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Register for one day – three days – or the week, February 19-26 in San Antonio, Texas

We can't wait to welcome you to San Antonio, known as The Alamo City, The Mission City, The River City and the Military City, for the IVV Olympiad and the IML Texas Trail Roundup. What an adventure you'll have!

Can't make the entire week February 19-26? Daily registration is available for \$30 each day, which will include the sports events of the day and entrance to the Olympiad Village. Just go to ivvolympiad2023.org and choose the daily registration option. If

you can stay multiple days, you can choose to register for only the Olympiad, or only the Roundup, and save over the daily rate. All events start at the La Quinta River Walk hotel in downtown San Antonio.



Dozens of countries will be represented in the Parade of Flags event Sunday, February 19.

Register continued on page 16

20 fun facts about San Antonio

San Antonio was chosen for the 2023 IVV Olympiad because, among other things, it is a city of culture and adventure. But it is also a city of rich history, that you will see along your walks, like....

1. The city is home to America's second oldest park – San Pedro Park – dating back to 1759 when it was settled by Canary Islanders. Officially a public park in 1852, it was used as a prisoner of war camp during the Civil War.
2. The San Antonio Zoo is the third largest zoo in the U.S. – with over 35 acres featuring 3,500 animals and an aquarium.
3. San Antonio has the oldest church in Texas – San Fernando Cathedral – dating back to 1738. Over 5,000 peo-

ple attend services over the weekend.

4. Church's Chicken first opened in 1952 in San Antonio across the street from the Alamo by George W. Church. It is now the fourth largest chicken restaurant chain in the U.S.

5. The city is home to the largest Mexican market outside Mexico – El Mercado. This three-block outdoor plaza is filled with 100 restaurants, shops, handicrafts and more.

6. Tower of the Americas is a 750-foot-tall tower that opened in 1968 in



El Mercado, the largest Mexican market outside Mexico. (Caption: Andy Thomas.)

HemisFair park, and can be seen from almost anywhere in the city. It's the tallest building in San Antonio, with 952 steps (you can take the elevator though).

20 fun facts continued on page 28

Your gift will make an impact!

They say that actions speak louder than words, and during this year's Big Give campaign you have shown this to be the absolute truth. To date, \$86,985 has been raised as a result of the generous and caring hearts of our 412 donors.* We would like to express our gratitude to each and every one of you who donated this year, including individuals, clubs, match sponsors and business partners. We are especially grateful to all of the Peer-to-Peer fundraisers for being our inspiration and taking the initiative to fundraise on behalf of America's Walking Club. The AVA earned \$4,232 in Peer-to-Peer donations. The top three Peer-to-Peer fundraisers were AVA Chair Nancy Wittenberg, Accounting Specialist Marian DeVaul and Mid-America Regional Director Robert Buzolich. Another heartfelt thank you goes out to all the individuals who contributed during the eight Match Minutes. We appreciate you setting your alarms to donate during the Match Minutes, your efforts helped us raise \$2,155!



Once again, thank you all for your support of the Big Give. Your help will not go unnoticed. Your donation will not go unappreciated. Your gift will make an impact! *(Amount raised as of October 24. Donors who made several contributions are counted in the donor total.) For more recent Big Give updates, see our monthly newsletter, the Checkpoint.

MESSAGE FROM THE BOARD CHAIR



Hello, everyone! I had the opportunity to walk at the Freedom Festival in October in Arlington, Virginia. The Freedom Festival is one of two IML

Walking Association (formerly International Marching League) walks in this country. The other is the Texas Trail Roundup in February in San Antonio. It was good to see people from other parts of the country, but especially good to see people there from other countries who walk IML walks as well as IVV walks. What an opportunity to increase and change our perspective!


Their motto, "May walking bring us together," reminds me that we are all part of larger organizations than just our local clubs. And, we have the opportunity to experience beyond our clubs, the Fun, Fitness and Friendship with others around the world at the IVV Olympiad and IML Texas Trail Roundup (TTR), February 19-26 in San Antonio. Rather than closing ourselves in and limiting our focus internally, open up and experience the wonderful differences of another, culturally diverse area of our own country along with the many other walkers

with different cultures than our own, who will be there to enjoy it with us. So many of us, as we get older, tend to shrink our focus and perspective, becoming narrow in our thinking and what we believe we can do. I, for one, will not let this happen. I am not one who just wants everything to be like it always has been until I am dead. Change is a part of life, and I will embrace it, if it can make what we do, better. Being part of AVA means we are also part of the International Federation of Popular Sports IVV. IVV with its new strategic plan is



Lisa Lynde, Executive Director of the King William Association, presents check to AVA Board Chair, Nancy Wittenberg.

focusing on change. And, this change will affect what we do in AVA. Ergo, it is important we engage both with IVV and with IVV Americas to affect change to AVA's benefit.

Join with me to focus beyond the past to a better future for AVA: America's Walking Club. 



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Published quarterly by the American Volkssport Association (AVA) a non-profit, educational association that promotes fun, fitness and friendship by providing non-competitive walking and other sporting events for everyone. The AVA represents the United States as a member country of the International Federation of Popular Sports (IVV) and administers all IVV programs in the United States.

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Renewals and address changes are due to

AVA HQ by deadlines listed to receive current issue. Send membership requests to AVA at the address below.

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Quarter 2: June issue – Apr. 25
Quarter 3: September issue – July 25
Quarter 4: December issue – Oct. 25

Fun, Fitness, Friendship

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NATIONAL OFFICE NEWS

Clarification of AVA Membership Meetings

The October *Checkpoint* posted notice of a General Membership Meeting on Friday, February 24, 2023. This was an error. The AVA has two types of meetings per our bylaws; a “Regular Membership Meeting” and a “Special Membership Meeting.” The Regular Membership Meeting is when the AVA elects National Officers, receives reports from National Officers and Committees and conducts other business of the organization. This meeting is tentatively scheduled for June 2023. It will be an electronic meeting. Dates and times will be posted in the *Checkpoint* once they have been announced by the Board.

A Special Membership Meeting may be called by the Board of Directors at any time and the purpose of the meeting shall be stated in the call. Except in the case of emergencies, at least 60 days notice shall be given. Should the Board call a Special Membership meeting during the week of the 2023 IVV Olympiad in San Antonio, Texas, the purpose of the meeting and details will be posted in the December 2022 *Checkpoint*. 🌐

Hosting the 2025 AVA Biennial Convention – Extended time to submit proposals


By Jerry Wilson, Chair AVA Convention Committee

The American Volkssport Association (AVA), America’s Walking Club is extending the deadline to submit a proposal to host the 2025 biennial convention. Contact us now! The new deadline is December 5.

Those considering submitting proposals need to contact AVA and develop a proposal. The Convention Committee and National Office members will provide assistance where possible.

If you have questions, contact Henry Rosale, henry@ava.org, 210-659-2112 or Jerry Wilson, Chair, Convention Committee, Convention@ava.org or 608-695-6449 (leave a message). 🌐

CVF/FCV Festival



2024

Join us
May 24-26, 2024
for a walk through history
in Canada’s First Capital, Kingston,
and surrounding areas.
Registration includes 5 Event Walks,
a Meet & Greet, and a Dinner.

Rejoignez-nous
les 24-26 mai 2024
pour une marche à travers l'histoire dans la
première capitale du Canada et les environs.
L'inscription comprend 5 marches évenementielles,
un Meet & Greet et un dîner.

IVV Americas: More experience and opportunity

By Nancy Wittenberg, AVA Board Chair

I have been thinking about the process the board used to decide to join IVV Americas. IVV Americas (now IVV Americas and Oceania), which I will keep as IVV-Americas for this article, was set up along with IVV-Asia and IVV-Europe to work on things of interest to their respective organizations. As chair I established a charter for an IVV-Americas Special Committee and appointed Bob Morrison, former AVA Treasurer, as chair. The board approved the charter in late 2021.

The report of the committee was brought before the board at its meeting on May 11, 2022. The board voted to accept the recommendation of the committee to become a member of IVV-Americas, which it could do according to AVA Bylaws. AVA’s membership was accepted at the IVV-Americas meeting in Penticton, BC. I appointed Bob Morrison to be our candidate as one of the three Vice Presidents (one from each country) on the board of IVV-Americas and Tim Miner and Carl Cordes are delegates to meetings, held by Zoom. There are only three countries in the organization: Canada, the USA and Australia. Brazil was once a member, but is no longer.

To see the entire report of the IVV-Americas Special Committee, which is very complete, go to cb.ava.org/index.php. This is the legacy website. Pick: Administrative, then General Admin, then Current NEC Minutes, then on “Board Meeting Attachments May 11, 2022” scroll down, to pages 39–59.

To go back in history, a previous committee brought their findings to the membership at the 2013 Orlando, Florida, convention. The membership voted at that time not to join IVV-Americas. This was not a change to the Bylaws, just a decision not to join at that time. At the 2015 Salem, Oregon, convention, a motion was made to amend the bylaws to require the membership to vote on AVA joining *any* organization. This motion was defeated. Read the report. The



bylaws of IVV-Americas were changed and completed since those earlier decisions. There are no travel costs associated with IVV-Americas Zoom meetings. There are no dues or other fees levied by the organization.

There are only benefits to AVA to join IVV-Americas and Oceania:

- There are many special programs we have that can be done in Canada or Australia as well. We can walk events in Canada on rail trails toward our AVA special program, for instance.
- We can work with both Canada and Australia to create other interesting special programs.
- We can work to change issues we have in common with Canada and Australia, via the extra voice and vote we have at the IVV-Congress and IVV Presidium as a member of IVV-Americas.
- We could utilize one of our own excellent three-day locally run walking festivals in the US, call them Americapiads and invite those from other countries to enjoy them with us.
- IVV-Americas brings us the opportunity to expand our horizons and learn from others.

Let’s focus on the benefits and think about what we can do in our own clubs to expand walking opportunities with others in our communities. Something new can be beneficial and draw others to us. We can have fun and find more benefits in working with others. 🌐

Send names for the Necrology List

Please help us honor all of our beloved Volkssporters who are no longer with us. Send the name, city and state of individuals from May 2021 to the cutoff date of December 31, 2022 to Karen at karen@ava.org by January 15, 2023. 🌐

NATIONAL OFFICE NEWS

Candidates for AVA National Office

Candidate for AVA Board Chair: Nancy Wittenberg

I am Nancy Wittenberg, currently the AVA Board Chair and I am running for a second term as chair. I am an avid AVA walker and hiker and know participating in AVA sports has been the reason I am still active physically and thinking about how AVA can work better. This current term will mean I have been a member of the board for 10 years. Those 10 years and my previous years working at the club and state level give me a broad basis for understanding the organization. I have always been a change agent in my working life as an IT executive, as the board president for two Girl Scout Councils and during my tenure on AVA's board. Furthering change and selling it to you is my goal.



This term has been a challenge, because the organization has had to primarily, and almost exclusively, focus on the IVV Olympiad/Texas Trail Roundup IML events being held this February in San Antonio. Nonetheless, there have been some significant items we have accomplished these past 18 months.

Because of our selection and work on the IVV Olympiad, I felt it was necessary that we align ourselves more closely with the international organization, the IVV. First, we joined IVV-Americas, our IVV continental association. This provides us with an extra voice on the IVV Presidium, the governing body of IVV. And, more opportunities to work more closely with the Canadian Volkssport Federation on programs we can do across IVV-Americas.

All Volkssporting countries are experiencing the same issues we are – fewer participants and clubs. The IVV Presidium held its biennial congress in August in Kehl, Germany. We sent four of the five delegates we could

have sent to the congress, which was the first the AVA has attended in many years. We voted on the new IVV strategic plan with items which, when implemented, will affect us. It was an opportunity for the other countries of the Congress to hear from us and our opinions on matters coming before the body. We have the opportunity to participate in the committees that will do the planning work. And we had the opportunity to “sell” our IVV Olympiad/TTR to them.

Our focus this next term must be on membership. Who are our clubs and how can we better support AVA's mission through them? As so many clubs are aging out without younger, energetic people to carry on, what is the role of individuals, of associate members? What about our assets, those good walks we have and are losing, because there are no clubs to keep them going? Will we be successful in using an app to draw people to our events? These are some of the areas of focus I want to see AVA continue to work on this next term.

I have the time, the energy and the interest to work to see AVA survive and flourish. 🌱

Candidate for AVA Vice-Chair: John McClellan

Hi! I'm John McClellan and I'm running for Vice-Chair of AVA: America's Walking Club! I previously served as Director, Southeast Region from 2017-2021, and Deputy Director from 2015-2017. I retired from the Army in 2014 after 28 years of active duty and multiple overseas deployments. My wife, Sheila, and I now reside in Port Orange, Florida. I am currently the president of the Happy Wanderers, AVA-0717. I am a Life Associate and I've been recognized with multiple AVA decorations for Service or Achievement, including the President's Award.



My volkssporting experience includes organizing numerous traditional and Year Round events, writing often for the *American Wanderer (TAW)*, serving on multiple national committees, attending Biannual National Conventions as a voting delegate, and holding elected positions on the boards two AVA clubs. I started Volksmarching in 1992 while serving in Germany and to date, I've accumulated more than 1,400 events and 16,000 km across 49 US states and nine countries. I've been a member and volunteer in seven Volksmarching clubs, including five clubs (in five different regions) within the AVA. I am also Trailmaster certified. During my time on the National Board, I worked on implementing the AVA's strategic plan and chaired the committee on Club Development & Support. I supported the move to join IVV-Americas, the Online Startbox, and ACE Events (which I helped develop while on the Programs Committee.) Most recently, I have been serving as the operations chair for the 2023 IVV Olympiad Committee. By the way, hope to see you in San Antonio in February!

As AVA Vice-Chair, my first responsibility would be to advance the agenda of the elected chairperson. That's what deputies do. I hope to help the chair continue to promote a strategic focus on the board. We continue to face significant challenges as we try to transition our sport into the 21st century. Twenty years ago or so, we had 400+ clubs and ¼ million participants annually. Now we have less than 200 clubs and half of these have 25 members or less. Half our states have only one or two clubs, and five states have none. Overall participation during the pandemic dropped below 100,000. We are no longer alone in the national non-competitive sporting market, so we must continue to seek new sources of members and of revenue – reaching out beyond existing Volkssporters and AVA clubs to other walking / outdoor exercise movements, new partners, sponsors and fundraising opportunities.

If elected, I look forward to continued service to my club, the AVA and Volkssporting.

My thanks! 🌱

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.

If something doesn't work, change the plan, don't change your goal.

NATIONAL OFFICE NEWS

Candidate for AVA Finance Chair: Ed McCabe

My name is Ed McCabe and I am excited to once again run for the Finance Chair of The American Volkssport Association, Inc.. I have enjoyed a career of service in education, not for profits and accounting management. I am a Certified Public Accountant (CPA) and have worked in governmental, not-for-profit and tax accounting. I received both my BBA in Accounting and my MBA from Texas State University and I am a licensed CPA. I am currently the Chief Financial Officer at San Antonio Christian School in San Antonio, Texas. In this capacity I am responsible for the financial operations of a corporation with a budget of \$11.5 million and 120 employees



I have previously served as the Director of Financial Management and Internal Audit manager at the Texas Comptroller of Public Accounts. I have been an Athletic Director for 21 years and a Head Football Coach for 24 years. I have been married to my wife, Sheila, for 32 years and have four daughters and five grandchildren.

I am excited about the opportunity to continue to serve the membership of the AVA as the Finance Chair of the Board. I first learned of the AVA in February 2017 through the Texas Trail Roundup's missions walk in downtown San Antonio, Texas. I volunteered students from my high school to work checkpoints on the walk and it was a tremendous experience for them. Our schools have continued to support this walk with our cheer team, drumline, Mariachi band and students carrying the international flags in the parade. As the Finance Chair of the board, I work closely with the national office, reviewing our financial statements, budgets and ad hoc reports. I have also served as a resource during our latest financial audit. I have tried to attend all local events, representing the board and the AVA. Since my election to the board in Wisconsin, I have tried my best to make a difference for this great association.

I do believe that this is a critical time for the AVA. I am excited about the opportunities to develop new revenue streams, increase national sponsorships and overall awareness of the organization. I have the experience necessary to assist in developing new partnerships and fundraising. My passion and experience for education, my extensive experience in accounting for nonprofits, and my successful history of developing health and wellness programs, should help provide the AVA with a different perspective to help it grow and prosper.

Thank you for your consideration. 🌟

Candidate for AVA Secretary: Leslie Stone

My name is Leslie Stone (some may remember me as Leslie Penton), and I am seeking the office of Secretary for AVA: America's Walking Club. My desire to run for this office is to give something back to an organization which has brought me enjoyment and excitement.

Like other Volkssporters of my era, I participated in my first Volksmarch in Germany, in 1978. My first USA event was at Ft. Sill, Oklahoma, with the Oklahoma Striders in 1981.

