>
<b>COST OF GOODS SOLD</b>	<b>\$48,069</b>	<b>\$44,541</b>	<b>\$48,755</b>
<b>GROSS PROFIT</b>	<b>\$562,120</b>	<b>\$540,651</b>	<b>\$528,256</b>
<b>EXPENSES</b>			
Administration	\$6,313	\$2,646	\$2,112
Equipment	9,474	9,434	9,414
Service **	48,907	50,191	47,116
General	6,181	21,670	17,030
Postal	31,824	32,905	32,862
Printing	32,210	32,562	34,650
Promotions	24,246	11,968	42,000
Operations *includes Board Travel	113,819	126,695	141,225
IVV	11,744	17,395	15,909
Personnel	186,703	195,938	225,903
<b>TOTAL EXPENSE</b>	<b>\$471,421</b>	<b>\$501,404</b>	<b>\$568,221</b>
<b>PROFIT/(LOSS)** without convention</b>	<b>\$90,699</b>	<b>\$39,247</b>	<b>\$(39,965)</b>

# AMERICAN VOLKSSPORT ASSOCIATION, INC (AVA)

## Balance Sheet

As of 4/30/2009

ASSETS	<u>Year to Date</u>
<b>CURRENT ASSETS</b>	
CASH OPERATIONS/TEXSTAR BANK	47,946.52
SPECIALTY ACCT/TEXSTAR BANK	77,672.78
CASH/BANK OF AMERICA	0.00
PETTY CASH FUND	50.00
CASH REGISTER FUND	112.55
SAVINGS ACCOUNT/TEXSTAR	90,260.03
CASH-BIENNIAL CONV 2009	12,660.91
CASH-IVV/GERMANY BANK ACCT	2,239.21
MONEY MARKET - ED JONES & CO.	52,963.44
CASH-BIENNIAL CONVENTION 2011	1,357.00
CD-PORTFOLIO	850,008.97
CASH-US TREAS TINT	0.00
RETURNED CHECKS	0.00
ACCOUNTS RECEIVABLE - TRADE	9,285.11
ACCOUNTS RECEIVABLE - OTHER	0.00
INTEREST RECEIVABLE	0.00
ACCRUED PARTICIPATION	0.00
SECURITY DEPOSIT	737.50
PRE-PAID INSURANCE-EVENT	20,666.64
PRE-PAID INSURANCE-WRK/COMP	515.04
PRE-PAID INSURANCE-OFFICE LIAB	1,953.06
PRE-PAID POSTAGE	1,370.76
PRE-PAID EXPENSES	0.00
PRE-PAID EQUIPMENT RENTAL	1,866.00
PRE-PAID MAINT- SFTWARE	4,130.00
AWARD PURCHASES CLEARING	0.00
SPLTY PURCHASES/INVEN CLEARING	0.16
PRE-PAID CONVENTION EXP 2011	5,181.24
PRE-PAID CONVENTION EXP 2009	10,148.39
PRE-PAID EXECUTIVE COUNCIL EXP	0.00
INVENTORY-AWARDS	21,991.24
INVENTORY-IVV BOOKS	3,408.01
INVENTORY-SPLTY	59,234.09
NEW WALKER PACKETS	3,294.98
INVENTORY-YOUTH PROGRAM	689.15
INVENTORY-CONV CLOSE OUTS	0.00
<b>Total CURRENT ASSETS:</b>	<u>1,279,742.78</u>
<b>FIXED ASSETS</b>	
FIXED ASSET-FURN/FIXT&EQUIP	228,092.70
ACCUMULATED DEPRECIATION F/E	(210,226.15)
FIXED ASSET- IVV STAMPS	34,655.19
ACCUMULATED DEPRECIATION-STAMP	(29,571.65)
PROMOTIONAL VIDEOS	30,740.00
ACCUMULATED DEPRECIATION VIDEO	(30,740.00)
<b>Total FIXED ASSETS:</b>	<u>22,950.09</u>
<b>Total ASSETS:</b>	<u>1,302,692.87</u>

