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Register NOW for the 2023 IVV Olympiad in San Antonio, Texas

For the first time ever, the IVV Olympiad is coming to North America in San Antonio, Texas. Plus, it is back-to-back with an IML event — a first — creating seven days of walk, bike and swim events. The Olympiad is February 19-23, 2023, followed by the IML Texas Trail Roundup (TTR), February 24-26. Opening ceremony for TTR is February 24. Register now at ivvolympiad2023.org and get an early bird discount on the registration. Choose all seven days, or fewer days, depending on your schedule.

Each day will feature different walks — some along the famous San Antonio River Walk, some exploring the 18th century missions (including the Alamo), and others depicting the vast beauty of this multi-cultural historic city. Walks vary daily from 42k, 21k, 10k or 5k. There are also three bike events and two swim events planned.



The IVV Olympiad normally happens every two years, but the COVID-19 pandemic forced the cancellation of the

Olympiad continued on page 14

Call for proposals to host the 2025 AVA Biennial Convention

By Jerry Wilson, Chair AVA Convention Committee

The American Volkssport Association (AVA), America's Walking Club is issuing a Request For Proposals (RFP) for local clubs jointly applying, a singular club and/or state association to host the 2025 AVA Biennial Convention. RFP documents are available upon request from the National Office.

Typically every two years the membership of the AVA convenes for seven (7) to nine (9) days to participate in some of the best organized

walks in America as well as other noncompetitive fitness activities before, during and after a national general membership business meeting. We refer to this convening as our biennial convention. The number of individuals who attend the full convention could be approximately 350. However, the number of individuals who attend the walks and social events exceeds 700. Our goal is to increase these numbers by 25 percent. The biennial convention includes the business meeting (two one-half day

sessions), workshops, socials, an AVA Board Meeting, silent auction, cash raffle, exhibit booths and health fair, walking events and other non-competitive physical fitness activities which take place during three days of the convention and a nine-day convening period with pre- and post-convention activities.

Those considering submitting proposals (RFPs) need to develop a propos-

Convention continued on page 4

Dr. David Neil Toth, a Volkssporting pioneer in America

By Martin Callahan

Dr. David N. Toth, the first president of the American Volkssport Association (AVA) and member of the AVA Hall of Fame passed away on April 8, 2022, at the age of 77. He was born in Granite City, Illinois, and attended several universities earning a Medical Degree from the University of Chicago and a Master of Public Health Degree from Harvard University.

David joined the United States Air Force in 1973 first serving as a Medical Officer at Rhein-Main Air

Base in Frankfurt, Germany, and many other installations before retiring at the rank of Lieutenant Colonel. He continued to serve as a physician at the Veterans Administration Hospital in San Antonio, from which he retired in 2010.

Dr. Toth was interviewed by Ellen Ott, president of the Randolph Roadrunners, at his residence in San Antonio on August 22, 2017. The 35-minute long interview can be heard online at texastrailroundup.org/ava-oral-histories/.

Toth continued on page 4



Dr. David Toth speaking at the banquet during the 40th Anniversary of Volkssporting at Fredericksburg, Texas in 2016.

MESSAGE FROM THE BOARD CHAIR



Hello everyone,

Here we are in the middle of prime walking weather. I hope that is true where you live, it certainly is here in the Pacific Northwest. In the last issue of the TAW, I talked about the Friendship part of our tagline. How walking brings us together to make friends and why walking together is such an important part of our sport.

I just took part in "Wild and Woodsy," a wonderful weekend of walks in the Olympia area of Washington state. I know there are many great walking weekends throughout the country. I used to call them "destination events," because people often have to travel to get to them, stay overnight close by and have the opportunity to join in social events such as meet-and-greets or dinners. I think these are great ways we can bring others to enjoy our sport.

Of course, they take planning, often a year or more in advance. They require

a committee of volunteers willing to put in the effort to make such events a success. But it doesn't need to be just one club, although it often is. It can be a state, a region or several clubs willing to work together. But there's so much benefit in doing so. Finding new places to walk, making new friends among the attendees, drawing people from the community who want to walk with others. These are all benefits. And of course, you can charge an appropriate fee for the weekend to cover your expenses of venues, permits, supplies, etc. Make some of the events group walks, maybe one a day, especially on the weekend when those who work can attend. There are so many people looking for someone to walk with.

One issue: we often don't hear about them. Or when we do, they are already planned and they overlap with others. Then there are the "we always have them at this time" and, unfortunately, not everyone knows this. It isn't possible to completely eliminate date overlap. But there are things we could do better. Ask yourselves: do we want others to come? Will ours be the only event happening?

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



The official newspaper of the American Volkssport Association —
AVA: America's Walking Club.

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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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

Convention *continued from page 1*

al, (140-plus day development period from the published date of this RFP.

❖ September 1 — Due Date for Proposals (RFPs) to Reach the National Office

❖ September 1 — September 21 — A review of submitted proposals will be conducted by national office staff, and representatives of the convention committee (21 day review period)

❖ October 1, 2022 — Two (or three) semi-finalists will be notified and on-site AVA visits will be scheduled

❖ October — November 4, 2022 — On-site visits by National Office and AVA Convention Committee Representatives at semi-finalist locations, tour sites and meet local committee members

❖ November 9 — National Office and the Convention Committee present semi-finalists to the board at the board meeting requesting board input, and if desired, a board recommendation

❖ February 20-23 or 20-26 — Semi-finalists will be offered a booth in San Antonio to share information

❖ February 24, 2023 — Membership business meeting — in-person or video presentations by semi-finalists

❖ March 2023 — Member delegates selection/vote — virtual voting (Date to be selected.)

❖ April 3, 2023 — Finalist selected will be notified, as well as the runner-up

❖ April 2023-May 2025 — Local preparation and scheduling for 2025 convention activities, continuous contact with national office staff and the convention committee (national office executive director approves and signs all convention related contracts)

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

Board Chair's Message

To be obvious, the biggest eight day-long walking festival is coming up next year. I would hope no one is planning any walking festivals during this time. Our combination IVV Olympiad and IML Texas Trail Roundup, February 19-26 in whole or in part, will provide all the walking and socializing you or anyone can hope for. Come and join people from all over the world. Why not plan a bus trip or caravan from your area of the country? I know there are some already planned. Stop and enjoy some events along the way, rather than driving in one long stretch or taking a plane.

However you come, please come! Hotels are open now for reservations. You can register now for all or either one of the two events. For a limited time there's an early-bird discount. Please see other places in the TAW for more information and check the website – ivvolympiad2023.org. I hope to see all of you there! 🇺🇸

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.



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.



2023 IVV Olympiad and IML Texas Trail Roundup Walking Festival Updates

Host hotel confirmed — La Quinta by Wyndham San Antonio Riverwalk Hotel

The La Quinta San Antonio Riverwalk Hotel will be the host hotel for the 2023 IVV Olympiad/IML Texas Trail Roundup Walking Festival. The rate for a single, double, triple or quad room is \$159 plus taxes. This price includes breakfast. Parking is discounted at a rate of \$18/night for AVA hotel guests. The standard rate is \$26. There is a city parking lot across the street from the hotel which may be less. This hotel will be the location for registration and packet pickup for all IVV Olympiad and IML Texas Trail Roundup events.

Reservation method/procedure

Reservations can be made by calling 800-753-3757 or by using the link below on or before January 19, 2023. wyndhamhotels.com/laquinta/san-antonio-texas/la-quinta-san-antonio-riverwalk/overview?brand_id=LQ&checkInDate=2/18/2023&checkOutDate=2/27/2023&group_code=CG8650

Please use the information below when calling to make reservations.

Reservations Department #:

800-753-3757

Hotel: La Quinta by Wyndham San Antonio Riverwalk (property #53402)

Group Name: American Volkssport Association

Group Code: CG8650

Please be prepared to provide credit card information to guarantee reservations.

Reservation cutoff date

The guest room block will be held until January 19, 2023 which is 30 days prior to arrival or until such time as the block has been filled. Any sleeping rooms not reserved by the cutoff date shall be released by the hotel for sale to the public.

Additional hotels are available for the 2023 IVV Olympiad in San Antonio, Texas

The AVA has negotiated special room blocks and rates at several hotels that are in downtown San Antonio, all within a couple of miles from the host

hotel, La Quinta by Wyndham. The rates vary from \$104-\$259. To see these hotels and register go to the 2023 IVV Olympiad website at ivvolympiad2023.org and click on the Hotels link. These hotels have agreed to issue the AVA a rebate on room nights therefore, by staying at one of these hotels you are supporting the AVA!