I worked for AT&T for 24 years and moved every few years to a new location. Each time I moved, I picked up the TAW, found a local Volkssporting club and started participating with that club. There is no better way to learn about an area or make new friends than Volkssporting.

I like to walk. I enjoy the socializing and camaraderie that Volkssporting presents. During the last 41 years, I have met wonderful walking friends. I have walked in all 50 states and have seen so many new areas – which is something I would not have done without Volkssporting.

I would bring 41 years of firsthand Volkssport knowledge and experience to the AVA: America's Walking Club Board of Directors. This includes:

- Holding club offices and presidencies (1986 in Oklahoma City and 1994/1995 in Largo, Florida)
- Living and walking in five regions (Southwest, South Central, Southeast, Mid-Atlantic and Northeast).
- I have been a delegate or a volunteer (credentialing and/or teller) at 16 AVA Conventions.
- I have served on the Strategic Planning Committee (1999 to 2001.)
- I have developed and maintained websites for two clubs and the Northeast Region 1998-2010.
- I served as the Northeast Region Director from 2003 to 2004. During this time, I trained the NE Region clubs on the new online sanctioning system.
- I served as secretary of the Texas Volkssport Association from 2007 to 2010.



- I served on the 2009 Richardson, Texas, Convention Committee.
- I currently serve as treasurer for The Happy Wanderers, AVA 0717, and belong to four Florida clubs.
- I have participated in almost 1,400 events and I have been involved in the planning and operation of numerous events.

I bring 45 years of general business work experience to include customer service, training, project management and technical support. I hold a BA in Business Management and a Master in Business Administration.

I believe the major challenge for the AVA is increasing participation and club growth for the long term. Increased participation would bring in additional revenue. Increased revenue will help the financial hurdles and move toward national recognition inside and outside of the walking community. Revenue growth is a major challenge. Grants or additional corporate sponsorship could help fill the gap when sanction and participation fees are not enough.

If elected, I will work hard to serve this organization, to realize an increase in participation and to see the goals of AVA: America's Walking Club are achieved.

I ask for your consideration in this matter. 🌟

AVA Special Program — Border Crossings

Runs January 1, 2014 through December 31, 2023. The participant must physically cross the border from one state to another while on a Volkssport event. Walking, swimming, biking and cross-country ski events all count. Borders between counties do not count unless they are in different states. International borders will count as long as they are part of an IVV event. Submit a photo of your border crossing making it a personal mini photo album or keep notes to make it a mini journal of your adventures in your passport. You may do the same border crossing on 15 different days by dressing up in different clothes, wear a different hat, carry a stuffed animal, toy, etc; in each photo. Walk 15 sanctioned events. Patch: 3"x4". Sponsored by the Michigan Pathfinders, Tom Crabill, 725 Lake Drive, Coldwater, MI 49036 tjcrabill@comcast.net, 260-409-1659.



Every company has two organizational structures:
The formal one is written on the charts; the other is the everyday relationship of the men and women in the organization.

~ Harold S. Geneen

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MILESTONES

Volksmarching Lifers

In the last issue of *TAW* we put out a call for stories and photos of Volkssporters who've been involved in the sport for many decades. We got a good response and are printing some of the stories in this issue. We will focus on those with the longest terms of participation and later highlight those who've been involved for many years, but don't quite have as many years under their shoes!

We're still interested in hearing from more of you and let's set a goal of hearing from those who've been involved for 35 years or more! We'll continue including as long as we get submissions. 🌿

Twin fifties

By Frank Sayers

I was inducted into the United States Air Force in 1970, with my first tour of duty in Vietnam. My second was in Colorado Springs where I met my wonderful wife, Sherry, and we were married on December 17, 1972, in the Ent AFB Chapel. Ent AFB is now the US Olympic Training Center.

While on temporary duty in Germany, my good friend Capt. Jim Blue said, "Hey Frank, wanna go on a walk?" I still have my very first IVV Bronze medal from 1976. Back in the states, we discovered the Rocky Mountain Wanderers in Denver, and did their inaugural event at Indian Hills in 1979.

In 1983 I was requested to join the White House Communications Agency, and we moved to Virginia. Now the entire east coast was up for grabs. In 1983 we attended the AVA convention in Norfolk, Virginia, and we have attended every convention since then, walking in many states along the way. We helped form the Wood and Dale Wanderers and were members until I retired in 1990. They are still using the post office box I set up way back then. We formed the Woodland Wanderers in 2005, and have been hosting our own events ever since.

Over the years we managed to do sanctioned events in 15 countries and 49 states. Our quest began before any AVA Special Programs, and we did not realize we had set a goal of walking in all 50 states. It just became obvious over the years that we were going to do it.



Sherry and Frank Sayers in Alaska.

Our last state was Alaska, but things kept getting in the way. In 2020 the pandemic canceled the Canadian convention, and my planned excursion from there to Alaska was postponed. We are not a fan of cruises, so that was out. Finally, we decided we better do it before we could not, so I planned the trip for September this year, flying to Fairbanks and walking there, driving a big circle down to Anchorage, doing the events there, into Denali National Park and doing that event, then back to Fairbanks.

Finally, success. We have done an AVA sanctioned event in all 50 states. And, as it turns out, in the year of our 50th wedding anniversary. In the year 2022 we celebrate our Twin Fifties.

It has been a hoot. Many thanks to all those who accompanied us and arranged for events we could do. And of course, we are not done yet. Coming in 2023 is the Regional Special Program Utah County Seat Challenge, hosted by the Woodland Wanderers. Check it out at woodland-wanderers.org/Utah/. 🌿

Longtime walker Louise Fair

By Margie MacLeish

Louise Fair is a charter member of First State Webfooters, since the club formed in 1981. At 92 years young, Louise still walks every day, usually 5k in total, but accomplished in three shorter walks. Everyone in her small town of Wyoming, Delaware, knows her by name or by reputation as the woman who walks.

Over the years, Louise went on Tator Tours, to AVA Biennial Conventions and to Canadian Festivals. She is very proud to have walked the entire C&O Canal Trail and Crazy Horse.

Louise was the secretary of the club for many years. She was also the point of contact for the Dover, Delaware, Year Round Event. If a walker included a note with their payment, Louise would always write them back.



Louise Fair with some of her awards.

Currently, Louise is still involved as the club's Sunshine person. She calls or sends cards to members. She announces member birthdays at meetings.

Louise was born in Germany. She grew up doing Volksmarches on Sunday afternoons, way before the walks became sanctioned events. She brings her German heritage to the club's Traditional events by baking wonderful German baked goods. She is often asked for recipes.

Louise is an inspiration to anyone that sees her walk. Recently, my husband's guitar teacher saw her walking and told my husband because of her, she was going to start walking!

Louise participates in our Couch to 5k program each spring, a free program in our community offering guided group walks beginning with 1/4 mile and building to a 5k over eight weeks.

Finally, Louise is generous. For several months, when the club was between meeting locations, she hosted club meetings in her home.

Louise has been Volksmarching for 41 years. That's indeed a longtime walker!

P.S. Louise is my mother, and she certainly inspires me to walk. 🌿

Volksmarching Lifers continued on page 21

The IVV Olympiad

San Antonio, Texas
February 2023!

Stay tuned to the AVA Checkpoint for updates!

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: AVA Headquarters, Attn: A-Z Program, 108 S. Alamo Street, San Antonio, TX 78210. Direct questions to karen@ava.org.






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New Year's walk events in Savage, Maryland

By Linda Hassell

Come walk with the Freestate Happy Wanderers and finish 2022 on New Year's Eve, December 31, and begin 2023 on New Year's Day, January 1. The walks begin at the Faith Ministry Bldg. on the corner of 9032 Baltimore and Foundry Streets. The events will feature four 5k trails loops with credit stamps for two 10k trails for walkers to enjoy each day. The trails are on paved paths and natural wooded areas in and near the Savage Mill Historic District and Savage Park. The Savage YRE can be walked both days and Centurion Challenge Walkers may earn six IVV credit stamps at our two day events and the AVA Special Programs, Little Free Libraries, is on the trail.



Freestate Members invite you to come walk the trails in Savage, Maryland. Photo by Bill Hassell.

Start between 9 a.m. and 12 noon and finish by 3 p.m. Enjoy the friendly walking atmosphere of fun and friendship. For complete brochure information go to mdvolks.org/freestate/ or email Bill at wahasse1798@verizon.net. 🍷

Sugarloafers celebrating 35th anniversary

By Anthony (Tony) Laing

The Seneca Valley Sugarloafers Volksmarch Club of Montgomery County is celebrating the 35th anniversary of their club's founding in June 1987 and are still going strong. They celebrated with a 5k and 10k walk in Rock Creek Park on November 19 followed by an anniversary luncheon featuring food from a local barbeque restaurant.

The Sugarloafers are a strong and vibrant club with many Volkspport offerings for members over these past 35 years ranging from five Traditional Events (TEs) each year, 19 YREs, several Seasonal Events, a few Volksbiking Events, once a month Sunday group walks and Wednesday morning group walks. These events are held in Montgomery County, Frederick County and the District of Columbia.

The Sugarloafers are also the proud sponsor of the Airports AVA Special Program that has been popular over the past two years.

By press time, the Seneca Valley Sugarloafers will have completed five exciting Traditional Events for 2022. They are busy planning five TEs in 2023 and two have already been sanctioned: Glenview Mansion and Croydon Creek, Rockville, Maryland, on April 15; Oktoberfest in Frederick, Maryland, on September 30.

For more info about these and other Sugarloafer activities, go to sugarloafers.org. 🍷

Boulder City walks with veterans

By Carl Cordes

Boulder City, Nevada, is the town the dam built – Hoover Dam – in 1931. It's only 26 miles from Las Vegas but a world apart as the cozy, patriotic American small town where gambling is prohibited. Community events happen almost every weekend, many at the large Bicentennial Park. The Las Vegas High Rollers and

Veterans program coordinator, there are additional qualifiers in the Southern Nevada Veterans Memorial Cemetery, that we assumed were part of the single cemetery qualifier. A memorial garden contains 28 individual monuments to different military units and service organizations. Since they were funded and erected sepa-



Boulder City, Nevada.


Strollers have had walking events in Boulder City and nearby Hoover Dam for more than 30 years. Today we have the Historic Boulder City Walk, Boulder City Veterans Park Walk and Hoover Dam Walk. The physical start/registration point for the walks is the historic Boulder Dam Hotel. They are also available on OSB so you can get directions in advance and drive direct to the remote start points. The 2023 events have two or more qualifiers each for AVA Special Program Walking with America's Veterans. The Historic Boulder City YRE lets you sample the many wonders of this community. The 10/12k routes now have five qualifiers for Walking with America's Veterans. Hoover Dam YRE takes you high above the Colorado River on the Sky Bridge with two qualifiers and then across the dam into Arizona and back. For 10k, walk back in history through the railroad tunnels built to bring materials to the dam construction site.


The crown jewel of the Veterans qualifiers is the Boulder City Veterans Park YRE originally with five Veterans qualifiers. We have learned from the Walking with America's

rately from the cemetery, each is its own qualifier for the special program. Along with two other unique memorials on the cemetery grounds, the total qualifiers on this one YRE is 35. That's over a month of walking with and honoring Veterans!

As you may have heard the Walking with America's Veterans AVA Special Program has been extended to 2027 (redeem books through 2028). And two additional awards have been added to the original six service coins. The seventh coin will be POW/MIA and the eight award is a wooded holder for the seven coins. You must complete eight books to receive all eight awards. The rule for events with multiple qualifiers: You may only use one qualifier per day/paid walk in the same book. Include date of walk with qualifier in book entry. Each qualifier may only be used once per book in same year.


The Las Vegas High Rollers and Strollers have 13 more veterans' qualifiers on six other YREs we host. So when you visit, plan on staying awhile to get them all! 🍷





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**Southeast
Region**



Kathryn King, Director
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ETWs honor late president with memorial walk

On a beautiful fall day, 38 walkers gathered to honor East Tennessee Wanderers' (ETW) late president, Linda Nelson. The walk was a reworked version of her favorite YRE in Alcoa, Tennessee. The group included one of her friends from Georgia.



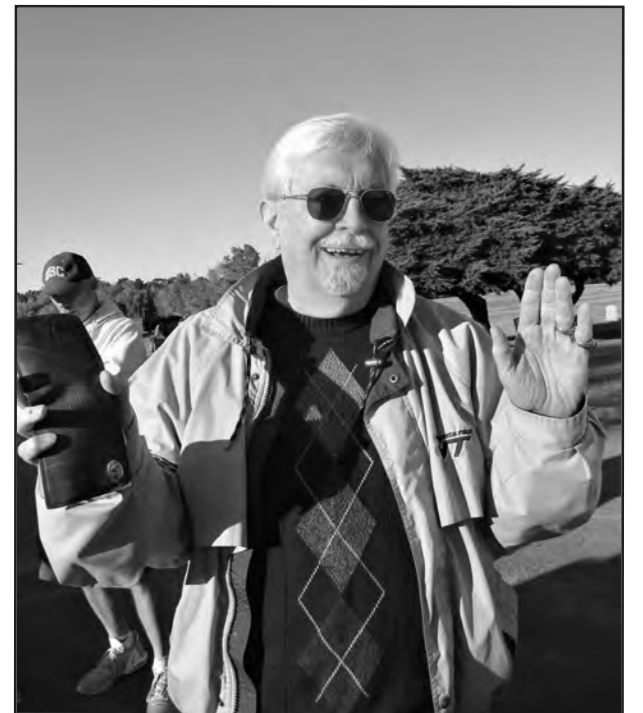
Linda Nelson relaxing at the end of an Asheville Amblers' walking weekend. Photo by Kathryn King.

Nelson was particularly fond of walking the Alcoa YRE in the evening when the holiday lights were shining. If you're ever in the area in December, you might want to try it. Both the 5k and 10k routes are well lit, but flashlights are recommended for a few spots.

As the walkers completed the memorial walk, many commented that it was easy to see why the walk was one of her favorites. The scenic trail was a perfect setting to honor Nelson's contributions to ETW and the AVA.

Nelson was a long-time volunteer for Remote Area Medical, a major nonprofit organization that hosts pop-up health clinics. Her travel schedule with RAM was hectic, but she still found time for trekking with the Wanderers.

Under Nelson's leadership, the club started an I-Did-A-Walk challenge to keep members active during the winter months. To complete the challenge, members and pets walk at least 1,049 minutes from February 1 to March 31.



Ron Hartman, a friend of Linda's, traveled from Georgia to participate in the memorial walk. Photo by Kathy Nash.

So, here's to you, Linda. We remember your love of karaoke, oldies music, road trips and walking. Happy trails until we see you again.

New club in the Classic South

By Maria Weber

Southeast Striders trailmasters are out creating new walk routes in northeast Georgia. The area of focus is the triangle created by I-85 to the north, Georgia/South Carolina state line to the east and I-20 to the south. Current route available on OSB is Watson Mill Bridge State Park. This is one of the most picturesque state parks in Georgia with the longest covered bridge in the state spanning 229 feet across the South Fork River built in 1885. It's an ideal spot for an afternoon picnic or overnight camping and the park has a historic water mill to experience.



Athens, Georgia, has two easy walks on the paved Oconee Rivers Greenway completely away from traffic. Another Athens route highlights the Firefly Rails to Trails, Athens Town and the UGA Campus. Watkinsville, Georgia, a little further south, highlights the history of a stagecoach town, Watkinsville Woods and the Eagle Tavern Museum at the end of the walk.


Keep watching Southeast Striders, there is more to explore.




AVA: America's Walking Club!

AVA Special Program - Rails-to-Trails


Runs January 1, 2022 through December 31, 2025. Redeem completed books by December 31, 2026. Any sanctioned YRE, Seasonal or Traditional event that walks/bikes on a portion of an official Rails-to-Trails Conservancy identified trail (which can be found at trailink.com/trailsearch) qualifies. One stamp per event per year except for Guided Trail events which use the same stamp - in this case the sanction number identifies a unique event. The AVA Special Program booklet contains room for 16 stamps. For details and books contact Sherry Sayers, Colorado Springs Walking Club, 3524 N. Cascade Ave, Lot #58, Colorado Springs, CO 80907, cswc@avaclubs.org. Completed books may be sent to Sherry, or scan image of your completed book and email it to cswc@avaclubs.org for a 3"x4" award patch similar to the one pictured. POC: Sherry Sayers, 719-640-6745, email cswc@avaclubs.org.