**AMERICAN VOLKSSPORT ASSOCIATION, INC (AVA)****Balance Sheet****As of 4/30/2009****LIABILITIES**Year to Date**CURRENT LIABILITIES**

ACCOUNTS PAYABLE - TRADE	10,206.83
ACCTS PAYABLE-OTHER	0.00
EARNED INCOME WITHHOLDING	0.00
FICA WITHHOLDING PAYABLE	0.00
FIT WITHHOLDING PAYABLE	0.00
SALES TAX PAYABLE	65.98
TEC TAX PAYABLE	16.75
GEN. LIAB. INSURANCE PAYABLE	0.00
ACCRUED WAGES PAYABLE	0.00
ACCRUED VACATIONS/SICK PAY	9,702.72
LEASE OBLIGATION	9,027.89
CUST DEPOSIT CLEARING (NET)	0.00
REFUNDS PAYABLE	<u>0.00</u>

**Total CURRENT LIABILITIES:** 29,020.17

**LONG TERM LIABILITIES**

DEFERRED ANNUAL DUES	2,541.00
DEFERRED SANCTION FEES	18,324.48
DEFERRED CONVENTION 2011	0.00
DEFERRED "TAW" SUBSCRIPTIONS	7,954.80
DEFERRED CONVENTION 2009	69,816.76
DEFERRED LIFE VAM MEMBERSHIP	17,847.00
DEFERRED VAMLIFE SUBSCRIPTION	17,572.00
DEFERRED INSURANCE CERTIFICATE	1,005.00
DEFERRED SPONSORSHIP INCOME	0.00
DEFERRED 403b ADMIN FEE INCOME	<u>80.00</u>

**Total LONG TERM LIABILITIES:** 135,141.04

**Total LIABILITIES:** 164,161.21

**EQUITY**

WISH LIST RESTRICTED NON-TECH	31,863.33
Heritage Walk	0.00
MW Youth Program	12,119.59
Marketing Fund	5,503.61
Special Funds Development-Tech	15,846.42
Unrestricted Donations	0.00
Restricted Donations	0.00
Staff Bonus Fund	169.76
FUND BALANCE - UNRESTRICTED	259,194.25
PRIOR PERIOD ADJUSTMENTS	0.00
Retained Earnings-Current Year	(43,430.91)
RETAINED EARNINGS - PRIOR	<u>857,265.61</u>