Event website registration update

The Olympiad Registration is OPEN! Register Today To Receive Your Discount! You can now register for the 2023 IVV Olympiad and IML/Texas Trail Roundup Walking Festival. Be sure to register before October 1, 2022, to receive the early bird discount. To register go to Home - IVV Olympiad 2023. The host hotel, La Quinta, will be the event registration and packet pickup site.

Volunteers wanted!

This will be an incredible event that will require many volunteers. If you would like to volunteer, please contact Susan Pinneke at nc_rd@ava.org (nc_rd@ava.org)

The 2023 Olympiad/IML TTR committee meets monthly. We welcome your concerns, questions, recommendations and Olympiad stories! If you would like to share with us, you may contact us at olympiad2023@ava.org

Like us on the Olympiad Facebook page!

Go to facebook.com/2023IVVOlympiadUSA and "like" us! Invite your Volkssporting friends and fellow club members to like us. Help us build awareness and excitement as we move towards 2023. Look for the latest on the joint Olympiad/IML events and answers to questions you may have.

Changes to Traveling Guided Walks

Effective July 1, 2022, clubs are not required to sanction a Traditional event within the calendar year to be eligible to sanction Traveling Guided Walks (TGW). The cost for the Traveling Guided Walk sanction and stamp will be \$105. Extra stamps are \$4 and extra handles are \$5. 🇺🇸



February 19-26, 2023

ivvolympiad2023.org

NATIONAL OFFICE NEWS

David Neil Toth, obituary

David Neil Toth was born on Sept. 22, 1945 in Granite City, Illinois, to Frank (Geza) and Carmen (Stone) Toth. He attended public schools and graduated from Granite City Senior High as co-valedictorian. He graduated from the University of Illinois and the University of Chicago Pritzker School of Medicine with an M.D. degree. He served in the US Air Force in Europe and stateside completing his military duty at the VA Hospital in San Antonio.



David was an avid Volksmarch enthusiast picking up the activity while stationed in Germany. He started the first club in Dayton, Ohio, the Ohio Wander Freunde in 1978 and went on to co-found the American Volkssport Association in 1979.

He was a quick and enthusiastic learner enjoying classical music, opera, all books and all genres of movies. He was in his high school marching band and the Marching Illini band playing the cornet.

He was a friend, mentor, teacher, listener, physician and most of all a devoted family man providing the best life for those he cared for.

He is survived by his son, Andrew and his wife Becky and their son Cooper.



Toth *continued from page 1*

In the interview Dr. Toth said he was first tricked into attending his first Volksmarch while stationed in Germany on Easter Sunday in 1971. He was apparently unprepared for this first walk as he was wearing penny loafers and nylon socks which resulted in painful blisters. He still enjoyed the experience and continued to participate in walks while in Germany.

After returning home from Germany he organized AVA Club #2 in Dayton, Ohio, called the Ohio Wander Freunde. The club held its first international walk-fest on September 23, 1978, at Wright Paterson Air Force Base. The event was held in conjunction with the 75th anniversary of the first powered flight.

At this first event he got permission to sell the new US postage stamps commemorating the first flight at the walk, sold German-made Volksmarch medals and had special trophies, which all together, gave the appearance of a German Volksmarch.

He formed a second club called the Trinity Trekkers in San Antonio. While attending the Flight Surgeon Long Course at Brooks Air Force Base he formed a third club that was called the SAM Ramblers. SAM stood for School of Aerospace Medicine.

The SAM Ramblers sponsored the first walks in Castroville, Texas, which always started at the local pool. He also enjoyed swimming and tried to piggy-back swim events to walk events whenever possible. Both the Trinity Trekkers and the SAM Ramblers clubs no longer exist, but popular walks started by Dr. Toth's clubs, such as the Castroville walk, are still enjoyed by Volkssporters today.

Dr. Toth was a lifelong fan of everything Disney beginning with his first visit to Disneyland in California as a child. His son, Andrew, continued the family interest in everything Disney including family visits to both parks in the US and on Disney cruises too. With his interest in Volkssporting and Disney it is no big surprise that Dr. Toth worked with Disney to create walk events at both Disney parks in the United States. Dr. Toth even had permission to use the Disney logo and they created special full color maps for Volkssporters doing the events at both parks.

Dr. Toth summed up his experience with Volkssporting as having fun while meeting interesting people, visiting interesting places and coming up with interesting ideas, which he joked most of which didn't work. Not only was Dr. Toth a pioneer in Volkssporting, but many of the walks he created and his ideas continue as a monument to his hard work in the early days of the sport.

Virginia Volkssport Association explores pole trekking with REI Co-op sponsorship

The Virginia Volkssport Association is highlighting the possibilities and benefits of using trekking poles while walking, thanks to a generous donation from REI Co-op. On April 13, Tim Miner, president of the VVA, received multiple sets of trekking poles to be used by VVA clubs as promotion give aways for a pre-registered walker at select events for the next 12 months. There were additional sets provided to have a "try-it-out" table at those events to allow everyone to take a short "test walk" in the registration area.



REI Co-op donated sets of FLASH Carbon Trekking Poles to the Virginia Volkssport Association for education and promotion. REI is a national chain of outdoor supply stores with a website marketing presence.

Trekking poles have many benefits, especially for older walkers. It provides greater balance and support when walking over uneven surfaces like natural trail. Poles provide faster speed with the extra stability. A set of poles also prevents stress on knee joints during downhill portions of the trail. Finally, the continuous arm motion keeps walkers more upright and facilitates better breathing. According to Miner, "REI Co-op is using the new relationship with the VVA to gage support within the Volkssport community for future opportunities. After my wife and I bought our poles and starting walking with them, it seemed like a great match made on the trail."



Tim Miner, president of the Virginia Volkssport Association, guided a group of walkers from multiple states on a new 33-kilometer Volkssport event called the Washington Rochambeau Ramble during National Walking Week using his own REI aluminum trekking poles.

The VVA has asked for time during a future national webinar for experts on pole trekking from the REI Co-op Experiences Team to talk about all the benefits of using poles to the membership of America's Walking Club. There may be additional articles in future issues of *The American Wanderer*.

"It is really critical that we find ways to keep our membership walking longer and stronger," said Miner. "We are not only event organizers, but also ambassadors and mentors for walking for fitness, fellowship and fun."

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.*



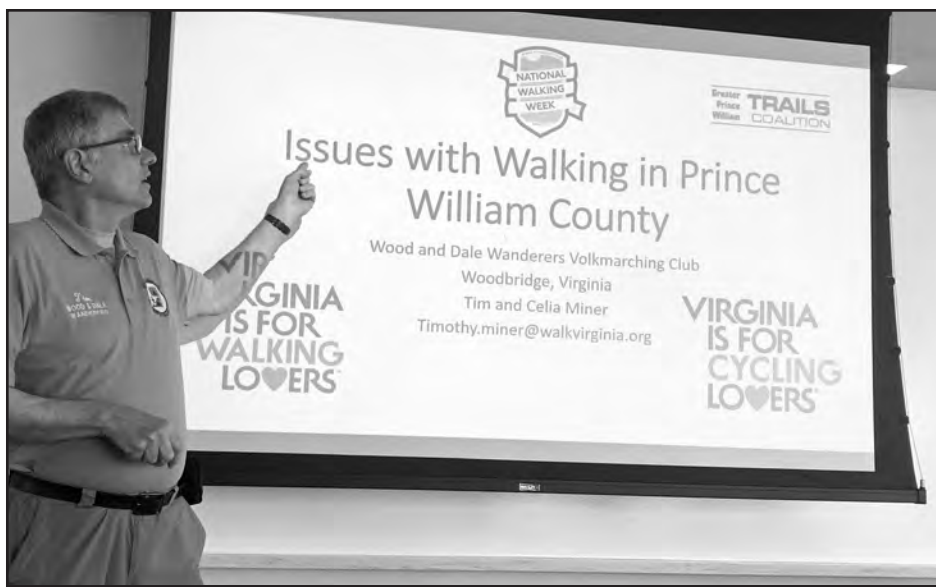
National WALKING Week! April 1st – 7th, 2022



3rd Annual National Walking Week propels clubs in their communities

During the third annual National Walking Week, which took place from April 1-7, clubs under the banner of the American Volkssports Association: America's Walking Club found new ways to honor and advocate for popular sports across the country. The concept of National Walking Week was proclaimed by the

At least one club also demonstrated an additional benefit to their county from National Walking Week. After seven days of walking trails across the county of Prince William (Virginia) the leadership of the Wood and Dale Wanderers Club made a report to local county leaders and infrastructure planners about road



Tim Miner, president of the Wood and Dale Wanderers Volksmarch Club of Virginia, briefed several civic leaders on problem intersections and trail road crossings that the club discovered during its seven days of walking across and around Prince William County. National Walking Week, which was also declared by the governor as "Virginia Walking Week," provided the credibility to ask for future infrastructure and trail improvements that will lead to safer access and walkability during future Walking Weeks.

board of directors of the AVA in January 2020 to give clubs the ability to honor their sport, generate publicity and make a difference for the future of walking and their communities.