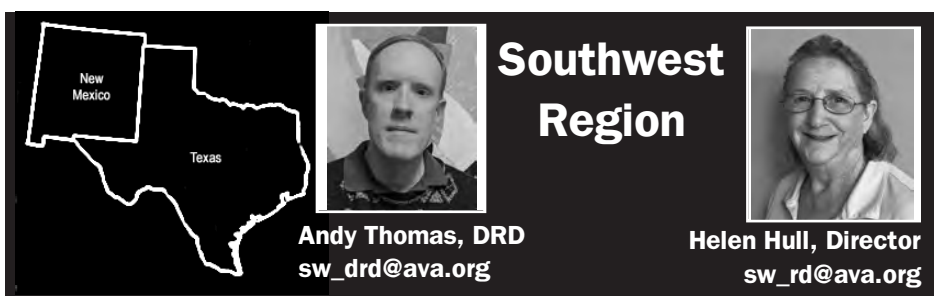
Ed Hainline, DRD
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**Northwest
Region**



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No submissions were received from Northwest Region for this issue of TAW.



Sun Country Striders – Silver City Roundup


By Helen Hull

The Sun Country Striders of New Mexico continue their quest to walk the 33 counties in the state. In 2023 the club is adding walks in four new counties in Deming, Silver City, Truth or Consequences and the Gila Cliffs National Monuments. These YREs will be available all year.

But mark your calendars for the Silver City Roundup, April 13-16, when the club will add five more Seasonal hikes in the Deming/Silver City area to further explore the southwest corner of the state. Silver City will serve as the host city with all of the walks within a 90-mile radius. These walks will be nature trails rather than town walks so we recommend hiking boots and walking sticks.



Rockhound State Park is 15 miles from Deming and allows you to rock hunt and take home souvenirs. The City of Rocks State Park with large sculptured rock formations is located halfway between Deming and Silver City. Then 10 miles from Silver City, we will hike a portion of the Continental Divide Trail. This might sound challenging but is actually a quiet hike in the forest with only minor changes in elevation. Another trail five miles from Silver City is the Dragonfly Trail and the historic Fort Bayard site. The Dragonfly trail leads to several petroglyphs while the Fort Bayard portion showcases the old fort established in 1866 to protect the area from Indians. It was garrisoned by the Buffalo Soldiers and later served as the army's first tuberculous sanitarium. The site includes the Fort Bayard National Cemetery. The last walk will be at the Catwalk Recreation Area near Glenwood. The hike features the steel catwalks installed along the canyon walls above the river during the gold rush era and connects to a trail up the bluff overlooking the river.

Hotel and social plans are still in the works. Go to our website for updates at suncountrystriders.wordpress.com. 

AVA Special Program — Airports

Runs January 1, 2020 through December 31, 2023. Enjoy a scenic walk or bike trip that passes close to an airport and earn a patch to commemorate your journey! Many large airports have paths that circumscribe them, or have paths that go to designated viewing areas. Even small airports often have AVA walks that afford walkers the opportunity to see planes take off and land. And airports are everywhere. To qualify the walk must be sanctioned, but the same walk can be used different years if you desire. Walks qualify if they go to a designated airport viewing area, use a perimeter pathway, or walk in close viewing proximity to the Airport (preferably less than 1/2 kilometer). Also, please send photos so we can post an album on our club website. Walking 12 events earns you the patch. Request books from: *Seneca Valley Sugarloafers*, Attn: Airports, PO Box 3716, Gaithersburg, MD 20885-3716. Email airports@sugarloafers.org.



Five new Texas county Seasonal walks in 2023

By Deborah Carter

Start up north in Claude, Armstrong County, next door to Palo Duro Canyon State Park. Armstrong County is home to the JA Ranch, the oldest cattle operation in the Texas Panhandle, founded by Charles Goodnight and George Adair in 1876. The Charles and Mary Ann Goodnight Ranch State Historic Site is 12 miles east of Claude on US-287 and the Goodnight Cemetery is also nearby. The walks include the courthouse, the Armstrong County Museum, school, library and neighborhoods. The movies *Hud*, *Leap of Faith* and the closing scene in *Indiana Jones and the Last Crusade* were filmed in Claude.


About halfway between Fort Worth and Waco, on I-35, you'll find Hillsboro in Hill County. Our walks start at the county courthouse and include the town square, the Chamber of Commerce in an old M-K-T (Katy) rail depot, school, churches, Hillsboro City Park, historic City Hall, cemetery and the city library, which is housed in an old post office building.

Continue south of Waco on Texas Highway 6 and you'll come to Marlin in Falls County. Once popular for its mineral waters and a Conrad Hilton Hotel, Marlin is a study in contrast, having fallen on less prosperous times. Our walks take in the historic downtown, courthouse, the historic mineral waters site and former Hilton

Hotel, former grand homes and medical facilities. The cemetery has two of the most interesting cemetery monuments: the "Bed" monument and the Walter B. Brown "Lineman" monument.

Still further south on TX-6 is Hearne in Robertson County. Hearne is located in central Texas at the intersection of three highways and the Union Pacific's major north/south and east/west rail lines. It is nicknamed "The Crossroads of Texas." Our walks include the Railroad Depot Museum, city library, water tower, City Hall and neighborhoods.

East of Hearne (US-190 east of Bryan/College Station to I-45) is Madisonville in Madison County. Madisonville is halfway between Dallas and Houston and the county is named for the fourth U.S. president, James Madison. Madisonville is home to one of the largest mushroom production facilities in the country and you'll find mushroom statues around town. Buc-ee's, Texas' favorite gas station and beaver is nearby, just off Interstate 45. The Madison County Museum is open 10 a.m.-2 p.m. Wednesday through Sunday.

All five walks are available January through June 2023 only. Registration is available via the online start box. 


Dallas Trekkers have two new Year Rounds

By Deborah Carter

The Dallas Trekkers announce two new Year Round events for 2023. Both are easily accessible by highway. Just off I-35, our new route in Waco explores the Baylor University Campus and Texas Rangers Hall of Fame. Just off I-45, our new walk in Corsicana starts at the Visitor's Center, a converted railroad car that illustrates the area's interesting history of regional travel, food and commerce.

In Waco, you'll explore the Baylor Campus and the special landmarks highlighted in the walk instructions and on the maps. You'll cross the Brazos River and pass the McLane Football Stadium. We encourage you to visit the Hall of Fame and Museum before or after your walks. Our Waco Historic YRE remains available as well and you may use either online or physical start boxes to register for either event.

In Corsicana, you'll enjoy lovely town walks that include Historic Downtown, the Pioneer Village and Lefty Frizell Country Museum, Collin Street Bakery and Navarro County Courthouse. This is an online start box registration only.

Make sure you visit on your way to or from the IVV/IML events in San Antonio, or any time throughout the year! 

Southwest Region continued on page 10

*It's okay to walk slowly but
never backward.*

Southwest Region *continued from page 9*

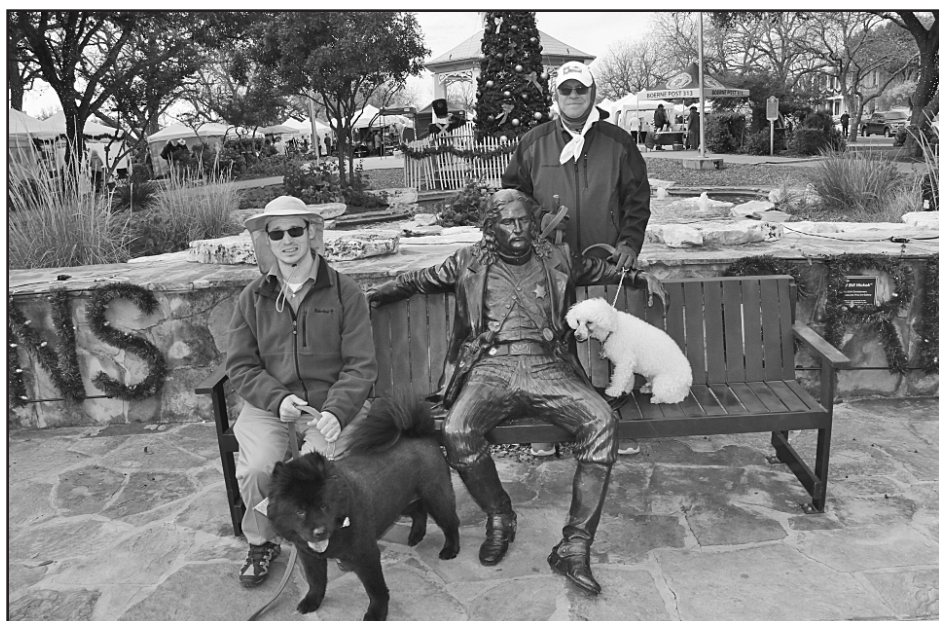
World Heritage Festival, Tour de las Misiones and Somerset Walks

By Martin Callahan

The Randolph Roadrunners Volkssport club of Universal City, Texas, is hosting three walk events this winter. The first walk will begin on December 10 at St. John's Church, 315 E. Rosewood Avenue, Boerne, about 30 miles northwest of San Antonio. The town was first settled in 1849 by a group of German pioneers and continues to this day to have a distinctive German flavor.

The third event takes place on February 11 at the Hill Country Retreat by Del Webb in northwest San Antonio. The start for this walk will be at Dell Webb's 28,000 square-foot community center located at the Resort at Hill Country Retreat, 4550 Del Webb Blvd.

The Del Webb walk is going to be an



Frank Ellis with Dolly (l) and Doug Eide with Rudy pose for a picture next to the bronze sculpture of the famous gunfighter, Wild Bill Hickok, by E. Christianson that was sculpted in 2012 and visible along the 2021 Christmas Walk in Boerne, Texas. Photo by Martin Callahan.

Volkssporters will follow a route through residential and historic sections including the Boerne Christmas Market in the Town Square. Part of the route will be in a new neighborhood that decorates for the holidays. On the walk you will have the opportunity to visit the many fine antique shops, restaurants and craft shops. You can learn about Boerne at visitboerne.org/.

The club is continuing its tradition, since 2014, of offering a free sausage and pancake breakfast for Volkssporters before they start their walk.

The second walk event called "Best of the Heights" and starts on January 7 at the Corner Bakery Café in the Alamo Quarry Market, 255 E Basse Rd, Suite 400, San Antonio. This trail combines the best of the Alamo Heights neighborhood which includes beautiful upscale homes, some dating as far back as the 1920s and part of Lincoln Heights after passing by the 580,000 square-foot Alamo Quarry Market. The market is an open-air complex that was built at the site of the over 100-year-old Alamo Cement Plant and utilizes some of the original structures and smokestacks in its construction.

"All About the Chocolate Walk" with pictures of chocolate treats hidden along the trail that Volkssporters will turn in for a chocolate prize at the finish. There will also be a chocolate tasting contest with the top two bakers winning a prize. Volkssporters will follow a trail along residential streets and a nature trail in this beautiful Texas Hill Country community.

The Hill Country Retreat opened in 2006 and is the first premier active adult community for adults age 55 and over in San Antonio. You will be impressed with cascading waterfalls at the entrance, the attractive ranch homes, the beautiful paved nature trails and the full range of facilities available to the community. You can learn more about the Hill Country Retreat at delwebb.com.

For more info on all three of the walk events contact Ellen Ott, 210-723-8574 or ellenott@sbcglobal.net. You can print copies of the walk brochures for all three walk events by visiting the club website randolphroadrunners.info/.

Ready, Set, Go!

By Carol Obianwu

If your plan is to drive south on I-35 on your way to the IVV Olympiad and IML events in San Antonio, the Colorado River Walkers Volkssport club of Austin, Texas, has some great Year Round Events (YREs) for you to enjoy.

Belton is about 60 miles north of Austin, and the walk there centers around the county courthouse square, the University of Mary Hardin-Baylor campus and strolling along Nolan's Creek. A typical Texas small town, the walk box is located in a gas station/convenience store on I-35.

Salado is 10 miles further south, and is known for its art scene and the springs that feed Salado Creek. The small museum is at the start of our Volksmarch and well worth a visit. Sirena, the Indian Mermaid statue is near the creek for a memorial snapshot.



Indian mermaid in Salado.

Another 25 miles further south is Georgetown, the Williamson County seat, which has an imposing courthouse square, a large outdoor art scene and Southwestern University, the oldest university in Texas. You will walk along the beautiful San Gabriel River and perhaps see some early red poppies in bloom.

Round Rock, Texas, is named after a large round rock in Brushy Creek, which indicated a safe fording place across the creek to early settlers. The historic center of town is the iconic water tower and the nearby very popular Round Rock Donuts.

We also sponsor the popular Capital Walk in downtown Austin, the beautiful Lady Bird Lake walk and the Fairview neighborhood walk, as well as Pflugerville and Brushy Creek walk and bike.

Visit our website, coloradoriverwalkers.org. At the top right corner, the three horizontal lines indicates the menu. Click on "Year Round Events" which will give you more information on each of these walks.

Southwest Region continued on page 11

You cannot be everything to everyone. If you decide to go north, you cannot go south at the same time.

~ Jeroen De Flander

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 from Springer Mountain in Georgia to Mount Katahdin in Maine. Walkers must hike/walk a section of the trail in each state. A qualifying AVA walk is one that goes on the AT or a blue-blazed trail for at least 4k and will count for only one state; the sponsoring club will determine which one. Complete 14 required events. Each AVA stamp can only appear once in the book. Due to the unique nature of this program, participants have space in the program book to add a picture, notes, and other local stamps such as the park or AT Passport stamp. The patch is 4x6". For details and books, contact Susan Medlin, 12527 Fern Creek, San Antonio, Texas, 78253, 210-325-3523 or email sueammed@aol.com.



Southwest Region *continued from page 10*

Texas Trail Roundup's YRE Walk in Wimberley

By Martin Callahan

The Texas Trail Roundup Volkssport Club hosts a very special Year Round Event (YRE) in Wimberley, Texas. Wimberley is in Hays County about 14 miles northwest of San Marcos on Farm Road 12 and about 40 miles southwest of the state capitol of Austin. When Hays County was first organized in 1848, the present day site of Wimberley already had a small trading post, with a gristmill added in 1856.

Many of the early settlers were veterans of the 1836 Battle of San Jacinto that won independence from Mexico for the new Republic of Texas. During the Civil War the town made a major contribution to the war effort of the Confederacy by providing the important components of gunpowder. In 1880 the town was named in honor of prominent businessman and philanthropist, Pleasant Wimberley.

The climate and beauty of Wimberley has made it popular as a health center and vacation resort, with tourism a major industry in the area. Walkers will also enjoy visiting the charming collection of eclectic antique and craft shops in the town. During the 2010 census the population of Wimberley was 2,626. In 2015 the town suffered a terrible flood but the town has recovered. For more info on Wimberley go to wimberley.org.

Walkers will follow a scenic route through the historic village of Wimberley, along hiking trails at the Blanco River and along the Cypress Creek including the Blue Hole Regional Park. Unfortunately, pets are not allowed in the regional park part of the trail. You will also follow the trail through the Wimberley Cemetery which has many Civil War veterans and prominent citizens of the town buried there. The route is rated 1A and is not suitable for strollers or wheelchairs.

Also along the walk trail you will notice many large cowboy boots painted with different designs. The



Doug Eide and Rudy pose for a picture next to the boot titled "Cotton-eyed Koi" by Rozi Turnbull that was sponsored by and located next to the Ozana Bank. This boot is one of 50 painted boots visible along the 2021 YRE walk trail through Wimberley, Texas. Photo by Martin Callahan.

boots were part of an art project titled "Bootiful Wimberley" to highlight community arts and enhance cultural tourism there. The 32 boots were first revealed in September 2014 and by May 2015 an additional 18 boots were added, raising the total to 50. Each boot is sponsored by at least one local business or organization and painted by area artists. You can learn more online about the boots at bootifulwimberley.com/.

The start point for the walk is the Wimberley Valley Chamber of Commerce, Convention Center and Visitors Bureau, 14100 Ranch Rd.12, Wimberley. The visitor's bureau may be closed during holidays; call them at 512-847-2201 to verify hours. Please walk during daylight hours. The visitor's bureau is open from 9 a.m. to 4 p.m., Monday through Saturday and 1-4 p.m. on Sunday.

For more info on this unique walk or the club's Year Round events contact John B. Ives, president@texastrail-roundup.org, 830-625-6330 or go to texastrailroundup.org.

Ken Johnson, DRD
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North Central Region

Susan Pinneke, Director
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North Central Round Up

Hello walkers! Summer was a hot one here in North Central but, fall has arrived with cooler temperatures and beautiful backdrops. We have enjoyed some awesome walking in this region. Food or drink was the theme for several walks around the region. I personally enjoyed beer on Des Moines, Iowa's Brewery Walk on September 24. The walk route passes several breweries, no reason not to stop and sample their wares! In Wisconsin, you've got to "Say Cheese!" I had a great time at the Monroe Cheese Days walk on September 17. Monroe is Cheese City, U.S.A. There is no better fun than the Pie Walk in Omaha, Nebraska, on November 5. I also enjoyed a delicious lunch and annual meeting after a beautiful walk along the Minnesota River with Twin City Volkssports to celebrate their 40th anniversary! Congratulations TCV!

