Danvers, Mass: Spanning almost 400 years as you Walk Thru History!

By Linda Morzillo, Barbara Piffat, Joseph Piffat and Kathryn Piffat

The Two Town Walking Club is looking forward to hosting a pre-convention walk in historic Danvers, Massachusetts. To fully savor the experience in Danvers, walkers may bring to mind its place in history. It all began when the English colonists improved an existing Naumkeag trail to be the Old Ipswich Road connecting Boston to Salem. On that road in 1636, Salem Village was founded as an agricultural center to provide food for Salem Town (now Salem). The present name was adopted in 1752 in honor of Sir Danvers Osborn, the colonial governor of New York. The town was incorporated in 1757, but King George II declared that null and void. Thus the Danvers town seal quotes the motto “The King Unwilling!” As you walk in Danvers, also unofficially known as Oniontown, you’ll be walking through almost 400 years of distinguished history.

Colonial times
This history was already in the making during the 1600s. The oldest cultivated fruit tree, the Endecott pear tree, planted between 1632 and 1649, is still thriving today. John Endecott, Danvers resident regarded as one of the Fathers of New England, served as the first governor of the Massachusetts Bay Colony during the mid-1600s. While it was still known as Salem Village, the 1692 witchcraft hysteria began in Rev. Samuel Parris’ house (you’ll see the foundation). The 1985 movie Three Sovereigns for Sarah, starring Vanessa Redgrave, is considered to be the most accurate Danvers continued on page 4
Greetings! I hope you and your clubs are doing well. Recall in the last issue of TAW we talked about AVA’s Mission and Vision. Well, from this issue on you will find those two foundational statements prominently printed for all to see as a reminder of why we exist. With our Mission and Vision in mind, let’s talk about some hot topics.

The big topic I’d like us to talk about in this issue is membership. Per our bylaws, the voting members of AVA are our clubs. Each club, no matter its size, has one vote when we have a membership meeting. However, the area of membership that I’d like us to look at is the group known as AVA Associate Members. These are the individuals who, in addition to their local club membership, either pay annual dues to AVA or have invested local club membership, either pay annual dues to AVA or have invested annual dues to AVA or have invested.

The example of valuable information that you could provide is what features or benefits do other organizations provide that you see as valuable. In other words, what do other organizations do to encourage folks to join? So, keep an eye out for a new membership survey that we are going to run through our clubs. Please participate and help us improve AVA membership.

Another hot topic right now is delivery of TAW. It seems that there have been some problems lately. First, we had a software glitch that caused the reporting program to send the TAW publisher old data. We got that fixed. Then some issues with the commercial mailer caused some

President’s Message continued

If you are not an Associate Member, we ask you to give similar thought as to why you haven’t joined. I’ve already mentioned a critical reason why having more Associate Members is important to AVA. However, we believe it is also important to the individuals. Being a member of AVA gives you access to benefits and programs, gives you a voice in the future of AVA, and connects you to others who support AVA in a true community.

Our Membership Committee is working to develop changes that will strengthen our bonds of membership. To do this, the Membership Committee needs to hear from you, both current members and those who are not. We did garner a lot of information when we did the surveys for the Strategic Plan, but we need to revisit this area of membership. An example of software information that you could provide is what features or benefits do other organizations provide that you see as valuable. In other words, what do other organizations do to encourage folks to join? So, keep an eye out for a new membership survey that we are going to run through our clubs. Please participate and help us improve AVA membership.

Contact the following regarding formation of new clubs, interpretation of rules and policies, items to add to the Executive Council agenda, event sanctioning procedures.

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President's Message continued

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Disclaimer: The articles and information published in this newspaper have been prepared and produced with the utmost care. However, neither the AVA nor the editor can guarantee accuracy or completeness of information. Opinions expressed in the articles here are not necessarily those of the AVA.

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I am grateful for the invitation to attend the Atlantic Region Conference in Loudoun County, Virginia and the Texas Volkssport Association (TVA) meeting/walk in Del Rio, Texas. Both events were well attended and organized by club officers and volunteers. The same can be said of most of the events I have attended over the past three years. Ask me what the AVA does best, and I will tell you we plan well organized noncompetitive walking events across America. Ever since the AVA embarked on a strategic planning effort I am continuously contemplating how we can grow the AVA. How can we increase our participation numbers? How can we increase the number of clubs? How can we grow revenues? How can we attract corporate sponsors? What is the AVA can and must do collectively to grow?

Well, while I was sitting in the TVA meeting listening to all their great accomplishments and impassioned discussion about the future state of the association it hit me! Then again, while I was having dinner and socializing with a group of wonderful, energetic Volkssporters during the Atlantic Region Conference it hit me! The one thing the AVA can and should do is continue to plan well organized noncompetitive events for everyone! If we want to grow as a national organization clubs should continue doing what they do well. Our well-organized noncompetitive events are the foundation of the AVA and without this solid foundation the AVA cannot sustain growth.

I commend AVA clubs for all the efforts they put into planning momentous events that feature Fun, Fitness, Friendship and Food! I ask your continued patience and support as we continue to plan and implement marketing, fund development, club development and membership growth strategies.

Special thanks to all our Big Give donors. It was another Big Success as we surpassed our giving goal for the third straight year. Unlike a fee for a service or a registration fee, an individual donor campaign is an appeal to everyone to contribute (whatever amount) to the organization because they support the work and/or mission of the organization and want it to continue.

Thank you very much!

Special Program with the Appalachian Trail

On the Appalachian Trail. Photo by Kathy Nash.

America’s Walking Club
walks on a solid foundation
By Henry Rosales, AVA Executive Director

I am grateful for the invitation to attend the Atlantic Region Conference in Loudoun County, Virginia and the Texas Volkssport Association (TVA) meeting/walk in Del Rio, Texas. Both events were well attended and organized by club officers and volunteers. The same can be said of most of the events I have attended over the past three years. Ask me what the AVA does best, and I will tell you we plan well organized noncompetitive walking events across America. Ever since the AVA embarked on a strategic planning effort I am continuously contemplating how we can grow the AVA. How can we increase our participation numbers? How can we increase the number of clubs? How can we grow revenues? How can we attract corporate sponsors? What is the AVA can and must do collectively to grow?

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Thank you very much!

Germanna Volkssport Association Club Members.

Atlantic Region Conference.

TVA meeting and walk — Dr. Clay Baulch.

President’s Message continued from page 2

addressing problems, but we believe that that has also been resolved. However, lately we have found that the biggest problem has been with the post office. So, if you don’t get your TAW, you certainly can call the office to check, but most important thing to do is contact your local post office as that is the most likely source of the problem today.

At this point, I want to make a last minute plug for coming and volunteering at the Crazy Horse event on June 2-3. With something on the order of 9,000 to 10,000 participants over the two-day event, we have a tremendous opportunity to introduce a lot of folks who have never done (or maybe even heard of) a Volkssporting event. The Black Hills Volkssport Association does a great job conducting this event, but they are stretched too thin to also spend time “selling” AVA: America’s Walking Club. This is where our “national” volunteers come in. So, check the AVA website for more information and to volunteer. Look forward to seeing you at Crazy Horse.

The weekend following Crazy Horse, the NEC/Board will be meeting in Albany, New York. The deadlines for this meeting appeared in the April Checkpoint. In addition to dealing with motions that may be on the agenda, we will be using a considerable amount of time to review where we are with regard to the Strategic Plan. We will be looking at shifting resources and refining the plan as needed. This is a critical step to ensure that we are moving forward with this plan. I invite you to come to the meeting and listen to the discussions. It should be very enlightening.

The NEC/Board meeting in Albany will also give the national leadership team an opportunity to see the venue where we will be holding our Biennial Convention in 2019. The Convention Committee is doing an excellent job of getting things ready for a great convention. However, I could use some help from the AVA membership. Paul Lamb ably served as AVA parliamentarian for many years. With Paul’s retirement from this position, we are in need of someone to serve us nationally or, at least, at the Albany convention. So, if you or someone you know might have the credentials needed for this position, please get in touch with me or our executive director.

Mindy and I recently participated in the Atlantic Region Conference. It was very well run with excellent events (walks, swim and bike) as well as outstanding social activities. In addition to hearing about the frustrations folks were feeling with our IT problems (see paragraph 1 and the April Checkpoint), I also had some questions about why we are trying to establish another IML event and are bidding for the 2020 TV Congress and 2021 IVV Olympiad. I feel we have very straight-forward answers. In all cases, we have an opportunity to be a full partner within our international organization and attract Volkssporters from other countries who will come here to participate with us in our events. However, there are two other reasons to conduct these events. First is the fact that the size and scope of the events are such that we can use them to garner significant attention and publicity. The second is that they will provide our membership with another opportunity to participate in an exciting and unique event with thousands of fellow Volkssporters from around the world. So, stay tuned to see if we are successful in our bids.

On a personal note, Mindy and I have now logged three walks on the Appalachian Trail Special Program with plans for additional ones as soon as we can make it happen. We also completed the 401K Challenge. If you haven’t signed up for that one, you still have time. While the 401K Challenge is still ongoing, we have a new map-based challenge for those signed up. We are doing a “Tour of Italy.” So, get signed up and see what may be a glimpse of the future. Mindy and I also continue to move forward with the Centurion Challenge, and if all goes well when you read this we will have logged 46 events. Not sure if we can maintain this pace, but going to events like the Atlantic Region Conference is a big help. The Northwest Regional Conference is the next regional event that I have on my calendar. Should be a great opportunity to see old walking friends and meet new ones. Hope to see you there.

OK, I am out of room, and need to get out and walk. So, tie up those walking shoes, and let’s get going.
The article in the Ocean City, Maryland paper advertised a walk already passed. Lynette Reagan sponsored by AVA, but the date had point to show up for another planned event in Annapolis. Approaching an interesting thing to do, so, she made a route. The poor fellow was patient and reassuring, the walk was out-and what could be expected along the Baltimore. Fast to make friends and seemed receptive. As she remembered, “I interrogated that man” wanting to know where restrooms were and this walking activity was interesting. Interrogation at the picnic table.

### Associate Member

**AVAM American’s Walking Club Membership Form**

Support Volkssporting across the United States by becoming a national-level Associate member.

All memberships include a subscription to *The American Wanderer* (6 issues/year)

<table>
<thead>
<tr>
<th>Membership Level</th>
<th>Fee (400 stores from)</th>
<th>Fee (store)</th>
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<tr>
<td>Canadian Individual ($35/year)</td>
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<tr>
<td>Canadian Family/Friends ($45/year)</td>
<td>$60/year</td>
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**Lifetime Membership**

- 1-29/$500
- 30-39/$450
- 40-49/$400
- 50-59/$350
- 60-69/$300
- 70+/$250

Includes 15% off convention package and most purchases.

**Year of Birth** (needed for pricing)

**Lifetime Membership** may be paid in two (2) monthly installments. Please check the options below:

- Please add my spouse or friend for a one time fee of $100 (same address)
- Enclosed is my first payment
- Enclosed is my payment in full
- Please charge my credit card
- In full
- In 2 installments

### Vita

**AVA’s Vision**

*Increasingly engage Americans in lifelong walking and other noncompetitive physical fitness activities.*

**AVA’s Mission**

*Promote and organize noncompetitive fitness activities that encourage lifelong fun, fitness, and friendship for all ages and abilities.*

### Walking Thru History

**Nineteenth Century**

George Peabody (1795-1869), American financier and considered the father of modern philanthropy, was born in South Danvers into a poor family. Walker will see the Peabody Institute Library, one of the many results of his philanthropy in New England and London, England. Danvers was a station on the Underground Railroad and walkers will see some of the associated houses. The route passes Town Hall where war memorials commemorating the Civil War, World War I, World War II, the Korean War and the Vietnam War are displayed. Walkers will see the private Roman Catholic St. John’s Preparatory School founded by the Xaverian Brothers in 1891. The Glen Magna Estate is on the National Register of Historic Places. The original house was purchased by Joseph Peabody in 1812 and later expanded to its present size. Walkers will see the Carriage Visitor Center in Endicott Park where there are live animals in the barn. Crayola Crayons got their start in the late 1880s in Danvers; the original site is on the walk route.

**Twentieth Century**

Manufacturing was once a major component of the economy. The Sylvania Lighting Company had a long association with Danvers between 1901 and 2015. Walkers will pass by the site of Mrs. Day’s Baby Shoes, founded 1902, and worn by the Dimeion Quintuplets and Queen Elizabeth II Tapley Memorial Hall, next door to the Page House, was built in 1930 to house the collections of the Danvers Historical Society.

**Twenty First Century**

Meghan Duggan, the captain of the Gold Medal Winning Hockey Team at the 2018 Winter Olympics, and Mark Bavaro, All-American football pro, are taking their places in the history of Danvers. The Volkssporters will descend into Danvers on Monday, June 10 as they Walk Thru History.

Nearby walks — More to do during this convention pre-walk day

Now that you have spanned almost 400 years Walking Thru History in Danvers on a morning in June, consider a nearby afternoon walk. Currently the Two Town Walking Club sponsors walks in Ipswich, Beverly, Salem and Gloucester, all memorable and historic towns a short distance from Danvers. In addition, the “Mass Volkssport Club” sponsors close to 20 wonderful walks and the Twin State Volkssport Association sponsors walks in both Vermont and New Hampshire highlighting the scenic, historic and cultural wonders of both states.
TAW Delivery issues

We had a couple of technical glitches with the last TAW. Some tweaking is being done by the AVA IT folks to correct the problem of pulling old reports even though the new information is in the database. This resulted in the TAW being mailed to an old list of recipients rather than the current list. It also caused an issue with the IVV Achievement Awards lists, pulling old lists that had already been published in TAW. We’ll keep tabs on these reports for future issues until the IT team has resolved the problem.

The other glitch was at our mailers, which resulted in the addresses being printed incorrectly on each TAW. While most folks received their TAW, some were sent back to AVA. We have the printer’s promise to oversee the process for the future to be sure this doesn’t happen again.

Lastly regarding delivery of the TAW to your mailbox ... AVA gets frequent complaints that someone hasn’t received their copy. We check all our data from the AVA databases all the way to the mailer’s records to assure that the copy was sent. In most cases, it has been sent, which leaves a couple of options. First, if you or someone in your club moves, be sure you/they submit a change of address to AVA. Without it we can only send to the address that’s on file. Secondly, if you have not moved and are having trouble getting your TAW, you need to stop at your local post office and talk to the manager. Bring along an old copy of TAW and leave it with them and remind them that all your mail needs to be delivered. We mail periodical bulk postage rates as well, so they don’t go first class, and sometimes get delayed.

All lists appearing at the back of each TAW is sent to TAW production staff from AVA HQ. If you have a change of address or don’t get an issue, you must contact AVA directly, not TAW. We only put the lists in and format them … we don’t produce the lists.

We will take responsibility for non-delivery if we find the problem happened before delivery to the post office. It’s our job to make sure that everything is done correctly before the mailing happens … after that it’s up to the postal service to deliver the papers. We continue to work very hard to make sure we cover all the bases, but sometimes stuff happens that we can’t do anything about. We hope you understand and that you’ll share our concerns with your walkers so they understand why they may have missed an issue of TAW.

Thanks walk box keepers for 25 years of service

To all our AVA points of contact for their continuing service of our “Walk Boxes” and to the following who have maintained these for the past 25 years (1994-2018). Thank you for your continued dedication to our sport with your time, effort and volunteering.

<table>
<thead>
<tr>
<th>Member</th>
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<th>State</th>
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<tbody>
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<td>Arizona</td>
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<td>Wendy Breen</td>
<td>Naco</td>
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<td>Sierra Vista, Coronado</td>
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<tr>
<td>Fred Barton</td>
<td>Tucson, John Kostelnky Memorial Bike Tour</td>
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<tr>
<td>Fred Barton</td>
<td>Tucson, Downtown/University</td>
<td>Arizona</td>
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<td>Myrna Jackson</td>
<td>Sacramento, Arden Park</td>
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<td>Portland</td>
<td>Connecticut</td>
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<tr>
<td>Wayne Beyer</td>
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<td>North Dakota</td>
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<td>Deva Simon</td>
<td>Berea, City</td>
<td>Ohio</td>
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<tr>
<td>Sally Ross</td>
<td>Eugene, University of Oregon/ Rhodesodren Garden</td>
<td>Oregon</td>
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<td>Springfield, East Springfield</td>
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<td>Douglas Kapaun</td>
<td>Rapid City</td>
<td>South Dakota</td>
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<tr>
<td>Sharon Hofstad</td>
<td>Sioux Falls, Big Sioux River</td>
<td>South Dakota</td>
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<tr>
<td>Shirley Boyd</td>
<td>Hampton, Historic Hampton</td>
<td>Virginia</td>
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Club Development: Spreading the word!

By John McClellan, Chair – Club Development & Support

There’s a new AVA national committee called Club Development and Support, dedicated to examining issues that frustrate club leadership and make recommendations on the growth and sustainment of new and existing clubs. The AVA president’s theme this term is: Helping Clubs Grow and Growing New Clubs. Our committee is therefore focusing our efforts at the club level, to implement AVA Strategic Objective i.e. — Establish a Club Development Program.

Once an organization with more than 3,000 events, over 400,000 participants annually and more than 500 clubs at its peak, AVA participation, club members and the number of clubs have all been in steady decline for several years. Annual participation is now around 150,000. Of our 216 active clubs almost half report 25 members or less. More than half our states have two clubs or fewer, and four states are without a club at all. We all must act now, or we are in danger of losing the sport we love.

After reading those statistics you might think our problems seem overwhelming — what can any one person do to support VolksSporting? More than you think.

To start, re-dedicate yourself to simply spreading the word about the fun, fitness & friendship you have found in your AVA club. Encourage other members to do the same. Talk up America’s Walking Club at what I refer to as “the five places” —
• Your library
• Your gym
• Your church
• Your HOA (Home Owner’s Association)
• and your other clubs …

Next, there are many opportunities for free advertising in your public spaces. Your supermarket or your library may have bulletin boards you can post on. Both Starbucks and Panera Bread generally support local non-profit groups on their Community Information boards if you speak to the local manager. Contact local newspapers or “penny saver” publications and request they run your free press release on the club’s next event. Ask them to send a reporter and photographer.

All of these simple techniques are “old school,” and have been around as long as the AVA itself. But in today’s digital world, it is critical that you create on online profile too.

Happy Wanderers providing information on the benefits of walking at a recent health and wellness expo for the Volusia County (Florida) School Districts.
Congratulation to those who finished the Centurion Challenge in 2017 — some twice! That's a lot of walking. Hopefully they're all signed up for the 401K Challenge as well?