Two state governors and a host of municipal and county governments signed proclamations that mirrored the national effort. Governor Stephen F. Sisolak and Governor Glenn A. Youngkin declared Walking Week for the State of Nevada and the Commonwealth of Virginia. Local leaders including Clark County (Nevada) joined the City of Las Vegas, the City of Manassas (Virginia), and Wilmington (Delaware) also highlighting the importance of walking in their communities.

According to Tim Miner, chair of the national program committee which initiated National Walking Week with the board of directors, "From social media and website posts the 2022 effort was an outstanding success. We nearly doubled the number of walking events nationally with many clubs hosting multiple activities during the week. Many clubs also hosted one or more social events to promote the fellowship that is so natural to our walking programs."

crossing and trail issues that impacted safety. They have been invited to additional opportunities to tell about walking with an eye on the next budget cycle for civic improvements.



Governor Steve Sisolak of Nevada proclaimed Walking Week in his state on April 1-7.

Local programs from America's Walking Club stepped out to show that walking, one of the most important popular sports in the nation and in its local communities, is worth its own seven days during the year. Already AVA clubs are planning for the 2023 coming next April.

1st Annual Washington Rochambeau Ramble: Walking a Path of Heroes

By Tim Miner

On Sunday, April 3, during National Walking Week, the Wood and Dale Wanderers Volksmarch Club of Woodbridge, Virginia, led the first annual Washington Rochambeau Ramble, a cross county 33-kilometer trail that covered the path of heroes. The small test group of walkers traced

The club is already working with county leadership to promote and support the second annual event in April 2023. The first test highlighted some gaps in the trails. Leaders have committed to ensure that all walkers will be given "the royal treatment" in future years.



Eight walkers from Virginia and Maryland began their journey across Prince William County from the LOVEworks sign in Occoquan on the morning of April 3. Photograph by Gale Waibel, one of the eight walkers.

the steps of General George Washington and General Jean Baptiste Donatien de Vimeur, comte de Rochambeau and their armies as they marched across Prince William County on their way to the final victory of Revolutionary War at Yorktown in 1781.

A group of eight walkers began the journey from the LOVE sign in Occoquan, Virginia, and ended up on the original "King's Highway" at the southern end of the county. The team ranged in age from 50 to over 80 years old and was evenly split between Virginians and Marylanders. Using the National Park's Service's Washington-Rochambeau Revolutionary Route National Historic Trail as their guide, they covered portions of the U.S. Route 1 road along with portions of the NPS' Potomac Heritage National Scenic Trail and the East Coast Greenway paths which were more pedestrian friendly. Club treasurer and trailmaster, Cecilia Miner, the national board secretary of America's Walking Club, provided the periodic logistic support for food and supplies along the route.

In September 1781 the generals traveled the county along with about 7,000 American colonial and French troops as part of a 14-week march from Providence to Yorktown. The effort paid off in October when the British commander in Yorktown surrendered, effectively ending the Revolutionary War.

The W&DW Club wants to focus on the upcoming 250th anniversary of the "founding of the country" in 2026. They are actively engaged developing trails and programs that showcase famous walks, paths, and trails that played important roles during the struggle for independence. During the recent Atlantic Region Conference that took place outside of Philadelphia, the club presented the idea of collaborating on the theme with other clubs, state associations and other regions of the AVA.



The Washington-Rochambeau Revolutionary Route National Historic Trail is a little-known effort of the National Park Service to document an important walk in the history of the United States.

Walking brings the benefits of health. Walking on "sacred paths of heroes" adds an important spiritual element to a meaningful fitness challenge.



AMERICA'S WALKING CLUB
— ESTABLISHED 1976 —



A tribute to Debbie Choiniere – York White Rose Wanderers

It is with great sorrow of the passing of one of Volkssporting's best. Debbie Choiniere from the York White Rose Wanderers in York, Pennsylvania, passed away on March 5. Deb and her husband, Keith, were members of the club for almost 30 years. They both traveled the country and walked in most states. Deb enjoyed a few simple things in life — first and foremost her family of five children and three grandchildren. Family was everything to Deb. Her most favorite times were spent at holidays cooking a huge family dinner and making sure everyone was fed. You never left a family gathering hungry. Her second joy in life was traveling — seeing the country and walking with her two dogs, Dixie and Shiloh.



Debbie will be greatly missed by so many. Many people remember her laugh. Her presence was always known when she was in the room. Deb was always the first to volunteer when needed. During COVID she organized first Saturday walks for the club to keep the club active since we could not have Traditional walks. This kept people interested and active. Deb was also the treasurer of the club for over 25 years. She was dedicated to this office and thoroughly enjoyed it. She would spend hours doing paperwork after each event and many trips to the bank.

Deb always put herself last, while putting everyone else first. She died doing exactly what she loved to do, doing a Volksmarch in Gettysburg. This was one of the first Saturday events that she started and organized. While walking on the trail with her dogs she was stricken and died shortly after. This ending seems so fitting for Deb.

She will sadly be missed by so many friends, her husband and her children. And the dogs! She loved those dogs. The York White Rose Wanderers plans to do a memorial walk in her honor in the future. 🐾

Freestate Happy Wanderers Walk in the Park on June 11

By Linda Hassell

This year help us by bringing slightly used t-shirts to the walk for BeMoreCaring, a charity, to be distributed to clients in Anne Arundel County and Baltimore City. Our event will highlight the Kinder Farm House and the park animals (see photos on page 7). Start at Kinder Farm Park (KFP), 1001 Kinder Farm Park Rd., Millersville. There are options of a 5k/10k walk. The trails are on natural surfaces through KFP and sidewalks of surrounding residential areas. Start at the River Birch Pavilion between 8:30 a.m.-noon and finish by 3 p.m.

Kinder Farm Park is named for the German immigrant farming family where they produced fruits and vegetables to be sold in the area. The KFP Visitors Center has displays of items from early farm life in Anne Arundel County. The Tobacco Barn Museum has antique tractors and a working sawmill in the farm complex area. The 4-H livestock club is responsible for the farm animals you see as you walk the event. Come and have a seat on the porch of the Kinder Farm House with a view of the farm area. Take time and enjoy the farm. Several modern playgrounds for kids of all ages are located in the park.

No charge to enter the KFP for this Volksmarch event. Information is posted on the event at the Freestate website, mdvolks.org/freestate/ or e-mail wahasel1798@verizon.net for brochure. Registration area will be set up to conform to the State of Maryland and Anne Arundel County rules and restrictions that are in place at the time of the walk event.

Atlantic Region continued on page 7

MVT club vice president completes the Centurion Challenge

By Lori Lamberski

When presented with the challenge in early 2021 of completing the AVA's Centurion Achievement Challenge, Mary Minderlein said "I think I can do that."

Not only did she deliver on that promise, but she completed her 100th event on October 9! This monumental walk took place in Confluence, Pennsylvania, which is Mary's favorite western Pennsylvania walk. She was joined by other Mon Valley Trailblazer members who walked along, passing through the town of Confluence, crossing the Youghiogheny and Casselman rivers and hiking down part of the Great Allegheny Passage (GAP).

connected with those towns. A five-day trip to western New York in July led her to walk in East Aurora, Lockport, Lewiston and Sodus Point, with highlights consisting of War of 1812 history as well as Old Fort Niagara in Youngstown, New York, and the lighthouse in Sodus Point. Bike events were on the GAP in Pennsylvania and Maryland, as well as on the C&O Canal Towpath in Maryland.

Although Mary's first ever AVA event was a walk in 1991, she only completed 20 additional events in the 1990s and early 2000s. A busy human resources career and raising a daughter were her central focus areas during



(l-r) Troy Stiffler, Mary Minderlein and Lori Lamberski.