Without a doubt, there was a lot going on in the North Central this fall. It's not going to stop when winter rolls in. We will enjoy Christmas Lights in Omaha on December 3. This is a beautiful walk and a fun evening. Our clubs combat the cold and snow with indoor walks, we'll enjoy climate-controlled mall events in Des Moines, Iowa, on January 2; in Blaine, Minnesota, on January 7; in Madison, Wisconsin, on January 4 or January 18. No matter the season, when you visit North Central, bring your walking shoes. Hope to see you this soon in North Central Region.

It's the time of the year when we spend at least a few minutes evaluating the past year making some resolutions or goal for the upcoming year. Looking back on 2022, I set my goal at 50 events. I'm happy to report I'll make my goal. Looking at 2023, I definitely want to set a stretch goal. I think I'll go for 60 events in 2023. With the week of walking the Olympiad will provide, I think it's a good goal. What about you? Figure out what would motivate you and keep you going all year long. Don't overwhelm yourself – make yourself successful and have fun.

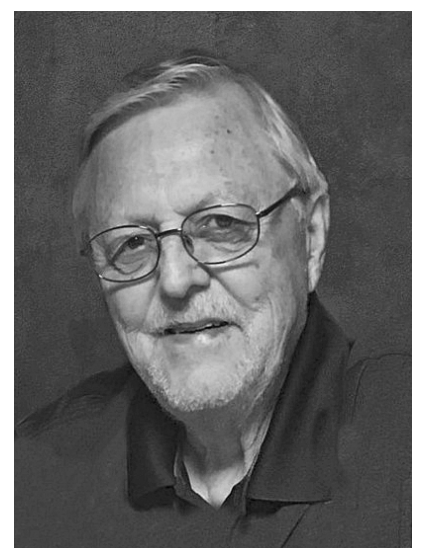
And while we are talking about goals, I'd like to say a big thank you to the North Central Region for their participation in my little give match challenge during the Big Give campaign. Together we donated \$500 to AVA. Way to go North Central! Your generosity makes me smile. Many thanks to all who participated in any way in the Big Give.

Happy Holidays to all. See you on the trail! 🍂

North Central loses another Volksmarmer

Earl von Holt died on Monday, September 19, at Mayo Clinic Health System - St. Mary's Campus in Rochester a few minutes before he and his wife, Audrey, would have celebrated their 63rd wedding anniversary.

He was born in Luverne, Minnesota. His parents both immigrated to the USA from Germany in their teens. Earl grew up on a farm near Magnolia, Minnesota. After graduation he worked on the farm. In 1955, he enlisted in the Air Force and served in the Strategic Air Command for four years as an electronic technician on B47 bombers. He was discharged in August 1959.



On September 20, 1959, Earl married Audrey and they began their new life in Minneapolis, Minnesota. Earl worked for Thomas A. Edison Industries using his USAF training. In 1981, he was transferred to a one-man office in Mankato where he continued dictation sales and service for south central Minnesota until he retired. He enjoyed his flower and vegetable gardens, yard and deck.

Earl and Audrey started Volksmarching in 1984, becoming leaders of the Riverbend Striders in Mankato. They enjoyed 20 years of organizing area events and walking throughout the United States.

Earl was a good friend and a quiet man who was proud of his German heritage and his service in the USAF. We will miss him. 🍂

North Central Region continued on page 12

Next TAW deadline
January 25
for March, April and May

North Central Region *continued from page 11*

Forests and Ice Cream

By Sandy Spaulding

The Nebraska Trailblazer 2023 schedule is coming together and it is going to be an exciting year. We have some great close-to-home walks, but there are two distant events that give multiple unique walking opportunities.

The first is on May 20. This will be the first time we have walked in Chadron State Park. May 20 is free state park day in Nebraska, so this is a bargain. Chadron State Park is in the Pine Ridge and located within the Nebraska National Forest, in northwestern Nebraska. The beautiful vistas surrounded by tall ponderosa pines will enchant all. This was the first state park established in Nebraska. In addition to our walk on the great hiking trails, the park offers a swimming pool, horseback trail rides, tennis and sand volleyball courts, craft center, snack bar, souvenirs, mountain bike rentals, paddle boats on the picturesque lagoon, fishing and evening programs. There are 22 housekeeping cabins and a modern campground, but get your reservations in soon. They take reservations one year in advance and fill up quickly. There are also great hotels in Chadron and Fort Robinson State Park, which has lots of lodging options, is not far away.

To add to your weekend, there are two Year Rounds and a Seasonal event in northwest Nebraska. Agate Fossil Bed National Monument Seasonal event is a unique look at the past on high plains mixed grass prairie. The White River Trail is a Rail to Trail that runs between Fort Robinson State Park and Crawford, Nebraska. It has great views of the buttes. The Chadron State College walk follows



scenic paved and dirt trails including the CSC Serpentine Trail. In addition to the physical start box in Chadron, these three walks are on the online start box. Not too far away, there is a full slate of YREs and Seasonal events in South Dakota.

The second set of walks is part of the North Central Regional Roundup, September 15-17. We will revisit Le Mars, Iowa, the Ice Cream Capital of the World, where more ice cream is made than any other city in the world. See Plymouth Rock. Visit the historic downtown and its art alleys. See some of the 55 ice cream sculptures that dot the landscape. Stroll through Veterans Park with its unique sculptures. Visit the Plymouth Historical Museum with five stories of exhibits. And did I mention ice cream? At this sitting, I do not know where the other walks will be for the roundup, but I am sure there will be a full slate of great walks. So get this weekend on your calendar. 🍦

NorthStar Trail Travelers celebrates 25th Anniversary in 2023

For 25 years, NSTT volunteers have been working hard to provide quality events in Minnesota State Parks. For nine years prior to that, the DNR offered the program around the state. Including all 32 years of Volkssporting in our state parks, we have had sanctioned events in all but nine parks. And those nine parks don't have enough trails to sanction an event.



NSTT has held 183 events over the 25 years and brought over 11,500 walkers to our state parks. If we include the DNR's events, over 29,400 people have come to the parks. Since we started taking walker donations to the parks in 2005, we've donated over \$16,000 to the various parks we've held events at. Of that, almost \$5,500 was matching funds from the club.

In 2018 NSTT signed a Memorandum of Understanding (MOU) with the DNR State Parks and Trails for a formal partnership with the DNR. This has given NSTT credibility, to outside groups, that we work with the parks to provide these events.

In the meantime, NSTT continues with its event offerings for 2023 to celebrate our 25th anniversary.

February 25 we'll go back to Fort Snelling State Park for a snowshoe/walk event around Picnic Island. We're hoping we have better weather than last year but do have a postpone date of March 4 if it's too cold.

In May we head to southwest Minnesota to walk two parks. On May 20, we'll go back to Camden State Park and check out that park in the spring. We'll also hold our famous Hobo Soup Supper that evening. We're backing it up with a Sunday event at Lake Shetek State Park on May 21. Both are parks we haven't walked at for many years, so hope you'll put them on your calendar!

July finds us in the southeastern part of the state with two more back-to-back events. On July 15, we'll walk at Beaver Creek Valley State Park. We've wanted to go back but they suffered some trail damage during a storm so we had to wait to make the trek back there. On Sunday, July 16, we move up the river to Great River Bluffs State Park. Walkers will enjoy walking to King's Bluff where you can look over the valley and the Mississippi River. A challenge climb awaits you at John Latsch State Park ... its only trail only goes up for another scenic view.

In September we go back to Wild River State Park, one of our favorite parks. Besides holding two one-day events there, we'll also help them celebrate their 50th Anniversary! On Saturday, September 23, we'll walk at the Sunrise Unit of the park ... a place we've never walked before ... partly because in the spring it's usually flooded! On Sunday, September 24, we head back to the main park and start from the Visitor Center for a number of choices for trails, one of which is the Old Military Road Trail, which we also have never done. Watch for more info on their anniversary celebration!

Finally we end up with our annual meeting guided walk on October 21 in the MN Valley area, starting at the Pond Dakota Mission Park in Bloomington. We'll walk, have a potluck lunch, a short business meeting and lots of door prizes!

Won't you join us in 2023 to celebrate NSTT's 25th Anniversary? 🍦



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, 108 S. Alamo Street, San Antonio, TX 78210. Email karen@ava.org.



AVA Special Program — Walking with America's Veterans

Runs January 1, 2021 to December 31, 2027. To complete this program you must collect 15 local veteran's monuments and memorials for "campaigns" from the Spanish American War to the present in local communities. Also targeted are the locations of veteran organizations like the VFW, American Legion or any of the other members of the National Military & Veterans Associations. Each qualifier can only be used once in an event logbook or once in a year, whichever comes first. If a logbook is used over multiple years, the new IVV/AVA stamp with a different year allows the use of the same qualifier in the same book. Upon completion, participants are eligible to receive the first AVA: America's Walking Club military challenge coin. Sponsored by the U.S. FreedomWalk Festival Club. For details and books email veterans@walkvirginia.org or call 703-583-2916.





AVA Hosts the First North American IVV Olympiad

February 19-26, 2023





Bridge To History

By Michael Marke, 2023 Olympiad Trailmaster

February 19-23, 2023, historic San Antonio will host the biannual international walking festival known as the IVV Olympiad, marking the first time the event is held in the U.S. The IVV Olympiad takes place every two years in the country of an IVV member association and has done so since 1989. The 2023 Olympiad will be followed by a three-day IML event providing walkers with a full week of walks starting in one location. Each day's Olympiad walks begin and end in the heart of the city, feature a different quadrant of the city, and offer a choice of three different distances (short: 5k or 6k; medium: 10k or 11k; and long: 21k or 22k). A 42k marathon route featuring creek greenway trails, lakes and colleges will be offered on Wednesday. Swims in an indoor pool and a bicycle event are planned as well.



Walk on the Hays Street Bridge to historic neighborhoods and historic cemeteries, including the National Cemetery

On the second day of walking, Tuesday, February 21, the theme is Bridge to History. The trail uses the Hays Street Bridge to cross over railroad tracks on what was a vehicular bridge built 60 miles west of San Antonio in the late 1800's. It was moved to San Antonio in the early 1900's, closed to vehicular traffic in 1982 after being declared unsafe and reopened as a pedestrian bridge in 2010 after being restored, giving walkers a great view of the San Antonio skyline.

After crossing the railroad tracks the trail enters the Dignowity Hill Historic District, San Antonio's first exclusive residential suburb, dating back to the latter part of the 1800's. By the 1930's the neighborhood consisted of small Folk Victorian style houses and Craftsman bungalows. Today the district has become attractive to homeowners again and many of the houses are being restored. After a brief glimpse of the district, the 6k route returns to the walk finish going through the Nolan Street Underpass, the home of several colorful murals.

The 10k route leaves the historic district and heads towards the Historic City Cemeteries dating back to 1853. One of the cemeteries, the San Antonio National Cemetery, is one of two national cemeteries in San Antonio, the other being Fort Sam Houston National Cemetery, located next to the historic U.S. Army post. The San Antonio National Cemetery dates to 1867.

After seeing more of the historic district, the 21k route goes through the cemeteries and continues to St. Phillip's College, one of five public two-year colleges in the Alamo Colleges District. As it heads back towards the downtown area the 21k route goes through neighborhoods of early 20th Century houses including the four-block Knob Hill Historic District dating to 1910. The district includes numerous Craftsman bungalows, Classical

Revival style houses and later minimal traditional homes. The 21k route then joins the 10k route for its return to the heart of the city and the walk finish.

Along their way to the finish the 10k and 21k walkers pass Pittman-Sullivan Park, a large park that hosted major league baseball spring training in the 1920's. Closer to the finish, walkers pass the Alamodome which opened in 1993 and is owned and operated by the City of San Antonio. The dome is the home stadium for the University of Texas –



National Cemetery.

San Antonio Roadrunners football team, has hosted NCAA basketball Final Four games, hosts the Valero Alamo Bowl football game between nationally ranked college teams every year and was home to the NBA World Champion San Antonio Spurs from 1993 to 2002.

Closer to the finish walkers pass the University of Texas – San Antonio Institute of Texan Cultures, a museum featuring the many cultures making up the population of Texas, which served as the Texas Pavilion during HemisFair '68 World's Fair. Another reminder of the fair is the Tower of the Americas, the theme structure for the fair. Currently the fair grounds are evolving to fulfill a new master plan to bring more life to the area with park space, apartments, a hotel and commercial space. Walkers pass the Fairmont Hotel which was originally constructed in 1906 about four city blocks from its current location. In 1985 the hotel was moved to its current location earning the title of the "largest building ever moved on wheels" by the *Guinness Book of World Records*. The yellow brick south section was added after the move.

We invite you to join us for this walk and the other Olympiad and IML walks planned for the week. Register at fests.ava.org/olympiad/register.php.

Olympiad volunteer opportunity

The IVV Olympiad is coming! Yes, the IVV Olympiad is coming to the United States. How great is that? It's going to be awesome! A once in a lifetime chance to walk with fellow Volkssporters from around the world. I can't wait!

The IVV Olympiad is coming to San Antonio, Texas this February. That's like in three months. But it takes many, many people to make it happen. There are many jobs to fill, check points and lap counters, start and finish tables, ushers at events, set up, tear down and more. We're putting out the call to regions and state associations to get a group to volunteer together. No matter the size of your group, we can find a place for you. You might staff a checkpoint or two, or stamp books at the finish table, or one of the many other jobs necessary to put on a large scale walking event.

This would be your opportunity to put your region or state association in the spotlight. Wear your shirts, have flyers for upcoming activities, have information on your region or state and maybe give away. It's up to you make it truly your day. Since the Olympiad is in one location, San Antonio, this would be one way for our international visitors to learn a little more about the rest of the United States. It would also be a way for North American Volkssporters to find

out about the fun activities you have planned in your region or state for the year ahead. Shifts would only be a couple of hours, so you could walk and volunteer. It's a fun, easy way to be part of the Olympiad and provide a top quality event for all our visitors.



If you have questions, would like to discuss the possibilities or would be interested in organizing volunteers for your region or state association, contact Susan Pinneke at NC-RD@AVA.org. Once we have an idea of how many volunteers you might have, we can talk about dates and jobs. This is our chance to show the world that American Volkssporting rocks!

Also, a great big thank you to all those who have reached out to volunteer already. You are awesome! We are always happily surprised by the generosity of our fellow Volkssporters. Together we will make this a premier IVV Olympiad.





IVV Olympiad & IML Texas Trail Roundup Walking Festival

February 19-26, 2023
In historic San Antonio, Texas

Presented by



AMERICA'S WALKING CLUB
— ESTABLISHED 1976 —



Come walk with us!

Each day enjoy:

- Curated walking tours of historic San Antonio, Texas
- Various routes for all fitness levels
- Olympiad Village with food, live music and more
- Fun, fitness and friendship with visitors from 30+ countries

Day Passes Available

<https://ivvolympiad2023.org/>

Sponsors:



AVA Hosts the First North American IVV Olympiad February 19-26, 2023

Register *continued from page 1*

Sunday, February 19: Welcome Day for Volkswalkers (no daily charge)

- ❖ Downtown Community Walk for \$3
- ❖ Parade of Flags, representing the dozens of countries in attendance
- ❖ Opening Ceremony of the IVV Olympiad
- ❖ Olympiad Village

Monday, February 20: We Love Parks Walk (walking north through various parks and historic areas)

- ❖ Walk: 6k, 10k, or 21k
- ❖ Bike: Choose your distance (rentals available)
- ❖ Olympiad Village

Tuesday, February 21: Bridge to History Walk (crossing the Hays Street Bridge to the east side of the

city with the National Cemetery, Alamodome, and other significant sites).

- ❖ Walk: 5k, 10k, or 21k
- ❖ Bike: Choose your distance (rentals available)
- ❖ Swim: 300M
- ❖ Margarita & Taco Trail (extra cost for special evening event): drop by participating restaurants, breweries and shops to get free samples, coupons and other goodies.
- ❖ Olympiad Village

Wednesday, February 22: Puro San Antonio Walk (walk west through downtown sites and greenway trails).

- ❖ Walk: 5k, 10k, 21k or 42k
- ❖ Bike: Choose your distance (rentals available)
- ❖ Swim: 300M
- ❖ Olympiad Village



San Antonio is a UNESCO World Heritage city with its missions from the 1700s.

Thursday, February 23: South to King William Walk (south along the river to the National Mission district and King William Historic District)

- ❖ Walk: 5k, 10k, or 21k
- ❖ Olympiad Village
- ❖ Closing Ceremony of the IVV Olympiad
- ❖ Opening Ceremony of IML Texas Trail Roundup
- ❖ Friendship Celebration (extra cost for special evening event): enjoy music, food and entertainment with friends from around the world.