Jeanne Allan WA
Mary Anderson GA
Teresa Arnold OK
Ludger Arsenault AB
Patricia Astill MD x2
Bonnie Avonrude TX
Linda Ball WA
Andrew Banton KS
Daniel Barnett FL x2
Fred Barton AZ x2
Roy Bauska WA
Dana Beales VA x2
Craig Beam SC
Nancy Breen AZ
Patricia Brinker IL
DeAnne Brown MO
Mark Brown HI
Maryann Brown OR x2
David Bundy, Jr. FL
Martin Callahan TX x2
Betty Canoles VA x2
Martin Chazen VA x2
Judith Cholli MD
Connie Clark CA
Neil Cohen CA
Kris Colburn WA
Carl Cordes NV
Sandy Cremonore VA
Thomas D’Arience PA
Dana Daskalos WA
Ricky Dodson KS x2
Trudy Duffinan IL
Max Eason UK
Douglas Eide TX
James Farley MD
Melvin Feather MD x2
Karen Fernandez MD x2
Steven Finniman OR
Robert Gambant PA x2
Dann Karamone VA
Robert Gebo CA
Charles Gentile CO
Suzi Glass CA
Jesse Green OH
Michael Green PA
Betty Green PA
Cathy Gregory MO
Robert Gregory MO
Thomas Grimes, OH
Ethel Guerraert VA
Ed Hanline OR
Leora Hart VA x2
Beth Hendricks SD x2
Shirley Hightower CA
Sandy Hiles OR
Carol Hollar NJ
Lorraine Huffaker FL
Bob Huffaker, Sr. FL
John Ives TX x2
Thomas Jackson PA x2
Bonita Johannesen WY
Rita Jones CO
Douglas Kapaun SD
Joseph Kelly OR
Karen Kelly OR x2
Christopher Kelly VA x2
Kathryn Kelly VA x2
Joseph Kelly OR
Ewald Lapioji CO
Jesi Lee WA
John Lehman KS
GaryLotsford SD
Mary Moncogal WA
Susan Medlin TX
Darren Medlin TX
Timothy Miner VA
Sheila Morrison WA
Robert Morrison WA
Elizabeth Morrison WA
Patti Mortimer WA
Carol Muraska WA
Cynthia Nawalinski OR
Mary Osborn MD
Otto Ott TX
Regina Overholt WA
Janet Paige WA
IrenaParonis IL x2
Charles Patterson AE
Pelking CA
Yvonne Pesquet PA
Phil Percival UK
Peters WA
Marietta Pritchard AL
Mary Pucek NV
Linda Purgine WA
Valeo PA
Rawson NC
Donald Reed OR
Ringhand WH x2
Michelle Roberts CA
Vicky Rydzynski IN
Cindy Sandker MO
Rhonda Shockay OK
Carole Soenke CA x2
Dale Sours VA x2
Siba Spencer TX
Dorothy Steedle MI
Claye Stephens VA
Cheri Stone OR
Tess Sutton WA
Tom Swift CA
Annette Tollett VA
Trier NY
Jean Vilk CA
Carolyn Warhol WA
Daniel Webster OR
Jerry Wilson WI
Liz Winsley IN
Nancy Wittenberg WA
Elisabeth Wittenberg WA
Ruth Worsham TX
Christine Yost NY
Timothy Ziegert OH

TIPS FOR VOLKSSPORTERS

Do you fret about weather, or not? It’s fickle: Good one minute, changed the next. Data-driven forecasts still can be problematic, and a few days out they could be way off.

What’s a Volkssporter to do? Worry until the last minute, talk yourself out of participating based only on a forecast or do an event regardless of the weather? We recommend a middle ground.

Weather (or Not)

- **Understand the weather.**
- Tornado and other warnings are not trifling matters. Getting caught in one would be potentially life threatening. Is venturing out worth the risk? Mainly, no.
- Weather watches aren’t as dire; you could delay your decision to see if there is a downgrade to a warning or a cancellation before deciding.
- Always mean wearing waterproof or resistant clothing, carrying an umbrella, braving a few drops or skipping Volkssporting until it passes?
- After a snowfall, could you see the route? Need Yaktrax for traction, boots or snowshoes? Pass if the snow will be too deep, assuming you can even get to the event!
- In the event of severe weather within a week or so of the event check on the Ava website or with the sponsor to see if the event is still on, rescheduled or cancelled.

Dress for the Weather

- Regardless of season.
- Layer clothing. Against the skin a thin one to wick away moisture, then one or more layers for warmth to be removed as you warm up and put back on as you cool down; wear hat and gloves when appropriate.
- Always protect against the sun’s harmful rays, even on cloudy days. Use sunscreen, head covering, long sleeves and pants.
- Carry a personal first aid kit with essentials for dealing with blisters, stings and bites, asthma, etc. — whatever could ail you during the event.
- Carry what you might need in your car. Handy, too, in case of a roadside emergency — e.g., warm winter clothing in case your car gets stuck.
- Check what NOAA and the NWS have to say. Their websites are full of weather-wise information.

Your choices are not as simple as putting up with the weather or not Volkssporting. Deal with the weather rather than succumbing to or disregarding it. Be sensible; act prudently.

Adapt to the Weather

- A light rain likely won’t grow into a thunderstorm. Outfit yourself accordingly.
- Thunderstorms are serious, but once the front passes so does the danger of lightning.

AVA’s Special Program — Underground Railroad

Runs from January 1, 2017 to December 31, 2019. The Underground Railroad is the name for the network of safe routes that helped slaves escape to freedom. During the Civil War, fugitive routes took to escape to freedom. It is not a real railroad, but rather a series of safe hiding places called “stations.” Walk 15 AVA sanctioned events that pass a museum, historical site, historical marker or any other building that pertains to the Underground Railroad. Examples such as a safe house (station) or a church that may have hidden slaves until they could be moved safely to the next station. Request books from Derby City Walkers Volkssport Club, c/o Frances Taylor, 4943 Winding Spring Circle, Louisville, KY 40245. For more info email frat98@bellsouth.net or 502-494-3594.

AVA’s Vision: Increasingly engaging Americans in lifelong walking and other noncompetitive physical fitness activities.

AVA’s Mission: Promote and organize noncompetitive fitness activities that encourage lifelong fun, fitness, and friendship for all ages and abilities.
AVA SPECIAL PROGRAMS

Update on AVA Special Programs offered by Tulsa Walking Club

By Teresa Arnold

Walking the USA - Street by Street: Several participants have indicated to the POC that they are down to the last state and are stuck! Therefore, it has been decided to offer a wild card for this program – one time use only. No duplication of walks, please.

Lady Liberty: Participants have been frustrated, after doing research, that the Statue of Liberty has been moved, or is no longer in existence. Therefore, if a walker has researched and found evidence that a replica was in the town, even if not currently there, participants may stamp their Lady Liberty book.

The Lady Liberty special program is now expanded to include: a street, city or county named “Liberty” – limit one each please.

Businesses with liberty in the name often use a representation of Lady Liberty in their logo, such as Liberty Finance or Liberty Tax Service, so look sharp. Books for both programs are still available for purchase through the end of the year and you may complete the programs any time after that.

Are you getting the most out of the AVA Virtual Online Programs (VOP)?

Now that AVA has a couple of Virtual Online Programs underway, it is a good time to talk about different aspects of the programs so you can utilize every area. Listed are a few items you may not know exist in the program or you are not using to the fullest potential.

1. Are you posting kilometers? If so, kilometers need to be posted as an Activity. You can do this two ways:
   a. On the AVA Walker Tracker Webpage: After signing in, click the green “add an entry” bar for that day, click on “convert an activity.” Below the box, select walking kilometers, put in the correct number of kilometers, click calculate, click “Record Activity,” then click on the green “update entry” bar. For other than the current date, choose the appropriate date, click on “edit,” then follow the steps above to add the kilometers for that day.
   b. On the App: iPhone Version: For the current day, tap “activity” on the lower left, tap the “plus sign” in the upper right corner, tap activities, add an activity, tap walking kilometers, put in the correct number of kilometers. For previous days, tap “Log” and follow the same directions as above. Android Version: Tap the plus symbol on the lower left-hand corner of the screen and click on Add Another Activity, add the kilometers, then tap save. For previous days, follow the same instructions but under edit activity, the date should be shown; tap on the date and a calendar will pop up, then click the date you want and add the kilometers.

2. Are you using the Discussion Board? This is going to be especially important when we kick off Phase III of our Virtual Online Programs. Each AVA Region will have a team consisting of walkers from that region. The teams will compete for a traveling trophy to be awarded to the region that walks the most. All teams are averaged by the number of participants, making the challenge equal for each region.
   a. On the AVA Walker Tracker Webpage: Click on the “Teams” tab at the top, click on your region, then click the blue “Join This Team” bar. Your steps will automatically be added into the Team Challenge. You may join as many teams as you wish. Maybe your club would like to start a team?
   b. You must join a team via the website, ava.walktrackr.com. You can then view your team/s on the App, you just cannot join a Team through the App.

3. Have you joined your region’s team? This will be especially important when we kick off Phase III of our Virtual Online Programs. Each AVA Region will have a team consisting of walkers from that region. The teams will compete for a traveling trophy to be awarded to the region that walks the most. All teams are averaged by the number of participants, making the challenge equal for each region.
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   b. You must join a team via the website, ava.walktrackr.com. You can then view your team/s on the App, you just cannot join a Team through the App.

The American Wanderer is your free advertising!

We welcome your submissions to The American Wanderer (TAW), but keep in mind that we only have so much space to print articles and photos. So keep your articles short – less than 600 words and include one or two good photos with captions. We cannot guarantee that any article will be printed. If you want to secure a spot contact AVA for paid advertising information (see page two). We ask for only one article per club, so talk to your club members before submitting.

Send articles to taw@ava.org. When submitting via email paste the text directly into the email along with sending your Word attachment (in case there are software conflicts). In the email subject line include TAW, the region you’re covering and article title. Include the byline (author), if applicable, in the article.

When emailing photos or graphics, do not embed them into the document – send as separate attachments. Photos should be in jpg or tiff format, and about 1mb (170-200 dpi) and no smaller than 3x5 inches in size. Send only copies of your best one or two photos. Include caption info at the end of your article (who, what, where, etc. and who is where, left to right ), and add photo credit if needed.

Remember deadlines: See page two for specific dates. Also note that any changes in the events, club listings, etc. must go through the proper channels of the AVA — we cannot make those changes.

– thanks, TAW

AVA: America’s Walking Club!
The Appalachian Trail Volkswalks
in the Atlantic Region

You have purchased your AVA Appalachian Trail (AT) Special Program book and now it is time to start taking the road trip(s) needed to complete the program. Here are some thoughts on the logistics for completing the qualifying Volkswalks in the Atlantic Region. The AT crosses five states in the Atlantic Region and covers 897 miles or about 41 percent of the AT’s total length.

Before you depart on your first trip, here are some things you need to do:

- Establish an account with the On Line Start Box and, hopefully, do a walk nearby and learn how to register for an event, print directions and indicate that you have completed the walk.
- Have a plan for how you are going to fill the space provided in the program book for an Appalachian Trail Passport or any other stamp you find. If none of these are available, you may attach a receipt from a local business, a photograph or just write some comments. The locations with the AVA Appalachian Trail Passport Program stamp can be found at atpassport.com/stamp-locations.html.
- Find someone to walk with. Many of these walks are in remote locations and most do not have reliable cell phone coverage. Use the buddy system!

Virginia has two qualifying walks. Damascus is at the southern end of the AT in Virginia and near where Virginia, North Carolina and Tennessee intersect. Damascus is probably the premier Appalachian Trail community and is the host of Trail Days, a gathering in mid-May of about 20,000 trail enthusiasts. There are lots of hostels and B&Bs in Damascus plus a few independent motels. There are also many lodging options about 30 minutes away in Abingdon. Consider a trip that pairs up Damascus with Hot Springs, North Carolina. They are just a couple hours apart.

Bluemont, Virginia, is at the very northern end of the AT in Virginia and the Volkswalk is a border crossing into West Virginia. The AT here uses a portion of the “roller coaster.” The 12k option visits the Bears Den Hostel and there are lots of other lodging options 35 minutes away in Winchester. Consider doing Bluemont and the walk in Harpers Ferry on the same trip – only 35 minutes apart.

The Volkswalk in Harpers Ferry, West Virginia, starts at the Headquarters, Appalachian Trail Conservancy and is a double border crossing – West Virginia/Virginia and West Virginia/ Maryland. Need an AT trail map, book, t-shirt or hat? They are sold at the start point. There are hostels, B&Bs and a Quality Inn in Harpers Ferry. There is other lodging in Harpers Ferry is about 13 minutes away), Frederick, Maryland (about 26 minutes away), and Hagerstown, Maryland (about 42 minutes away). Harpers Ferry is about 30 minutes away from the walk in Myersville, Maryland.

The Volkswalk in Myersville, Maryland, starts at a trailhead on US-40 next to where the AT crosses I-70 and goes out and back to Washington Monument State Park. Consider pairing up Myersville with a walk in Pennsylvania. Pine Grove Furnace State Park is just an hour away.

Northern Virginia, West Virginia, Maryland and southern Pennsylvania can all easily be done on the same road trip.

Sugarloafers April bus trip

To enhance our Volksmarching experience, avid walkers like to explore sites outside of our local walking area. So, on Saturday, April 21, 28 Sugarloafers in Maryland chartered a bus for a two-hour ride north to Harrisburg, the capital of Pennsylvania.

In Harrisburg, we had the opportunity to walk one of two Year Round Event Volksmarches along the scenic Susquehanna River.

The first walk was the Historic Harrisburg Trail that included a brief tour of the state capitol – considered by many as the most beautiful state capital building in the country. The 10k walk traversed an iron bridge to City Island in the middle of the Susquehanna River that showcases a city park. The walkers treated themselves to some delicious ice cream, especially a local flavor – Teaberry.

The second walk covered the Wildwood Lake area north of the city and consisted of wilderness trail on a boardwalk. The weather was perfect for walking – low 60s with spring blossoms, flowers and chirping birds.

The walks were sponsored by the Susquehanna Rovers Volksmarch Club who provided excellent support at the beginning of the walks.

Sugarloafers April bus trip

Today is your day! Your mountain is waiting. So…get on your way. ~ Dr Seuss

If you have any questions, contact Tom Jackson at thomasjackson@embarqmail.com.

Are “U” Ready for Upper Marlboro, Maryland 10/6?

Watch for more info on getting your “U”!
Walking Through History with the
Niagara Frontier Volkssport Club
By Terry McFarland

Many of you will be driving across New York State during the 2019 National Convention. The Niagara Frontier Volkssport Club would like to give you a thumbnail impression of walks that you could include in your trip.

Walk Through History, our convention theme, is a hallmark of our region in New York State. You will find the following walks along the Seaway Trail, which includes the St. Lawrence River and the south shore of Lake Ontario, and which have been settled for thousands of years by indigenous peoples practicing agriculture, hunting and fishing.

The latest are the Haudenosaunee Iroquois Confederacy whose model of peaceful cooperation among their Five Nations was used in drafting the U.S. Constitution turning the original colonies into a nation state.

Our easternmost walk is Ogdensburg on the St. Lawrence River. Park at the start point, the Dobisky Visitor Center, take a look around and then continue your walk along the historic scenic route with signage outlining the naval and land battles fought here. The Frederick Remington Museum is a seasonal highlight. The spectacular view of Lake Ontario never disappoints and the charming town transports you to an early time in our national history.

Finally, in Pultneyville, also on Lake Ontario, friendly faces at the deli start point welcome walkers to their quiet village. It was not so quiet when the British fired upon it from a warship in the War of 1812. And, along with many of our other Niagara Frontier walks, Pultneyville was an important station in the Underground Railroad.

Moving west to the Cape Vincent village on the St. Lawrence River, see the Thousand Islands region, which was explored by Samuel de la Champlain in 1615, where he encountered the indigenous Iroquois Onondaga. Visit, and perhaps stay the night, at the Tibbetts Point Lighthouse and highly rated hostel. Watch ships from all over the world pass by on their way to the Atlantic. The car ferry to Canada’s Wolfe Island/Kingston, Ontario (CVF walk here) is also a fun option.

Sackets Harbor on Lake Ontario is recognized as one of the top 10 National Park Service historic sites due to its War of 1812 heritage areas. Excellent signage and Visitor Center provide a “You Are There” experience as you walk its beautiful lake-side and charming town route.

Watertown’s stately homes and Olmstead parklands also include the only zoo dedicated to New York State wild animals and habitat. Visit the historic public square and its walkable downtown alive with summer activities. There is something for every walker’s interest in Oswego, port city on Lake Ontario with War of 1812 history at Fort Ontario; a railroad hub with historic preservation of its past in the Oswego RR Museum; the H. Lee White Maritime Museum and the West Pierhead Lighthouse, which is a navigation aid to the present day.

Welcome lighthouse enthusiasts to the Sodus Bay lighthouse Museum on our Sodus Point Lake Ontario walk is a seasonal highlight. The spectacular view of Lake Ontario never disappoints and the charming town transports you to an early time in our national history.

The group walk for the Albany, New York Year Round event, sponsored by the Empire State Capital Volkssporters, included a stop in front of First Church in Albany (Dutch Reformed). Established in 1642, it served the Dutch inhabitants of Fort Orange, Beverwyck and the patroonship of Rensselaerswyck.

During this past never-ending winter, the Empire State Capital Volkssporters accepted no excuses for walk avoidance.

The Empire State Capital Volkssporters enjoyed a brand new Traditional Walk highlighting the new casino and other development along the Mohawk Riverfront in Schenectady. Pictured are walkers signing in and gathering to walk. Photo by Linda Morzillo.

For more info, contact Dawn at dawnvt@yahoo.com or walknmass.org.

Walk along the river
By Verna Devine

On June 16 Walk’nMass will be walking in Blackstone, Massachusetts. The town is in Worcester County, borders on Rhode Island and is considered to be part of the Providence Metro Area. It has gone from being the home of the Neponset Tribe and part of Mendon, Massachusetts, to be incorporated as a town in 1845. Their motto is “Do well and doubt not.”

The first loop goes to the Blackstone Gorge with views of waterfalls and an overlook. It then goes back through town passing the Blackstone Historical Museum which will be open for visitors. The second loop is entirely on the Blackstone Greenway with bridges crossing the river several times.

ESCv in photos

During this past never-ending winter, the Empire State Capital Volkssporters accepted no excuses for walk avoidance.

People met at Crossgates Mall to enjoy both exercise and socializing on February 7. Photo by Louise Remillard.

The Empire State Capital Volkssporters enjoyed a brand new Traditional Walk highlighting the new casino and other development along the Mohawk Riverfront in Schenectady. Pictured are walkers signing in and gathering to walk. Photo by Linda Morzillo.
Brushy Creek Year Round walk and Bike events

By Douglas Eide

The Colorado River Walkers sponsor a Year Round (YRE) walk and bike trail at Brushy Creek in Cedar Park, Texas. The population of Cedar Park was estimated to be 68,918 in July 2016. It is located in Williamson County with a small portion extending into neighboring Travis County. The city is a northwest suburb of Austin, the state capitol of Texas, and the center of Austin is about 16 miles southeast of Cedar Park.

The Walk and Bike YRE trail begins and ends at the Twin Lakes Family YMCA at 204 E. Little Elm Trail, Cedar Park. The trail includes 6.75 miles of asphalt and gravel trail that crosses six major parks with numerous connecting trails from residential subdivisions along the route. The parks include Twin Lakes Park, Brushy Creek Sports Park and Brushy Creek Lake Park (with dam). Brushy Creek Lake Park is a 90-acre park that includes a 38-acre manmade lake created in 1965, Champion Park (with Settlement Cemetery), Brushy Creek Greenbelt and Olson Meadows Park.

Each park is unique and offers various amenities. The interesting trail features include ponds, lakes, waterfalls and bridges with an abundance of wildlife, flora, shrubbery and trees with hundreds of information markers and signs. There are many opportunities for picture taking and resting on park benches and overlooks. Along the trail are mile markers every quarter of a mile. Regardless of the distance you choose, you will readily enjoy any of the walks or bike ride. For more info on these scenic YRE Walk and Bike trails contact Douglas Eide, doug.eide@yahoo.com, 512-591-1320, or the club website, coloradoriverwalkers.org.

Archeological evidence in Cedar Park shows that the area has been inhabited since around 5000 BC. Archeological evidence in Cedar Park shows that the area has been inhabited since around 5000 BC. American settlers first arrived in the area beginning in the mid-1800s and the community was named Cedar Park in 1887. Visitors from Austin would ride the Northwestern Railroad on a day trip to enjoy the popular half-acre ‘strolling park’ near the Cedar Park Train Depot that was first opened in 1892. You can learn more about Cedar Park by viewing “Your Guide to Fun in Cedar Park, Texas” at cedarparkfun.com.