Club President Lori Lamberski had a special Centurion congratulations sign made and hung at the start point. Lori also presented Mary with a Centurion canvas bag and t-shirt.

Mary's 100 events consisted of 20 bike events and 80 walks. While most of these (47) took place in Pennsylvania, 13 were in Maryland; 13 in West Virginia; nine in New York; seven in Wisconsin; six in Virginia; and five in Ohio. The Wisconsin walks took place during the 2021 AVA National Convention with gorgeous views of Monona Bay and the breathtaking floral displays of Olbrich Botanical Gardens. In Virginia, Mary walked in Lynchburg, Staunton, Lexington and Winchester, taking in the Civil War history con-

that time. In central Pennsylvania beginning in 2008, Mary became active in Volksmarching again but found no events in the western part of the state after moving here in 2015. Fortunately, in 2017, the Mon Valley Trailblazers was founded, and Mary joined them and began to discover western Pennsylvania through AVA events. Retiring in early 2020 left Mary time to walk and bike more.

By far, the biggest concentration of AVA events took place in 2021 and continues in 2022. Is Mary finished walking or biking? Not in the least. In fact, fall and winter are her two favorite times to walk, so expect additional walks and attending events in 2022! 🐾

AVA: America's Walking Club!

Atlantic Region *continued from page 6*

Sugarloafers 2022 Traditional Events

By Anthony (Tony) Laing

As in years past, the Seneca Valley Sugarloafers Volksmarch Club of Montgomery County, Maryland, have planned five Traditional Events for 2022. The first one occurred on March 26 when the Sugarloafers took advantage of the C&O Canal National Historic Park and started a walk on a road leading to one of the lock houses. The walk crossed the Seneca Creek Aqueduct and explored an historic stone cutting mill as well as one of the oldest general stores in the county.




Photo by Gail Waibel.

This historic walk also included a cycling option as a way of offering variety in our Volkssporting activities.

The Sugarloafers aim to provide varied walking opportunities in the county. The four remaining walks are:

- ◆ Historic Rockville, Dawson's Market – June 4, a walk through the historic areas of Rockville, one of the oldest cities in the county.
- ◆ Oktoberfest at Frederick – October 1, a Volksmarch held in conjunction with the annual Oktoberfest in Frederick, Maryland. The walkers will enjoy plenty of music, food and libation at the finish.
- ◆ Kentlands East & West - October 29, the walkers will enjoy walking through a relatively new and award-winning planned community in Montgomery County.
- ◆ Moonlight at Seneca Creek State Park – November 12, the walkers will bring their flashlights to enjoy a walk after dark.

For more info about these and other Sugarloafer activities, check out our website, sugarloafers.org. 

Walk in the park *continued from page 6*



Kinder Farm House and barn at Kinder Farm Park. 



Walk 11 of the state's 67 counties in western Pennsylvania

By Mary Minderlein

Looking to walk the 67 counties of Pennsylvania? In the western part of the state, you can complete 11 counties in your Keystone Counties book. Western Pennsylvania counties are listed below in alphabetical order, with Mon Valley Trailblazer events listed next to each county. All events are OSB.

Somerset County: Stoystown-Flight 93 Memorial Walk takes you to the crash site of Flight 93 on September 11, 2001. You can visit the memorials and museum. Confluence Walk is on town streets and the Great Allegheny Passage (GAP). Although beginning in Somerset County, part of this walk is also in Fayette County.



Ohiopyle State Park.

Allegheny County: Three Rivers Heritage Trail walks in downtown Pittsburgh offering three route options, all of which feature scenic views of the Allegheny, Monongahela and Ohio Rivers and showcase Pittsburgh's history.

Beaver County: Raccoon Creek State Park — Wildflower Reserve Walk shows this park's preservation of over 700 species of flora and diverse wildflower blooms.

Butler County: Zelenople/Harmony Walk shows you the historical towns of Harmony and Zelenople.

Crawford County: Pymatuning Spillway Walk in Linesville leads you to the spillway where the carp are so plentiful that the ducks walk on the backs of fish to get to the bread thrown by visitors! Ernst Trail: Starting in Meadville, this paved trail goes from the city through forests and farmland.

Erie County: Presque Isle Walk goes through Presque Isle State Park in Erie where migratory birds flock.

Fayette County: The Ohiopyle Walk goes through the town of Ohiopyle, as well as on the GAP and the Ferncliff Peninsula in Ohiopyle State Park.


Mercer County: M.K. Goddard State Park. The mostly-shaded paved off-road trails trace the northern and southern shores of Lake Wilhelm. Birds in the park include bluebirds, woodpeckers, Canada geese and ducks.

Washington County: Mingo Creek County Park is a 2,600-acre park located near Finleyville. On a beautiful paved walking trail along the creek, you can see covered bridges, an observatory and picnic pavilions.

Westmoreland County: Cedar Creek Park: In this 479-acre park, you will hike on wooded trails through Cedar Creek Gorge and along the GAP. Twin Lakes Park, is a 467-acre park near Greensburg. The walk will take you on brick walkways, past bird watching stands and to Reflection Island on the Upper Lake. West Newton Walk includes portions of the GAP and the town of West Newton. Along the route are an historic train station and beautiful views of the Youghiogheny River

Multiple Counties: The GAP is a 150-mile multi-use trail that goes from Pittsburgh to Cumberland, Maryland. In Pennsylvania, the GAP goes through multiple counties. The entire Pennsylvania portion of the GAP is AVA sanctioned for walking or cycling.

Greene County: A Traditional walk, slated for fall, is currently being developed. Details will be in the September issue of *The American Wanderer*.

Visit these events in western Pennsylvania! Go to MVTrailblazers.com. 

Atlantic Region continued on page 8

Atlantic Region

continued from page 7

Haunted Gettysburg Weekend

By Tom Jackson

The York White Rose Wanderers invite you to its eighth Haunted Gettysburg Weekend over the weekend of November 11-13 in Gettysburg, Pennsylvania.

National Cemetery, East Cemetery Hill, Culp's Hill and Spangler Springs. Stories are provided about some of the haunted places on the walk.



Hotel Reservations may be made at the Days Inn Gettysburg at a special rate. Reservations must be made by November 1. Call 717-334-0030 and request the York White Rose Wanderers rate.

Join us for dinner Saturday night at 7 p.m. at General Pickett's Buffet. Price includes buffet meal, drink, tax and tip. Make a reservation by sending a check, payable to YWRW, by November 1, to Keith Choiniere, 1696 Valley Vista Drive, York, Pennsylvania 17406. Phone is 717-891-1813.

There will be four walks and a swim event. In addition, there are three Year Round walks, one Swim, and one Bike event in Gettysburg, plus many more events nearby.

Three of the walks will be in Gettysburg with registration at the Days Inn Gettysburg. You may register for all three walks at one time and walk them whenever you wish.

The first walk is the "Foodie Tour" which starts at the parking lot between the YWCA and Lutheran Seminary. Lorraine points out her favorite restaurants, coffee shops and bakeries. Some of these places are haunted and stories are provided explaining why.

The second walk is "The Union" — This walk starts at the National Cemetery parking area and features the Union monuments to those who fought at the Highwater Mark Area,

The third walk is "The Confederates." This walk starts at the Longstreet Memorial/Amphitheater and features the Confederate monuments, artillery, leaders and units that fought on July 2 and 3, 1863. There are a few haunted places which are described.

"The Winery Walk" is on Saturday morning just west of Gettysburg at Adams County Winery in Ortanna. The walk consists of a 6k loop on country roads near the winery and a 5k trail through the vineyards and neighboring fruit orchards. Plan on eating lunch and having a glass of wine or non-alcoholic beverage after your walk.

A 300m Swim event is scheduled for Saturday afternoon at the YWCA of Gettysburg and Adams County.

The photograph is of a Confederate 12-pounder field howitzer. It is a smoothbore muzzle-loading artillery piece made of brass by the N. P. Ames Foundry of Springfield, Massachusetts. Manufactured in 1841, it is may have been used in the Mexican-American War. It is probably the oldest artillery piece displayed on the Gettysburg battlefield.

A brochure can be downloaded from the AVA Fests page or my.ava.org/find-afest.php?name=Haunted%20Gettysburg%20Weekend.

For more info, contact Tom Jackson at thomasjackson@embarqmail.com or 717-309-6088. 🍷



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Southeast Region



Kathryn King, Director
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Lakes Walks in Old Florida — Walk Around Florida 31

By Cathy Metherell

From the gulf walks of Walk Around Florida 29 to the ocean walks of Walk Around Florida 30, the Mid-Florida Milers are taking Walk Around Florida 31 inland to Lake County Florida, located northwest of Orlando. Our theme will be Lake walks in Old Florida — Walk Around Florida 31.