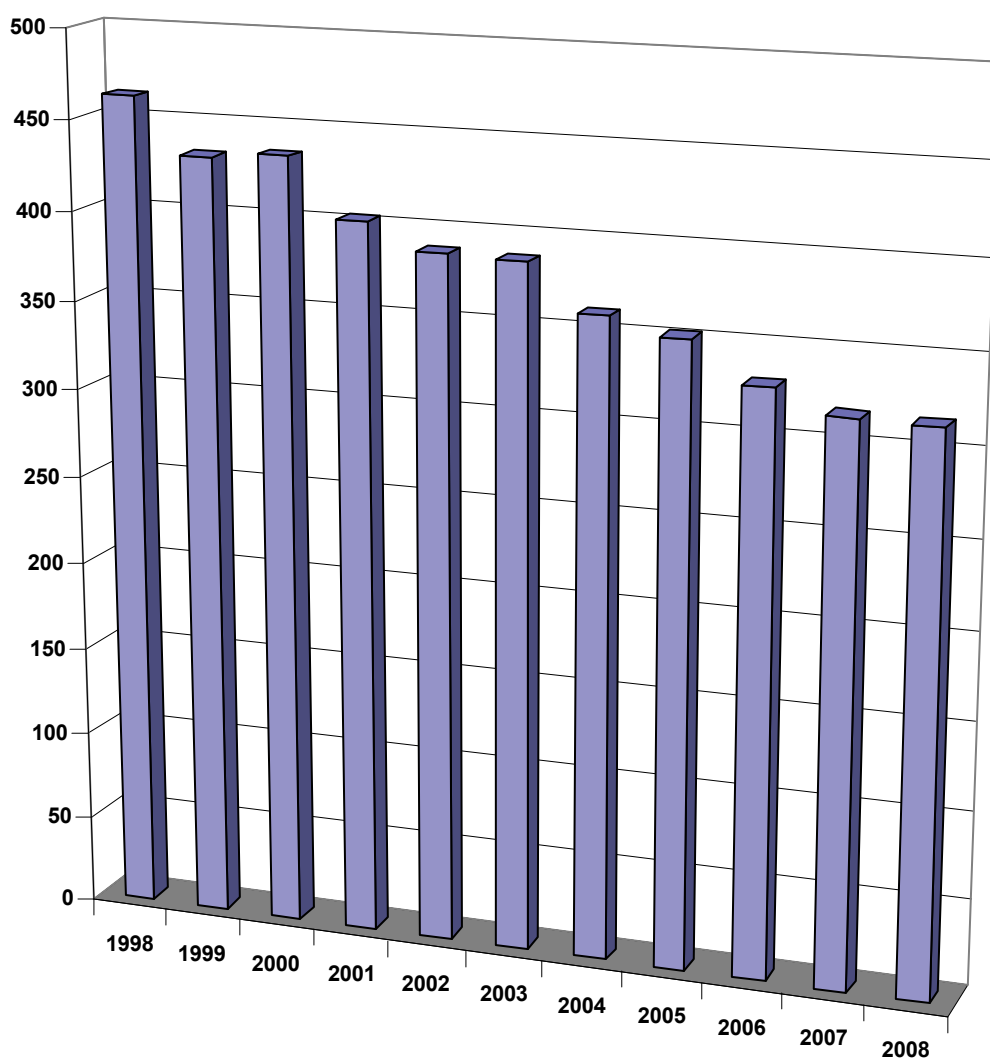
**Total EQUITY:** 1,138,531.66

**Total LIABILITIES & EQUITY:** 1,302,692.87



# AVA STATISTICS

Number of AVA Clubs