The Brushy Creek Regional Hike and Bike Trail is used by the Colorado River Walkers’ Brushy Creek Walk YRE offering 6k, 10k and 15k walk trails to choose from. There is also a 25k Bike YRE that includes the entire distance and return. The major feature of the 15k route is the newly reopened dam, which took nearly a year to complete, to prevent homes from flooding downstream.

The American Wanderer
June/July 2018

Southwest Region continued on page 11

AVA Special Program — Border Crossings

Sponsored by the Michigan Pathfinders, Tom Crabill, 10435 Oak Trail Rd., Ft. Wayne, Indiana 46845-6115, tjcrabill@comcast.net, 260-409-1659.

By Carol Obiasw

Round Rock, Texas, is a small historic town on Interstate 35, about 20 miles north of Austin and the site of one of our most interesting and beautiful YREs.

Round Rock was first settled around 1848 and called “Brushy,” as it was just north of Brushy Creek. This was before the railroads were built, so Texas cattle had to be driven north to Kansas along the Chisholm Trail, then loaded on trains headed to market on the east coast. A safe crossing of Brushy Creek was near a large circular rock in the middle of the creek.

In 1854 the settlement was renamed Round Rock, and in 1876, with the arrival of the railroad south of the creek, the town businesses moved a mile south to be near the railroad. Our walk still goes past a few buildings in Old Round Rock. Some of the places and things you will see as you walk are: the historic round rock, the memorial plaque of the shootout with outlaw Sam Bass, historic buildings along Main Street, recently renovated Veterans Park, Chisholm Trail Crossing Park with sculptures and plaque at site of baptisms in the creek. The famous Round Rock Donut Bakery is also on the route.

In 1977, on the 90th anniversary of a tragic event in Texas history, Round Rock dedicated the refurbished May Street Bridge to the “Immortal 10.” On a rainy January 22, 1927, a bus from Baylor University in Waco, Texas, was traveling south about 100 miles to the University of Texas in Austin. The 21 people on the bus were Baylor’s men’s basketball team, coaches and a few fans. Going through Round Rock, the bus had to cross the railroad tracks and was struck by a train with 10 students losing their lives.

Every year at Baylor homecoming, 10 empty chairs are set out to remember the students. In 2007, Baylor U. installed a bronze life-sized statue and panel of the 10 students on campus.

This crash was one of the first events that ignited a national movement to build overpasses or underpasses where state highways cross railroad tracks. Our YRE will pass this bridge, newly painted in Baylor green. Two plaques have been installed near the bridge.

Enjoy your walk in Round Rock and perhaps some local food when you finish. For more info consult the AVA website or our club website, coloradoriverwalkers.org.

“Immortal 10” plaques near bridge.

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Southwest Region continued on page 10

Midland Walkers clean up park

Seven members of the Midland Walkabouts cleaned its adopted park, Windlands Park, in Midland, Texas, the starting point for the Bush walk YRE. The club cleans the park every other month. Pictured are: (l-r) Gary Petersen, Diana Smart, Candace Warmke and Jack Rogers. Not pictured: Janice Courtney, Carolyn Petersen and Sammy Hunicutt.

The RR’s’ AVA Fundraiser Summer Sunrise Walks

The Randolph Roadrunners Volkssport club is hosting two sunrise fundraising walk events for the AVA in San Antonio this summer on July 21 and August 11. Both walks will begin at Taco Cabana restaurants. Be sure to enjoy a breakfast taco or some other tasty treat before or after you do the walks. Taco Cabana will kindly donate 20 percent of the sales receipts total to the AVA from this event for walkers who tell the cashier their purchase is for the fundraiser. You can view Taco Cabana’s menu online at tacocabana.com.

Greg Sells with Dolly and Gayle Weinraub with Rudy (left) pose for a picture in front of the information kiosk at the trailhead for Comanche Lookout Park along the trail for the 2016 Summer Sunrise Walk AVA Fundraiser Walk in San Antonio, Texas. Photo by Martin Callahan.

Southwest Region continued on page 12

Rock stacking highlights Llano, Texas event

Most people who go through small rural towns probably pay attention just to the traffic light in the middle of town. However, the walkers who toured the Central Texas town of Llano (population about 3,000) on March 10 said they were pleasantly surprised to see how many things Llano has going for it. The walk was held in conjunction with Llano’s Earth Art Fest (LEAF), which is home to the National Rock Stacking Championship. This is an art form in which rocks are naturally balanced on top of one another in various positions without the use of adhesives, wires, supports, rings or any other contraptions, which would help maintain the construction’s balance. Competitions at LEAF include height, balance, arches, quantity, team stacking and artistic merit.

In addition to rock stacking, in which both professional and amateur artists compete, the fest also features earth and land art, workshops, live entertainment, performance art, food, face painting, kayaking and rock wall climbing. How often do you get to walk 10k and then attend a belly-dancing workshop?

Llano’s history includes German settlers, Comanche attacks, a frontier trading center, outlaws and Texas Rangers, Bonnie and Clyde, floods and bridges, and the highest density of deer in the country. Walkers were given a list of 47 historic sites they would see on their walk, including a house of ill repute, a jail with its gallows, a railyard depot, a county courthouse with its monuments and museums.

The walk was hosted by members and supporters of the Volkssportverein Friederichsburg. The 5k and 10k routes started at the Llano County Historical Museum, went under the Inks Bridge, along the Llano River, into an historic area, back over the bridge into the downtown district, through a cemetery, back into the downtown area, over the bridge again, through the railyard depot, and back to the County Museum. Walkers received a 50 percent discount on the fest admission if they attended during or after their walk. The walkers, LEAF committee, and the Llano Chamber of Commerce asked that the walk be made an annual event – so it will be.

The next event for the club will be a sunrise iteration of the Year Round event at the LBJ State and National Parks in Stonewall, Texas, on July 7 – come early to beat the heat. The available routes are 3k, two 10k routes and a 20k route. This is not a guided walk, just a chance to walk with old friends and new. Questions can be directed to Dave Roberts, 830-992-7584 or diroberts34@hotmail.com.

The July 21 walk will start at Taco Cabana, 6826 N Loop 1604 E (near the intersection of 1604 and Nacogdoches), San Antonio, between 6:15 a.m. and 8:15 a.m., finish by 11:15 a.m. Volkssporters will follow a trail through a local neighborhood and Comanche Lookout Park. Comanche Lookout Park is a 96-acre public park that includes the fourth highest point in Bexar County and rises to an elevation of 1,340 feet.

The hill gave the Apache and later the Comanche Indians a vantage point for hunting the nearby Cibolo Creek and warfare against other tribes and settlers. The hill was a prominent landmark for travelers in the 18th and 19th centuries that followed the old Spanish road (Camino Real) that passed by its base.

The hill and the surrounding area were first surveyed in 1847 and had a number of owners including Mirabeau B. Lamar, the second president (1838-1841) of the Republic of Texas. The park was acquired by the city of San Antonio in 1994.

Walkers will follow trails of gravel, asphalt and concrete surfaces up the hill and back. At the summit of the hill you will see a medieval-style stone tower. This is all that remains of a castle-like home that retired U.S. Army Colonel Edward H. Coppock envisioned building after buying the property in 1923. For more info on the park, go to sanantonio.gov/ParksAndRec/ParksFacilities.aspx.

The August 11 walk will begin at the Taco Cabana # 251, 1130 N Loop 1604 W, San Antonio, between 6:30 a.m. and 8:30 a.m., finish by 11:30 a.m. Walkers will follow a trail through the Blanco Woods neighborhood and part of the Deerfield neighborhood. Blanco Woods is a quiet, single-family “pocket neighborhood” consisting of only eight streets. You can learn more about it online at blan cowoods.deerfield. Deerfield is an upsacle development of almost 700 single-family homes that began in 1884.

For more info on these three walks contact Ellen Ott, 210-723-8574; ellenott@sbcglobal.net, or the club’s website randolphroadrunners.info.

AVA Special Program — Vice Presidential Walks

Runs January 1, 2016 through December 31, 2018. This program honors U.S. Vice Presidents. Qualifying events must pass a site with a significant connection to one of the Vice Presidents. Examples: Bennington, VT passing sign quoting Coolidge; Annapolis state house for Agnew. St. Paul, MN for Mondale. Adlai Stevenson Park in Aurora, IL. Dallastown, PA and Dallas, TX for George Dallas. No walking event can be used twice. Requires only 12 different Vice Presidents to complete book. Award is a color patch based on photo of Harry Truman walking in Washington, D.C. Sponsored by Twin State Volkssport; Pat Stark, 307 Wilder St., White River Jct. VT 05001. Checks payable to TSA.
Southwest Region continued from page 11

TVA’s Footsteps of the Founders and Vereinskirche Walks

By Martin Callahan

The Texas Volkmarsh Association (TVA) is hosting two walks on June 9 in Fredericksburg, Texas, celebrating the TVA Founders Day II. Fredericksburg is about 70 miles west of Austin, Texas. In August 1845 John O. Meusebach selected the site of the town that was settled in May of the following year by 120 German immigrants from the Verein zum Schutze Deutscher Einwanderer in Texas (Society for the Protection of German Immigrants in Texas). Meusebach named the new town Fredericksburg in honor of Prince Frederick of Prussia.

On the “TVA 2018 Footsteps of the Founders Walk” trail you will follow the original routes used in 1976 as much as possible. These routes were used for the first sanctioned Volksmarch in the United States on June 12-13, 1976. The trail is through city neighborhoods and the surrounding countryside.

Volkssporters doing the “TVA 2018 Vereinskirche Volksmarch” will stroll along a trail through a limited part of the downtown area and through established neighborhoods. The Vereinskirche (Society Church) is located next to the start point at the Marktplatz (Market Square) and was the first public building constructed in Fredericksburg in 1847. The original building was torn down when it fell into disrepair and was replaced with a replica completed in 1936 that today serves as the Pioneer Memorial Museum.

The start point for both walks is the Marktplatz Pavilion at 100 W. Main St., Fredericksburg. Both walks are rated 1A and Volkssporters can start between 7-11 a.m., finish by 2 p.m. For general info on Fredericksburg go to visitfredericksburgtx.com. For additional info on the walk contact Brian Fisher 830-377-4239, guadalupesigns@omniglobal.net or the TVA website, walktexas.org.

Waiting for a reply from TAW?

Be sure your spam filter allows emails from tau@ava.org and tau@earthlink.net. Recently we’ve been unable to reply because of spam filters. Check yours now!

West Texas Trail Walkers — Celebrating 37 years

October 5-7, Davis Mountains, Fort Davis, Texas

Hike with an altitude! Join the West Texas Trail Walkers in the Davis Mountains over the Columbus Day weekend. High in the Davis Mountains of West Texas you will find stunning mountain views, miles of hiking trails and a historical frontier fort. Our host lodging is at the Prude Ranch, an historic West Texas cattle ranch offering horseback riding, hiking trails, stargazing and bird/nature watching. With three Traditional walks and the three Year Round walks, you can accomplish up to six walks over the long weekend.

Doug Eide and Rudy pose for a picture in front of the Pioneer Memorial Museum at the Marktplatz (Market Square) before starting the 2016 “40th Anniversary Footsteps of the Founders Walk” in Fredericksburg, Texas. Photo by Martin Callahan.

Our hike on Friday, October 5, is at the Davis Mountain Preserves about 19 miles west of the Prude Ranch. You can pick from one of three trails ranging from 5k, 8k, 10k and 12k. The 12k hike takes you up Mt. Livermore, the highest mountain peak in the Davis Mountains while the 8k trail begins at the foot of Mt. Livermore and veers into Tobe Canyon. The 5k to 10k option offers great views of the mountain and Madera Canyon. These trails are moderate to difficult allowing you to choose a walk that suits your walking ability.

We start our walk on October 6 at the historic frontier fort in Fort Davis. Founded in 1854, it is one of America’s best surviving examples of an Indian Wars frontier military post. Fort Davis is important in understanding the presence of African Americans in the west because all-Black regiments were stationed at the Fort after the Civil War. A 5k or 10k walk is offered at Fort Davis while the 20k option connects with The Skyline and Civil Conservation Corps trails in the Davis Mountains State Park. In the evening, our annual dinner meeting will be at the Prude Ranch for a buffet dinner featuring roast beef.

To conclude the weekend, our final walk starts early October 7 at the Prude Ranch. The 5k is flat and unfolds through pastureland while the more difficult 10k hike takes you up a ridge that offers beautiful views of the Davis Mountain range.

Make your lodging reservations now at the Prude Ranch, 201 Prude Guest Ranch Rd., Fort Davis, Texas 79734, 432-426-3201. Call and mention you are with the West Texas Trail Walkers before September 1 to secure our special rate. Check our website, westtexastrailwalkers.org, in early June for information about the specific walks and pre-registration. The national and state parks do not allow us to collect money so you will need to pre-register by September 15. Late registration will be offered Thursday, October 4, 5:30-7 p.m. at the Prude Ranch Lodge. Contact susan.noonan@gmail.com with further questions.

Hope you can join us for some of the most beautiful walks in Texas!
Frame your achievement

Want your walkers to advertise Volkssporting to their family and friends? Take advantage of the “Take a Selfie” trend. Volkssporters are proud of their achievements and like to share what they do with others. The question is how can you make it easy for them to put out the word?

Daffodil Valley Volkssport Association set up a “Selfie Station” at our last Traditional Walk. For those who use Facebook, it is very easy to take a photo with their phone and put it on Facebook to send out to all their friends and family. In our case, we built a frame with stick-on letters that set atop a table. We asked walkers if they wanted their picture taken. We usually took a picture with our phone and a picture with their phone. I also mentioned that this could be their Christmas card photo next year.

We made our frame using two 2x6”x6” pieces of lumber, some white paint, and some 3-inch stick-on letters. We added some leftover legs we had around and, viola, a selfie frame. The frame is very heavy but you could use styrofoam or some 3-inch stick-on letters. We added some leftover legs we had around and, We made our frame using two 2x6”x6’ pieces of lumber, some white paint, and the top of the 10k.

Other suggestions for a “Selfie Station”

✦ Use the IVV flag as a backdrop and pose people around it; walkers could hold up signs with the kilometers they walked, i.e. “I walked 5k,” “I biked 30k,” etc.
✦ Make up a word balloon saying “I am a member of a Volkssport club.”
✦ Have a sign with your club logo for them to hold. There are a lot ways to create a Selfie Station.

You do need to assign one of your workers the job of staffing the station. Walkers need to be encouraged to have their picture taken plus someone needs to take a picture with the walker’s own phone. But this is a small price to pay for the fun and is just one way to let your clients help advertise your product.

What is Bonnie up to?

Bonnie Tucker is at Ocean Shores, Washington, scouting out new walks for Capitol Volkssport Club’s sixth biennial Seabreeze Walking Festival. Mark your calendars now for February 16-18, 2019. This is also Presidents’ Day weekend, so make your reservations early. More details will be available in future editions of TAN or at the club website at capitolvolkssportclub.org.

‘Tis the season .... .... to walk Seasonal Events

By Suzi Glass

The Sierra Nevada Mountains contain numerous trails with breathtaking scenery that cannot be accessed until the summer months due to snow and ice. The Tahoe Trail Trekkers have scheduled hikes and the Sacramento Walking Sticks have revived three summer events that take advantage of the relatively short season.

Tahoe Trail Trekkers’ hikes are in Squaw Valley, California, site of the VIII Olympic Winter Games (held in 1960). The Olympic Games were located here thanks to landowner Alexander Cushing. In 1954, Cushing had built a lodge and ski lift in largely uninhabited Squaw Valley. He believed the area could support the games and garnered backing from the state, the Olympic Committee and the U.S. government. He then began raising the funds to develop the place. When the California bid was made in 1955, the other contenders included Innsbruck, Austria, and St. Moritz, Switzerland, both of which had already hosted Winter Games. Squaw Valley was only the second U.S. city (behind Lake Placid, New York) to host a Winter Olympics. The current Squaw Valley walks (Olympic Valley – John Daegling Memorial Walk, Shirley Canyon and Tahoma) give hikers historic Olympic sights and competition locations as well as the view from the High Camp tram, now used winter and summer. The events are available May 1 through October 31, weather permitting. For details, see the 2018 Starting Point or ava.org/events.

Fed Mono Lake dried up, the lake’s salinity doubled and the lake level dropped with disastrous consequences to the inhabitants. The Mammoth Mountain hike includes the Devil’s Postpile, a 100,000-year-old cooled lava flow that cracked to form a series of 60 foot columns. The Devil’s Postpile is just one example of the volcanic activity that produced and marked this region. The third and southern-most walk starts at the Mosquito Flats trailhead, passes several small lakes, well used by fishermen, and ends at Chickenfoot Lake, named for its three-talon shape. To locate details of this walk on the AVA website, go to “No City” – Chickenfoot Lake. The contact for all three events is Nancy Alex, famfarmer@sonic.net, who is planning group walks in July.

Use this season to discover unique geologic features and learn some Winter Olympic Games history along the 250 miles of the Sierra Nevada mountain range.
It’s been a couple of editions since I wrote a “byline” so I thought I’d catch you up on some of the exciting things going on across Southeast Region and America’s Walking Club!

I want to officially welcome our newest club, Paws & Effect in the Region and America’s Walking Club! Things going on across Southeast ship with this Iowa-based non-profit Rachel Trier, have created a partner - veteran walkers, Nicole Shumate and Ashville, North Carolina area. Two I want to officially welcome our partnered, Volkssporting offers the relationship while keep - they encounter in their roles. Once partnered, Volkssporting offers the ideal means for their recipients to maintain the relationship while keep - their partner happy and healthy. Nicole moved to SE Region from Iowa (Greater Des Moines VM Club) and is not only a new club president but also serving on the 2019 Convention Committee. Paws & Effect welcomes you to bring your dogs to their events, where they promise lots of wagging tails.

I have been asked about the possibility of a future regional conference in the Southeast. I’m not aware of a history of this kind of event in this region, but many other regions or state organizations successfully hold these events. A regional conference would be about improving communications, training and club growth in the Southeast. It will be a lot of work and require your support — but I’m all in if the region is. Please contact me with your ideas if you want to see this happen.

As I am writing this, the AVA president and our “international team” are heading off to Europe where they will attend events connected to the IVV and IML, the two international organizations in Volkssporting. America’s Walking Club is making a bid to host the 2021 IVV Olympiad, something the AVA has never done in 40+ years. If successful, the Olympiad would come to Washington D.C. (hosted by Arlington, Virginia) in October 2021 and be combined with the existing IML Freedom Walk festival. Meanwhile, our friends in San Antonio, Texas, have completed the second year (of three) qualifying events to become certified as a new IML weekend in the USA. Next February is the “test” — so if you have never done the San Antonio Riverwalk or seen the old Spanish missions trail, save the date now and come out to support our IML bid.

By now many of you already know the sad news of the loss of Martin Britton, formerly vice-president of the Upstate Pathfinders. I attended the recent memorial walk for Martin in Greenville, South Carolina, along with AVA President David Bonewitz, Mindy Bonewitz and former presi - dent Dennis Michele, now representing the Tarheel State Walkers Volkssport Association. There was a wonderful turnout to honor this truly talented artist, husband and father … who left us far too early.

Finally, you may not be aware that I am chairing the AVA’s newest nation - al committee — Club Development and Support. We’ve gathered a team from across several regions and had approved some initial changes that establish a funding mechanism that can be used to help struggling clubs and to jump-start new clubs. We also expect to work with and through the 10 existing state organizations. If your club needs administrative assistance, training expertise or financial relief, please contact me at se_rd@ava.org. Clubs in North Carolina should contact the TSWSA as a first step.

