

NEW WALKER PACKET ORDER FORM

The AVA has a New Walker Packet to get you started right, at a cost you can afford. You may purchase a packet at an event from a local AVA Club for \$10.00, or order one from our AVA National Office for \$11.50 (\$10.00 plus \$1.50 for shipping cost). Not all Clubs have packets in stock, so be sure to call ahead and ask if they have one available for sale.

Order one packet for each person participating. A New Walker Packet is not the same as becoming a member at the Associate national level (Lifetime, Family/Friend, or Individual)

Packet includes:

First green **IVV Event Record Book** for your first 10 events anywhere in the world.

First blue **IVV Distance Record Book** for your first 500 kilometers anywhere in the world.

3 coupons for **free walk credit** at events. These coupons are good only at events in the USA.

1 coupon for a free issue of **The American Wanderer (TAW)** quarterly newspaper.

A booklet explaining **Volkssporting**.

1 coupon for **10% off your First Purchase** of AVA merchandise.

1 coupon for an event in May - **National Physical Fitness and Sports Month** patch.

Send \$11.50 for each New Walker Packet

Texas Residents please add sales tax of 8.25% to merchandise total. Make your check payable to AVA. Print this form to mail order, or fax form and your credit card information (210) 659-1212 or call 659-2112 to order direct.

Please allow 2-3 weeks for delivery.

Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

E-mail: _____

Check: Credit Card Type: _____

Card Number: _____

Card Expiration Date: _____

CONTACT US

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AMERICA'S WALKING CLUB

— ESTABLISHED 1976 —

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NEW WALKER INFORMATION

AVA-Sanctioned Walks

AVA: America's Walking Club, is a nonprofit organization that organizes more than 2,500 noncompetitive events (majority walks) each year. There is no competition and participants navigate the route at their own pace. This is a sport that has no age limit and family participation is encouraged. You don't need to be an athlete to participate!

Our walking is meant to be a fun activity you do with a club, with your friends and family, with your pet, or all by yourself.

Walk Options

Most events offer two distance options. A shorter walk of 3.1 miles and another of 6.2 miles. The walking trails wind through scenic and/or historical areas over a predetermined route. There are two kinds of events. The Traditional is scheduled and usually held on weekends with AVA sports club members available for registration and to provide further information. These trails are marked and trail ratings are normally available.

A Year-Round/Seasonal walking event is self-guided and available most days of the year. The local club selects a trail, draws maps and writes detailed walking instructions, and sets up a permanent starting point. You arrive during the stated open hours, register, take a map, and enjoy the trail. Visit www.ava.org/events for more information.



Trails Are Safe and Scenic

AVA-sanctioned sports clubs throughout the U.S. organize, schedule and conduct the walking events. Trails are selected for safety, scenic or historic interest, natural beauty and walkability.

Our walking trails include a series of state parks in several states, great tourist attractions and national parks and good daily exercise routes in hundreds of communities.



A Great \$10 Deal!

If you decide to keep walking, recording your achievements adds incentive to your efforts. A New Walker Packet gets you started on the right foot and is easy on the pocketbook—just \$10.

AVA adopted an International Achievement Awards Program that allows you to keep records of distances walked and events completed. To do this you need both a green event record book and blue distance book. Both books are available at most Traditional events for \$6 each.

However, if you purchase a New Walker Packet, both record books are included, along with coupons. A \$25 value! Record books are stamped when events are completed. After processing at the AVA National Office, achievement awards consisting of a patch, certificate and pin are returned to you.

There is a \$3 fee for each club walk. So we decided to provide three complimentary passes in your packet, a \$9 value! You pay nothing to walk your first three events.

A portion of the fee goes to the AVA National Office with the rest helping to defray club expenses for event sanctioning fees and conduct and administration of the walk.

Additionally, you receive a 10% discount on your first purchase of designated AVA merchandise.

The packet is a great value. A New Walker Packet order form is located on a side panel of this brochure. Don't wait. Order yours today!

How Long Do You Walk?

Most people take two hours to stroll the six mile trails. The shorter distance trail is perfect for beginners and should take about an hour to complete at an easy pace. Some like to run or jog, others enjoy taking a leisurely pace and stopping to sightsee, picnic or even shop. You go at your own pace, and you are always a winner at the finish line.

Survey Results

Surveys indicate 84% of our club members travel out of state on a regular basis to events. Also that they participate for enjoyment of the outdoors, exercise, health, travel, and for fun and social aspects.

Membership

Club membership is by no means a requirement to participate in this sport, but without clubs there would be no sport. The same goes for membership at the AVA Associate national level. Not required, but greatly appreciated. For membership information, visit ava.org/membership.