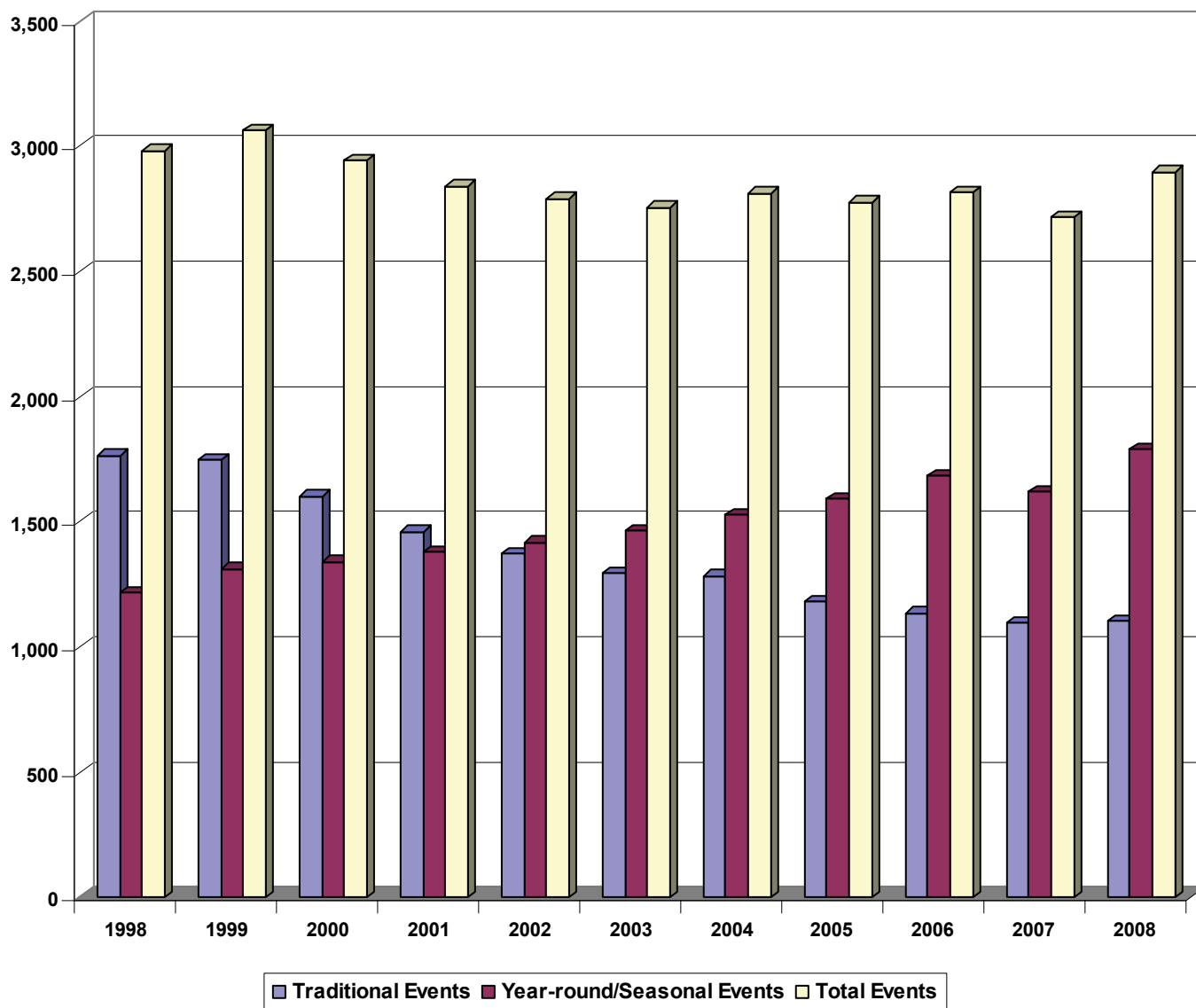


	1998	1999	2000	2001	2002	2003	2004	2005	2006	2007	2008
# of Clubs	463	432	435	403	388	387	361	352	330	317	316