America’s Walking Club is moving ahead — find a way to be a part of it. See you on the trails!

SE Regional Director update

By John McClellan

WAF28: Walking the “Eye” Drive in Orlando

By Rosemary Barna, Alice Lawrence and John McClellan

Tourists will be cruising, and we’ll be walking Orlando’s famed International Drive in Orlando, Florida, for Walk Around Florida 28. I-Drive, as it is called, is home to some of the city’s most popular tourist attractions and will be our home during WAF28, November 2-4, where we will “Walk Like a Tourist” in the many free tourist haunts available.

In the last TAW, we provided a summary of the fun, fitness and friendship planned for WAF28. Now, what is International Drive? It’s an 11.1 mile thoroughfare packed with hotels, entertainment, restaurants, shows and outlet malls. I-Drive is Orlando’s core tourism area, akin to that of the Las Vegas Strip. It is located several miles southwest of Orlando’s downtown business district and it’s where we’ll be hanging our hats — at the Comfort Inns & Suites - during the WAF28 weekend. Hotel reservations are available now by calling 407-351-7000. Ask for “in-house reservations” and use code “Walk Around Florida” for the special rates.

The Saturday walk route provides for the daring among us to opt for a ride on “The Eye” as part of the walk. We’ll provide a group of 15 in their own “WAF capsules” at the start of the walk. What is The Eye? In her words: “I am not a Ferris wheel. I am an Observation wheel that features enclosed passenger capsules designed to remain stable throughout the rotation. I am built on an A-frame support structure and offer a 360° unobstructed view from up to 400 feet. My sister is the London Eye on the Thames. Come visit me!”

After this spectacular view of the walk route, we continue along the southern part of I-Drive. The walk passes Ripley’s Believe It (“or Not”), Wonder Works, Pointe Orlando and the Orlando Convention Center. The shaded walk has many places to stop and rest, from outdoor restaurants to entertainment venues like Dave & Buster’s Arcade games and Pirates Cove Adventure Golf.

Saturday’s walks are just the start though. We all join for a “Fun” hour at the hotel before setting out (by foot) to the Sleuth Mystery Dinner Show a short kilometer away (remember you passed it on the walk hours ago). This hilarious show has wowed tourists for 20 years and will be well remembered. After the show, we walk back to the hotel for, thank goodness, the extra hour of sleep as we move to standard time. Next TAW, Universal City Place awaits.

Start packing your tourist clothes now for this unusually fun and different weekend. Our registration brochure will be available soon, and “like” our Facebook page at facebook.com/WAFXXVIII to discover the latest changes.

WAF28 is a multi-event weekend sponsored by the Mid-Florida Milers, Happy Wanderers and Suncoast Sandpipers, members of AVA’s Walking Club.
Southeast Region continued from page 14

Orlando welcomes walkers

By the Mid-Florida Milers Walking Club

When visiting the Southeast many travel to the Orlando area passing Florida
YRE walks on I-10, I-95, I-4 and I-75.

Coming south on I-75, your first stop can be at the 140,000-population-retirement
city of The Villages. There, two walks show you the town centers and “vill-
lages” as you walk through this ever-growing city. If you cannot stop for these
close walks, never fear, the Orlando area has one Traditional event a month and
10 more YREs for you to try. There are three in the city of Orlando with com-
pletely different looks from downtown with the iconic Lake Eola fountain (pic-
tured below), to the lakes and older residences south of town, and to the antique
shopping and museums north of downtown.

From there it is a short distance to enjoy tree-lined Winter Park and its Morse
Museum collection of Tiffany Artworks, Rollins College, great Park Avenue
restaurants and a nice Central Park. A short distance away is Maitland and the
National Landmark art museum established in 1938 and supported originally by
the wife of the Bok Tower creator where you walk around lakes, residences, and
parks as you enjoy the city.

If you have enough of cities for awhile, continue to one of Florida’s premier
state parks, Wekiwa Springs, for a walk in Mid-Florida Milers’ second oldest
YRE established in 1991. The cool 72° spring water will make a summer day
feel good, or rent a canoe and travel over to the Wekiva River.

So now where else? If it is a bit “toasty” outside drop by the Altamonte Springs
Mall walk and enjoy a cooler venue and a bit of window shopping. Southwest
of Orlando off I-4W in Lake Buena Vista and Celebration there are three walks.
The town of Celebration was started in 1996 and has two extremely enjoyable
walks, mostly shaded. Walk on wooded paths; see alligators, herons, egrets, and
more as you stroll on boardwalks and sidewalks. Stay and eat at one of the fine
restaurants like the 113-year-old family-owned Columbia Restaurant, “founded
in 1905 by Cuban immigrant Casimiro Hernandez, Sr., that is Florida’s oldest
restaurant, and the largest Spanish restaurant in the world.”

Another option is to start at Pirates Cove Adventure Golf (can you beat par?)
and walk in the Lake Buena Vista area including the all-new Disney Springs
(formerly Disney Marketplace and West Side). Details are found at the YRE
page at midfloridamilers.org.

There is even more to see in Orlando so join three central Florida clubs on
November 2-4 for a fun multi-event weekend as you “Walk Like a Tourist” and
ride The Orlando Eye at Walk Around Florida 28. See you here.

East Tennessee Wanderers walk the AT trail

Some members of the East Tennessee Wanderers have been walking different
segments of the Appalachian near Hot Springs. Below are photos of them hiking
up to Lovers Leap and sections of the AT.

In text, the prefix for a
website URL is no longer
needed. Only the critical
info to link to your URL
is necessary.

AVA: America’s Walking Club!
Discover small town Nebraska, October 5-7
By Sandy Spaulding

It’s time to make your reservations for some great events in small town Nebraska. Check our website at nettrailblazers.club for a brochure and registration page.

The River Inn Resort in Brownville is filling fast. This boutique hotel on a riverboat is reserved for our walkers. After a great walk in this historic village, there will be fun and games on the deck that has a little bit of University of Nebraska history on it. The deck surface is former Nebraska football stadium Astroturf complete with the 50 yard line. In the morning, they will supply us with an early morning breakfast to get our day started. Call 402-825-6441 for reservations.

The first walk on Friday, October 5, is in the historic village of Brownville, once an important port on the Missouri River. It is now home to the Captain Meriwether Lewis Dredge Museum, the Brownville Historical Museum, the Carson House and School House Art Gallery. The trail goes through the historic downtown, to the Husky Run Creek Winery with its century old barn, through the Governor Furnas Arboretum and along the Steamboat Trace with fall views of the Missouri River. After the walk, dine with us at the Lycium Restaurant. Then join us at the River Inn where we will play board games before being rocked to sleep by the river. Rockport, Missouri, is just across the river if you are looking for a different place to stay or dine.

On Saturday morning, we will visit Falls City, Nebraska, in Richardson County, another town with lots of history. The walk goes through the Itha T. Krumme Memorial Arboretum, the Falls City National Historic District and its murals depicting the history of the town, past many historic homes and past where stations on the Underground Railroad were housed. The Richardson County Historical Society Museum houses many agricultural implements and is the checkpoint for the walk.

Saturday afternoon takes us to Pawnee City where we will meet at the Schilling Bridge Winery/Microbrewery, known for its great Saturday night prime rib dinners. You will walk near an 1890s Rock Island bridge and visit the Pawnee City Historic Site with its collection of 22 historic buildings. Check out Heavenly Treasures and walk on the city’s newly completed hike/bike trail. Join us after the walk for a great meal at the Winery.

Our final destination will be Sunday morning in Tecumseh. Our walk coincides with the yearly “Trail of Treasures,” a flea market that stretches across the state along Highway 136. Our walk starts at City Park, travels through town (and maybe past some treasures), passing the historic stone jail and the Romanesque Classic Revival county courthouse completed in 1889. Our checkpoint will be the Governor Furnas Arboretum and along the Steamboat Trace with fall views of the Missouri River. After the walk, dine with us at the Lycium Restaurant. Then join us at the River Inn where we will play board games before being rocked to sleep by the river. Rockport, Missouri, is just across the river if you are looking for a different place to stay or dine.

For more info go to nettrailblazers.club, contact Sandy at sandyspauld@yahoo.com or check out the information on the AVA website.

AVA National Program — Walking the United States

Earn special recognition! Complete an AVA walk in all 50 states or in all 50 state capitals and Washington, D.C. The basic state or capital program earns a certificate. A separate book is required for each program — request two books if participating in both programs. An optional Deluxe Package is available upon completion that includes a state or capital certificate, a large patch, and a patriotic T-shirt. Details are on the back of each book. Order your “Walking the United States” record book directly from AVA Headquarters, Attn: AVA Headquarters, 1001 Pat Booker Rd., Suite 101, Universal City, TX 78148-4147. Email karen@ava.org.

To make sure that you don’t miss the North Central Regional Roundup, circle the dates of September 7, 8, and 9 on your walking calendar now. Three Minnesota clubs (Central Minnesota Volkssports, Lake Country Wanderers and Twin Cities Volkssports) invite you to participate in their Regional Smorgasbord Roundup meetings and walk events.

Central Minnesota Volkssports (CMV) club is making up huge batches of Paul Bunyan red chili as well as F. Scott Fitzgerald chicken and white bean chili for Friday night’s Meet and Greet.

All three clubs are laying out both nature and urban trails for your walking pleasure. (Be sure to pack those AVA Special Program books into your saddlebags or backpacks.) The Lake Country Wanderers (LCW) is planning a special guided walk on Sunday morning that will include a lot of history on the hoof. But participants will have the flexibility and leisure to walk any of the five walks in any order, at any time, on any of the other days of this fantastic weekend.

And the experienced chefs of both the Twin Cities Volkssports (TCV) and the LCW clubs are going to knock your socks off with a Pot Luck Smorgasbord of delightful culinary choices for the Saturday Nite Banquet where our current Regional Director Jerry Wilson and the candidate for future Regional Director Butch Spaulding, as well as AVA President David Bonewitz, will be in attendance. (All the “first ladies” will also be there.) There will be speeches galore, of course, and surprise entertainments.

The walk events will allow you to not only experience the closeness of rivers and bogs beside the trails as well as eagles overhead but also the highlights of an area well known for its sports teams and bank robberies. Yes, that means that you will be able to view up close the new Vikings US Bank Stadium and witness the reenactment of the Jesse James bank robbery. (Not the same bank, of course.)

The North Central Regional Smorgasbord Roundup souvenir bandanna features a design that highlights the natural as well as the sophisticated features of the state of Minnesota. Each registrant will receive a bandanna in autumn colors so send in your registration soon.

In addition to seeing the Defeat of Jesse James Gang reenactment as a part of the grand finale guided walk on Sunday, participants will be able to stroll the sophisticated streets of downtown Minneapolis to view all the hot spots frequented by F. Scott Fitzgerald and, using Pearl Park as the starting point, poke into the quiet corners of this big city known for its foresight in retaining lots of natural areas for people to enjoy. The 1A routes will feature three parks and two lakes in a residential urban setting. The walk in Hyland Lake Park Reserve in west Bloomington will provide a natural trail experience in the midst of more than 1,000 acres of mature woodlands and a breathtaking prairie. Six major bodies of water, plus ponds and wetlands, offer extensive habitat for waterfowl. These 2B routes will be on turf and paved hiking trails.

Walkers will also learn about the only state-run orphanage in Owatonna, situated along the Straight River (And there is a tall tale about how Paul Bunyon and Babe the Blue Ox helped get that river to behave itself and run straight.), and savor the flavor of the wild flowers and granite in Rockville County Park which rests peacefully near the Sauk River and is always under the watchful eye of the eagles whose nests are visible from an observation platform along the walk route.

Registration information is available electronically at tcvwalking.com. For questions, contact the following club representatives: CMV, Lois Head, 320-252-7348 or lmhead@stcloudstate.edu; LCW, Bonnie Johnson, 763-229-3584 or bonjohn@comcast.net; or TCV, Lee Moisant, 612-590-2775 or lmoisant@comcast.net.
North Central Region continued from page 16

Southeast Minnesota County Walks – 2018

By Bonnie Johnson

In 2008 the southeastern section of Minnesota introduced eight of its 87 counties with individual county walks. We are back again in 2018 to offer 12 county walks and one bike with the opportunity to walk each county but are more a bit out of the area.

Albert Lea/Freeborn County – Walk around beautiful Fountain Lake and through historic downtown.

Austin/Mower County – Check out the Spam Museum, downtown area and the Hormel Historic Home.

Faribault and Northfield/Rice County – Visit historic downtown Faribault and its beautiful nature trails. Northfield is famous for the foiled bank robbery of Jesse James. This will also have a guided walk for re-enactment of the bank robbery on Sunday, September 9 for the North Central Region Roundup.

Kasson/Dodge County – Walk the Sunrise and Sunset Trails. Online registration only with Twin Cities Volkssports.

Owatonna/Steele County – This historic city features the only state school orphanage and much, much more. Sponsored by Central Minnesota Volkssports.

Preston/Fillmore County – Walk through town and on bike trails in bluff country. The bike has many options of different length trails to various locations with beautiful scenery along the way.

Red Wing/Goodhue County – Another river town with beautiful views from Barn Bluff.

Rochester/Olmsted County – Beautiful downtown area, parks, home to Mayo Clinic and Silver Lake.

S e a m s t r e a m C o u n t y – This county features the historic town of Wabasha and the Wabasha bridge.

Wabasha/Wabasha County – Remember the Grumpy Old Men! Tour this unique city where these old men roamed. Also famous for its Eagle Center, which is on the walk route.

Winona/Winona County – Very old river town with walk along the river, historic downtown, lots of parks and along Winona Lake.

The map shows all the featured counties outlined in solid black while those with the small dashes also have a walk in that county but are more a bit out of the area.

Before leaving the southeastern section, check out the walks to the west in St Peter/Nicollet County with the Arboretum and beautiful college surroundings; New Ulm/Brown County – home to Hermann the German; and Albertville/Wright County – all new development and featuring the Special Program – Walk Like an Olympian.

Most walks run from April 1 and end September 30. Don’t forget to mark your calendar for September 7-9 for the North Central Regional Roundup. Hope to see you there. ☺

No mosquitos!

What? No mosquitos? In July? In a state park? Unheard of!

Not really ... if you head to Whitewater State Park near Rochester, Minnesota, for the NorthStar Trail Travelers’ two one-day events on July 21-22. Because the park has no standing pools of water, mosquitos have no place to breed, leaving the park relatively mosquito free. Come walk in the valley or on the bluffs of this awesome park. To get to the bluffs you have to go up a lot of stairs ... and back down again. But the view is spectacular! For those unable to manage the steps, we have easier trails in the valley that provide you with great scenery of the bluffs along the Whitewater River.

The park has many buildings that were built by the Civilian Conservation Corps (CCC) and the Works Progress Administration (WPA) during the Great Depression. If you watch closely you can also see the remains of what was once a German POW camp during World War II.

Besides scenery, enjoy watching birds and wildlife. The park has recently had peregrine falcons nesting there again, so that is our event award on Saturday. The beaver have dammed up Trout Run Creek Trail, so unless the park has that cleared out by event time, we may not get to walk there. Crazy beavers!

Many walkers are camping at the park for the weekend and will most likely have a Saturday night get-together at the campground or maybe take in a program at the Visitor Center. Also watch for a possible supper get-together in Elba on Friday night for those marking trails or camping for the weekend. pin award.

Last but not least, 2019 is Whitewater’s 100th anniversary, so let’s all go celebrate their 100th and NSTT’s 20th anniversaries!

See you at the park! ☺

A V A Special Program – Bridges – Spanning the USA

Runs January 1, 2016 through December 31, 2018.

A V A Special Program – DoIt! The Louisiana Purchase

Runs January 1, 2015 through December 31, 2018. Do one walk in each of the 15 states that were made in whole or part from the territory of the Louisiana Purchase which makes up about 23 percent of the territory of the U.S. Regions included in this program are the North Central, South Central, Rocky Mountain and Southwest. Walk 15 different sanctioned events — one per each of the 15 states. Patch approximately 4”x6”.

Send request to Nebraska Wander Freunde Trailblazers, P.O. Box 8147, Omaha, NE 68108, email bs1preznfwt@aol.com, phone 712-322-2797.

Moved?

Did you let AVA know your new address?
If not, email avahq@ava.org
with an address change
so you get your next issue of TAW!
Mid-America Region Conference, October 26-28

Maumee Valley Volkssporters (MVV) has planned a fun-filled weekend of three walks and a swim to enjoy during the upcoming Mid-America Conference in Dundee, Michigan. We’ve organized a meet and greet for Friday evening at the hotel, and a Saturday evening dinner at Uncle Lyle’s Tavern in Dundee, with Paul Fuzinski as keynote speaker. He will tell his story of through-hiking the Appalachian Trail.

The theme for this weekend is “On the Trail of Henry Ford in SE Michigan.” Henry Ford, inventor, had a great influence in the many villages and cities in the area. The walks will be held in Dundee, Milan and Tecumseh from Friday through Sunday. The swim, which can be accomplished daily, will be at the headquarters hotel, the Best Western Dundee. There will be 5k and 10k distances. If one needs special routing for wheelchairs, we’ll have a trail available for you, so just ask.

At our registration area (at the hotel) there will be several door prize options offered by clubs as a fund raiser. You may purchase tickets and drop them in the container for the prize(s) you’d like to win. There will be seating so that you can tell your walking stories and chat with friends, old and new, between events. Saturday afternoon the Mid-America Region meeting will be held. This is an opportunity to review the past year, look forward to the next and provide your comments and insights for the future of AVA and Mid-America.

To register or get more info, contact Craig Gauger, gcgauger@hotmail.com or 419-350-4345. An electronic brochure is available upon request. Contact Best Western Dundee directly to book your room: 734-828-5017. Rooms include a 419-350-4345. An electronic brochure is available upon request. Contact Best Western Dundee directly to book your room: 734-828-5017. Rooms include a 419-350-4345. An electronic brochure is available upon request. Contact Best Western Dundee directly to book your room: 734-828-5017. Rooms include a 419-350-4345. An electronic brochure is available upon request. Contact Best Western Dundee directly to book your room: 734-828-5017. Rooms include a 419-350-4345. An electronic brochure is available upon request. Contact Best Western Dundee directly to book your room: 734-828-5017. Rooms include a hot breakfast buffet. Please mention the Mid-America Conference for a special rate, available until September 26. You may want to stay in the area an extra day or more as MVV and Washtenaw Wanderers have nine YREs within 25 miles of Dundee, in Michigan and Ohio.

Get your ‘Z’ in Zionsville, Indiana

By Cliff Terry

Walkers participating in AVA’s A – Z program can get a rare “Z” by walking in the charming village of Zionsville, Indiana. The Year Round event has 5k or 11k trail options in this affluent community, just northwest of Indianapolis. Both trails wander over the village’s sidewalks and paths and feature beautiful parks, upscale neighborhoods and the unique brick lined Main Street. The 11k trail also covers the scenic Zionsville Rail Trail and Starkey Nature Park. The 5k walk is flat and is mostly on the village’s sidewalks and has a 1A rating. The 11k trail has a more challenging 2B rating with some stair climbing and natural paths.