Walk Around Florida 31 will take place November 4-6. The host hotel for the event will be the Comfort Inn and Suites in Tavares, located along US 441. Rooms can be reserved by using Walk Around Florida as the promo code. You can book on line choicehotels.com/reservations/groups/DC95M7, or call 352-253-2378. Our special rate is for November 3-7. You can reserve for two, three or four nights for the weekend. The special rate expires on September 5, so please make your reservations by then. An interesting fact is the hotel is on the Lake Wales Ridge that runs north south through the center of the state.

We are still developing our events that will take place in cities and towns that were once centers of agriculture and now are bedroom and retirement communities. Tavares is the county seat of Lake County and has a sea plane base. Leesburg is located at the headwaters of the Ocklawaha River and has the Venetian Gardens built by the Works Progress Administration. Eustis was a busy port city before the railroad came to town and has an annual festival in honor of George Washington. Montverde was once a Native American settlement and is home to Montverde Academy boarding and day school where a fair number of professional basketball players have attended. The swim will take place at the hotel pool.

If you are on Facebook, you can check for more information at Walk Around Florida 31 or contact mcbmetherell@aol.com.

From the heat of Walk Around Florida 29 and the no name storm at the start of Walk Around Florida 30, we are hoping for nice weather for the event. Please, come join us! 🍷

Save the date for Fun in the Sun in January

Fernandina Beach/Amelia Island, Florida offers wonderful experiences and places to explore. You will find beaches, the Amelia River, history and charming architecture with fun shops, eateries and bars.

Join us for our Martin Luther King Weekend January 13-16, 2023, to enjoy all these gems. We plan to have five walks over the four day weekend, including two new ones. We will also have our traditional meet and greet on Friday night along with other opportunities to socialize. First Coast Trail Forgers Walking Club hopes to see you there.



Fun in the Sun downtown.

If you would like to receive additional information as we develop our plans, please send your email address to Kristin Raasch, kraasch1725@gmail.com. 🍷

Southeast Region continued on page 9

Next TAW deadline

July 25

for September, October, November





Roberta Allen, DRD
ma_drd@ava.org

**Mid-America
Region**



Bob Buzolich, Director
ma_rd@ava.org

Prost! To good health and wellness in Waterloo Wonderful Walk

Prost! Let's celebrate! The winter months are past, and many beautiful days of spring and summer walking lie ahead. The Illinois Trekkers invite you to celebrate your good health and wellness on Saturday, June 4, with a Traditional event in Waterloo, Illinois. Register between 8-10:30 a.m. at the Monroe County Courthouse bandshell, 100 South Main Street (downtown corner of South Main and East 3rd Street) for one or both 5k loops.



Waterloo Wonderful: Prost to Good Health & Wellness.

Celebrate Waterloo's rich heritage as "the first permanent settlement (1781) in what is now the State of Illinois." Many of its earliest settlers included families of Revolutionary War veterans, and the city's buildings still reflect the heritage of early German settlers. This is most evident with its two downtown breweries, the Stubborn German brewing company and Hopskeller Brewing. Prost to good health and wellness!

The walk route includes two historic sites, the Peterstown House (1843) and the Bellefontaine House (LaBelle Fontaine meaning "beautiful Spring"). In addition, the Monroe County History Museum will be open for tours and a special presentation, "Journey through Time: A look at Fogelpole Cave." Participating merchants and restaurants will further convey the celebrations theme on that day. And those who like to shop for a good deal can enjoy the community-wide yard sale after the walk.

Make this a "walking celebration weekend" with nearly 30 Year Round and Seasonal events offered in the metro-east Illinois and St. Louis, Missouri, area. Contact Sue Bacon, baconse@gmail.com, for a complete listing of walks. There's much to celebrate in Waterloo, Illinois on June 4! Prost! 🍷

Southeast Region continued from page 8 Save the date – November 11-13

Join the Capital City Wanderers of Alabama for a three-day multi-walking event commemorating our US Veterans and the great state of Alabama.

We will be sanctioning walks in Chilton, Coosa, Autauga, Elmore, Lowndes and Butler Counties over Veteran's Day Weekend, November 11-13. Registration, stamps and map pick up will be available daily, with a Meet and Greet Friday night in Prattville (Autauga).

Each of the walks will qualify for different AVA Special Programs with an emphasis on remembering all our Armed Service Members. Whatever your goals – walking every county, filling up your Special Program Books, making new friends or having fun – the Capital City Wanderers are happy to walk with you!

To be added to an email list with current information about our event, contact Jerry Dunbar at jerry_dunbar@hotmail.com.

Visit our website as we continue to update it at capitalcitywanderers.com. 🍷

A bucket list trip to remember

Why put off your bucket list walking event on the Mackinac Bridge, when this year you can make it a trip to remember?

This year the Mackinac Bridge Walk will again be on Memorial Day on September 5. Though this activity attracts more than 25,000 walkers annually, less than one tenth of one percent of those walkers are there for the Volksmarch, which is hosted by the Michigan Pathfinders. Just imagine being able to convert the remaining 99 percent of the walkers on the bridge to Volkssporting. In any case, getting there is part of this fun adventure.



More than 25,000 walkers cross the Mackinac Bridge during the annual Mackinac Bridge Walk on Labor Day each year, as shown in this picture from 2019. Yet, fewer than one tenth of one percent of the walkers are Volkssporters. Are you ready to fill your bucket list and increase the number of Volkssporters on the Bridge this year?

As you enter Michigan from the south along US31/I-196, you may enjoy the Seasonal events of the Michigan Pathfinders at Saint Joseph, South Haven, Holland and Grand Haven along Michigan's sunset coast on the shores of Lake Michigan, where you will experience much scenic beauty and claim numerous special event qualifiers.

As you enter Michigan from the south along I-69 or I-75, you may enjoy the Seasonal and Year Round events of the Washtenaw Wanderers in Ann Arbor, Dexter Lansing (the state capitol) and Ypsilanti, which are near either of the two interstates, where you may experience the ambience of Michigan college towns or small agricultural communities and also claim numerous special event qualifiers.

From your Volksmarching experiences in southern Michigan, it is nearly a three hour drive to Mackinaw City with no Volkssporting events in Michigan's hinterlands, except this year.

The Mid-America Regional Director is hosting, for a limited time, a Seasonal event in Gaylord, the geographic center of the state and one hour south of Mackinaw City. This event will run from two weeks prior to the Bridge Walk (August 22) to two

weeks after the Bridge Walk (September 19), as an incentive to make the trip to do the Mackinac Bridge Walk. This event will only be hosted through the online start box and will have qualifiers for the Rails to Trails and Walking with America's Veterans AVA Special Programs. A good portion of the Gaylord routes will be along the North Central State Route of the Iron Belle Trail, which is a part of the Great American Rail Trail.

After making it up to Mackinaw City, and before or after doing the Bridge Walk, you may wish to continue your Volksmarch excursion into Michigan's Northern Peninsula by experiencing the Seasonal events of the Washtenaw Wanderers in Marquette or on Mackinac Island. For anyone unable to make their way to Mackinac Island for any reason there is an alternate route on terra firma through Mackinaw City.

The Volkssporting Clubs of Michigan look forward to welcoming you to this year's Mackinac Bridge Walk. Detailed information for all events mentioned above is available at my.ava.org. 🍷

The IVV Olympiad

Is Coming to San Antonio, TX February 2023!

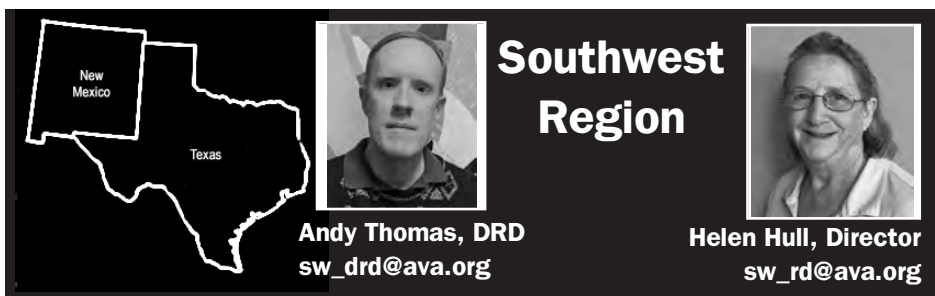


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Sun Country Striders – 40th Anniversary

By Helen Hull

The Sun Country Striders of New Mexico celebrated their 40th anniversary with a week of walks in the Ruidoso area located in the southeastern part of the state. Things were a bit uncertain as wildfires struck the area the week before their events. Fortunately the wildfires were contained and the walks were great. Walkers explored the White Sands National Monument, mountain trails near Cloudcroft, the Smokey Bear Historic Park in Capitan where the original Smokey Bear is buried, and the historic Fort Stanton in the Lincoln Forests.