Friday, February 24: Friendship Walk (downtown San Antonio)

- ❖ Walk 5k or 10k
- ❖ AVA Special Membership Meeting
- ❖ Olympiad Village

Saturday, February 25: Spanish Mission Walk (walk along the river to historic missions)

- ❖ Walk 6k, 13k, 21k or 42k (if you register for the daily rate, there is a \$10 bus fee for 21k and 42k)
- ❖ Olympiad Village – last day

Sunday, February 26: River Walk North (walk north along the river to the Pearl, Brackenridge Park and Japanese Tea Garden)

- ❖ Walk 5k, 13k or 21k
- ❖ IML Closing Ceremony

The excitement, friendships and adventures are all waiting for you in San Antonio, February 19-26. Register at ivvolympiad2023.org.



The River Walk is recognized as one of the most beautiful sites in the world.



AMERICA'S WALKING CLUB
— ESTABLISHED 1976 —



The IVV Olympiad

Is Coming to San Antonio, TX February 2023!

VISIT AVA.ORG FOR MORE INFORMATION AND UPDATES.

2023

18th

OLYMPIAD

SAN ANTONIO, TEXAS USA

February 19-26, 2023

ivvolympiad2023.org



This walk is a train wreck, and more

By Carol Endriss West

Northeastern Connecticut is known locally as “The Quiet Corner,” but it wasn’t quiet in the early hours of December 4, 1891. A mix of inattention and poor communication, plus high speed, massive weight and lousy timing, was a recipe for disaster. Two trains crashed, and then another plowed into the jack-knifed cars and debris, and yet another had no time to stop before joining the wreckage. It was one of only a few four-engine train crashes in our country’s history, “The Great East Thompson Train Wreck” is vividly documented with innovative signage along Connecticut’s “Airline” rail trail.

Marker. Even without the incentive of the Rails-to-Trails or Crossing Borders Special Programs, Volkswalkers will enjoy this rural area of Connecticut.

Putnam Volkswalk (6k)

One strategy for combining these two walks is to walk Thompson in the morning and head down to Putnam for lunch at one of many restaurants, especially in the area around the old train station. A surprising discovery is the tiny Gertrude Chandler Warner Boxcar Museum (open only on weekends), honoring Putnam’s famous



Lee West and former Connecticut State Archaeologist Nick Bellantoni and his wife, Ang, admire an unusual cattle bridge towering over the Airline Trail in East Thompson.

The Connecticut Valley Volkssport Club is introducing a new Seasonal walk in 2023 that is actually a “two-fer:” a woodland 5k rail trail walk in East Thompson and, 10 miles down the old railbed (a 15-minute drive south), a 6k walk along the Quinebaug River and through the former milltown of Putnam.

Thompson Volkswalk (5k)

Volkswalkers have at least four good reasons to do this trail in East Thompson, one of 10 villages comprising the larger town of Thompson. First, this stretch of the nearly 50-mile Airline State Park rail trail is a delightful walk in the woods. Second, a kiosk, interpretive signs and vestiges of the old railroad and station bring a tragic story alive and connect us to the people and places of the past. Thompson, a crossroads in the 1800s between Boston, Hartford, New York, Springfield and Providence, boasted more railroad stations and depots than any other town in Connecticut. Third, the trail brings you under a fascinating wooden bridge that allowed farmers to safely move their cattle over the railroad. And fourth, you get to cross from Connecticut into Rhode Island and Massachusetts at the Tri-State

author of the still popular *Boxcar Children Mysteries*. Her original 19 books have been followed by over 150 more, written by other authors after her death in 1979. Afterwards, enjoy a walk on the greenway along the Quinebaug River, with great views of two waterfalls and a half dozen former mills that dammed and leveraged the power of the rushing water to produce textiles in the 19th and 20th Centuries. Like many New England milltowns, Putnam flourished in the late 1700s through mid-1900s, then underwent decades of abandoned industry, economic downturn and declining population, followed by a rebirth as parks, restaurants, and small businesses grew up to attract new residents and tourists. For example, in the summer, the town hosts River Fire (their version of Providence’s WaterFire), in which bonfires in braziers float on the river and music groups entertain picnicking locals and visitors.

For more info, contact Trailmaster Lee West, LFWest@sbcglobal.net. If you like to walk with others, check out our Saturday morning group walk schedule at avaclubs.org/cvvc/walkhome.html. 🚶🏻‍♂️

Volks South – The winter satellite center of the Empire State Capital Volkssporters (ESCV)

By Doug Reynolds

Will you be heading to some southern states for all, or any part, of this upcoming winter season – 2023? If Florida could fit into your plans, consider spending some time with a group of Volkssporters, predominately those from east of Mississippi who are also “snowbirds,” or now permanent transplants, or life-long residents. Using the area’s Suncoast Sandpipers club walks sanctioned by AVA, we have arranged a weekly series of sites (and sights) of different communities and waterfronts that we change every week for “hump day” (Wednesday). Our Volks South satellite region is in Greater Tampa Bay area (largest bay in Florida) that stretches from Tarpon Springs in our territory’s north end to Charlotte Harbor at south end (state’s second largest bay) Our region follows along that beautiful Gulf of Mexico coastline, as well as its interior (on maps, it’s called left-side coast).

As in past years, in early December we will have created and posted on ESCV website the upcoming 2023 walk schedule, replacing an older version. To get a flavor of where we did walks last season, and what will be coming, see 2022 Schedule. Go to walkescv.org; at opening page, move to extreme right and scroll down to the outline map of Florida; click Map of Florida. In addition to a walk schedule, there is also a Format section providing additional information on how you can be included in our weekly gatherings. There is no rush at this time but, if you decide to participate in early January, please contact Marion Averill (WalkingAverills@aol.com) and provide her with your active email address. This will place you on Volks South’s “Listservs” so each Sunday afternoon, before the next Wednesday’s walk, you will automatically receive specific information such as: driving directions to upcoming walk’s start point; highlights of the past Wednesday walk including pictures; brief heads up info on upcoming Wednesday walk in 1 ½ weeks; and information on other walking events beside our activities, usually weekend gatherings organized by other Florida clubs.



Walkers pause at a greater-than-life statue version of the photo Unconditional Surrender. The original photo entitled V-J Day in Times Square was taken by Alfred Eisenstaedt. The sailor, George Medonza, was caught up in the spirit of the celebration that day and had grabbed Greta Zimmer Friedman, a woman he didn’t know who was walking past him at the time and kissed her before moving on in the crowd. Photo by Dave Averill.

Typically, each season the number of gatherings have varied from 11 to 16 weekly gatherings, depending upon a number of variables. In 2020 we had scheduled 13 walks, but then the unimaginable happened. Covid-19 hit so state/local government regulations took over and shut us down for remainder of season. However, with that termination, we did complete nine walks of that season’s series of 13 gatherings. For 2021, we developed or implemented ideas of others that allowed us to complete a full schedule of 11 walks.

This coming year will be Volks South’s 20th season. As in the past, we will provide a group leader for both 5k/10k distances for participants to choose from. To minimize time for registrations, we request exact change, and those sticky address labels. It is tradition to suggest to participants a range of nearby eating establishments for lunch so they can extend friendship beyond the walking period to be with those they may have missed on the trail. You may want to reserve some extra time to take advantage of those special relaxing periods. We look forward to having you join us for any, or all, of these upcoming wonderful walking experiences where that white stuff being blown is beach sand, not snow. 🌊

Northeast Region

continued from page 17

Looking back and marching forward

By Joseph LaPointe

As 2022 comes to a close, I want to take a moment to reflect on the past year. Walk 'n Mass hosted many great walks in 2022, including Traditional events, weekend group walks and a successful year of Tuesday walks with Keith. A great deal of appreciation goes out to our club officers, walk POC's, volunteers and to all the wonderful people who walked with us throughout the year.

Walk 'n Mass is planning a busy schedule for 2023, starting early. After dancing the year away the night before, walk in the new year with us during our traditional New Year's Day group walk in Boston. It is always a great way to start the year off. Find the walk details on our website and Facebook page.

We look forward to seeing you throughout 2023 and are working to prepare an exciting slate of self-guided, group and Traditional event walks.

Start times, directions to the start, and updates to the walk schedules can all be found at walknmass.org or on Facebook at AVA Walk 'n Mass Volkssport Club (m.facebook.com/WalknMass). These resources are updated frequently so check in often to see what new adventures await. 🚶‍♂️



Make Way For Ducklings Statues Boston Walk.

DRD TBA
sc_drd@ava.org

South Central Region

Teresa Arnold, Director
sc_rd@ava.org

Louisiana Explorers in South Central

By Helen Hull

Our 2023 Louisiana Explorers kickoff will start Thursday, January 12, and continue through Monday, January 16, of MLK weekend. This year we will be invading the South Central parishes as we continue our march through Louisiana which will feature eight YREs, all available via the Online Start Box. However we will have directions and stamps available during the MLK weekend. These walks are easy town walks with very little change in elevation. The eight city walks follow a route of 250 miles or 270 miles if you include Baton Rouge as a pre-walk.



Plaquemine Lock Historic Site.

We start our walks in Denham Springs east of Baton Rouge on Thursday afternoon. The town was established in the early 1800's and grew up around a mineral spring. Early arrivers may wish to join us Thursday morning for the state capitol walk in Baton Rouge before heading to Denham Springs.

Friday we will walk in Port Allen on the west bank of the Mississippi River. The town features great views of Baton Rouge just across the river and is the site of the Greater Port of Baton Rouge. Afterward, we will head 15 miles south to Plaquemine and the Plaquemine Lock Historic Site. The lock connected Bayou Plaquemine to the Mississippi River.

Saturday morning, it's on to Donaldsonville, another river town on the west bank of the Mississippi. The town is known for its many historic buildings dating from antebellum days to the 1930's. Afterward we continue downriver to Napoleonville. This area was settled in the late 1700's by exiled Acadians.

Sunday we continue to Franklin on Bayou Teche. The area was home to many sugar plantations and many plantation homes are still in existence. Afterward, it is north to Opelousas, a center for zydeco music, a unique blend of rhythm and blues incorporating the area's French Creole heritage. It was also one of many destinations for Orphan Trains from New York City in the late 1800's.

Our last walk will be in Marksville on Monday morning, home of the Louisiana's first land-based casino. The casino is operated by the Tunica-Biloxi Indian Tribe who also have a museum in the town. Marksville's visitor center is located in the Hypolite Bordelon House built in the early 1800's.

For more info contact Helen Hull, HelenTheHun@yahoo.com, Bonnie Avonrude, MercyNurse62@yahoo.com, or go to WalkTx.org/EastTexasTrekks. 🚶‍♂️

South Central Region continued on page 19

AVA Special Program – Mayflower 400th Anniversary Walks

Runs January 1, 2020 through December 31, 2022. Walk 12 sanctioned walks which pass something that relates to the Mayflower, Pilgrims or any Native American to receive the color patch. There will be many qualifiers in all states. They include the surnames of the Mayflower Passengers. Example: any walk that includes a Bradford or White street, building or locale will qualify. A Mayflower hotel, a Plymouth street, or a place that refers to any Native American tribe or name will work. Any state, county or town with a Native American name qualifies. Example: anything along the Chesapeake Bay. See our Facebook page called AVA Mayflower 400th Anniversary Walks. Request books from *Twin State Volkssport, c/o Carolyn Adams, PO Box 151, South Ryegate, Vermont, 05069*, or email questions to carri757@gmail.com.



AVA National Program — 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, 108 S. Alamo Street, San Antonio, TX 78210.




South Central Region *continued from page 18*

Spring Fling in Summit City of the Ozarks — Aurora, Missouri

By Glen Conyers

Dogwood Trailblazers Walking Club will be walking in Aurora, Missouri, on Saturday, April 22, 2023. This is not the first time the club has walked here, but our club has a lot of new members who have never done this walk, so older members thought this would be a good thing to do for our newer members. So come and walk with us through the city of Aurora and join our new folks who have not done it either.

Aurora is an old lead and zinc mining town where the Frisco Railroad (now the Burlington Northern and Sante Fe), along with the Union Pacific, had depots and still roar through the town daily. The mining operations swelled the town to over 10,000 but lead and zinc mining died out. The town now has 8,000 population and a very active economy. It could also be defined as a bedroom community of Springfield, which is the third largest city in Missouri and 30 miles away.


The town has a rich history and walkers will find themselves sometimes walking on WPA sidewalks constructed in the '30s. At one time there were over 60,000 shoe workers in Missouri. One of those manufacturing plants was in Aurora until the global economy wiped those jobs out. The registration for the walk will be in the depot museum. A lot to see there before you leave town. 

Arkansas County countdown begins in 2023

By Pat Golden

The Ozark Hill Hikers Walking Club has begun planning walks in the counties in Arkansas. Of the 75 counties in the state, the club has walks in 10 counties beginning next year. Walks in the counties of Benton, Carroll, Pulaski, Sebastian and Washington are currently available. Next year walks in the counties of Clay, Fulton, Greene, Randolph and Sharp will be added.

County books are available for sale at \$5. Request a booklet by sending a self-addressed and stamped envelope with payment to Ozark Hill Hikers, PO Box 5131, Bella Vista, AR 72714. Books will also be available March 24-26, 2023, at the joint county walk event hosted by the Dogwood Trailblazers and the Ozark Hill Hikers.

Access the AVA website for further information about the new county walks. All the new walks will be available either with the Online Start Box or the physical start box which will be located in Pocahontas, Arkansas. 



DRD, TBA
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Rocky Mountain Region



Steve Sandridge, Director
rm_rd@ava.org

Rocky Mountain Region submission can be found under Milestones on page 6.

A dream written down with a date becomes a **goal**.

A goal broken down into steps becomes a **plan**.

A plan backed by **action** makes your dreams come true.

~ Greg S. Reid


Springtime in Springdale, Arkansas

By Pat Golden

The Ozark Hill Hikers will be hosting a Traditional walk in Springdale, Arkansas, on April 29, 2023. Springdale is the fourth largest city in Arkansas and is located in both Wahington and Benton counties. It is the headquarters for JB Hunt Trucking and Tyson Foods.

The walk will begin at the pavilion at the JB Hunt Park. The trail within the park will pass between residential areas and a large sports complex. It continues through a wooded area and around Lake Springdale. The 10k also includes a section of the Razorback Greenway, a 37.5 mile multi-use trail, extending from Bella Vista to Fayetteville.

This walk will begin at 8:30 a.m. and will finish at 2:30 p.m. The club has other Year Round walks in the area: Bentonville, Rogers, and Fayetteville are the closest.

More details and a walk brochure will be available closer to the walk date. 

Kickoff walks for more Missouri counties, March 24-26

By Glen Conyers


Missouri clubs are offering three more Missouri counties as a part of our Walk Missouri County program. The first of the three will be in West Plains, located in Howell County. Many country western singers and baseball stars got their start in West Plains. The second will be in Thayer, an old railroad town with hills, located in Oregon County.


The third walk of the weekend will be in Mammoth Springs, Arkansas. No, this is not a mistake. The Arkansas club is just now getting their county program started and since Dogwood Trailblazer Club walks are so close to Arkansas, we decided to add this Arkansas county to our three Missouri county walks for the weekend as well. This county is in Fulton County and the walk will be in Mammoth Springs, a very pretty vacation spot on Spring River. A National Landmark, Mammoth Spring is one of the world's largest springs with nine million gallons of water flowing hourly. The park also

features an 1886 Frisco train depot and museum. It is five miles down the road from the Thayer walk, quick and easy to get to, and fun to walk.

The fourth walk of the weekend will be in Gainesville, Missouri, located in Ozark County. This is the smallest county in population, coming in at 9,174 on last census. The U.S. Post Office has been in operation since 1860. This walk will be quick and uneventful.

May 6, 2023 will be another opportunity for three more Missouri counties. The clubs hope to end the Missouri County Walk Program in 2024, so we have a few more to go. Come and walk with us as we move toward 2024 and the completion of all 115 counties walked in Missouri.

We will have good restaurants and motels for your use. The headquarters motel will be in the Holiday Inn in West Plains, Missouri. 



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.

Tails on the Trails

We still get an article now and then for the Tails on the Trails TAW column. We love printing about our furry walking pals, but you must submit your articles and photos in order for it to continue. So pull out the camera at your next walk, get a good photo of you and your “best friend,” write a good article and send it in! We want to hear from you if you bring your family pet along for exercise and camaraderie on the trail. Tell us about your K9 walking partner.

Rules: Your dog must be a regular participant with you on your Volksmarches. The story should be no more than 500 words; include the dog’s name, owner’s name and address and club. Submit a photo of your dog with the story. The photo should be high resolution, about 300 dpi and 500k-1mb in size, and attached to the email. Emailed submissions should include the photo as an attachment.

Send to taw@ava.org.