# AVA STATISTICS

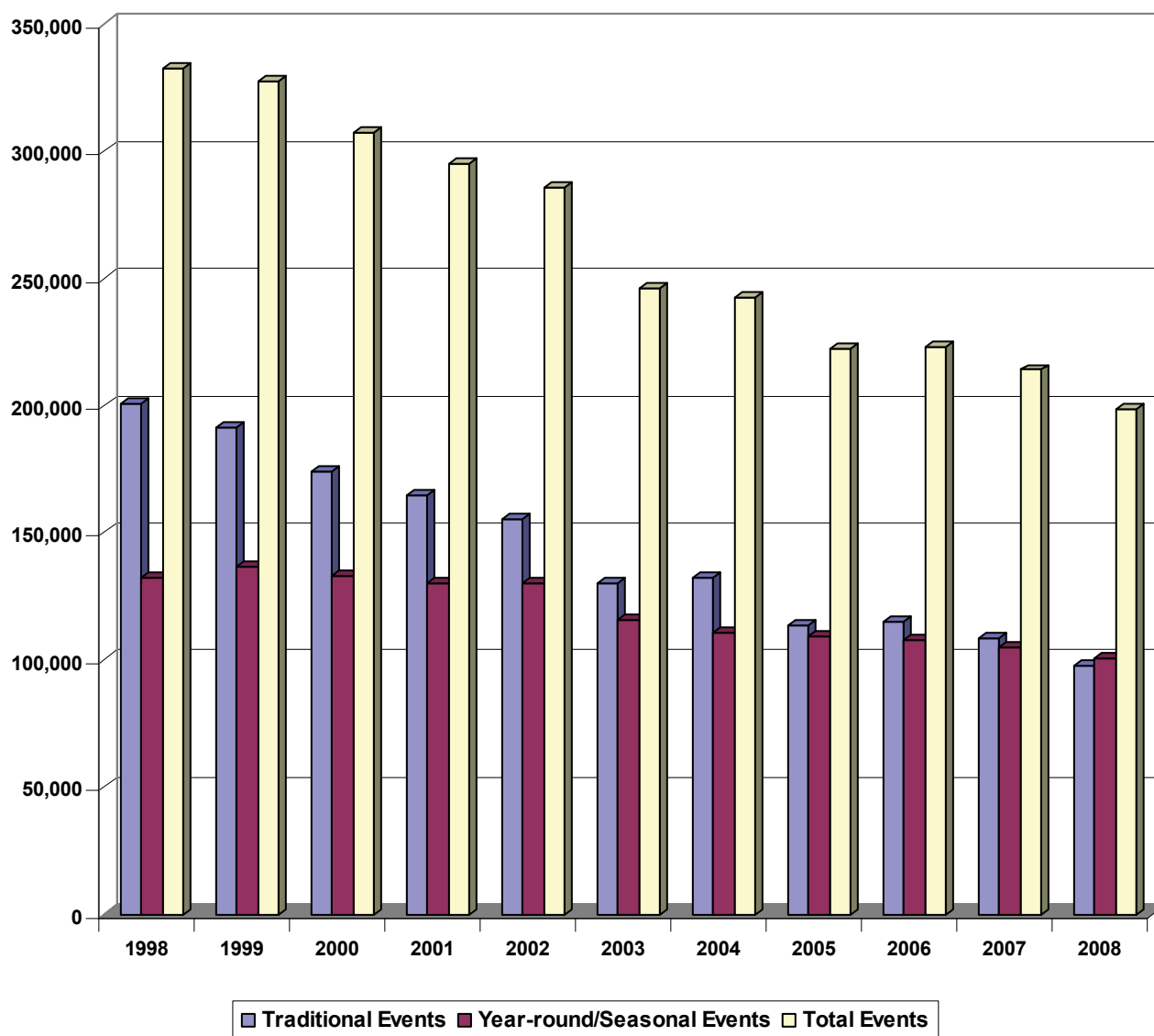
AVA Events by Type and Year





# AVA STATISTICS

Participation in AVA Events





# AVA CLUBS BY STATE

## ALABAMA

Boll Weevil Volksmarchers Association  
Capital City Wanderers

## ALASKA

Anchorage Volkssport Club

## ARIZONA

Saguaro Sun Striders  
Thunder Mountain Trekkers  
Tucson Volkssport Klub

## ARKANSAS

Arkansas Oktoberfest Volksmarsch  
Ozark Hill Hikers

## CALIFORNIA

Angels Volkssport Club  
Bay Bandits Volksmarch Club  
California Volkssport Association  
Central Coast Peregrine Pathfinders  
Coronado Beachcombers  
Davis Dynamos  
Delta Tule Trekkers  
Footsore Fiends  
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  
Sierra Gold Striders  
SLO Soles  
Sonoma County Stompers  
South Bay Roadrunners  
South Bay Striders  
Tahoe Trail Trekkers  
Vaca Valley Volks  
Ye Olde Chico Walking Club

## COLORADO

Colorado High Country Hikers  
Colorado Springs Walking Club  
Columbine Country Cruisers  
Falcon Wanderers  
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