Sun Country Striders 40th Anniversary – Eileen Roberts, Henrie Vargas, SW Regional Director Helen Hull.

Over 50 people from 14 states attended. Friday night at the meet and greet, Henrie Vargas, president of the Sun Country Striders and Eileen Roberts, treasurer were presented a certificate celebrating the club's 40th anniversary. Saturday night, the group held a farewell dinner at a local restaurant.

Everyone enjoyed the walks and are looking forward to continuing to explore New Mexico in the coming years. We are tentatively planning on walking in the Southwest part of the state in 2023. 🚶‍♀️

Walking around Texas



On February 25, five marathon walkers are at the checkpoint staffed by the Colorado River Walkers for the IML event in San Antonio.



Five members of the Colorado River Walkers Club at a prewalk for its Bastrop Artistic Walk on April 30.

Texas Trail Roundup Beat the Heat: North Star Mall featured YRE walk

By Martin Callahan

The Texas Trail Roundup Volkssport club offers a unique Year Round Event (YRE) that you can do every day of the week in the worst of weather at North Star Mall in San Antonio,

While strolling in the air conditioned comfort of this elegant mall you can window shop at the wide variety of stores and kiosks throughout the mall and also visit the food court with a



(l-r) Andy Thomas, Sheri Logan, Gerry Kamicka, Michael Marke and Robert Theis stop for a picture along the August 2021 featured YRE Walk trail at North Star Mall in San Antonio, Texas. Photo by Martin Callahan.

Texas. The Mall first opened in 1960 with 250,000 square feet of retail space at the intersection of Loop 410 and San Pedro Avenue in an upscale part of town.

The mall now has over 1.2 million square feet of retail floor space with anchor stores like Dillard's, J.C. Penney, Macy's, Saks Fifth Avenue and Forever 21. It also has over 200 specialty stores, some of which are exclusive to San Antonio. You can learn more about North Star Mall online at northstarmall.com. Parking is free and mall store hours are Monday through Thursday 11 a.m. to 8 p.m., Friday through Saturday 11 a.m. to 9 p.m. and Sunday noon to 6 p.m.

The mall is a well-known city landmark for its 35-foot tall Texas cowboy boots that were created by Texas artist Bob "Daddy-O" Wade in 1979. The boots are located next to the mall and not visible along the walk trail, but you can exit the YRE trail nearby to see them. You can learn more online about the boots at roadsideamerica.com/story/7815.

wide selection of tasty treats. The 10k trail is four complete laps of the mall and the 5k trail is two laps.

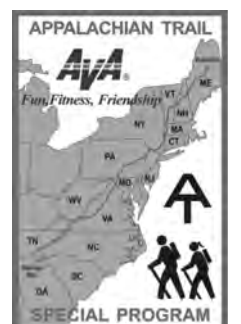
You will use the Online Start Box (OSB) provided by the American Volkssport Association (AVA). A link to register on the OSB for this walk event is provided on the events page on the AVA website at ava.org. Payments for event credit and directions use Paypal. The directions and insert cards are PDFs that you can download and print as needed. The POC below doesn't provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first time user.

On August 27 the North Star Mall Walk will be offered as a featured YRE at a time and location to be determined. At this featured event you will not need to register online as the start point will be staffed and you can also get your books stamped. For more info on this featured event contact Susan Medlin, 210-325-3523 or sueammed@aol.com, or visit the club website texastrailroundup.org. 🚶‍♀️

Southwest Region continued on page 11

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

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Medal Mania

By Ellen Ott

For the last year or so I have been trying to make sense of the many boxes and bags of donated Volksmarch medals that had a home in Hector Hernandez's office at the American Volkssport Association (AVA) office which is located in the historic King William Historic District in downtown, San Antonio, Texas. Hector is the technology specialist for the AVA.

Knowing that there was not a Traditional or featured Year Round Event scheduled for April 9, the day of the King Williams Neighborhood Fair, I had a great idea! Since the AVA office is in the King William area I thought selling medals would be most appropriate.



(l-r) Susan Medlin, John Ives and Ellen Ott selling old Volksmarch Medals to raise money for the AVA in the front yard of the AVA Headquarters during the King William Neighborhood Fair in April 2022. Photo by Henry Rosales.

Collecting and selling medals is a highlight of the Fiesta experience in San Antonio. For those not familiar with Fiesta it was first celebrated in 1891 to commemorate the heroes of the battle of the Alamo and the Battle of San Jacinto winning independence for Texas. You can learn more about Fiesta online at fiesatanantoniio.org/history-of-fiesta/.

According to an article by Texas Public Radio online, Lieutenant Colonel Childers, while stationed at Fort Sam Houston in San Antonio in 1980, was the first to introduce military Fiesta medals. Lieutenant Colonel Childers was an avid Volkssporter while stationed in Germany and the Volksmarch medals he collected there probably gave him the idea for Fiesta Medals. By the 1990s other organizations began to make their own Fiesta medals. You can learn more about the Fiesta medals online at tpr.org/arts-culture/2015-04-24/the-weird-history-behind-fiesta-medals.

Henry Rosales, president and CEO of the AVA, was a little skeptical about selling the medals. The morning of the Fair, John Ives and I set up a canopy and three tables. Two of the tables were full of medals from all over the world and the other table was covered with patches. I decorated the columns of the house and the AVA sign with large colored fiesta flowers and we were off on the sale of a decade. All medals except a very few were a dollar. Yes, just a dollar.

Ladies dressed in fancy fiesta outfits stopped by, kids wanting something special had a great time making their selections and some grumpy old men wouldn't stop by until I shouted all medals are a dollar. There was something for everyone!

I was amazed, as I believe Henry was, that after nine hours of selling medals \$219 was raised. I would like to thank John Ives, Susan Medlin, Susan Alton, Maggie Carswell and Andy Thomas for their assistance. 🐾

The San Antonio Pathfinders' South Texas Medical Center and Indie Memorial Walk

By Martin Callahan

The San Antonio Pathfinders will have a Featured Year Round Event (YRE) trail at the South Texas Medical Center (STMC) on August 20 in San Antonio, Texas. The walk is dedicated to the memory of Indie, my canine walking partner and best friend who passed away in July 2015, and all the canine companions Volkssporters have lost over the years.

The San Antonio Medical Foundation was created in 1947 with the purpose of establishing a medical school in South Texas. In 1961 Bexar County voters approved a \$6,500,000 for the construction of a teaching hospital, and health care facilities followed. The STMC currently consists of about 900 acres of medical related facilities in northwest San Antonio. The STMC serves 38 counties and consists of 45 medical institutions such as dental and nursing schools, a school of allied health, five higher education institutions, 12 hospitals and five specialty institutions. All of these facilities combined have over 4,200 patient beds.

The start point and time for this Featured YRE is currently to be determined because of the early start time for summer. A 13k, 10k, 8k and 6k trail will be available for Volkssporters to choose from. You will follow a route leading to the 2.2 mile-long South Texas Medical Foundation Walking Trail loop that opened to the public in July 2009. During spring the trail is usually thick with wildflowers and you may also spot some of the many deer that populate the area. Near the end of the walking trail loop you will pass by the poignant University of Texas Health Science Center Memorial Park, the final resting place of the cremated remains of people who donated their bodies in the furtherance of medical research.

The highlight of this walk is a new trail which includes a visit to the beautiful sculpture titled Wings of



Kathy and Mike Schwencke with Rudy stop for a picture along the walk trail in front of the sculpture titled "Wings of Hope-Hands of Healing" by Kent Ullberg. The beautiful sculpture is along the trail through the grounds of the Mays Cancer Center on the South Texas Medical Center Walk trail in San Antonio, Texas in December 2020. Photo by Martin Callahan.