Mid-America Region

Roberta Allen, DRD
ma_drd@ava.org

Bob Buzolich, Director
ma_rd@ava.org




Tremont fun

By Deva Simon

Valley Vagabonds were hosted by the Burger King in Steelyard commons. This new event trail had many interesting sights for the 21 walkers who enjoyed the 10k and 5k trails. Come to Cleveland and enjoy the many historical Seasonal and Year Rounds plus our Traditional events. Scott Price was again our first walker at our events for last five years or more. Scott drives two hours and manages to be number one every time.



Scott Price signing in as first walker.



(l-r) Burger King employees, Deva Simon, president, Karen Birt, treasurer, Jan Henderson, secretary, and kneeling, Cynthia Lee, coordinator for Conneaut seasonal.

How To!

PHOTOS

and graphic files

How To!

When submitting photos or graphics with your article to TAW, do not embed (place) the graphics in your Word or text document. Just attach the graphic file or photo to your email, just like you do in a Word document. Captions can be included at the end of your document to describe the photo contents.

The American Wanderer is your free advertising!

The American Wanderer (TAW) is completely volunteer written. We depend on **you** to submit articles about your club’s activities.

Keep your articles short — **less than 600 words**, and include one or two good photos with captions included at the end of your article.

Do not embed photos/graphics in your Word article. Attach them directly to your email as separate attachments.

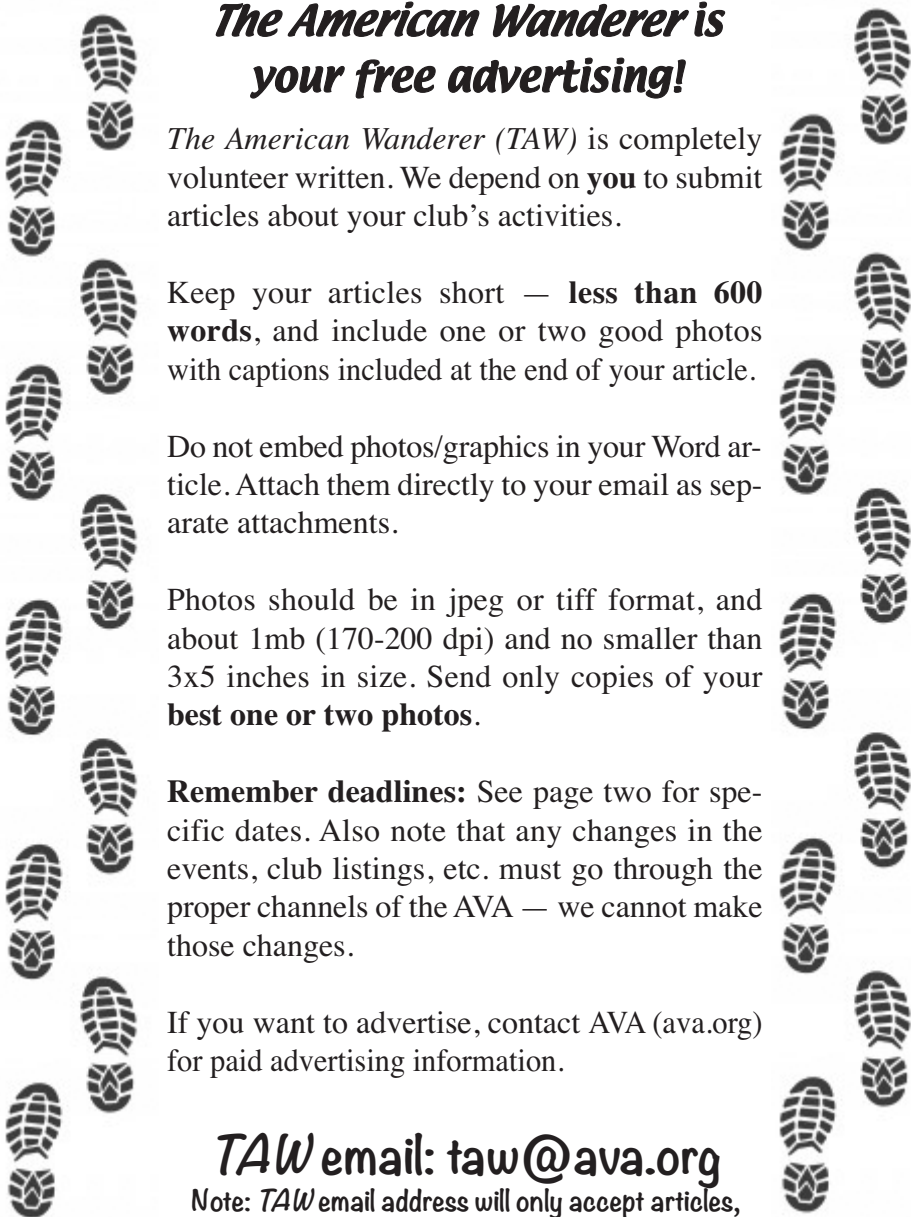
Photos should be in jpeg or tiff format, and about 1mb (170-200 dpi) and no smaller than 3x5 inches in size. Send only copies of your **best one or two photos**.

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.

If you want to advertise, contact AVA (ava.org) for paid advertising information.

TAW email: taw@ava.org

Note: TAW email address will only accept articles, pictures and graphics.



Kathleen Waits, a Tremont member of Valley Vagabonds, showing all her adventures across the USA.

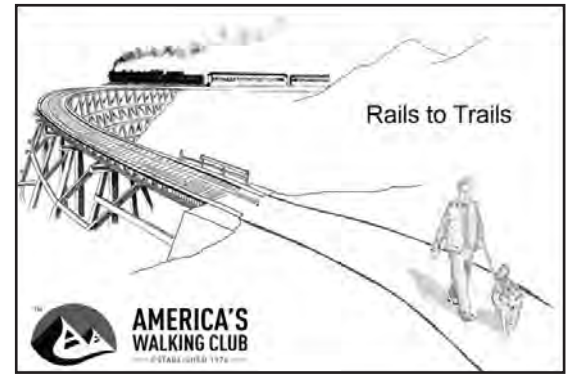
AVA SPECIAL PROGRAMS

Rails-to-Trails AVA Special Program finishers

Walkers who have completed their Rails-To-Trails books:

Patrick Jones	Jeff Hendricks	Dave Hooker	Bonnie Johnson
Cameron Cox	Betty Green	Ann Doerffel	Sandy Hiles
Beth Hendricks	Carolyn Warhol	Jone Parr	James Myers
Carole Mukasa	Susan Medlin	Danielle Daskam	
Nancy Wittenberg	Dr John Pollard		

Congratulations to all!



Remember, you can still get your Rails-To-Trails book and get it completed for next year. Send \$12 to Colorado Springs Walking Club, 3524 N. Cascade Avenue, #58, Colorado Springs, CO 80907, attention: Sherry Sayers. The program runs from January 1, 2022, until December 31, 2025, with redemption of the books ending December 31, 2026. For questions, email CSWC@AVAClubs.org, call or text 719-640-6745.

MILESTONES

Volksmarching Lifers *continued from page 6*

Lew York, long time member of Tulsa Walking Club

Contributors: Teresa, Ralph, Joann, Connie, Rhonda, Adelle and Linda

Green Country Wander Freunde, Inc. dba Tulsa Walking Club (TWC) was formed in 1985. Lew York was one of the first members, and served as the seventh president. Born in 1926 in Maine, he met his wife Faylene on a blind date while on a visit home. They enjoyed just shy of 73 years of marriage. The family grew with daughter Rebecca, then including her two sons and a daughter.

Lew is a retired army aircraft mechanic. He transitioned his skills to American Airlines for his second retirement. Next he became Mr. Fix-It handyman for hire. He supported and attended most of his grandchildren's sports activities. And, with his neighbor, has attended Tulsa University basketball games for 46 years.



Lew York and Missy.

Lew and Faye participated in Millers Swim School water aerobics together, and did Volksmarching walks in each of the 50 states. His personality, smile, and welcoming style led him to various other activities. His devotion to the TWC allows neither heat, snow, rain, nor ticks to dim his resolve. Lew coordinated the TWC LaFortune Park YRE for three plus decades and TWC's Tuesday Morning walks until earlier this summer. He is an inspiration. We call him the Energizer Bunny, but he signs his emails "Drag Butt."

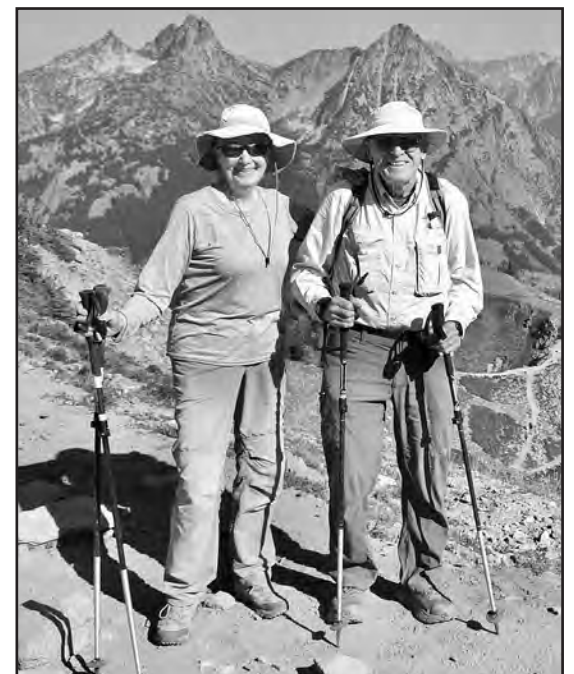
This fall he had hip surgery after he quit driving earlier this year. But Lew is now home, after therapy, with his dog, Missy. He embraces technology and keeps in contact with friends on his Apple iPhone.

Lew's great attitude all through his life continues. He is a Lifetime Member of TWC, continues as our Wheelmeister, and is looking forward to being back on the trail.

Klaus and Gail Waibel mark 42 years of Volkssporting

The Seneca Valley Sugarloafers Volksmarch Club in Montgomery County, Maryland, is honored to have Klaus and Gail Waibel as long-time members.

Klaus and Gale joined the Texas Wanderers at Ft. Sam Houston, Texas, 42 years ago in 1980. Although they live in Maryland, they still maintain dual membership in the Texas Wanderers. After moving to Maryland, they joined the Walter Reed Vandervogel Club in Bethesda, Maryland. That club subsequently disbanded after extra security protocols at the Walter Reed Army Medical Center hampered the club's activities. They then joined the Sugarloafers and have been active members for over 20 years.




Gail and Klaus Waibel.

They have walked in all 50 states and 27 countries (including, of course, the United States and Canada!). To date, Klaus has done 6,000 events, while Gail has done 5,900 events. For distance, Klaus walked 65,000km (40,389 miles) and Gail walked 50,000 km (31,068 miles.) By way of measuring their walking distances, think of the 2,429 miles between the District of Columbia and San Francisco. This means that Klaus has walked the distance between D.C. and San Francisco 17 times while Gail has walked 13 times! They are still working on walking 50 capitals and are up to 44. When they started walking the state capitals, some states did not yet have a walk in their capital.

Klaus and Gail are passionate Volksmarchers and walk every chance they get. They have walked all of the YRE's in both Maryland and Virginia as well as YREs and Traditional Events in several states and countries.

AVA Special Program – Town Halls/City Halls

Runs January 1, 2022 through December 31, 2024. Redeem completed books by December 31, 2025. Complete 15 AVA sanctioned walks that include a town/city hall. The building must be marked as such or have a plaque as a historic site of one. A hall may only be used once, even if multiple walks go by it. The patch depicts the Ashland town hall and the Fredericksburg city hall, both in Virginia.



Order books from Peninsula Pathfinders, 302 Queens Crescent, Williamsburg, VA 23185. POC: Sandy Croushore, 757-532-3468, email szcroushore@verizon.net.

AVA Special Program – Walk Like An Olympian

Runs January 1, 2018 through December 31, 2023. Just like the Olympians, you can earn bronze, silver, or gold by walking routes in cities that have hosted a modern Olympic Games and/or American cities with the same name as host cities (i.e. Athens, Georgia or Moscow, Idaho). Ten walks are required for Bronze, 15 for Silver and 20 for Gold "medals" affixed to the 3x4" patch. Each event may be used two times in a calendar year. Check the South Bay Striders website (SBStriders.org) for a list of current qualifying walks and possible American locations. Make an Olympic effort to walk for gold starting in 2018. Sponsored by the South Bay Striders. For details and books, email Suzi Glass at glass2walk@gmail.com or write to WLO c/o Suzi Glass, 5562 Vassar Drive, San Jose, CA 95118.



December 2022



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —

AVA: America's Walking Club!



Crossing Hillsborough River in downtown Tampa with University Tampa minarets in distance. Photo by Dave Averill.



Doug Eide with Rudy (l) and Frank Ellis with Dolly stop for a picture on the trail along S. Main Street in front of a painting on the wall of a business that resembles an old fashioned postcard advertising Boerne along the 2021 Christmas Walk in Boerne, Texas. Photo by Martin Callahan.



This walk is a train wreck tristate marker.



Valley Vagabonds Karen Birt and Jan Henderson at event hosted by the Burger King in Steelyard commons.



(l-r) Kathy and Mike Schwencke, and Doug Eide with Rudy, pose for a picture next to the Texas Historical Commission plaque that tells the history of the Wimberley Cemetery. The Texas Historical Commission plaque shown is located near the main entrance to the cemetery and visible along the 2021 YRE trail in Wimberley, Texas. Photo by Martin Callahan.

2023
18th
OLYMPIAD
SAN ANTONIO, TEXAS USA
February 19-26, 2023
ivvolympiad2023

Member Clubs, Events and IVV

AVA SANCTIONED EVENTS CALENDAR

A number ahead of the code indicates the number of events.

For further info or brochure, please contact the event POC.

Event codes are: W = Walk; GW = Guided Walk; NW = Night Walk; GNW = Guided Night Walk; TGW = Traaveling Guided Walk; S = Swim; B = Bike; GB = Guided Bike; SB = Seasonal Bike; XC = Cross Country Ski; SS = Snowshoe; RSB = Roller Skate/Blade; GLW = Global Walk; NECW = Nat'l Executive Council Walk; RLD = Round Long Distance; .M = Marathon;

A box around a listing indicates a multiple event weekend.

ARIZONA

1/28/23 **Walk** Tucson Fred Barton 520-298-4340
Tucson Volkssport Klub fbarton2@cox.net

CALIFORNIA

1/21/23 **Walk** Summerly Park, Lake Elsinore Kathy Bundy 951-218-3755
Low Desert Roadrunners bunznkatz7@gmail.com

FLORIDA

1/13-16/23 **GW** Jacksonville Diana Sherrill 904-608-4689
1/13-16/23 **3-GW** Fernandina Beach diana.sherrill3@gmail.com
First Coast Trail Forgers Walking Club

GEORGIA

1/7/23 **TGW** Peachtree City Connie Clark 469-713-4712
Georgia Walkers georgiawalkers178@gmail.com
4/22/23 **Walk** Helen Rod Powell 850-637-1876
Perdido Key Volksmarch Club roderick.2002@yahoo.com

HAWAII

1/16/23 **Walk** Waimanalo Carol Romig 808-626-3575
Menehune Marchers CarolRomig50@gmail.com
2/20/23 **Walk** Honolulu Carol Romig 808-626-3575
Menehune Marchers CarolRomig50@gmail.com

IOWA

1/2/23 **Walk** West Des Moines Dee Willemsen 515-255-3679
Greater Des Moines Volkssport Assn. deewillemsen@msn.com
2/11/23 **Walk** Des Moines Corinne Nelson 515-422-1772
Greater Des Moines Volkssport Assn. nelsonurbndl@hotmail.com
3/18/23 **Walk** Des Moines Diana Ronk 515-491-8903
Greater Des Moines Volkssport Assn. ronkdr@mchsi.com
9/15-17/23 **Walk** Le Mars Butch Spaulding 712-435-0815
Nebraska Wander Freunde Trailblazers bs1preznwft@aol.com

ILLINOIS

9/9/23 **Walk** Genoa Carolyn Tobinson 815-761-4660
Kishwaukee Valley Wanderers kvwanderers@gmail.com

MARYLAND

1/1/23 **2-Walk** Savage Bill Hassell 410-437-2164
Freestate Happy Wanderers wahasse1798@verizon.net
3/25/23 **Walk** St. Mary's City Rita Goerling 301-919-0465
Freestate Happy Wanderers laurelvolsyre@gmail.com
4/1/23 **Walk** Fulton John Dye 410-290-6510
Columbia Volksmarch Club johndye@comcast.net
4/15/23 **Walk** Rockville Jeff Giddings 240-753-0119
Seneca Valley Sugarloafers jhgiddings@gmail.com
4/29/23 **Walk** Laurel Robert Wolfe 301-523-6098
Freestate Happy Wanderers rwwolfe61@comcast.net
6/3/23 **Walk** Columbia John Dye 410-804-8053
Columbia Volksmarch Club johndye@comcast.net
6/10/23 **Walk** Millersville Bill Hassell 410-437-2164
Freestate Happy Wanderers wahasse1798@verizon.net
9/30/23 **Walk** Elkridge John Dye 410-290-6510
Columbia Volksmarch Club johndye@comcast.net