Join our group walk on Saturday, June 30 by signing up on our Meetup website at meetup.com/Indiana-Volkssport-Walking-Meetup/events/249729975/. The walk starts at 9:30 a.m. at the Endurance House, 680 S. Main Street. After the walk enjoy some delicious eats at Bob’s Burgers & Ice Cream and perhaps tackle the “Big Ugly” challenge. If you can’t make that date, you can walk any day during business hours (Monday-Friday, 10 a.m. to 7 p.m., Saturday, 9 a.m. to 5 p.m., Sunday, noon to 5 p.m.). The walk also qualifies for Boardwalks, Briefs, Scenic Spans of the USA, Honoring Our Flag, Ice Cream Parlors. Points of Reference, Take a Walk In a City Park, United States Post Offices and Water Towers AVA Special Programs. For more info, contact Cliff Terry, 317-776-1848, cliffterry@sbcglobal.net or Paul Mullen at 317-545-9061 or clamdigger30@hotmail.com.

Gateway Milers Scouts earn awards

Gateway Milers hold at least one Traditional event each fall designated as a Scout Walk Together. The past two years a few of our scouts completed the Master Program by walking six events in a school year with Gateway Milers. In April we celebrated with a graduation ceremony for each of our 10 walkers who completed the program.

Families’ lives are so busy. They have many activities from which to choose so it is a great accomplishment for them to spend at least six Saturday mornings walking with us from September to March. Many times they bring other family members to walk. We would like to say congratulations to our graduates and let you meet them. They have given their permission for their photos to be published here.

This is the first time we have graduated two men, kudos to Mike and Connor for walking six walks and completing the Master Program. Michelle was a troop leader whose entire troop completed the Master Program about three years ago so her husband and son decided they would like to earn the medal also. Not to be outdone, Michelle and Megan decided to walk with them and earn a special patch. They made it a family affair.

In that same troop was Cheryl and Morgan. They have never stopped walking and completed at least six walks with us every year for the past three years. Many times husband and son come along. Once or twice they even brought Grandma! The girls do the 5k while dad runs the 10k.

Tracie and Bailey have completed their first year with six walks. Dad has come along a couple of times also.

Last, but definitely not least, is Mary Anne and Nora. These lovely ladies started walking five years ago as leaders of their troop. Four of the past five years they have walked at least six walks. The troop has grown five years older and many of the scouts have gone in different directions, moved on to high school and college. Mary Anne and Nora still completed their six walks this year even though their last two scouts were too busy with other activities to finish. Mary Anne may have lost her scouts but now will have more time to walk. She brought her husband Dave to their first multi-event weekend in Cape Girardeau last month. I think we will be seeing them both on the trail!!

Cheryl and Morgan.

Tracie and Bailey.
Mid-America Region  
continued from page 18

A walk in Illinois history

By Bonnie Carlson

Ottawa is the site of the first Lincoln-Douglas debate in 1858. To commemorate the Illinois Bicentennial, Windy City Walkers will have a walk in Ottawa on August 25.

In Washington Square Park you will pass bronze statues of Abraham Lincoln and Stephen Douglas, centered above a reflecting pond and limestone fountain. In Washington Square Park you will pass bronze statues of Abraham Lincoln and Stephen Douglas, centered above a reflecting pond and limestone fountain. The downtown has beautiful murals depicting this era and great restaurants, unique shops, and the Redick Mansion, a three-story, 22-room Italianate mansion with lovely gardens. There is also a unique statue of “Radium Dial Girl,” a memorial honoring the girls who worked painting radium dials many years ago.

At the Ottawa Historical and Scouting Heritage Museum, you can view exhibits and memorabilia featuring many scouting items, and you can learn about the city’s past as an Illinois and Michigan Canal boomtown.

Ottawa is located on two rivers, and the walk will pass both of them. The trail starts in Fox River Park and will take you onto the natural surface of the Illinois Michigan Canal path. After exiting the path, you will walk in neighborhoods, along the Illinois River, in downtown Ottawa and return to the start on the Fox River trail.

There are two trails, 10k - 5k, rated 1b. The walk qualifies for these AVA Special Programs: Animal Safari, Bridges Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, Ports of Call, Take a Walk in a City Park, Underground Railroad, United States Post Offices, Walking the USA – Street by Street and Walking the USA – A-Z.

Registration is at Fox River Park, 1025 Ontario, between 9-11 a.m. Participants will receive instructions and directions for the self-guided walk. For those who wish to join other walkers, a group will be leaving the start point at 10 a.m.

Interested in doing more walks? Ottawa is very close to several state parks: Buffalo Rock, Starve Rock and Matthiessen. The Morris YRE is just 25 miles east on I-80. You can easily walk Ottawa and the state parks or the Morris YRE.

We invite you to join Windy City Walkers as we explore the history of Ottawa and enjoy the beauty of its two rivers.

For more info contact Bonnie Carlson, gbcarlson@comcast.net, or check our website windycitywalkers.org.

Walk through ancient history

at Cahokia Mounds

By Trudy Duffman

Join the Illinois Trekkers Volkssport Club at the Cahokia Mounds prehistoric Indian site in Collinsville, Illinois, on Saturday, September 15. Cahokia Mounds is located about 10 miles east of St. Louis, Missouri, across the Mississippi River. When you visit this jewel, you will realize why it is designated as a State Historic Site, National Historic Landmark and World Heritage Site. The walk trail will pass various Indian cultural areas and travel through several habitats on grass, concrete and gravel surfaces. Walkers will also get to check out Monks Mound which is the largest earthen mound in North America. It is 1,000 feet long, 400 feet wide and comprised of four terraces. Walkers will be able to climb the 154 steps to the top of the mound (a “natural stair-step”) with a breathtaking view of St. Louis and the Gateway Arch. This is equivalent to a 10-story building! This mound is massive and contains 22 million cubic feet of dirt.

Visit the Interpretive Center with a complete overview of the culture of the Mississippian Indians, and view a 15-minute free movie (donations are appreciated). The Cahokia Mounds settlement began around AD 700, and between AD 1050 and 1200 they developed six square miles of structured communities including farmland, gardens and highly complex social and political systems. More than 120 mounds were made entirely of earth that these ancient people transported in baskets on their backs. Today 68 of these mounds are preserved. The mounds were built to elevate ceremonial buildings and residences of the elite, as well as burial sites and to mark important settlement locations.

Originally there was an extensive stockade and several sections have been reconstructed to give a sense of what the area looked like during its peak. Archaeologists have excavated four circular sun calendars referred to as Woodhenge. These evenly spaced log posts were utilized to determine the changing seasons, displaying an impressive example of scientific and engineering practices. Mound 72 is a small ridge top mound that was found during excavations, containing approximately 300 bodies, mostly young women thought to be sacrificial victims. A male body was located and thought to be that of a ruler. He was laid on 20,000 marine shell disc beads.

The Trekkers also plan a guided group walk with a descriptive tour of Cahokia Mounds. Check out all the walk details online. You are sure to enjoy this walk through ancient history.

Make this an early fall walking weekend. Four AVA walking clubs host 14 Year Round, two Bike routes, and one Swim event in the metro-east Illinois area, and 10 Year Round events in metro St. Louis, Missouri, area. We offer lots of variety for your walking enjoyment.

AVA National Program – Walking the USA A-Z

Walk 26 cities — A to Z. For example walk in Albany for A, Zanesville for Z, etc. The program will continue indefinitely as long as there is interest. Once you have completed the event book you qualify to receive a beautiful patch. Note: X is a wildcard and can be a walk at any event that is not already marked for the program. Xenia is still an option. Make a copy of your book prior to mailing the original to: AIA Headquarters, Attn: A-Z Program, 1001 Pat Booker Road, Suite 101, Universal City, TX 78146-4147. Direct questions to karen@ava.org.

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June/July 2018 The American Wanderer 19
Celebrate September – walking and enjoying the arts!

September 1 will be a special Saturday in Victor, Colorado. The Colorado Springs Walking Club will host a walking event in coordination with Victor Celebrates the Arts.

The walk includes a 5k/10k trail through this historic town of 400 residents. Trails will be through the unpolished gem of 1890’s gold mining history. Victor is located on the sunny side of Pikes Peak with great southern exposure, one hour west of Colorado Springs and five miles from Cripple Creek. Victor has panoramic views of the Sangre de Cristo Mountains, blue skies, fresh mountain air, alpine wild flowers, evergreens and aspens, all at an elevation of nearly 10,000 feet. The natural beauty is breathtaking and an inspiration for all visitors — especially the artists.

Victor Celebrates the Arts — for 17 years artists from around the country have gathered in Victor to enjoy painting “plein air” [in the open air]. This is a judged show of professional and non-professional artists who paint various scenes within rustic Victor and many legendary 1890’s gold mining sites nearby.

For more info, check out the AVA website listing for events or contact Lynette Reagan, 719-201-7554 or Lynwalks@hotmail.com.

Sunshine, history and art all along the walking trail in this beautiful little town!

Love walking

By Ewald Lapillott

Walking with friends, new and old Walking makes for a perfect day to eat lunch out in the cold Walking to places I’ve never been before Walking in dark and shady woods Walking in the hood out-of-doors Walking on a busy city street in the neighborhoods Walking across America on the crossroads Walking in the early morn upon a firm bed that was railroad Walking with loaded backpack, a heavy load Walking toward the busy and noisy airport Walking with an active crowd, a loud and clamoring sort Walking with a shorter and slower stride each kilometer Walking the old route 66, now a Main Streeter Walking on Chalk Creek Cliffs, ran into a few mountain goats Walking through a field as some bison approached Walking the trail to Crazy Horse, quite a hill at the end Walking all 50 States; first rater I’ve gone walking, come and see me later

Discover a rural surprise in Elizabeth, Colorado

By Greg Patchell

Come Volksmarch Saturday, September 8 in Elizabeth, Colorado. Elizabeth is a small country town about 45 minutes southeast of Denver and 45 minutes northeast of Colorado Springs, almost due east of Castle Rock, Colorado. At an elevation of 6,450 feet, Elizabeth sits on the “Arkansas Divide” and typically has cooler weather than Colorado Springs or Denver. A vein of pine trees that is a continuation of the Black Forest runs through our town. Elizabeth, purportedly named after Governor Evans’ sister-in-law, began in 1855 as a saw mill camp operated along the bank of Running Creek. A few years later, in 1858, gold was discovered in the creek. A gold rush followed, but the quality and quantity of the gold never led to a boom for the town. However settlers moved in to work the land and the town was incorporated on October 10, 1890, with a population of 300. By 1901, Elizabeth had several businesses offering general merchandise, lumber, creamery products, feed and other services. Many of these historical buildings are still in use today and will be on the route of the walk. Two websites allow you to have a look at our town in advance: townofelizabeth.org. The “History” section under the Home pulldown has a short video.

The link near the top of the page, elizabethchamber.org, for “Oktoberfest in the Pines” will have information from the 2017 inaugural event, plus the plans for 2018 as they develop, to include the food vendors. There is a weather link under the Elizabeth Living pulldown near the top of the page.

The trail rating is 1A, and will go through the historic community of restored Victorian houses on sidewalks and some nature trails for 5/10k. Volunteer historians will be around the town to document the area’s history, and Oktoberfest activities with beer and food vendors will be available from 12-8 p.m. The start/finish (start 9 a.m.-noon, finish by 3 p.m.) is at the Casey Jones Park at 4189 Hwy 86, and the walk is being co-sponsored by the Woodland Wanderers of Woodland Park and the Patchell & CO Shaklee Independent Distributors. For more info contact Greg, 720-253-5178 or email gndpatchell25@q.com.

New 5k alternatives in Windsor, Colorado

We have routed two alternatives to our 5k walk in Windsor, a small town in northern Colorado (easy access from I-25). Formerly a small farming community, Windsor has experienced unprecedented growth since 2000 and continues to attract families with its small town charm and quality of life. Windsor has managed to balance its growth while maintaining its growth while at the same time developing new routes to keep up with the changing landscape.

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Roaring River Shindig

Dogwood Trailblazers invite you to return with them to their favorite walking event October 27 at Roaring River State Park. It is the oldest and most scenic of the Missouri state parks. The park contains premier trout fisheries and seven trails cut through the rugged terrain but you will only have to do one of them. Bring your walking sticks, boots and a jacket as this is Missouri and we never know what the temps will be. We will make sure there is a fire going at each end of the shelter to warm you if needed. Always a good smell, too.

A recent renovation of the historic lodge built by the WPA (Works Progress Administration) from timber cut in the park and of stone mined from an area quarry is now available. Other park cottages, shelters and hatchery were Civilian Conservation Corps projects.

If you enjoy camping out in the fall, in your tent or RV, the park has three campgrounds. It is best to make a reservation as we share the park with fishermen. The park is located south of Cassville in Barry County. Those who prefer a motel will want to contact America’s Best Value Inn & Suites, 417-847-4888, in Cassville.

Tradition dictates that for this event, there will be well-cooked hot dogs and potluck for lunch. No charge. We can assure you that after your walk you will have an appetite.

Tulsa Walking Club summer walks

June 16 finds the Tulsa Walking Club (TWC) exploring a new park, located between Tulsa and Sand Springs, Oklahoma. The walk will be alongside the Cimarron River and you can see wandering fowl — as in geese and ducks — as the lake in the park. As you walk through the park check out the memorial flags for several wars. Come early in the day to visit the Museum of the Great Plains or the Comanche Cultural Center. The park is located south of Cassville in Barry County. Those who prefer a motel will want to contact America’s Best Value Inn & Suites, 417-847-4888, in Cassville.

Tradition dictates that for this event, there will be well-cooked hot dogs and potluck for lunch. No charge. We can assure you that after your walk you will have an appetite.

Lawton, Oklahoma, evening walk on June 2

Come walk the trails around Elmer Thomas Park and along city streets for an evening walk with the Lawton Walkers in Lawton, Oklahoma. Start point will be at the Days Inn at 601 NW 2nd Street. You will see the prairie dogs, lighting bugs and many fowl — as in geese and ducks — at the lake in the park. As you walk through the park check out the memorials for several wars. Come early in the day to visit the Museum of the Great Plains or the Comanche Cultural Center. The 10K will walk along Lawton’s new 2nd Street with no stores, convention center and street corners with benches, flowers, trees and fancy brickwork in the roadway.

Lawton was designated the county seat of Comanche County. The town was named for Major General Henry W. Lawton, a quartermaster at Ft. Sill who had taken part in the pursuit and capture of Geronimo. Lawton was opened to settlement through an auction of town lots beginning on August 6, 1901. Sixty days later the auction was complete. On September 25, 1901, the Rock Island Railroad expanded to Lawton and was soon joined by the Frisco Line. The first elections were held October 24, 1901. Lawton’s growth began with World War I and continued with World War II. Ft. Sill continues to help Lawton grow. Lawton annexed Ft. Sill on June 23, 1998. Ft. Sill has kept on growing, thus increasing the population of Lawton.

Lawton has three public museums — The Museum of the Great Plains, Ft. Sill Museum and Comanche National Museum and Cultural Center. We lay claim to many famous musicians — Leon Russell and Bryan White, among others. Frontier lawman Heck Thomas, who captured Bill Doolin of the Wild Bunch Gang, spent his last years as the first elected police chief of Lawton. We also claim Comanche Code-talker Charles Chibitty, actress Joan Crawford, Miss America 2007 Lauren Nelson and various sport celebrities in the fields of bowling, football, baseball, boxing and body-building.

The event qualifies for these AVA Special Programs: Amphitheaters, Bridges, City Parks, Doin’ the Louisiana Purchase, Lakes and Reservoirs, Points of Reference, Treasure Hunt, Walk the USA A to Z, Walk the USA Street by Street, Walk the USA 50 States/50 Capitals and Water Fountains.

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AVA Special Program — Walk the Path of Inventions

Runs January 1, 2016 through December 31, 2018. It is easy and exciting to complete this program with only 20 different walks. The walk qualifiers include but are not limited to: walks going by well-known inventors or researchers homes, gravestones, labs, workplaces or museums; walks with named streets, parks, statues, and buildings of famous inventors or researchers as part of the route; walks going by universities and colleges with published research or notable work on inventions that have taken or presently are taking place. Use each walk once. 4x5” patch. Send request to Finger Lakes Region Volkswalk Club, Sue Cemolley, 1041 Church Street, Cortland, NY 13045. For more info sjcemolley@aol.com.

AVA Special Program — Lady Liberty

Runs January 1, 2016, through December 31, 2018. Each walk must be an AVA sanctioned event in which walkers walk by, or be able to see from the trail, any Statue of Liberty or replica. The qualifier must be stationary and non-moving, i.e. flags do not qualify. Additional points for several wars. Come early in the day to visit the Museum of the Great Plains or the Comanche Cultural Center. The 10K will walk along Lawton’s new 2nd Street with no stores, convention center and street corners with benches, flowers, trees and fancy brickwork in the roadway.

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AVA Special Program — United States Post Offices

Runs January 1, 2016 through December 31, 2018. Walk 20 sanctioned events that pass a United States Post Office building. Buildings with some postal services will not count, i.e., grocery stores, drug stores. The zip code could be on the building. No rural mailboxes, residential mailboxes or mail drop boxes will count. If the building does not have a zip code on it, find it at this website: usps.com/zip4/ using street address, city and state. Include this information in the book: date, zip code, city and state. No duplicate stamps and only one qualifier per stamp. Patch: 3”x4”. When requesting a hook, include your email address for our information, if you have one. Sponsored by Lawton Walkers, Sigi Bentley, 1104 SE Altan Lame, Lawton, OK 73501, or sebent51@aol.com, or Roland Ouellette, 2609 NE Heritage Lane, Lawton, OK 73501, or rol@tuscalagroup.com.

AVA Special Program — National Parks Centennial

Runs January 1, 2016 through December 31, 2018. Sponsored by the Emerald City Wanderers. Walk 15 qualifying events that include National Parks, as well as events that pass by a national monument or memorial; all listed on National Park Service website. Further, the challenge walker may claim an event once each calendar year. Patch: 3”x4” upon completion of challenge. Send request to Emerald City Wanderers and mailed to POC Diane Hildebrand, PO Box 39592, Benton, WA 98035, walkin-crazy8@hotmail.com. Alternate POC, Mike Nagum, m.nagum@comcast.net. For more info, walkingthewest.org/
AVA Special Program — Ports of Call

Runs January 1, 2016 to December 31, 2018. Walk 24 AVA sanctioned events in cities that include “port” in their name or that pass a location that is now or historically has been an ocean, river or lake port. One entry per calendar year is permitted for Year Round and Seasonal events. Duplicate event numbers for multi-day traditional events are not allowed. Insert cards may be used and attached to the booklet, but no write-in entries will be accepted. Patch approximately 3”x4”. Send request to Olympic Peninsula Explorers, and mail to Sharon Street, 1783 NW Rock Way, Poulsbo, WA 98370; raneytd@aol.com.

AVA Special Program — State Street Sashay

Runs from January 1, 2016 to December 31, 2018. This is the Volkspports version of seeing if you can find 10 events that go along a street named State Street. Yes, it’s a simple program but it will remind you of the concept of American statehood. Events can be in all one state or in all different states or in any combination of states. Participants can even do the same event multiple times! We have already found over 100 events that start the route on State Street and there are many more events that include a State Street later in their routes. For a list of qualifying YREs and Seasonals, see http://centralvolksports.wix.com/cmv. Patch: 4”x3”-½”. Send request to Central Minnesota Volkspports (CMV), Lois Head, Special Program Coordinator, PO Box 2162, St. Cloud, MN 56302-2162; LMHead@StCloudState.edu or 320-252-7348.

AVA Special Program — The Appalachian Trail

Runs January 1, 2018 through December 31, 2028. Redeem books by December 31, 2029. The Appalachian National Scenic Trail is roughly 3,500 km long and goes through 14 states or in any combination of states. Participants can even include a State Street later in their routes. For a list of qualifying YREs and Seasonals, see centralvolkspports.wix.com/cmv. Patch: 3½”x4”. For details and books, contact Susan Medlin, 12327 Fern Creek, San Antonio, Texas, 78253, 210-325-3523 or email susanmedlin@aol.com.