Hope-Hands of Healing by Kent Ullberg, through the grounds of the Mays Cancer Center. Ullberg is a world-renowned Corpus Christi wildlife artist and sculptor. The sculpture honors all cancer patients and medical professionals with the 15-foot highly polished stainless steel Wings of Hope that form a 'V' symbolizing victory over cancer emerging from five-foot bronze healing hands. You can learn more about this sculpture online at news.uthscsa.edu/wings-of-hope-hands-of-healing-sculpture-honors-cancer-patients-and-health-care-providers/.

This walk will also include some of the new buildings and trails of the expanding University of Texas Health Science campus in the STMC before returning to the finish. Those Volkssporters needing additional information on the South Texas Medical Center YRE or other YRE and Traditional events the club offers should contact Mike Schwencke, mike.schwencke@outlook.com or 210-382-0367. 🐾

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

AMERICA'S WALKING CLUB
ANNUAL FUNDRAISER

The Big Give 2022

6 PM Thursday, September 22
through 6 PM Friday, September 23



Southwest Region *continued from page 11*

The Randolph Roadrunners' AVA Fundraiser Summer Sunrise Walks

by Martin Callahan

The Randolph Roadrunners Volkssport club is hosting two sunrise fundraising walk events for the American Volkssport Association (AVA) in San Antonio this summer on July 16 and August 13. Both walks will begin at Taco Cabana restaurants. Be sure to enjoy a breakfast taco or some other tasty treat before or after you do the walks. Taco Cabana will kindly donate 20 percent of the sales receipts to the AVA from this event for walkers who tell the cashier their purchase is for the fundraiser. You can view Taco Cabana's menu online at tacocabana.com.



Jeff Busse with Rudy next to the medieval-style stone tower at the top of Comanche Lookout Park. The tower was along the walk trail for the 2020 Summer Sunrise Walk AVA Fundraiser Walk in San Antonio, Texas. Photo by Martin Callahan.

The July 16 walk will start next to Taco Cabana #20325, 19231 Stone Oak Parkway, San Antonio and the start time is between 6:15-8:15 a.m., finish by 11:15 a.m. Walkers will follow a trail through the Stone Oak development area. Stone Oak is known for its beautiful homes, gated-communities and attractive landscaped medians.

The August 13 walk will start at Taco Cabana # 20280, 6826 N Loop 1604 E (near the intersection of 1604 and Nacogdoches), San Antonio, with the start time between 6:30-8:30 a.m., finish by 11:30 a.m. Volkssporters will follow a trail through a local neighborhood and Comanche Lookout Park. Comanche Lookout Park is a 96 acre public park that

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

Walkers will follow a trail including gravel, asphalt and concrete surfaces up the hill and back. At the summit of



(l-r) Sandra Reeh, Robert Theis, Gerry Kamicka, Linda Goodman and Sheri Logan pose for a picture while enjoying a tasty meal at Taco Cabana after completing the August 2021 Stone Oak Summer Sunrise Walk in San Antonio. Taco Cabana generously contributed a portion of the sales purchased by Volkssporters to the American Volkssports Association. Photo by Martin Callahan.

includes the fourth highest point in Bexar County and rises to an elevation of 1,340 feet.

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

the hill you will see a medieval-style stone tower. This is all that remains of a castle-like home that retired U.S. Army Colonel Edward H. Coppock envisioned building after buying the property in 1923. For more info on the park go to sanantonio.gov/ParksAndRec/ParksFacilities.aspx.

For more info on these two walks contact Ellen Ott, 210-723-8574, or ellenott@sbcglobal.net; or go to randolphroadrunners.info.

254 counties – Are we there yet?

By David Sheppard

Congratulations to Brooke Hudson for completing AVA walks in all 254 Texas counties! Right on her heels are Helen Hull, Deborah Carter, Eveline Evans and a few others who are expected to finish by the time of this printing. How close are you?



The Texas County Walkers have 18 Seasonal and Year Round events sanctioned for this year. We have five Year Round events planned, so far, for 2023. Most of you should be finishing up soon!

Eveline Evans (l), Brooke Hudson (r).

Walks sanctioned for 2022 are in the following Texas counties: Borden, Clay, Cooke, Crosby, Dickens, Fannin, Fisher, Hunt, Kent, King, Leon, Montague, Scurry, Stonewall, Waller, Wilbarger, Wise and Young. Walks planned for 2023 are in Falls, Hill, Madison, Navarro and Robertson counties.

Remember, we aren't the only club that sanctions walks. If you need other counties than the ones listed above, lobby the other clubs to help you out. Keep on walkin' and "git 'er done!"

Walking around Texas



A group of Colorado River Walkers on a pre-event worker's walk at McKinney Falls State Park. The event was February 26.



On April 5, seven walkers participated in the AVA Walking Week by doing the Georgetown, Texas YRE.





Suzi Glass, DRD
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Pacific Region



Carl Cordes, Director
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National Walking Week



Tahoe Trail Trekkers walk their Carson City-Capital Neighborhoods YRE on April 1 of National Walking Week!

Hot Wheels in the Summertime

By Carl Cordes

The Las Vegas High Rollers and Strollers announces “Hot Wheels” group bike rides for summertime in the desert. We will ride one of our Year Round bike routes each month, June through August. The rides will begin at 7 a.m. Since you can pedal faster than you walk (and generate your own breeze) it’s the perfect way to stay active without getting overheated. Normally, our bike events are OSB only. But we will have registration log and stamp for each Hot Wheels group ride at 6:45 a.m. so you don’t have to register online. And as always, you can walk the route if you don’t want to bike. Various distances will be available. All three qualify for the Rails-to-Trails AVA Special Program.

High Rollers & Strollers
WALKING
IN *Fabulous*
LAS VEGAS
NEVADA
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Lower Las Vegas Wash Trail
River Mountains Loop Trail
Union Pacific Railroad Trail

Hot Wheels group rides June 4, July 9, and August 6.

On June 4 the River Mountains Loop Trail ride will start at the Boulder City Railroad Pass Trailhead, mile marker 0. The River Mountains Loop Trail is a 34-mile, 12-foot-wide paved path with mile makers every half mile. Difficulty is dependent on elevation change of the section you choose to bike. Our group bike will feature a ride east out to Bootleg Canyon and return for 11k or ride west out to Equestrian Park and return for 11k. Combine both or keep going in either direction for longer distances.

On August 6 the Union Pacific Trail follows the Union Pacific Railway from Acacia Park in Henderson and continues to I-11 where an overpass connects you to the River Mountains Loop Trail. Our route continues a short distance toward Boulder City on the Loop Trail to the Railroad Pass trailhead, mile marker 0. Return to Acacia Park for total of 26k. A new extension of the trail was opened in March that goes northwest from Acacia Park. If you choose this option the out and back distance is 18k. This YRB now has three qualifiers for Walking with America’s Veterans AVA Special Program.

On July 9 the Lower Las Vegas Wash Trail ride will start in Craig Ranch Park. Easy paved trail follows an urban river that carries excess flood water from the region to Lake Mead. You may choose to ride north to the beginning of the LLVW Trail and return for 11k. Or you can ride south on the Lower Las Vegas Wash Trail to cross over I-15 and return for 10k. Optional to continue past I-15 for more distance if you wish. The south route is 17.5k one way.

RSVP for the Hot Wheels events to LVHRS1985@yahoo.com to receive email updates and the address of the start point for each ride. Check the LVHRS.org website for information on the dozen walks available, and upcoming group walks too.

Suzi Celebrates



Suzi Glass, DRD for the Pacific Region, enjoys her 75th birthday. She’s the one with the sash! Family and friends celebrated by walking the Alameda-Bay Farm Island YRE.

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 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.






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Rocky Mountain Region



Steve Sandridge, Director
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No articles were submitted for the Rocky Mountain Region for this issue of TAW.



What is the difference between IVV and IML?

Many people have been asking, what is the difference between the IVV and the IML? The basic answer is the IVV is the governing organization for all Volkssports; it governs the national organizations that belong to the IVV, like AVA – America’s Walking Club. The IML is a non-profit organization that oversees international multi-day walking events (“marches”) in its member countries. These events must meet certain criteria to be an IML event. Here are more details:

IVV: The Internationaler Volkssportverband – or International Federation of Popular Sports – is comprised of three geographic regions (Europe, Asia and Americas), 31 national members and 10 countries with single (club) members. The AVA: America’s Walking Club and all our clubs are part of the IVV.