MICHIGAN

1/21/23 **TGW** Plymouth Rob Weaver 616-745-9627
Washtenaw Wanderers Volkssporting Club gone2run@gmail.com

MINNESOTA

1/7/23 **Walk** Blaine Bonnie Johnson 763-229-3584
Lake Country Wanderers bonjohn@comcast.net
3/18/23 **Walk** St Paul Lee Moisant 612-590-2775
Twin Cities Volkssport lmoisant@comcast.net
4/22/23 **Walk** St Paul Rita Holland 763-232-9878
Twin Cities Volkssport 10ritaholland@gmail.com
5/13/23 **Walk** Little Canada Ken Johnson 651-774-9607
Twin Cities Volkssport johnsonck@centurylink.net

9/9/23 **Walk** Maplewood Wayne Heath 651-249-8886
Twin Cities Volkssport wwheath76@gmail.com

MISSOURI

4/22/23 **Walk** Aurora Glen Conyers 417-434-0977
Dogwood Trailblazers glenconyers@sbcglobal.net
9/9/23 **Walk** Joplin Glen Conyers 417-434-0977
Dogwood Trailblazers glenconyers@sbcglobal.net

NEBRASKA

3/4/23 **Walk** Omaha Butch Spaulding 712-322-2797
Nebraska Wander Freunde Trailblazers bs1preznwft@aol.com
4/1/23 **Walk** Omaha Sandy Spaulding 712-435-0815
Nebraska Wander Freunde Trailblazers sandyspauld@yahoo.com
5/13/23 **Walk** Lake Cunningham Sandy Spaulding 712-435-0815
Nebraska Wander Freunde Trailblazers sandyspauld@yahoo.com

NEW YORK

1/8/23 **TGW** Albany Barbara Feeney 518-269-1707
Empire State Capital Volkssporters barbfeeney2@gmail.com
1/18/23 **TGW** Cohoes Terry Gitnick 518-874-9100
Empire State Capital Volkssporters tgitnick@gmail.com
2/1/23 **TGW** Schenectady Louise Remillard 518-496-1879
Empire State Capital Volkssporters louiseremillard3@gmail.com
3/15/23 **TGW** Waterford Mary Sorell 518-331-7287
Empire State Capital Volkssporters xcmama3@aol.com

OHIO

3/18/23 **Walk** Englewood Dawn Gruber 937-409-6975
Ohio Wander Freunde dgruber333@aol.com
3/25/23 **Walk** Caesar Ford Park Tom Donaldson 937-470-9114
Xenia Walking Club tdonald557@hotmail.com
4/1/23 **Walk** New Carlisle Connie Bost 937-399-9204
Tecumseh Trailblazers beacon811@yahoo.com
5/13/23 **Walk** Strongsville Deva Simon 440-915-0161
Valley Vagabonds, Inc. deval17@aol.com
5/27/23 **Walk** Cedarville Carol Yegerlehner 937-878-8381
Xenia Walking Club kloekhaus@aol.com
5/29/23 **Walk** New Bremen Dawn Gruber 937-409-6975
Ohio Wander Freunde dgruber333@aol.com
6/10/23 **Walk** Brecksville Deva Simon 440-915-0161
Valley Vagabonds, Inc. deval17@aol.com
7/8/23 **Walk** Groveport Mary Gustafson 614-313-2113
Heart of Ohio Hikers mlgustafson@sbcglobal.net
8/5/23 **Walk** Millersburg Luanne Johnson 330-466-8799
Valley Vagabonds, Inc. luanne.i.johnson@gmail.com
8/19/23 **Walk** Huber Heights Dawn Gruber 937-409-6975
Ohio Wander Freunde dgruber333@aol.com
8/26/23 **Walk** Battelle Darby Metro Park Mary Gustafson 614-313-2113
Heart of Ohio Hikers mlgustafson@sbcglobal.net
9/16/23 **Walk** Urbana Connie Bost 937-399-9204
Tecumseh Trailblazers beacon811@yahoo.com

OREGON

2/11/23 **Walk** Portland Ed Hainline 360-921-1909
Columbia River Volkssport Club opahainline49@gmail.com
2/18/23 **TGW** Portland Pat J 503-453-6018
Columbia River Volkssport Club scoutpjwriter@gmail.com
3/18/23 **Walk** Beaverton Dan Webster 971-221-4994
Cedar Milers cedarmilerswalkingclub@gmail.com
4/15/23 **Walk** Jefferson Donald Reed 541-974-5780
Albany Fitwalkers donreed1946@yahoo.com
7/29/23 **Walk** Shotgun Creek Donald Reed 541-974-5780
Albany Fitwalkers donreed1946@yahoo.com

TENNESSEE

1/28/23 **TGW** Knoxville Guy Calkins 585-727-6493
East Tennessee Wanderers gcalkins567@gmail.com

TEXAS

1/7/23 **Walk** Alamo Quarry Market ellen ott 210-723-8574
Randolph Roadrunners ellenott@sbcglobal.net

Events continued on page 24

Events *continued from page 23*

2/19/23	Walk	San Antonio AVA Headquarters	Susan Medlin 210-325-3523 sueammed@aol.com
2/20/23	Walk	San Antonio AVA Headquarters	AVA HQ Staff 210-659-2112 olympiad@ava.org
2/20-22/23	Bike	San Antonio	Susan Medlin 210-325-3523
2/21/23	Walk	San Antonio	AVA Headquarters sueammed@aol.com
2/21-22/23	Swim	San Antonio	IVA Olympiad
2/22/23	Walk	San Antonio	
2/22/23	Swim	San Antonio	
2/23/23	Walk	San Antonio	
2/24/23	Walk	San Antonio Texas Trail Roundup	Susan Medlin 210-325-3523 sueammed@aol.com
2/25/23	Walk	San Antonio	sueammed@aol.com
2/26/23	Walk	San Antonio	Texas Trail Roundup

VIRGINIA

1/1/23	Walk	Smithfield Gator Volksmarsch Club	Don Bradford 757-576-0966 gvcwalker64@hotmail.com
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WASHINGTON

1/1/23	Walk	Seattle Emerald City Wanderers	Mike Nagan 206-851-2101 m.nagan@comcast.net
1/1/23	Walk	Vancouver Vancouver USA Volkssporters	Dick Baker 360-991-8806 dickbkr@q.com
1/16/23	TGW	Vancouver Vancouver USA Volkssporters	Janet Traweek 360-833-2429 JLTraweek@yahoo.com

2/11/23	Walk	Orting Daffodil Valley Volkssport Association	Carolyn Warhol 253-347-0324 jcwarhol@comcast.net
3/18/23	Walk	Seattle Emerald City Wanderers	Mike Nagan 206-851-2101 m.nagan@comcast.net
4/8/23	Walk	Seattle Emerald City Wanderers	Jane Clark 206-920-2544 jane3883@gmail.com
4/15/23	Walk	Tacoma Evergreen Wanderers	Nancy Wittenberg 253-208-1331 newittenberg@gmail.com
4/21-23/23	Walk	Columbia National Wildlife Ref Four-Plus Foolhardy Folks	Cheri Overman 253-709-7835 cgeosite@gmail.com
6/24/23	GW	Mountlake Terrace Sound Steppers Volkssport Club	Neil Smith 206-214-5274 neil.smith@comcast.net
7/4/23	GW	Seattle Emerald City Wanderers	Mike Nagan 206-851-2101 m.nagan@comcast.net
9/2/23	Walk	Seattle Emerald City Wanderers	David Madsen 206-789-1960 dmadsen@seattleu.edu
9/30/23	Walk	Bow Four-Plus Foolhardy Folks	Bill Campbell 253-709-8444 kayzeta@gmail.com

WISCONSIN

1/4/23	TGW	Madison Madison Area Volkssport Assn.	Mary Liebig 608-846-2299 mbliebig@tds.net
1/18/23	TGW	Madison Madison Area Volkssport Assn.	Mary Liebig 608-846-2299 mbliebig@tds.net
2/1/23	TGW	Madison Madison Area Volkssport Assn.	Mary Liebig 608-846-2299 mbliebig@tds.net
2/15/23	TGW	Madison Madison Area Volkssport Assn.	Mary Liebig 608-846-2299 mbliebig@tds.net

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

IVV EVENT AWARDS

10 Events

Farris. Maureen Punta Vedra Beach FL

30 Events

Marqueling Ann Fort Wayne IN
Nauschuetz Samantha Alexandria VA
Nauschuetz Daniel Alexandria VA
Pitner Rosie Austin TX

50 Events

Willkom William Moorhead MN
Woods Donna Coos Bay OR

75 Events

Dougherty Mary Austin TX
Majernik John Spring Hope NC
Peeck Christopher Rochester NY
Williams Christine Silverdale WA

100 Events

Albers Janice Custer SD

125 Events

Johnson Sandy Kaneohe HI
Keeports James Bear DE
Spencer Colleen Vancouver WA
Spencer Thomas Vancouver WA
Sprouse Wayne Americus GA

150 Events

Spencer Thomas Vancouver WA
Spencer Colleen Vancouver WA

175 Events

Brunell Kyle Fort Hood TX
Martin Jon Virginia Bch VA
Pratt Jr. Frank Buffalo WY
Ramsey Brent Maurice LA

200 Events

King Jessica Kansas City MO
Leonardi Claudia Indian Shores FL
Minderlein Mary EightyFour PA
Ridgeway Vickie Maryville IL
Thon Patricia Kansas City MO

225 Events

Dix Louise Gresham OR
Fenster Nancy N Potomac MD
Fenster David N Potomac MD
Ridgeway Vickie Maryville IL
Rude Kimberly Moorhead MN
Schultz James Janesville WI
Steele Donna Hillsboro OR
Watry Beverly Elbert CO

250 Events

Cannon Michael GermanTown MD
Council Rosemary Edgewater MD
Fenster David N Potomac MD
Fenster Nancy N Potomac MD
Le Compte Joyce Renton WA
Ridgeway Vickie Maryville IL
Stanford Irene Maple Valley WA

275 Events

Burch Susie Piqua OH
Burch Dean Piqua OH
Garner Archie Alexandria VA
Ridgeway Vickie Maryville IL

Rogers Charles Austin TX
Stanford Irene Maple Valley WA

300 Events

Bown Dick Black Hawk SD
Burch Dean Piqua OH
Burch Susie Piqua OH
Garner Archie Alexandria VA
Giesecke Carol Cambridge MA
Heath Wayne Woodbury MN
Johnson Susan Spearfish SD
Michele Eric Asheville NC
Ridgeway Vickie Maryville IL
Schweikhard Joe Pocola OK
Witzel Carrie Ellenburg WA

325 Events

Burch Susie Piqua OH
Burch Dean Piqua OH
Coop Terri Federal Way WA
Lawrence Gladys Lancaster OH
Peeck Wendy Rochester NY
Ridgeway Vickie Maryville IL
Schweikhard Joe Pocola OK

IVV Event awards continued on page 25

AVA Special Program – Great Lakes, Great Fun, Great Fitness, Great Friendships

Runs January 1, 2021 to December 31, 2023. To complete this program, you must walk 12 sanctioned events which travels along a Great Lake; or on, beside or inside a street, building, city, school or any other “physical thing” with a Great Lake name associated with it. Great Lakes are Huron, Erie, Superior, Ontario and Michigan. Examples of qualifiers would be Huron Street, Ontario City, Erie Canal or anything that uses one of the five names. The logbook requires three separate Great Lake names to be included in the 12 events. Each qualifier can only be used once in the logbook, or once in a year, whichever comes first. Upon completion, participants will receive a string backpack with the program’s logo and an option to purchase an event patch. Sponsored by the Washtenaw Wanderers Volkssporting Club, in partnership with the Council of the Great Lakes Region. *For details and books contact Roxie Weaver, 616-745-9624 or geiserweaver@gmail.com.*



AVA Special Program — Rockin’ Around the Clock

Runs January 1, 2020 through December 31, 2023. We are Rockin’ around the clock! Collect 24 different town clocks or public clocks that you see while participating in Volkssport events, as well as clock shops and clock museums. Clocks inside a store or store window or in a museum will not count unless the store or museum is specifically or mainly dedicated to clocks and timepieces or the museum has a special exhibition focused on clocks or timepieces. Does not count: garden sundials, ordinary clocks inside buildings, pictures of clocks on signs, billboards, etc., display of watches or clocks for sale, other businesses that use the word clock in their name (restaurants, hotels, streets) unless they feature a public clock outside the building. For info contact Vivian Lijewski, 419-385-3904, or Faith Cataldo-Gauger, 419-350-4365 or faith@toast.net. Sponsored by and books available from: *Maumee Valley Volkssporters, c/o: Vivian Lijewski, 4710 Glendale Ave. Suite 201, Toledo OH 43614.*



IVV Event Awards *continued from page 24*

350 Events

Bergt Joann Tulsa OK
 Buckner Teresa Arden NC
 Coop Terri Federal Way WA
 Nicholson Virginia Yakima WA
 Ridgeway Vickie Maryville IL
 Strachan Susan Bremerton WA
 Strachan Steven Bremerton WA

375 Events

Coop Terri Federal Way WA
 Gross Jim La Crosse IN
 Neily Margaret Adelphi MD
 Putman Glenda Ponte Vedra Bch FL
 Ridgeway Vickie Maryville IL
 Stoneback Gary Federal Way WA

400 Events

Asakura Ruth Honolulu HI
 Ethe-Sayers Scott Hicksville NY
 Garcia Eleanor Everett PA
 Johnson Ken Maplewood MN
 Putman Glenda Ponte Vedra Bch FL
 Ridgeway Vickie Maryville IL
 Stoneback Linda Federal Way WA
 Thomas Andrew San Antonio TX
 Tyau Gordon Honolulu HI

425 Events

Ethe-Sayers Scott Hicksville NY
 Ridgeway Vickie Maryville IL
 Whited Diana Des Moines IA

450 Events

Bupp Linda New Oxford PA
 Czapinski Terri Colbert WA
 Devlin Michelle Lutz FL
 Fenlon Diane Omaha NE
 Lykens Robert Duncansville PA
 Ridgeway Vickie Maryville IL
 Whited Diana Des Moines IA

475 Events

Beard Lois Goodyear AZ
 Cieslak Paul Portland OR
 Czapinski Terri Colbert WA
 Fenlon Diane Omaha NE
 Ridgeway Vickie Maryville IL
 Schwencke Kathy San Antonio TX
 Whited Diana Des Moines IA

500 Events

Fenlon Diane Omaha NE
 Peeck William Rochester NY
 Reed Mary Albany OR
 Ridgeway Vickie Maryville IL

525 Events

Fenlon Diane Omaha NE
 Gillette Terri Waynesville MO
 Nelson Corinne Urbandale IA
 Nielsen Susan St Cloud MN
 Perkins Trudy Severn MD
 Ridgeway Vickie Maryville IL
 Wells Thomas Snohomish WA

550 Events

Fenlon Diane Omaha NE
 Hendricks Jeffrey Rapid City SD
 Lawrence Vernon Lancaster OH
 Nelson Corinne Urbandale IA
 Ridgeway Vickie Maryville IL
 Wells Thomas Snohomish WA

575 Events

Beam Deborah Bluffton SC
 Brooks David Tacoma WA
 Fenlon Diane Omaha NE
 Freshwater David Germantown MD
 Green Tamara Greenville OH
 Medlin Darren San Antonio TX
 Metherell Cathy Orlando FL
 Ridgeway Vickie Maryville IL
 Younkins James Olympia WA

600 Events

Baker Kim Vancouver WA
 Baker Dan Vancouver WA
 Brooks David Tacoma WA
 Cox Susan Webster NY
 Cox Cameron Webster NY
 Fenlon Diane Omaha NE
 Freshwater David Germantown MD
 Gley Debbie Trabuco Canyon CA
 Lisle Lorance Hillsborough NC
 Medlin Darren San Antonio TX
 Ridgeway Vickie Maryville IL
 Tompkins James Laredo TX
 Younkins James Olympia WA

650 Events

Berry Katherine Rockville MD
 Callahan Ellen DeLand FL
 Fritz Sharon Hayden ID
 Lutz Cecelia Boulder CO
 Tompkins James Laredo TX
 Wardle Duane Pittsboro IN

700 Events

Callahan Ellen DeLand FL
 Hughart Gale Sacramento CA
 Tompkins James Laredo TX
 Ward Irene Sundance WY
 Yost Chris Scotia NY