AVA Special Program - Little Free Libraries

Runs January 1, 2019 through December 31, 2021 and is not retroactive. Little Free Libraries can be found throughout the United States, Canada and in many countries around the world. Complete 20 AVA sanctioned walks that include a Registered Little Free Library. Registered LFL’s have an official charter sign and charter number which will be the qualifier. Unregistered LFL’s will not count and only one LFL may be used per walk even if there is more than one on the route. One entry, per calendar year, is permitted for YRE and Seasonal events. Patch is 4”x4” multi-color picturing three children enjoying books while sitting beneath a Little Free Library. Send request to Greater Des Moines Volkspport Association, Attn: Deb Gaskins, PO Box 110, Des Moines IA 50301-0110. Include mailing address and email. For more info contact Deb Gaskins, gaskins.deb@gmail.com or 515-238-2496. Visit littlefreeLibrary.org to locate registered little free libraries.

AVA Special Program — The Centurion Achievement Challenge

The Centurion Achievement Challenge encourages and recognizes those who make a special, serious commitment to the “Fitness” aspect of our Fun Fitness Friendship slogan. Participate in 100 events in a single calendar year. AVA will recognize your accomplishment with a distinctive patch. A lifetime of fitness begins with a single stride. You must be an AVA Associate Member (annual or lifetime) to participate. AVA membership is separate from local club membership. For info contact Karen at AVA HQ, 210-659-2112 or email Karen@ava.org. Submit payment with a completed Centurion registration form to: AVA Centurion Achievement Challenge, 1061 Pat Booker Rd, Suite 101, Universal City, TX 78148.

AVA Special Program — Walk the USA — Street by Street

Runs January 1, 2016, through December 31, 2018. Walkers walk all 50 states by walking streets named after cities or states in the USA on any sanctioned AVA or IVV Traditional or Year Round event. Walkers will be allowed to stamp a maximum of three (3) states per event so long as the qualifier is walked for at least one (1) block. Expand your qualifiers! Match a city-named street with the state that has a city with that name. If a walker walks on a Springfield street, for example, and already has the state of Illinois claimed in their book for this program, then they may want to use it for Missouri, Ohio, Massachusetts, Virginia or Oregon! Send request to POC: Tulsa Walking Club, c/o Teresa Arnold, POC, 3901 E. Tacoma Street, Broken Arrow, OK 74012; email: arnoldte@hotmail.com.

AVA Special Program — Points of Reference

Runs from January 1, 2016 to December 31, 2018. This is intended to encourage walkers to become more aware of where they fit in the world geographically, historically, chronologically and temperature-wise as they relocate from event site to event site – 15 in all. Points of Reference include directions as well as dimensions of space, time, and temperature. Examples: West Point, Long Beach, Old German Town, Thermopolis – Hot Springs State Park. So orient yourself on any type of Volkspport where the route occurs or passes by reference points. Events may be used multiple times each of the three years of the program’s duration when there are multiple qualifiers. (No street names, please.) For a list of qualifying YREs and Seasonals, see centralvolkspports.wix.com/cmv. Patch: 3½”x4”. Send request to Central Minnesota Volkspports (CMV), Lois Head, Special Program Coordinator, PO Box 2162, St. Cloud, MN 56302-2162; LMHead@StCloudState.edu or 320-252-7348.

AVA Special Program — Ice Cream Parlers

 Runs January 1, 2017 through December 31, 2019. Ice cream parlors have been a special part of America’s social and cultural history. Reminisce with fellow walkers about being taken out by parents or grandparents for sundaes or enjoying banana splits after school with friends. Maybe a special date or celebration happened at an ice cream parlor. The challenge is to complete 20 different AVA sanctioned events that pass an ice cream parlor. Chains such as Dairy Queen, Friendly’s, and Shakee’s count but each chain can be used only once. Mobile ice cream trucks do not qualify. The 3½”x4” award patch will be mailed after completed program book is received. Further details on the requirements can be found at walkmass.org. To request a program book or more info contact, Marilyn Frink, 38 Carter Street, Unit 205, Everett, MA 02149 and include your mailing and email addresses.

AVA email: taw@ava.org

Note: TAW email address will only accept pictures or articles.

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A V A: America’s Walking Club!

Danvers, Massachusetts - Glen Magna.

Danvers, Massachusetts - Rebecca Nurse Homestead. Photo by Barbara Piffat.

Gateway Milers Walk Together.

Eating the Big Ugly (16 oz after cooking) at Bub’s Burgers and Ice Cream in Evansville, Indiana.

(l-r) Henry Rosales (AVA executive director), Maria Sanchez, Christine Handy, Jim Weatherby, Jerry Wilson (North Central AVA regional director), Dennis Michele (AVA president), Mario Brites with Dolly, Rozy Weatherby, Catherine Brites, Doug Eide (standing behind Catherine) and Hannah Weatherby with Rudy stand next to the eight-foot tall statute of Fleet Admiral Chester Nimitz along the “40th Anniversary Footsteps of the Founders Walk” trail in 2016. The walk trail is next to the National Museum of the Pacific War in downtown Fredericksburg, Texas. Photo by Martin Callahan.

Historic Harrisburg Trail goes by the state capitol, considered by many as the most beautiful state capitol buildings in the country.
Clubs continued from page 24

White Water Valley Walkers
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Brookville, IN 47021
Dennis Fritz
812-584-2687
dfditriz@aol.com

IOWA
Greater Des Moines Volkssport Assn.
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Diana Whited
515-783-5251
dwhited1969@gmail.com

KANSAS
Kansas Jay Walkers
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Leavenworth, KS 66048
Lucy Yother
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yotherl@yahoo.com

Sunflower Sod Stompers
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Topeka, KS 66601
Bryan Taylor
719-338-8717
wn97744@aol.com

Clubs continued on page 26

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Sandi Cahall
571-405-4808
sancahill@gmail.com

MASSACHUSETTS
Two Town Walking Club
56 Ledgewood Drive
Danvers, MA 01923
Joseph Pittal
978-777-4619
gpittal@aol.com

Walk ‘N Mass Volkssport Club
38 Carter Street, Unit 205
Everett, MA 02149
Mary Frink
617-387-1577
mfwalks2010@verizon.net

MICHIGAN
Michigan Pathfinders
10435 Oak Trail Rd
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Tom Crabill
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Washtenaw Wanderers Volkssporting Club
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Rob Weaver
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Clubs continued from page 25

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The American Walkerer
June/July 2018
AvA Special Program — Treasure Hunt

Runs January 1, 2016 to December 31, 2018. Seek 15 precious treasures of minerals and gems, medicinal elements or building materials. Places with names or features related to the unearthing of the precious minerals and gems. (No street names, please.) For a list of qualifying YREs and Seasonals, see http://cenworldwalker8477@gmail.com

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<table>
<thead>
<tr>
<th>Date</th>
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<th>Location</th>
<th>Contact</th>
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<tbody>
<tr>
<td>7/11/18</td>
<td>W</td>
<td>Anchor Point</td>
<td>Valentino 253-281-8036</td>
</tr>
<tr>
<td>7/10/18</td>
<td>W</td>
<td>Homer</td>
<td><a href="mailto:fun@walkingadventures.com">fun@walkingadventures.com</a></td>
</tr>
<tr>
<td>7/13/18</td>
<td>W</td>
<td>Soldotna</td>
<td>Seward</td>
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<td>7/15/18</td>
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<td>Denali National Park</td>
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<td>7/19/18</td>
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<td>Fairbanks</td>
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### ILLINOIS

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>6/9/18</td>
<td>W</td>
<td>Skagway</td>
<td>Nancy Wittenberg 253-280-1331</td>
</tr>
<tr>
<td>6/10/18</td>
<td>W</td>
<td>Anchorage Volkssport Club</td>
<td>Stevan Cady 907-301-0122</td>
</tr>
</tbody>
</table>

### COLORADO

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>6/6/18</td>
<td>W</td>
<td>Colorado Springs</td>
<td>Scott Horn 253-281-8036</td>
</tr>
<tr>
<td>7/6/18</td>
<td>W</td>
<td>Denver</td>
<td>International Wanderers</td>
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<td>7/14/18</td>
<td>W</td>
<td>Rocky Mountain Wanderers</td>
<td>Scott Horn 253-281-8036</td>
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<tr>
<td>7/21/18</td>
<td>W</td>
<td>Colorado Springs</td>
<td>Jean Vik 951-317-7860</td>
</tr>
<tr>
<td>9/10/18</td>
<td>W</td>
<td>Colorado Springs Walking Club</td>
<td>Betsy McDevitt 530-412-4453</td>
</tr>
<tr>
<td>9/18/18</td>
<td>W</td>
<td>Boulder</td>
<td>Chris Zegelin 408-259-5157</td>
</tr>
<tr>
<td>9/10-16/18</td>
<td>W</td>
<td>3-W</td>
<td>Pacific Grove</td>
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</tbody>
</table>

### CONNECTICUT

<table>
<thead>
<tr>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>6/30/18</td>
<td>W</td>
<td>Redfield</td>
<td>Steve Bailey 477-339-9140</td>
</tr>
<tr>
<td>6/13/18</td>
<td>W</td>
<td>Marshall</td>
<td>Tom Martin 317-787-9776</td>
</tr>
<tr>
<td>7/25/18</td>
<td>W</td>
<td>Penndelton</td>
<td>Cliff Terry 317-776-1848</td>
</tr>
<tr>
<td>8/22/18</td>
<td>W</td>
<td>Indianapoloi</td>
<td>Carolyn Armacost 317-508-1081</td>
</tr>
<tr>
<td>9/29/18</td>
<td>W</td>
<td>Indianapoloi</td>
<td>Cliff Terry 317-776-1848</td>
</tr>
<tr>
<td>10/13/18</td>
<td>W</td>
<td>Indianapoloi</td>
<td>Lance Radfrit 317-638-1320</td>
</tr>
</tbody>
</table>

### DELAWARE

<table>
<thead>
<tr>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>3/28/18</td>
<td>W</td>
<td>West Penascola</td>
<td>Tom Stude 302-382-0883</td>
</tr>
<tr>
<td>3/28/18</td>
<td>W</td>
<td>West Penascola</td>
<td><a href="mailto:Tcsunde@verizon.net">Tcsunde@verizon.net</a></td>
</tr>
</tbody>
</table>

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<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/16/18</td>
<td>W</td>
<td>Altamonte Springs</td>
<td>Mike Lanpher 407-695-9181</td>
</tr>
<tr>
<td>7/21/18</td>
<td>W</td>
<td>Oviedo</td>
<td>Mike Lanpher 407-695-9181</td>
</tr>
<tr>
<td>9/22/18</td>
<td>W</td>
<td>West Palm Beach</td>
<td>Rod Powell 850-637-1876</td>
</tr>
</tbody>
</table>

### HAWAII

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Contact</th>
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<tbody>
<tr>
<td>7/4/18</td>
<td>W</td>
<td>Kaneohe</td>
<td>Carol Romig 808-626-3575</td>
</tr>
</tbody>
</table>

### IOWA

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/30/18</td>
<td>GB</td>
<td>Fort Des Moines</td>
<td>Diane White 515-783-5251</td>
</tr>
<tr>
<td>9/8/18</td>
<td>W</td>
<td>Des Moines</td>
<td>Diana Ronk 515-491-8903</td>
</tr>
<tr>
<td>9/15/18</td>
<td>W</td>
<td>Malvern</td>
<td>Bryan Taylor 719-338-8717</td>
</tr>
<tr>
<td>9/22-23/18</td>
<td>W</td>
<td>Des Moines</td>
<td>Phyllis Olson 515-270-6920</td>
</tr>
<tr>
<td>9/23/18</td>
<td>GB</td>
<td>Des Moines</td>
<td>Dana White 515-783-5251</td>
</tr>
<tr>
<td>10/13/18</td>
<td>W</td>
<td>Granger</td>
<td>Susan Pinke 515-277-3653</td>
</tr>
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### KANSAS

<table>
<thead>
<tr>
<th>Date</th>
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<th>Location</th>
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<tbody>
<tr>
<td>6/11/18</td>
<td>W</td>
<td>Clay Center</td>
<td>Teri Tyler 785-233-4385</td>
</tr>
<tr>
<td>6/19/18</td>
<td>W</td>
<td>Alma</td>
<td>Sunsetto Whel Stompers</td>
</tr>
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### MAINE

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>6/15/18</td>
<td>W</td>
<td>Falmouth</td>
<td>Denise Macarano 207-774-3415</td>
</tr>
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### MARYLAND

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/21/18</td>
<td>W</td>
<td>Columbia</td>
<td>John Dye 410-290-6510</td>
</tr>
</tbody>
</table>

### INDIANA

<table>
<thead>
<tr>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>6/2/18</td>
<td>W</td>
<td>Bluffton</td>
<td>Cliff Terry 317-776-1848</td>
</tr>
<tr>
<td>6/9/18</td>
<td>2-W</td>
<td>Fort Wayne</td>
<td>Cliff Terry 317-776-1848</td>
</tr>
<tr>
<td>6/16/18</td>
<td>W</td>
<td>Cicero</td>
<td>Indigenous Walkers 317-776-1848</td>
</tr>
<tr>
<td>7/14/18</td>
<td>W</td>
<td>Carmel</td>
<td>Indigenous Walkers 317-776-1848</td>
</tr>
<tr>
<td>7/21/18</td>
<td>W</td>
<td>St. Joe</td>
<td>Three Rivers Strollers 317-776-1848</td>
</tr>
<tr>
<td>8/14/18</td>
<td>W</td>
<td>North Liberty</td>
<td>Bob Buziosch 574-339-9140</td>
</tr>
<tr>
<td>8/11/18</td>
<td>B</td>
<td>Hoosier Hikers</td>
<td>Cliff Terry 317-776-1848</td>
</tr>
<tr>
<td>8/18/18</td>
<td>W</td>
<td>Marshall</td>
<td>Tom Martin 317-787-9776</td>
</tr>
<tr>
<td>8/25/18</td>
<td>W</td>
<td>Pendleton</td>
<td>Cliff Terry 317-776-1848</td>
</tr>
<tr>
<td>9/22/18</td>
<td>W</td>
<td>Indianapolis</td>
<td>Carolyn Armacost 317-508-1081</td>
</tr>
<tr>
<td>9/29/18</td>
<td>W</td>
<td>Indianapolis</td>
<td>Cliff Terry 317-776-1848</td>
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<tr>
<td>10/13/18</td>
<td>W</td>
<td>Indianapolis</td>
<td>Lance Radfrit 317-638-1320</td>
</tr>
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### MARYLAND

<table>
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<th>Date</th>
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</thead>
<tbody>
<tr>
<td>7/4/18</td>
<td>W</td>
<td>Columbia</td>
<td>Carol Romig 808-626-3575</td>
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</tbody>
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### RHODE ISLAND

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>7/10/18</td>
<td>W</td>
<td>Wakefield</td>
<td>Scott Horn 253-281-8036</td>
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</table>

### VIRGIN ISL.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>7/11/18</td>
<td>S</td>
<td>Nantucket</td>
<td>Mike Lanpher 407-695-9181</td>
</tr>
<tr>
<td>7/18/18</td>
<td>W</td>
<td>Nantucket</td>
<td>Mike Lanpher 407-695-9181</td>
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### WASHINGTON

<table>
<thead>
<tr>
<th>Date</th>
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<tbody>
<tr>
<td>6/22/18</td>
<td>W</td>
<td>Bellingham</td>
<td>Sonoma Wanderers 253-208-1331</td>
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### WISCONSIN

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<th>Date</th>
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<tbody>
<tr>
<td>6/13/18</td>
<td>W</td>
<td>Milwaukee</td>
<td>Redfield Volunteer Scouts 262-219-5021</td>
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### WEST VIRGINIA

<table>
<thead>
<tr>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>6/22/18</td>
<td>W</td>
<td>Charleston</td>
<td>Redfield Volunteer Scouts 262-219-5021</td>
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### MEXICO

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<th>Date</th>
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<tbody>
<tr>
<td>6/9/18</td>
<td>W</td>
<td>Guadalajara</td>
<td></td>
</tr>
</tbody>
</table>
Events continued from page 29

10/13/18  W    Cuyahoga Falls        Valley Vagabonds, Inc.
                    D Simon  440-915-0161
deval17@asol.com
10/20/18  W    Fort Loramie       Ohio Wander Freunde
                    Dawn Gerst    937-879-0500
dgruber333@asol.com
10/27/18  W    Cincinnati        Germania Volksgmarche
                    Patty Galvin  513-825-1355
germaniavolksmarch@gmail.com

OKLAHOMA

6/2/18  W  Lawton  Walker's Club
  Roland Ouellette 214-649-4150
rolo@rookemgroup.com
6/16/18  W  Tulsa  Tulsa Walking Club
  C Children  918-857-4682
catsfordogs@hotmail.com
9/15/18  W  Broken Arrow  Ralph Axtom  918-740-0000
  ralphaxtom@cox.net
11/13/18  W  Elgin  Walker's Club
  Roland Ouellette 214-649-4150
rolo@rookemgroup.com

OREGON

6/2/18  W  Brooks  Albany Walkers
  Don Reed  541-926-8327
donreed946@yahoo.com
6/9/18  W  Portland  Rose City Roamers
  Dick Baker  360-991-8806
dickbrk@q.com
6/16/18  W  Portland  Columbia River Volkssport Club
  Carolyn  503-649-7675
donkence@yahoo.com
6/23/18  W  Albany  Albany Walkers
  Don Reed  541-926-8327
donreed946@yahoo.com
6/24/18  TGW  Portland  Rose City Roamers
  Dick Baker  360-991-8806
dickbrk@q.com
6/30/18  W  Portland  Gleneden Beach
  MaryAnn Brown  541-961-4279
yachatscoastalgems@gmail.com
7/7/18  W  Portland  Cedar Milers
  Dan Webster  503-591-5983
200cedarmilers@gmail.com
7/21/18  W  Portland  Astoria
  Sam Korff  503-728-0400
7/8/18  TGW  Portland  Rose City Roamers
  Dick Baker  360-991-8806
dickbrk@q.com
8/11/18  W  Portland  Columbia River Volkssport Club
  Don Reed  541-926-8327
donreed946@yahoo.com
8/15/18  TGW  Portland  Vancouver USA Volkssporters
  Dick Baker  360-991-8806
dickbrk@q.com
8/22/18  TGW  Lake Oswego  Rose City Roamers
  Dick Baker  360-991-8806
dickbrk@q.com
8/25/18  W  Portland  Columbia River Volkssport Club
  Diane Schmidt  503-266-5308
carolyn925@gmail.com
9/8/18  W  Canby  Valley Walkers
  BL Cline  503-329-5386
valleywalkers@yahoo.com
9/16/18  W  Portland  Willamette Walkers
  Don Reed  541-926-8327
donreed946@yahoo.com
9/22/18  W  Portland  Willamette Wanderers
  Amy  541-926-8327
9/23/18  TGW  Portland  Rose City Roamers
  Dick Baker  360-991-8806
dickbrk@q.com
9/29/18  W  Eugene  Eugene Springfield Mountbuck
  Sally Ross  541-726-7169
mossbackclub@gmail.com
10/6/18  GW  Salem  Cedar Milers
  Dan Webster  503-591-5983
200cedarmilers@gmail.com
10/20/18  W  Portland  East County Windwalkers
  Louise Dix  541-951-0667
louisedix@yahoo.com