## FLORIDA

Emerald Coast VolksSport Club  
First Coast Trail Forgers Walking Club  
Florida Volkssport Association  
Happy Wanderers  
Meandering Manatees  
Mid-Florida Milers Walking Club  
Nature Coast Volkssport Hiking/Biking Club  
Pensacola Volksmarch Club  
Suncoast Sandpipers Volkssport Club

## GEORGIA

Alpine Helen Volkswanderung Club  
Georgia Walkers  
McIntosh Trail Walkers  
Roswell Striders

## HAWAII

Menehune Mar1chers

## IDAHO

Coeur d'Alene Volkssport Club  
Selkirk Striders  
Treasure Valley Volkssports

## ILLINOIS

Decatur Park Dist. Rec. Office  
Illinois Trekkers Volkssport Club  
Illinois Volkssport Association  
Kountry Walkers  
Lebanon Cedar Cruisers  
Railsplitter Wanderers  
Ridgewalkers Walking Club  
Windy City Walkers

## INDIANA

Auburn Duesey Walkers  
Bedford Hiking Club  
Bloomington Flying Fish  
Columbus Wellness Walkers  
Goodtime Trailblazers  
Hoosier Hikers  
Indiana Volkssport Association  
Indy 'G' Walkers  
Richmond Rascals  
River City Ramblers  
Three Rivers Strollers  
White River Ramblers

## IOWA

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



# AVA CLUBS BY STATE

## KANSAS

Kansas Jay Walkers  
Sunflower Sod Stompers  
Wichita Skywalkers

## KENTUCKY

Derby City Walkers  
Northern Kentucky Trotters, Inc

## LOUISIANA

Baton Rouge Striders Association  
Crescent City Volkssport Club

## MAINE

Southern Maine Volkssport Association

## MARYLAND

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

## 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  
MOVES  
Washtenaw Wanderers Volkssporting

## MINNESOTA

Central Minnesota Volkssports  
North Star 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 Association  
Pace Setters Volkssport Club  
St Louis-Stuttgart Volksmarch Club

## MONTANA

Madison County Volkssport Club  
Miles City Volksmarch

## NEBRASKA

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

## NEVADA

Las Vegas High Rollers & Strollers

## NEW HAMPSHIRE

Granite State Trail Walkers  
Seacoast Striders

## NEW JERSEY

Garden State Wanderers  
Princeton Area Walkers

## NEW MEXICO

City of Roswell  
Double Eagle Hike & Bike Club  
Kiwanis Club of Raton  
Sun Country Striders

## NEW YORK

Empire State Capital Volkssporters  
Finger Lakes Volkssports Club  
Niagara Escarpment Volkssport Association  
Niagara Frontier Volkssport Club  
Travelwalk  
Volkssport Club of West Point

## NORTH CAROLINA

Asheville Amblers  
Metrolina Walkers  
Ready Set Walk! Club  
Rowan Roamers  
Tarheel State Walkers Volkssport  
Triangle Trailblazers  
Winston Wanderers



# AVA CLUBS BY STATE

## NORTH DAKOTA

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

## OHIO

Beaver Walkers  
Blanchard Valley Volkssporters  
Bulls Run Ramblers  
Cuyahoga Valley Spaziergangers  
De 'Fence Walkers Volkssport Club  
Flusstalvolk  
Gemutlich Wanderers  
Germania Volksmarch Gruppe  
Heart of Ohio Hikers  
Kettering Kilometer Climbers  
Maumee Valley Volkssporters  
Miami Indian Trekkers  
Ohio Volkssport Association  
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

Holy Family Walkers  
Tulsa Walking Club  
Wandergruppe Walking Club  
World Wide Walkers

## OREGON

4 D's Volkssport Club  
Albany Fitwalkers  
Cedar Milers  
Columbia River Volkssport Club  
Corvallis Cruisers  
East County Windwalkers  
Eugene Springfield Mossback Volkssport  
Mac Trackers Walking Club  
Oregon Trail State Volkssport Association  
Ponderosa Pathfinders  
Rogue Valley Walkers  
Rose City Roamers  
Sherwood Merrywalkers  
Silverton Walk Abouts  
Tualatin Valley Volks  
Turnaround Trekkers  
Valley Volkswalkers  
Willamette Wanderers  
Yachats Coastal Gems Volkssport Club