750 Events

Adelman Joseph Springfield VA
 Beam Craig Bluffton SC
 Callahan Ellen DeLand FL
 Conner Theresa Bothell WA
 Garcia Sarah Everett PA
 Green Jesse Greenville OH
 Hilde Barbara Kent WA
 Hughart Steven Sacramento CA

800 Events

Conner Theresa Bothell WA
 Schmidt Andrew New York NY

850 Events

Gebhardt Diane Edwardsville IL
 Kennedy Teresa Schenectady NY

900 Events

Korejwo Henry Henderson NV
 Lange Brenda Lansing KS
 Pugmire Linda Shoreline WA
 Ridge William Harleysville PA

950 Events

Barger Wade Chesterton IN
 Clark Sally Danville VA
 Lange Brenda Lansing KS
 Pugmire Linda Shoreline WA
 Ridge William Harleysville PA

1000 Events

Gladhill Vivian Ellicott City MD
 Reed Donald Albany OR
 Younkins Karen Olympia WA

1050 Events

Longshore Alan Voorheesville NY
 McMahon Susan Elk Grove Village IL
 Melius Nancy Seattle WA
 Payton Bob Coupville WA
 Younkins Karen Olympia WA

1100 Events

Bottorff Eunice Ann Arbor MI
 Carter Deborah Mesquite TX
 Carter Deborah Mesquite TX
 Longshore Alan Voorheesville NY
 Melius Nancy Seattle WA
 Miller Patty Lake Worth FL
 Nelson Ken Happy Valley OR
 Payne Sharon Edmonds WA

1150 Events

Cooper Robert Clyde NC

1200 Events

Cooper Robert Clyde NC
 Graeber Patricia Schwenksville PA
 Green Betty Souderton PA
 Green Michael Souderton PA
 Payton Sue Coupeville WA

1250 Events

Corrigan Don Des Moines IA
 Green Betty Souderton PA
 Green Michael Souderton PA
 Markgraf Suzanne Garden Ridge TX

1300 Events

Dumas Evalee Darion IL
 Green Betty Souderton PA
 Green Michael Souderton PA

1350 Events

Green Betty Souderton PA
 Green Michael Souderton PA
 Stone Leslie Ormand Bch FL

1400 Events

Church Bonnie Gladstone OR
 Gama Carlos Atascadero CA
 Giddings Jeffrey Rockville MD
 Stone Leslie Ormand Bch FL

1450 Events

Stone Leslie Ormand Bch FL

1500 Events

Filemyr Alice Rockville MD

1600 Events

Medlin Susan San Antonio TX
 Neily Darrell Adelphi MD
 Olson Phyllis Urbandale IA

1800 Events

Marlar Bart Oak Point TX
 Smith Neil Edmonds WA

1900 Events

Barton Carolyn Tucson AZ
 Vanderwoude. Carol Everett WA

2000 Events

Puleo Victor Puyallup WA
 Senger James Buckley WA
 Senger Gayle Buckley WA

2100 Events

Barton Fred Tucson AZ
 Oehlke Margery Springfield MN
 Ramsay Barbara Belton MO
 Ramsay Christopher Belton MO

2300 Events

Baltes Louise Camas WA

2800 Events

Michele Dennis Fairview NC

2900 Events

Paynter Walker Vancouver WA
 Walden Paul Vancouver WA

3200 Events

Wittenberg Nancy Puyallup WA

3300 Events

Jenkins Tim Fairfield CA
 Wittenberg Nancy Puyallup WA

3700 Events

Kuntz Eleanor Ply Meeting PA

3900 Events

Penta Maureen Long Branch NJ

4000 Events

Penta Maureen Long Branch NJ

4100 Events

Penta Maureen Long Branch NJ

4300 Events

Engelhardt Kathleen Sacramento CA
 Johnson Bonita Fridley MN

4400 Events

Engelhardt Kathleen Sacramento CA

4500 Events

Hendricks Beth Rapid City SD

4600 Events

McTaggart Marilyn Centerville OH

4900 Events

Gunter Patricia San Antonio TX

5200 Events

Beamer Raymond Cascade CO

5700 Events

Yother Lucy Leavenworth KS

6800 Events

Kelly Joseph Tualatin OR

70000 Events

Jenkins Tim Fairfield CA

IVV DISTANCE AWARDS

500 KM
 Avison George Yorktown VA
 Heath Val Woodbury MN
 Woods Donna Coos Bay OR

1000 KM
 Heidt Haley Centerville OH
 Spencer Thomas Vancouver WA
 Spencer Colleen Vancouver WA

1150 KM
 Graeber Patricia Schwenksville PA

1500 KM
 Dix Louise Gresham OR
 Hills Jana Springfield OH
 Ridgeway Vickie Maryville IL

2000 KM
 Council Rosemary Edgewater MD

2500 KM
 Burch Susie Piqua OH
 Burch Dean Piqua OH
 Rogers Charles Austin TX
 Stanford Irene Maple Valley WA

3000 KM
 Coop Terri Federal Way WA
 Garner Archie Alexandria VA
 Gillette Terri Waynesville MO
 Johnson Susan Spearfish SD
 Strachan Steven Bremerton WA

3500 KM
 Fenlon Diane Omaha NE
 Johnson Ken Maplewood MN

4000 KM
 Bilins Barbara Ft Johnson NY
 Fenlon Diane Omaha NE
 Johnson Ken Maplewood MN
 Putman Glenda Ponte Vedra Bch FL

Thomas Andrew San Antonio TX
 Whited Diana Des Moines IA

4500 KM
 Czapinski Terri Colbert WA
 Nelson Corinne Urbandale IA
 Ramsey Brent Maurice LA
 Weeks Derrik Wendell NC

5000 KM
 Asakura Ruth Honolulu HI
 Bupp Linda New Oxford PA

5500 KM
 Hendricks Jeffrey Rapid City SD
 Lykens Robert Duncansville PA
 Tompkins James Laredo TX

6000 KM
 Callahan Ellen DeLand FL
 Cox Susan Webster NY
 Cox Cameron Webster NY
 Georgelos Nellie Johnstown NY
 Lange Brenda Lansing KS
 Tompkins James Laredo TX

6500 KM
 Adelman Joseph Springfield VA
 Berry Katherine Rockville MD
 Callahan Ellen DeLand FL
 Piffat Kathryn Danvers MA
 Tompkins James Laredo TX
 Wells Thomas Snohomish WA
 Younkins James Olympia WA

7000 KM
 Brooks David Tacoma WA
 Brown Troy Federal Way WA
 Fritz Sharon Hayden ID
 Schierloh Chris Reynoldsburg OH
 Younkins James Olympia WA

7500 KM
 Cannon Michael GermanTown MD
 Hilde Barbara Kent WA

Hughart Gale Sacramento CA
 Hughart Steven Sacramento CA
 Ridge William Harleysville PA
 Wardle Duane Pittsboro IN

8000 KM
 Blazek Lynn Ellensburg WA
 Conner Theresa Bothell WA
 Cooper Robert Clyde NC

9000 KM
 Barger Wade Chesterton IN

10000 KM
 Green Betty Souderton PA
 Green Michael Souderton PA
 Longshore Alan Voorheesville NY
 Pugmire Linda Shoreline WA

11000 KM
 Green Betty Souderton PA
 Green Michael Souderton PA

12000 KM
 LaMear Arline Astoria OR

15000 KM
 Ogur Sherry Mtlake Ter WA
 Sells Gregory Austin TX
 Younkins Karen Olympia WA

18000 KM
 Grunewald Robert Alexandria VA

19000 KM
 Barton Carolyn Tucson AZ
 Ramsay Barbara Belton MO

20000 KM
 Kuschke William Buda TX
 Smith Neil Edmonds WA
 Vanderwoude Carol Everett WA

21000 KM
 Schwindt Julan Kokomo IN

22000 KM
 Marlar Bart Oak Point TX

25000 KM
 Baltes Louise Camas WA
 Jackson Thomas Biglarville PA

30000 KM
 Paynter Walker Vancouver WA

31000 KM
 Wittenberg Nancy Puyallup WA

35000 KM
 Hendricks Beth Rapid City SD

60000 KM
 Yother Lucy Leavenworth KS

80000 KM
 Kelly Joseph Tualatin OR

BIKE DISTANCE AWARDS

25000 KM
 Jackson Thomas Biglarville PA

35000 KM
 Hendricks Beth Rapid City SD



America's Walking Club - Associate Membership Form



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

All memberships include a subscription to The American Wanderer (4 issues/year)

Lifetime Member

Lifetime Membership Fees

Please check according to your age: 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 option(s) 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

Individual and Family/Friend

Associate Membership Fees

- Individual (\$25/year) Family/Friends (same address) (\$30/year)
- International Individual (\$35/year) International Family/Friends (\$45/year)

Includes 10% off convention package and most purchases.

(NOTE: Membership does not include a New Walker Packet which is sold separately.)

I would like to receive my TAW newspaper by:

_____ paper _____electronic _____I do not wish to receive the TAW

Do not share my information.

- Check or money order, payable to the AVA in US funds only
- Charge my credit card: Mastercard Visa
 Discover American Express

Card number _____ Expiration ____ / ____ CVC Code _____

Signature _____ (on back of card)

GroupWorks referral/Name of club _____ Club # _____

Please send my membership packet to:

Your Name _____
 (please print the name you would like to appear on your card)

Spouse/Friend's Name _____
 (for Family/Friend membership or paid Lifetime Spouse/Friend membership only)

Family/Friend Members _____
 (for Family/Friend membership only)

Address _____

City _____ State _____ Zip _____

Phone _____

Email Address _____

Please return application by mail to AVA, 1008 S. Alamo Street, San Antonio, TX 78210 or fax to 210-659-1212. You may also apply for membership by calling Karen at 210-659-2112 (8 a.m.-5 p.m. CST, Mon.-Thu).



When I get to San Antonio Information you may need

Not sure how to get around the Alamo City while attending the IVV Olympiad? The committee chose the downtown La Quinta River Walk Hotel, to make it easy for everyone to walk, bike, swim, enjoy live music at the Olympiad Village or some of the other evening festivities...all without having to get in a car.

However, if you do want to see other parts of San Antonio, buses are easily accessible from downtown to almost anywhere in the city. This is especially handy if you walk a 5k or 10k but wanted to see where the 21k went. Take the VIA Metropolitan Transit bus to specific areas, to see most of the sites you missed. Our volunteers at the hotel can direct you where to catch the bus. All day passes, week long passes, and special rates for seniors make the bus an inexpensive way to see the city. Check it out at Viainfo.net.

Arriving by plane to San Antonio? There are cabs from the airport at the lower level of baggage claim, at Terminal A and B. Or try the Super Shuttle which transports you to downtown hotels every 15 minutes. Of course, rideshare services can be accessed at the airport too, like Uber, Lyft or several others.

Haven't made your hotel reservation yet? There is still time to get special rates at the various hotels downtown, including the host hotel where all events begin – La Quinta River Walk hotel. Make your reservations now. They won't last long. Go to ivvolympiadk2023.org, and scroll down the homepage to the hotel section.

Bringing an RV or want to camp out? There are several nearby RV and camping sites. Fort Sam Houston RV Park, about seven miles from the host hotel, is located on a military post, available to active duty US military, US military retirees and Department of Defense civilians. Traveler's World RV Resort is located on the Mission Trail, and is about 4.5 miles from the La Quinta. San Antonio KOA offers tent and RV camping, about six miles away. And there are many more.

Is the Olympiad for long distance walkers? Will I be the only one doing a 5k or 10k walk? No, the IVV Olympiad is meant to highlight the best of the city, no matter what distance you want to walk. Many people may do the Traditional 5k walk in the morning, sit for a while at the Olympiad Village, then do one of the many 5k YREs available. It is up to you. We are just so glad you can enjoy our wonderful metropolis and visit with friends from around the world.

Is there a daily rate? I can't make the entire week. Yes, we have a daily rate of \$30 per day, which includes all the sports events for that day, along with entrance to the Olympiad Village. See the article on page 1 for more information and the daily schedule.

How is the weather in San Antonio in February? San Antonio is known for having moderate winter weather during the month of February, making for comfortable outdoor walks. The average high temperature is about 66°F (19°C). The average low-temperature is 48°F (9°C).

What is the Margarita and Taco Trail on Tuesday night? To celebrate San Antonio as a UNESCO Creative City of Gastronomy, we wanted to take you on an evening trip to various culinary scenes, where you can try some of the finest



Walking La Vallita.

frosty margaritas, and scrumptious taco places in the city. Drop by participating restaurants, breweries and shops on the trail to get your special book stamped, receive free samples, coupons and other goodies. All participants who fill up their passport book with stamps get a special prize. Remember, it all starts at the La Quinta River Walk hotel, so there is no driving to the various locations. You can register online for this special unique occasion at ivvolympiad2023.org.

What is the Olympiad Village? Each IVV Olympiad provides a place for Volkssporters to end their event (whether walk, bike or swim) at one location each day. It is a place to relax, meet many of our international visitors, enjoy live music and partake from one of several food venues in the area. The Olympiad Village will be open 11 a.m.–7 p.m. daily (last day is Saturday February 25). We will post the lineup of music and other information on the website by January.

What is the IVV-IML Friendship Celebration? The common purpose of the IVV, IML and AVA is to promote good health and foster international friendships and goodwill. Join us for a fun filled international celebration with music, food, entertainment and friendly people from all over the world! Break out the dancing shoes and let the party begin! Cost of admission includes light hors d'oeuvres, drink ticket and entertainment.

How can I share a room with someone? Unfortunately, we do not have the capability to coordinate sharing rooms or rides to San Antonio. You might check with your regional director to see if they know of anyone wanting to share.

Have other questions? Contact us at olympiad2023@ava.org or go to ivvolympiad2023.org. 🌻

Olympiad/IML Events in a nutshell

2/19/23	Walk	San Antonio	Susan A Medlin 210-325-3523	2/22/23	Walk	San Antonio	IVV Olympiad
		AVA Headquarters	sueammed@aol.com	2/22/23	Swim	San Antonio	
2/20/23	Walk	San Antonio	AVA HQ Staff 210-659-2112	2/23/23	Walk	San Antonio	
		AVA Headquarters	olympiad@ava.org	2/24/23	Walk	San Antonio	Susan Medlin 210-325-3523
2/20-22/23	Bike	San Antonio	Susan A Medlin 210-325-3523			Texas Trail Roundup	sueammed@aol.com
2/21/23	Walk	San Antonio	AVA Headquarters	2/25/23	Walk	San Antonio	sueammed@aol.com
2/21-22/23	Swim	San Antonio	sueammed@aol.com	2/26/23	Walk	San Antonio	Texas Trail Roundup



AVA Hosts the First North American IVV Olympiad February 19-26, 2023





20 fun facts *continued from page 1*

7. The San Antonio Missions are the only UNESCO World Heritage Site in Texas, and they are the largest concentration of Spanish colonial architecture in North America.

8. Fritos were invented in San Antonio by Charles Doolin in 1932. His mother, Daisy, then made Frito pie (though New Mexico claims it invented Frito pie – we claim it for ourselves).

9. The River Walk is a 15-mile network of paths along the San Antonio River, connecting hotels, restaurants, shops, theaters and more. About five miles of the river flows through downtown San Antonio.

10. The Milam building downtown was the first high rise office building in the United States to have air conditioning. The 21-story building opened in 1928.

11. Shaquille O'Neil started in basketball in San Antonio, at Cole High School, where his team went 68-1 in two seasons.

12. SeaWorld San Antonio is one of the world's largest marine-like parks, spanning over 400 acres. Other theme parks in the area include Six Flags Fiesta Texas and Morgan's Wonderland – the world's largest ultra-accessible theme park designed for those with special needs.



San Fernando Cathedral is the oldest, continuously functioning religious community in the State of Texas.

13. The city is the birthplace of Tex-Mex (there is nothing better).

14. Nationally acclaimed museums abound throughout the city, including two Smithsonian affiliates.



The Tower of the Americas was built for the 1968 World's Fair in San Antonio.

15. The Alamo is the most visited attraction in all of Texas. Established in 1718 as Mission San Antonio de Valero, the Alamo has over 300 years of history, but is most known for its battle in 1836 during the Texas Revolution.

16. San Antonio is the 7th largest city in the United States, and the most visited city in Texas.

17. Theodore Roosevelt recruited Rough Riders at the Menger Hotel in downtown San Antonio. There are bullet holes in the bar (the legend is they are from Rough Riders before they shipped to Cuba).

18. San Antonio is home to the nation's first all-digital library – the BiblioTech – in 2013.

19. President Lyndon B. Johnson and Lady Bird Johnson were married at St. Mark's Episcopal Church in the downtown area.

20. San Antonio is the national headquarters of AVA: America's Walking Club. Along your route, you will pass by the offices. Be sure to wave and say hi!

Register today for the 2023 IVV Olympiad: ivvolympiad2023.org. 