PENNSYLVANIA

6/9/18  W  Oil City  Mon Valley Trailblazers
  Lori Lamberti  724-858-5965
movalleytrailblazers@yahoo.com
6/16/18  W  Duncannon  MarcY  717-979-3960
marcy93@verizon.net
6/4/18  W  Dillsburg  Susquehanna River Volkssport
  Brenda W expressive  717-266-5400
b.werich@verizon.net
9/22/18  W  Atglen  Chester County Red Rovers
  Jeanne Clancy  484-432-8541
clancygirl@verizon.net
9/23/18  W  StevensKIknobblers
  David Barbor  717-625-661
4 Penn-Dutch Pacers Volkssport Club
  Ddmmbear@comcast.net

SOUTH DAKOTA

  Diane Johannesen 307-290-0746
diane.johannesen@hotmail.com

TEXAS

6/9/18  W  Fredericksburg  Texas Volkssport Assn.
  Brian Fisher  830-377-4239
guadalupesigns@omniglobal.net
2/14/18  GW  Moab  Sierra Suits  360-260-9393
2/15/18  GW  Moab  International Wanderers
  sierra@walkingadventures.com
2/18/18  GW  Moab  silver sage  801-709-3833

WI

9/15/18  W  Williamsburg  Peninsula Pathfinders of Virginia
  Sandy Croushore  757-476-7579
9/27/18  W  Ft Davis  Texas Volkssport Assn.
  Tom Jackson  717-677-6511
daviscountyvolks.com
10/6-7/18  W  Ft Davis  Western Hill Country Trail Walkers
  Ellen Ott  774-814-1477
7/21-22/18  W  Waring  Hill Country Volkssportverein
  Diane Johannesen 307-290-0746
diane.johannesen@hotmail.com

WASHINGTON

6/2/18  W  DuPont  Over-The-Hill-Gang Volkssport Club
  Diane Wagner  253-875-3064
diane@wagner@comcast.net
6/9/18  W  Shoreline  Thunderbird Volkssport Club
  Neil Smith  206-214-5274
neil.smith@comcast.net
6/12/18  GW  Spokane  Lilac City Volkssport Assn.
  aheritage@verizon.net
6/16/18  GW  Coeur DAlene  Blackband Classics
  aheritage@verizon.net
7/4/18  GW  Seattle  Emerald City Volkssport Club
  aheritage@verizon.net
7/4/18  W  Vancouver  Vancouver USA Volkssporters
  aheritage@verizon.net
7/7/18  W  Key Peninsula  Olympic Peninsula Explorers
  aheritage@verizon.net
7/12-16/18  W  Chimacum  Key Peninsula Volkssport Club
  aheritage@verizon.net
7/19/18  W  Port Angeles  Evergreen State Volkssport Club
  aheritage@verizon.net
7/21-22/18  W  Newhalem  Fours-Plus Foothody Folks
  aheritage@verizon.net
8/28/18  W  Castle Rock  Border Crossers
  aheritage@verizon.net
8/31/18  TGW  Battle Ground  Evergreen State Volkssport Club
  aheritage@verizon.net
9/1-2/18  TGW  Washougal  All Weather Walkers
  aheritage@verizon.net

Events continued on page 31
Events continued from page 30

8/8/18 GW Issaquah Sharon Moats 425-235-0528 Interlaken Trailblazers Volkssport Club s.moats@comcast.net
8/19/18 W DuPont Diane Wagner 283-875-3064 Over-The-Hill-Gang Volkssport Club di@comcast.net
8/25/18 GW Montesano Mert Turner 360-533-4352 Mert@turner@msn.com
9/1/18 W Seattle Emerald City Wanderers David Madson 206-789-1960 dmadson@seattleu.edu
9/7/9/18 4-W Coupeville Sue Payton 360-914-4268 nwfullep@comcast.net
9/15/18 W Washougal Heidi Schurr 360-573-8999 hschurr@hanaford.com
9/22/18 W Cle Elum Central Washington Sun Striders Joe Blazek 509-899-6535 jblazek1@gmail.com
9/22/18 W Olympia Chase Davis 360-584-6446 gx72p@comcast.net
9/29/18 GW Seattle FS Family Wanderers Michelle Roberts 206-552-1775 miche1l0956@gmail.com
10/6/18 W Newcastle Katie Sell 425-753-1772
10/13/18 W Spanaway Emerald City Wanderers Nancy Wittenberg 253-841-0580
10/27/18 W Carnation Emerald City Wanderers Fran Carson 425-468-7962 franco55@comcast.net

9/29/18 GB Marlinton York White Rose Wanderers Tom Jackson 717-677-6511 thomas.jackson@embarq.com

WEST VIRGINIA

9/29/18 GB Marlinton York White Rose Wanderers Tom Jackson 717-677-6511 thomas.jackson@embarq.com

WASHINGTON

Evergreen State Volkssport Assn. 2815 Lincoln Pl. NE, Renton, WA 98056 Sharon Moats 425-235-0528 sharon.1.moats@gmail.com

Remind: SNOB Program ends in 2018
The SNOB Program will end December 31, 2018. SNOB books are no longer available and walkers holding a SNOB book must have 15 stamps in it before they can redeem the book. Complete your book by December 31, 2018, and send it to AVA Special National Officer Book, 1001 Pat Booker Rd., Suite 101, Universal City, Texas 78148. If you have questions contact SWRD Susan Medlin, 210-325-3523 or sve_rd@ava.org.

AVA’s Vision: Increasingly engage Americans in lifelong walking and other noncompetitive physical fitness activities.

AVA’s Mission: Promote and organize noncompetitive fitness activities that encourage lifelong fun, fitness, and friendship for all ages and abilities.

### STATE ASSOCIATION MEMBERS

**CALIFORNIA**
California Volkssport Association Inc.
PO Box 1253, Twain Harte, CA 95383
Philip Jones 209-586-0597
president@cv4a.org

**INDIANA**
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2909 Rolling Meadows Lane
New Haven, IN 46774
Cheryl Elser 260-750-2177
elserfam@frontier.com

**MARYLAND**
Maryland Volkssport Assn.
824 Buckingham Dr., Severna Park MD 21146
Robert Schmick 410-960-6226
marktm@erols.com

**NORTH CAROLINA**
Tarheel State Walkers Volkssport Assn.
27 Cane Creek Circle
Fairview, NC 28730
Dennis Michele 828-628-4343
dmiche1blue@aol.com

**OHIO**
Ohio Volkssport Assn.
143 Redder Ave., Dayton, OH 45405
Shane Conley 937-416-8059
OVA.walking@yahoo.com

**OREGON**
Oregon Trail State Volkssport Assn.
1350 NE Greenway Drive
Gresham, OR 97030
Dar Parrow 503-484-6475
dar.parrow@gmail.com

**PENNSYLVANIA**
Keystone State Volkssport Assn.
870 Bucks Valley Road
Newport, PA 17074
Marcy Lucas 717-979-3960
lucas_mj@hotmail.com

**TEXAS**
Texas Volkssport Assn.
27272 Ramblerwood
San Antonio, TX 78261-2013
Heinz Johnson 830-980-5723
tvapresident@gvtc.com

**VIRGINIA**
Virginia Volkssport Assn.
12311 Riderfield Parkway
Henrico, VA 23233
Chris Kelly 804-909-9916
cce_kelly@comcast.net

Changes to YREs and Seasonal Events can be found on the AVA website – ava.org.
Click on Events menu tab, on the drop down menu click on Starting Point Changes link.
### IVV Event Awards

#### 10 Events
- Allen Sue Kenosha WI
- Armitage Amy Indianapolis IN
- Baez Sally Temecula CA
- Beard-Johnson Ellen Longview WA
- Boulieris Helaina Spokane WA
- Boy Sherry Whitehall SD
- Brashe Melissa Comfeld TX
- Carolus Jennifer Bellevue NE
- Carolus Peter Bellevue NE
- Colbrese Dennis Medford OR
- Colbrese Joanne Medford OR
- Demmon Michalle Riverview FL
- Denmon Byron Riverview FL
- Finkhouse Robin Springfield VA
- Gibson Becky Simpsonville SC
- Harder Susan Ellettsville IN
- Heec Tom Fayetteville AR
- Henning Donnie Omaha City MO
- Huxel Angie San Antonio TX
- Jarrett Schuyler Zephyrhills FL
- Johnson Stephen Longview WA
- Ladd Laurie Delaware OH
- Laing Joyce Olivet MD
- Lombardi Diane Asheville NC
- Madden Trina Chickasha OK
- Magnes Jack New Braunfels TX
- Organ Janet San Antonio TX
- Paine Marly Austin TX
- Pinner Austie Austin TX
- Purhol Amul Davis CA
- Ridgeway Vicki Maryville TN
- Riggs Maggie San Antonio TX
- Smith Rutherford Chickasha OK
- Southard William Chickasha OK
- Stalling Daniel Olympia WA
- Tetz Larra Vancecooo WI
- Worsham Stephen Carrollton TX

#### 30 Events
- Duncan Samson Lake Mary FL
- Freeze Amy Woodridge WA
- McAllister Brian Eldersburg MD
- Quiring Kimberly Dallas OR
- Ridgeway Vicki Maryville TN
- Roberts Roylene Fredericksburg TX
- Wood Marianna Houston TX

#### 50 Events
- Cavanagh George Millersville MD
- Colberg Cheri Allentown PA
- Duncan Samson Lake Mary FL
- Innes Robin Santa Ana CA
- Jordan Mary Kerrville TX
- Jurcik Jessica Commerce TX
- Ridgeway Vicki Maryville TN
- Roberts Roylene Fredericksburg TX
- Romo Cheryl Lodi WI
- Sence Brandi NE
- Webtyslak Lori Jerseyville IL

#### 75 Events
- Adams Jan Tacoma WA
- Adams Michael Tacoma WA
- Edson Stephen Greensburg PA
- Gillen Cathy Targon Springfield FL
- Jeter Jack Alexandria VA
- Killingsworth Susan Seattle WA
- Labach Deed Sanford FL
- Moyer William South Bend IN
- Ridgeway Vicki Maryville TN
- White Diana Des Moines IA
- Williams Jeffrey Columbia MD
- Worsham Ruth Carrollton TX

#### 100 Events
- Auguston Charlotte Auburn WA
- Bourke Debbie Selbyville DE
- Herly Earl Mechanicsburg PA
- Henry Joann Mechanicsburg PA
- King Patricia Gaithersburg MD
- Leving Craig Henderson CO
- Loving Mary Henderson CO
- Markgraf Robert Garden Ridge TX
- Merrell Sue Homer NY
- Ridgevik Maryville TN
- White Diana Des Moines IA
- Worsham Ruth Carrollton TX

#### 125 Events
- Betcholtz Ann Beaumont CA
- Pape John Angel Fire NM
- Pro-Domasky Janine Florissant MO
- Ridgevik Maryville TN
- Riewer Ava Gresham OR
- Sherfield Voeha Ingram TX
- Worsham Ruth Carrollton TX

#### 150 Events
- Haskins Heinz Lakewood WA
- Worsham Ruth Carrollton TX

#### 175 Events
- Froelich Carol Tomwater WA
- Helmann Scott Rapid City SD
- Kolacyzk Karen Malhborough MA
- Modling Loraine Kerrville TX
- Rogers Charles Austin TX
- Winton Leslie Tualatin OR
- Worsham Ruth Carrollton TX

#### 200 Events
- Grenier Louise Norman OK
- Nelson Linda Maryville TN
- Proenneke Dennis Colorado Springs CO
- Schwencke Kathy San Antonio TX
- Stoneback Gary Federal Way WA

#### 225 Events
- Axelrod Sharon Orlando FL
- Haist Janice Tulsa OK
- Roberts David Fredericksburg TX
- Stoneback Linda Federal Way WA
- Thomas Andrew San Antonio TX

#### 250 Events
- Axelrod Sharon Orlando FL
- Brown Penny Colorado Springs CO
- Fenlon Diane Omaha NE
- Haist Janice Tulsa OK
- Rich Timothy Lake Oswego OR
- Roberts David Fredericksburg TX
- Woodard Randall Sand Springs OK

#### 275 Events
- Anderson Barbara Dayton Bch Shores FL
- Brown Penny Colorado Springs CO
- Buckner Teresa Arden NC
- Fenlon Diane Omaha NE
- Hendricks Jeffrey Rapid City SD
- Perkins Todd Sevier UT
- Potter Pamela Millersville MD
- Schwencne H Mike San Antonio TX
- Welsch Arlen Sacramento CA

#### 300 Events
- Colburn Kris Orintg WA
- Conley Shirley Dayton OH
- Cooper Robert Clyde NY
- Fenlon Diane Omaha NE
- McDaniell Robert Greenbacy SC

#### 325 Events
- Eixrue Mike Olympia WA
- Fenlon Diane Omaha NE
- McDaniell Robert Greenbacy SC

#### 350 Events
- Pederson Gary Edgewood WA

#### 375 Events
- Fenlon Diane Omaha NE

#### 400 Events
- Campbell Donna Omaha NE
- Frantz Gary Lee Omaha NE
- Gley Bob Trabuco Canyon CA

#### 425 Events
- Canigan Connie Kettering OH
- Fenlon Diane Omaha NE
- Knafe Marta San Antonio TX
- Knafe Reuben San Antonio TX
- Krow Timothy Port Royal PA
- Lessier Lorraine Alexandria VA

#### 450 Events
- Barber Muriel O'Fallon IL
- Fenlon Diane Omaha NE
- Gregory Robert Liberty MO
- Gregory Cathy Liberty MO
- Krow Joyce Port Royal PA
- Snyder Beth Schenectady NY
- Stollberg Allan W Palm Bch FL

#### 475 Events
- Barnett R Mark Las Cruces NM
- Carbone Anthony Bonney Lake WA
- Sheppard David Mesquite TX
- Snyder Beth Schenecady NY
- Stollberg Allan W Palm Bch FL

#### 500 Events
- Bonewitz Joel Louisianna TN
- Carbone Anthony Bonney Lake WA
- Dowdell Shawn Millilani HI
- Hightower Shirley Santa Rosa CA
- Paige Janet Federal Way WA

#### 525 Events
- Brick Lois Centennial CO
- Carbone Anthony Bonney Lake WA
- Dowdell Shawn Millilani HI

#### 550 Events
- Colbow Craig Bluffton SC

#### 575 Events
- Beam Craig Bluffton SC

#### 600 Events
- Bucher Diane Marlborough MA
- Carbone Anthony Bonney Lake WA
- Clugston Margaret Duncannon PA
- Clugston Roy Duncannon PA
- McKeel James Duncannon PA
- Ringhand Phillip Alhany WI
- Swift Tom Stockton CA

#### 650 Events
- Bucher Diane Marlborough MA
- Carbone Anthony Bonney Lake WA

#### 700 Events
- Cutter Kathy Issaquah WA
- Evans Maribeth Silver Sprg MD
- Hufskaf Lorraine New Port Rich FL
- Merenda Martha Rockville MD
- Miller John Elk Grove Vill IL
- Nelson Ken Happy Valley OR
- Pavlosky John San Antonio TX
- Rigg Carl Kingwood TX
- Rigg Gay Kingwood TX
- Shreve Becky Seminole FL

#### 750 Events
- Fissinger Charles Warsan IN
- Kruep Karen Bellevue WA
- Krug Mark Bellevue WA
- Messing Kay Bainbridge IS
- Niran Susan San Antonio TX
- Wilson Donna China Grove NC

#### 800 Events
- Banton Andrew Olath KS
- Brown Annette Issaquah WA
- Hufskaf Bob New Port Rich FL
- McMahon Susan Elk Grove Vill IL
- Melville Joan Charlotte NC
- Seline Donna Minneapolis MN

#### 850 Events
- Carter Deborah Mesquite TX

#### 900 Events
- Graeber Patricia Schwenksville PA

#### 950 Events
- Hatt Beate Holliston MA
- Mighells Diana Anderson MO
- Ogun Sherry Mountlake Terr WA

#### 1000 Events
- Heritage Allan Spokane WA
- Hiles Sandy Portland OR

#### 1050 Events
- Goetz Shelea Council Bluffs IA
- Goetz James Council Bluffs IA
- Markgraf Suzanne Garden Ridge TX

*IVV Event Awards continued on page 33*
IVV Event Awards

1150 Events
Jarrett Joan San Antonio FL
Reid Terry Asheville NC
Sayers Sherry Woodland Park CO

1250 Events
Carbone Anthony Bonney Lake/WA
Gurtner Dawn Alexandria VA

1300 Events
Badger William Edwardsville IL
Brown Mark Honolulu HI
Swanson Helen Danville VA

1400 Events
Badger Linda Edwardsville IL
Lowell William Smithfield VA

1500 Events
Barton Carolyn Tucson AZ
Hedges John Tucson AZ
Ramsey Barbara Belton MO
Sargent Frank Durham NC

1600 Events
continued from page 32
Estrin Judith Columbia MD
Esrin Alexander Columbia MD
Haupt Millie Yakima WA
Hedges John Tucson AZ
Olson Kathleen Ridgefield WA

1700 Events
Hull Helen Garland TX
Thurber Carolyn Derwood MD
Wolf Robert Silver Spring/MD
Yerger Carole Fairborn OH

1800 Events
Kunzmann Robert Woodinva WA
Radabaugh Carol Portland OR
Radabaugh Ben Portland OR
Yerger Carole Fairborn OH

1900 Events
Conyers Doris Joplin MO
Conyers Glen Joplin MO
Yerger Carole Fairborn OH

2000 Events
Hainline Ed Happy Valley/OR
Hainline Ed Happy Valley/OR
Plott Karen Fairview VA

2100 Events
Wittenberg Elisabeth Tacoma WA

2200 Events
Eby Patricia Camp Hill PA
Hainline Ed Happy Valley/OR

2300 Events
Eby Patricia Camp Hill PA
Hainline Ed Happy Valley/OR
Welch Patricia State College PA

2400 Events
Hainline Ed Happy Valley/OR
Hainline Ed Happy Valley/OR

2500 Events
Hainline Ed Happy Valley/OR

2600 Events
Hainline Ed Happy Valley/OR

2700 Events
White Richard Kirby TX

2900 Events
Gowin Monica Prince George VA

3000 Events
Forinash Carlen San Antonio TX

3100 Events
Waibel Gail Silver Spring/MD
Wood Ethel Portland OR

3300 Events
Hendricks Beth Rapid City SD
Jackson Thomas Biglerville PA

3500 Events
Roberts David Fredericksburg TX

4300 Events
Yother Lucy Leavenworth KS

4700 Events
Banska Roy Edmonds WA
Gentile Charles Aurora CO

6600 Events
Miles Kenneth Tulsa OK

6700 Events
Miles Kenneth Tulsa OK

The IVV Distance Awards information published in the Oct/Nov 2017, Dec 2017/Jan 2018 and Feb/March 2018 issues of the American Wanderer were incorrect due to a coding error in the new Awards and Membership database. On behalf of the AVA, we apologize for the inaccurate posting of this information. We are working hard to improve the reliability of our databases and reporting systems.

The December/January and February/March lists are listed in this issue. The April/May list was corrected before the last TAW went to print.

continued on page 34

Gowin Monica Prince George VA

3000 Events

3500 Events
Bauska Roy Edmonds WA

3300 Events

4700 Events

6700 Events

The American Wanderer

33

5000 KM

5500 KM
Hofmann Joyce Urbana IL
Izbiicki Joanne Lexington MA
Miller Andrew Poughkeepsie NY
Tague Dennis St Paul MN
Webster Daniel Aloha OR

6000 Events

6600 Events
Miles Kenneth Tulsa OK

IVV Distance Awards – incorrect information

The IVV Distance Awards information published in the Oct/Nov 2017, Dec 2017/Jan 2018 and Feb/March 2018 issues of the TAW were incorrect due to a coding error in the new Awards and Membership database. On behalf of the AVA, we apologize for the inaccurate posting of this information. We are working hard to improve the reliability of our databases and reporting systems.