## PENNSYLVANIA

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

## SOUTH DAKOTA

Black Hills Volkssport Association  
Capital City River Ramblers  
Prairie Wanderers Volkssport Club

## TENNESSEE

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

## TEXAS

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



# AVA CLUBS BY STATE

## UTAH

Footloose Volkssport Club  
Gadabout  
Golden Spike Striders

## VERMONT

Twin State Volkssport Association

## VIRGINIA

The Bad Pennies  
Ft Belvoir Outdoor Rec.  
Gator Volksmarsch Club  
Germanna Volkssport Association  
Lee Lepus Volksverband  
Loudoun Walking & Volkssport Club  
Northern Virginia Volksmarchers  
Peninsula Pathfinders of Virginia  
U.S. Freedom Walk Festival Club  
Virginia Vagabonds  
Virginia Volkssport Association  
Wood and Dale Wanderers

## WASHINGTON

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

## WEST VIRGINIA

Riverfront Ramblers

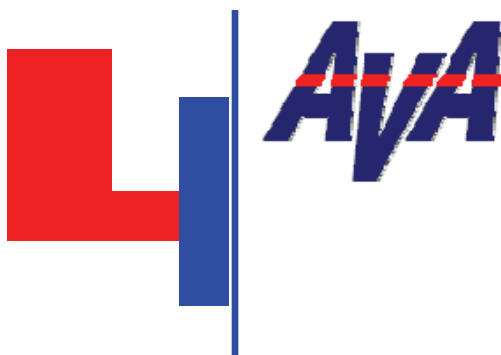
## WISCONSIN

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

## WYOMING

Buffalo Pathfinders  
Cheyenne High Plains Wanderers

TOTAL as of June 2009 = 313



## IVV MEMBERS & NUMBER OF CLUBS

IVV Members	2005	2006	2007	2008	2009
<b>Germany</b>	1044	1018	989	960	931
<b>Austria</b>	159	159	157	151	146
<b>Switzerland</b>	117	114	109	102	101
<b>Luxemburg</b>	44	46	46	46	47
<b>Denmark</b>	83	83	77	73	72
<b>South Tyrol</b>	22	22	22	22	22
<b>Belgium</b>	343	343	349	351	351
<b>France</b>	479	473	473	473	473
<b>Norway</b>	318	300	283	270	268
<b>Italy</b>	864	864	988	1053	1053
<b>USA</b>	358	340	327	313	316
<b>Sweden</b>	68	68	78	78	66
<b>Holland</b>	108	109	109	109	109
<b>Great Britain</b>	30	30	27	27	27
<b>Canada</b>	60	60	55	51	49
<b>Finland</b>	52	52	52	52	52
<b>Japan</b>	154	154	154	154	154
<b>Hungary</b>	10	10	10	10	10
<b>Czech Republic</b>	15	15	14	14	14
<b>Iceland</b>				0	0
<b>Greece</b>	2	3	2	2	2
<b>Estonia</b>	21	21	24	10	14
<b>South Korea</b>	14	14	14	14	14
<b>Poland</b>	10	10	10	10	10
<b>Turkey</b>	1	1	1	6	6
<b>China</b>	1	1	1	5	19
<b>Brazil</b>	6	6	6	6	5
<b>Total</b>	4383	4316	4377	4362	4331

IVV Direct Member Clubs (less than five clubs required to become an IVV Member) include: Spain, Australia, New Zealand, Slovenia, Malta, Portugal, Croatia, Nepal, Russia, Saipan, Cyprus, South Africa, Latvia, Paraguay, India, Namibia, Indonesia, Andorra and Lithuania.