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continued from page 32
Estrin Judith Columbia MD
Esrin Alexander Columbia MD
Haupt Millie Yakima WA
Hedges John Tucson AZ
Olson Kathleen Ridgefield WA

1700 Events
Hull Helen Garland TX
Thurber Carolyn Derwood MD
Wolf Robert Silver Spring/MD
Yerger Carole Fairborn OH

1800 Events
Kunzmann Robert Woodinva WA
Radabaugh Carol Portland OR
Radabaugh Ben Portland OR
Yerger Carole Fairborn OH

1900 Events
Conyers Doris Joplin MO
Conyers Glen Joplin MO
Yerger Carole Fairborn OH

2000 Events
Hainline Ed Happy Valley/OR
Plott Karen Fairview VA

2100 Events
Wittenberg Elisabeth Tacoma WA

2200 Events
Eby Patricia Camp Hill PA
Hainline Ed Happy Valley/OR

2300 Events
Eby Patricia Camp Hill PA
Hainline Ed Happy Valley/OR
Welch Patricia State College PA

2400 Events
Hainline Ed Happy Valley/OR
Hainline Ed Happy Valley/OR

2500 Events
Hainline Ed Happy Valley/OR

2600 Events
Hainline Ed Happy Valley/OR

2700 Events
White Richard Kirby TX

2900 Events
Gowin Monica Prince George VA

3000 Events
Forinash Carlen San Antonio TX

3100 Events
Waibel Gail Silver Spring/MD
Wood Ethel Portland OR

3300 Events
Hendricks Beth Rapid City SD
Jackson Thomas Biglerville PA

3500 Events
Roberts David Fredericksburg TX

4300 Events
Yother Lucy Leavenworth KS

4700 Events
Banska Roy Edmonds WA
Gentile Charles Aurora CO

6600 Events
Miles Kenneth Tulsa OK

6700 Events
Miles Kenneth Tulsa OK

3000 Events

3500 Events
Bauska Roy Edmonds WA

3300 Events

4700 Events

6700 Events

The American Wanderer

33
**IVV Distance Awards**

**6000 KM**
- Bender Doris New Richland Hills TX
- Filemyr Alice Rockville MD
- Izbicki Joanne Lexington MA
- Miles Justin Tulsa OK
- Miller Joan El Grove Village IL
- Puttick George Columbus OH
- Webster Daniel Aloha OR

**6500 KM**
- Averill David Menands NY
- Averill Marion Menands NY
- Brister Marilyn San Marcos TX
- Cockerell Kathleen Knightdale NC
- Crabb Sandy Fort Wayne IN
- Hines Cynthia Tulsa OK
- McClellan Sheila Port Orange FL
- Misener Ann Fredericksburg VA
- Payton Sue Coupeville WA
- Schrierloch Chris Reynoldsburg OH

**7000 KM**
- Barger Wade Chesterton IN
- Burch Susan Piqua OH
- Danish Karen Bellevue NE
- Medlin Susan San Antonio TX
- VanWinkle David Springfield OH
- Wilson Donna Grove NC

**7500 KM**
- Belts Tamar Bellingham WA
- Breen Nancy Sierra Vista AZ

**8000 KM**
- Ball Linda Auburn WA
- Reynolds Douglas Rensselaer NY
- Smith Donald Silver Sprg MD
- Thiebes George APO AE
- Warhol John Puyallup WA

**9000 KM**
- Clark Connie East Point GA
- Filemyr Claire Silver Sprg MD
- Mihellis Diana Anderson MO
- Moon Mark San Antonio TX
- Warmington Robert Everett WA

**10000 KM**
- Little Edna Newport PA
- Masuy Paul Hopkinton MA
- Pierce Michael Manhattan KS

**11000 KM**
- Elser Cheryl New Haven IN
- Lopppnow Marge Huntington Bch CA
- Robertson Elizabeth Seattle WA
- Wilson Jerry Madison WI

**12000 KM**
- Gam Carlos Atascadero CA
- Robertson Elizabeth WA

**13000 KM**
- Marlar Bart San Antonio TX
- Ramsay Barbara Belton MO
- Thompson Linda Williamsburg VA

**14000 KM**
- Yother Leslie Leweseworth KS

**15000 KM**
- Barton Carolyn Tucson AZ
- Ellingboe Jackson Thomas Biglerville PA
- Makasa Carol Seattle WA
- Reiling Terry Asheville NC

**16000 KM**
- Estin Judith Columbia MD
- Estin Alexander Columbia MD
- Hull Helen Garland TX
- Landon Raymond Decatur IL

**17000 KM**
- Anderson John Miamisburg OH
- Barnes Sandra Greensboro NC
- Cordes Carl N Las Vegas NV
- Sargent Frank Durham NC

**18000 KM**
- Warhol John Puyallup WA

**19000 KM**
- Bundy David Orlando FL
- Conyers Doris Joplin MO

**20000 KM**
- Rheinstor Gordon Ft Monroe VA

**22000 KM**
- D'Aprile Thomas Mechanicsburg PA

**23000 KM**
- Jackson Thomas Biglerville PA

**25000 KM**
- Kapaun Douglas Rapid City SD

**35000 KM**
- McTaggart Marilyn Centerville OH

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**February/March list**

**500 KM**
- Burch Susie Piqua OH
- Burch Dean Piqua OH
- Fenster Nancy N Potomac MD
- Fenster David N Potomac MD
- Higgins Maureen Dayton Beach FL
- Hinkle Rebecca Molino FL
- Killingsworth Phil Seattle WA
- Killingsworth Susan Seattle WA
- Parkinson Wayne Bloomington IN
- St Martin Pamela Rocklin CA

**7000 KM**
- van den Top Jan Anchor Age
- van den Top Juliane Anchor Age

**10000 KM**
- Allen Richard Malden MA
- Burmeister Ariel West TX
- Burmeister John West TX
- Callahan Mike Springfield OH
- Cook Ellexis Belleville NJ
- Council Rosemary Edgewater MD
- Gee Teddy Kansas City MO
- Gerjets Janet Brookings SD
- Helgerman Scott Rapid City SD

**15000 KM**
- Dunn Linda Clifton Park NY
- Garcia Eleanor Everett PA
- Hunter John Orlando FL
- Modgling Loraine Kerrville TX
- Parkinson Carol Bloomingon IL
- Schwemcke Kathy San Antonio TX

**20000 KM**
- Dibrell Joseph Seguin TX
- Dibrell Holly Seguin TX
- Haskins Heinz Lakeview WA
- Metherell Cathy Orlando FL
- Schwemcke Mike San Antonio TX

**25000 KM**
- Jordan John Portage OH
- Johnstone Pamela Millersville MD
- Zahn Ann Williamsburg VA

**35000 KM**
- Bashaw Donna Lancaster PA
- Jurjans Barbara Worthington OH
- Kent Steve Joplin MO
- McLean Charlie Brecken MO
- Paige Janet Federal Way WA
- Popolizio Barbara Halfmoon NY
- Ridge William Harleysville PA
- Stapleton Margaret Mt Vernon WA
- Stone Carmelita Plattsburg MO

**40000 KM**
- Berry Katherine Rockville MD
- Paige Janet Federal Way WA

**45000 KM**
- Black Kay Swanton OH
- Bruce Larry St. Louis MO
- Elsberg Patrick Vancouver WA
- Morrison Elizabeth Chelms WA
- Popolizio Michael Halfmoon NY
- Reed Donald Albany NY
- Spaulding Holly Lacey WA
- Sutton Tessa Tacoma WA

**50000 KM**
- Ash Karen Boise ID
- Genter Lynn Leavenworth KS
- Graham Donald Davis CA
- Sloan Donald Davis CA

**60000 KM**
- Friedenreich Catherine Charlotte NC
- Gant James Joplin MO
- Stone Cheri Clackamas OR

**65000 KM**
- Gant James Joplin MO
- Miles Justin Tulsa OK
- Stone Cheri Clackamas OR

**90000 KM**
- Payne Sharon Georgetown TX
- Stone Cheri Clackamas OR

**100000 KM**
- Hope Harrriet Dayton OH
- Russell Duane Leweseworth WA

**120000 KM**
- Baltes D Louise Camas WA
- Lovelace Nathaniel Marietta GA

**130000 KM**
- Love Nathaniel Marietta GA
- Mazzeno Laurence Aravada CO

**140000 KM**
- Peters Kay PT Angeles WA
- Lovelace Nathaniel Marietta GA

**160000 KM**
- Evans John Toledo KS
- Lehman John Topkea KS

**170000 KM**
- Cieslak Theodore San Antonio TX

**180000 KM**
- Warhol John Puyllup WA

**190000 KM**
- Bundy David Orlando FL
- Conyers Doris Joplin MO

**200000 KM**
- Rheinstor Gordon Ft Monroe VA

**220000 KM**
- D'Aprile Thomas Mechanicsburg PA

**230000 KM**
- Jackson Thomas Biglerville PA

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**March/April list**

**500 KM**
- Allen Richard Malden MA
- Burmeister Ariel West TX
- Burmeister John West TX
- Callahan Mike Springfield OH
- Cook Ellexis Belleville NJ
- Council Rosemary Edgewater MD
- Gee Teddy Kansas City MO
- Gerjets Janet Brookings SD
- Helgerman Scott Rapid City SD

**7000 KM**
- van den Top Jan Anchor Age
- van den Top Juliane Anchor Age

**10000 KM**
- Allen Richard Malden MA
- Burmeister Ariel West TX
- Burmeister John West TX
- Callahan Mike Springfield OH
- Cook Ellexis Belleville NJ
- Council Rosemary Edgewater MD
- Gee Teddy Kansas City MO
- Gerjets Janet Brookings SD
- Helgerman Scott Rapid City SD

**15000 KM**
- Dunn Linda Clifton Park NY
- Garcia Eleanor Everett PA
- Hunter John Orlando FL
- Modgling Loraine Kerrville TX
- Parkinson Carol Bloomingon IL
- Schwemcke Kathy San Antonio TX

**20000 KM**
- Dibrell Joseph Seguin TX
- Dibrell Holly Seguin TX
- Haskins Heinz Lakeview WA
- Metherell Cathy Orlando FL
- Schwemcke Mike San Antonio TX

**25000 KM**
- Jordan John Portage OH
- Johnstone Pamela Millersville MD
- Zahn Ann Williamsburg VA

**35000 KM**
- Bashaw Donna Lancaster PA
- Jurjans Barbara Worthington OH
- Kent Steve Joplin MO
- McLean Charlie Brecken MO
- Paige Janet Federal Way WA
- Popolizio Barbara Halfmoon NY
- Ridge William Harleysville PA
- Stapleton Margaret Mt Vernon WA
- Stone Carmelita Plattsburg MO

**40000 KM**
- Berry Katherine Rockville MD
- Paige Janet Federal Way WA

**45000 KM**
- Black Kay Swanton OH
- Bruce Larry St. Louis MO
- Elsberg Patrick Vancouver WA
- Morrison Elizabeth Chelms WA
- Popolizio Michael Halfmoon NY
- Reed Donald Albany NY
- Spaulding Holly Lacey WA
- Sutton Tessa Tacoma WA

**50000 KM**
- Ash Karen Boise ID
- Genter Lynn Leavenworth KS
- Graham Donald Davis CA
- Sloan Donald Davis CA

**60000 KM**
- Friedenreich Catherine Charlotte NC
- Gant James Joplin MO
- Miles Justin Tulsa OK
- Stone Cheri Clackamas OR

**65000 KM**
- Gant James Joplin MO
- Miles Justin Tulsa OK
- Stone Cheri Clackamas OR

**90000 KM**
- Payne Sharon Georgetown TX
- Stone Cheri Clackamas OR

**100000 KM**
- Hope Harrriet Dayton OH
- Russell Duane Leweseworth WA

**120000 KM**
- Baltes D Louise Camas WA
- Lovelace Nathaniel Marietta GA

**130000 KM**
- Love Nathaniel Marietta GA
- Mazzeno Laurence Aravada CO

**140000 KM**
- Peters Kay PT Angeles WA
- Lovelace Nathaniel Marietta GA

**160000 KM**
- Evans John Toledo KS
- Lehman John Topkea KS

**170000 KM**
- Cieslak Theodore San Antonio TX
IVV DISTANCE AWARDS

June/July list

500 KM
Adelman Robert San Antonio TX
Adelman Diana San Antonio TX
Conner Theresa Bothell WA
Duncan Samson Lake Mary FL
Green Merry Gresham OR
Jordan Mary Kerrville TX
Jurczewicz Peter Norfolk VA
Moyer William South Bend IN
Noah Deborah Ormond Bch FL
Romero Cheryl Lodi WI
Stoncé Barbara Omaha NE

1000 KM
Bourke Debbie Selbyville DE
Dugan Cathy Tarpon Springs FL
Fenlon Diane Omaha NE
Worsham Ruthi Carrollton TX

1500 KM
Freelich Carol Tombawar WA
Helmann Scott Rapid City SD
Jaeger Karen Evansville IN
Jaeger Richard Evansville IN
Worsham Ruthi Carrollton TX

2000 KM
Coulburn Kris Orting WA
Evans Cheryl Spanaway WA
Fenlon Diane Omaha NE
Rich Timothy Lake Oswego OR

2500 KM
Anderson Barbara Dayt Bch Shores FL
Cooper Robert Clyde NC
Fenlon Diane Omaha NE
Freeeman Gary Hagerstown MD
Hanson Bumell Cottage Grove MN
Haett Janice Tulsa OK
McDaniel Robert Greensville SC
Wells Thomas Singomish WA

3000 KM
Fenlon Diane Omaha NE
Gruber Robyn New Carlisle OH
Harold-Carter Victoria Olympia WA
Heath Julie Olympia WA
Needles Kevin San Antonio TX

5000 KM
Cooper Melinda Topekta KS
Exnite Mike Olympia WA
Snyder Beth Schenectady NY
Weeks Janice Wendell NC

4000 KM
Beam Deborah Bluffton SC
Stollberg Allan W Palm Bch FL

4500 KM
Carbone Anthony Bonney Lake WA
Hightower Shirley Santa Rosa CA
Ives John San Antonio TX
Know Joyce Port Royal PA
Paige Janet Federal Way WA
Spaulding William Lacey WA

5000 KM
Carbone Anthony Bonney Lake WA
Dowdell Sharon Millilani HI
Paige Janet Federal Way WA
Swann Caryl San Antonio TX

5500 KM
Beam Craig Bluffton SC
Buchter Diane Marlborough MA
Clugston Roy Duncan PA
Clugston Margaret Duncan PA
Moore Alan Riverdale GA

6000 KM

6500 KM
Huffaker Bob New Port Richey FL
Miller Joan Elk Grove Village IL
Noonan Joseph San Antonio TX

7000 KM
Avennude Bonnie Tyler TX
Huffaker Bob New Port Richey FL
Kraep Debbie Belleville IL
Kraep Mark Belleville IL
Melville Joan Charlotte NC

7500 KM
Cutler Kathryn Issaquah WA
Donner Brenda Seattle WA
McMahon Susan Elk Grove Village IL

8000 KM
Brown Annette Issaquah WA

9000 KM
Banton Andrew Olathe KS

10000 KM
Allan Jeanne Olympia WA
Hiles Sandy Portland OR

11000 KM
Sayers Sherry Woodland Park CO

12000 KM
Pepa Joseph Mount Vernon WA

13000 KM
Badger William Edwardsville IL
Silkworth Gary Euless TX
Swanson Helen Danville VA

14000 KM
Grunewald Robert Alexandria VA
Hedges John Tucson AZ

16000 KM
Garamone Helen Alexandria VA
Reiling Terry Ashville NC

17000 KM
Hull Helen Garland TX
Jarrett Joan San Antonio FL

18000 KM
Nyman Linda Colo Springs CO
Radabaugh Carol Portland OR
Sargent Frank Durham NC

20000 KM
Eby Patricia Camp Hill PA
Hendricks Beth Rapid City SD
Kummam Robert Woodisvile WA

21000 KM
Piffat Joseph Danvers MA

22000 KM
Perkins Michael Middletown OH
Warhol Carolyn Puylupp WA

33000 KM
Kuntz Eleanor Plymouth Meeting PA

35000 KM
Wuebel Gale Silver Spg MD

50000 KM
Gentile Charles Aurora CO

BIKE DISTANCE AWARDS

20000 KM

AVA’s Vision: Increasingly engage Americans in lifelong walking and other noncompetitive physical fitness activities.

AVA’s Mission: Promote and organize noncompetitive fitness activities that encourage lifelong fun, fitness, and friendship for all ages and abilities.

Walking is magic. Can’t recommend it highly enough. I read that Plato and Aristotle did much of their brilliant thinking together while ambulating. The movement, the meditation, the health of the blood pumping, and the rhythm of footsteps... this is a primai way to connect with one’s deeper Self.”
-Paula Cole
Zander – not your ordinary dog!

How many dogs do you know that have walked at least 10k in 48 states? For Mert, Norm and Zander, walking is a family affair. Mert Turner and Norm Adams, members of Capitol Volkssport Club in Olympia, Washington, recently walked in Biloxi, Mississippi, completing their goal of walking in all 50 states. What is special about this couple is that their dog, Zander, walked all of those states too, with the exception of Alaska and Hawaii.

Zander is nine years old, and weighs seven pounds. Although he looks like a chihuahua, his DNA profile indicates a pomeranian, Yorkshire terrier and mini dachshund mix (he has “min pin” legs).

Nearly four years ago, when Zander and family had completed just a few walks, tragedy struck, and it looked as if Zander might not walk again. He was viciously attacked and almost eaten alive by two pit bull dogs while walking in his own neighborhood. However, Zander is a fighter, and after surgeries to reattach his shoulder, repair internal injuries, mend his broken leg with pins, and lots of TLC from his family and friends, Zander hit the trails again. He sometimes prefers to be carried when big dogs approach, particularly when not on a leash. Once the big dogs are gone, “Z” is ready to be back on the ground and walking or running under his own steam.

When asked about Zander’s favorite walk, both Mert and Norm agreed that it is the walk in Westport, Washington, just 40 minutes from their home in Aberdeen. Westport is right on the beach at the Pacific Ocean, and Zander loves to just get out and run, chase birds, sniff things that have washed up on the shore and then run some more. Mert and Norm just walk.

Welcome to AVA’s newest Virtual Online Program!

As promised we are bringing you phase II. This program has been so popular walkers are ready to move to the next level. We couldn’t wait until July so we are bringing you the new “Tour of Italy” virtual map program beginning May 1. If you are enrolled in the 401K program you have already received Tour of Italy in your challenges. As you move along the trail narrative photo boxes will pop up at points of interest to give you information about that point. One of Volkssporting’s pleasures is travel but not all of us are able. So let’s do the next best thing and travel virtually! “Tour of Italy” will be step based so there is nothing extra to do, just log your steps as you do now either by a walking device, smart phone or manually.

“You’ll start this journey high in the Italian Alps. Once you’ve made it through the snow we’ll first celebrate your survival in Venice, the Floating City. Take a tour through the canals before hitting the road. We’ll stop in places made famous by Shakespeare, dine on fresh and hearty Italian fares, and you’ll see the most famous of the Italian stops – the Leaning Tower of Pisa, the Colosseum in Rome, and we’ll end our journey in Palermo, where you can swim in the Mediterranean sea and relax after your hard work!”

There is still time to enroll and complete both programs, just go to the AVA website and click on the 401K logo or Tour of Italy logo to start your enrollment process. Fee includes both 401K: Invest in Your Health and Tour of Italy.