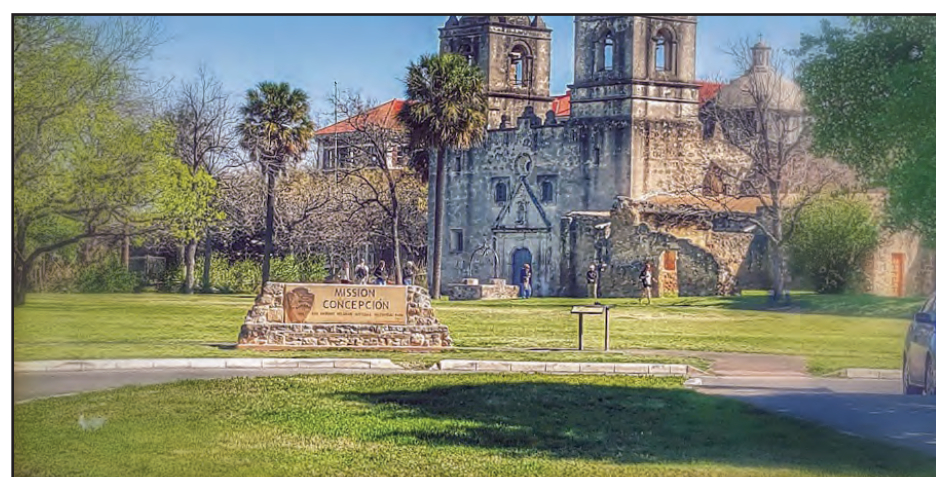


The IVV was formed in Lindau, Germany in 1968, then registered in 1972. The founding countries were Germany, Switzerland, Liechtenstein and Austria, with the IVV headquarters located in Altötting, Germany (Bavaria). The official languages are English and German, with French used unofficially. Each year, there are about 10,000,000 participations in more than 7,500 organized events around the world. Though IVV is a club-based organization, it also holds festivals ... including the IVV Europiad, IVV Asianpiad and the biennial IVV Olympiad, being hosted in 2023 by AVA: America’s Walking Club in San Antonio, Texas, February 19-23, 2023.

IML: The IML Walking Association (known as the International Marching League until 2006) endorses multi-day walks to promote health, international travel and friendship through walking. It does not govern national organizations made up of walking clubs. IML has its origins in the annual International Four Days Marches Nijmegen, Netherlands. The success of this event led to the creation of similar annual events in other countries. In 1986 the multi-day walking event organizations of several countries agreed to form the International Marching League, which was officially founded in 1987.



Normally, there is only one authorized IML event per member country, but a second can be accepted if it is held at a sufficient distance from the first and in a different topography. New member events can be admitted if they have been held for three years and offer routes over a minimum distance of 20k per day. AVA clubs in the United States currently host two (2) IML calendar events annually – the US Freedom Walk Festival every October in Arlington, Virginia, and the Texas Trail Roundup every February in San Antonio, Texas. 🇺🇸



Mission Concepcion.

Register for Olympiad *continued from page 1*

Seoul event originally slated for 2021. The last IVV Olympiad was Provence, France in 2019 — so not only will our international friends travel to their first Olympiad in four years, but this gives Volkssporters

Membership meeting in upcoming editions of AVA *Checkpoint*.

The host hotel, La Quinta by Windham Riverwalk in downtown San Antonio, is the main start and fin-



ish location for all events. The hotel is currently taking reservations at a discounted rate for AVA: \$159 for single, double, triple or quad rooms, including breakfast. Go to the website, ivvolympiad2023.org, to link to the reservation site, or call 800-753-3757 and ask for the American Volkssport Association group rate. We encourage you to make your hotel reservations ASAP. We have “courtesy holds” with several other hotels in the downtown area, including Marriott, Hilton and Red Roof Inn. See the website for information.

Along with a bag of goodies, your registration provides the Olympiad Pass that includes the daily Traditional events along with access to the Olympiad Village at La Villita — a national historic arts village with more than 25 shops, restaurants and galleries, where you can relax and mingle with visitors from around the world. There are optional San Antonio events, too, like the San Antonio Stock Show and Rodeo, one of the largest events in the city, with some of the world’s best rodeo athletes competing, world-class entertainment performances and hundreds of booths and exhibits. (The rodeo is a separate ticketed event.)

The Olympiad and IML will replace the biennial AVA convention in 2023. A general membership meeting will take place Friday afternoon, February 24, for national elected officials and club delegates. Look for more information on the 2023 General

Membership meeting in upcoming editions of AVA *Checkpoint*. The host hotel, La Quinta by Windham Riverwalk in downtown San Antonio, is the main start and finish location for all events. The hotel is currently taking reservations at a discounted rate for AVA: \$159 for single, double, triple or quad rooms, including breakfast. Go to the website, ivvolympiad2023.org, to link to the reservation site, or call 800-753-3757 and ask for the American Volkssport Association group rate. We encourage you to make your hotel reservations ASAP. We have “courtesy holds” with several other hotels in the downtown area, including Marriott, Hilton and Red Roof Inn. See the website for information. Early bird registration ends October 1, which gives you a discount for the IVV/IML combo, or just the Olympiad. Register now at ivvolympiad2023.org. Please share this information with your clubs, family and friends. We want every AVA Region to be represented for our international guests. We will also need hundreds of volunteers as well. Contact Susan Pinnecke at nc_rd@ava.org if you are interested in helping us deliver the best IVV Olympiad yet! 🇺🇸





We're rounding up in San Antonio, Texas, for the 2023 Olympiad and More!

For the first time ever, AVA's 18th Olympiad will be held in North America where thousands of walkers, bicyclists, and swimmers from across the globe will converge in San Antonio, Texas — one of the most walkable cities in the United States. And, for the first time ever, our four-day event from February 19-23, 2023, will be immediately followed by the IML's Texas Trail Roundup, February 24-26, 2023. Imagine two international events, one wonderful Texas destination – double the fun, fitness and friendship!

It promises to be an exciting week with 22 walks, plus three bike and two swim events, and the opportunity to explore the heart of this storied and beautiful city. San Antonio's usual temperate climate should provide a respite from extremely cold winter temperatures.

Historic San Antonio is a haven for culture and fes-

of our events. For guests who stay at River Walk hotels, everything you'll want to see and do in San Antonio is a mere stroll away, making for a scenic and easy to navigate getaway.

San Antonio Missions National Historical Park is also on the itinerary. As UNESCO's first World Heritage Site in Texas, the designation includes the famed Alamo and the city's four other Spanish colonial missions which comprise the largest concentration of Spanish colonial architecture in North America.



The food is just as noteworthy as the scenery with the Culinary Institute of America and a plethora of chef-driven restaurants that explore the region's culture and bounty. Along the River Walk and in San Antonio's culture-steeped neighborhoods, you'll savor the best of Texas ranches, farms, and Mexican influences. So much so that the city recently earned UNESCO's Creative City of Gastronomy designation, one of only two destinations in the United States to do so.

Our gathering site will be in La Villita, San Antonio's first neighborhood. Established by Spanish soldiers stationed at the nearby Alamo, La Villita is on the River Walk and captures the essence of San Antonio. Its brick-paved roads and historic buildings are home to festive event plazas, an outdoor amphitheater, cafes, galleries and shops. Plus, it's next to Hemisfair Park, the Central Park of San Antonio where you'll find the 750-foot-tall Tower of the Americas and even more restaurants and activities.

There's much more to discover! Register by October 1 to receive an early bird discount and pack your bags for the walk of a lifetime.

For registration and more information visit ivvolympiad2023.org.

For registration and more information visit ivvolympiad2023.org.



activities. Central to the IVV Olympiad is the River Walk, a 15-mile trail along the San Antonio River that connects historic districts, museums, public art, restaurants, hotels and the city's Spanish missions from the 1700s. It is the heart of the city and many

of our events. For guests who stay at River Walk hotels, everything you'll want to see and do in San Antonio is a mere stroll away, making for a scenic and easy to navigate getaway.


The IVV Olympiad


Is Coming to San Antonio, TX February 2023!




VISIT AVA.ORG FOR MORE INFORMATION AND UPDATES.








Ken Johnson, DRD
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**North
Central
Region**



Susan Pinneke, Director
nc_rd@ava.org

North Central Round Up

Hello walk buddies!! Hope you are out on the trail, enjoying the great walking available in the AVA world. Summer is almost upon us, I can't wait! There is so much to do in the North Central this summer, I don't know where to begin. I guess I'll start close to home, in Iowa, where a slate of 10 new county walks is kicking off. A three-day weekend event featuring three of the new walks in north central Iowa is planned in May. Besides walking, there will be social time and prizes. These new walks explore fun new places, some parks, some towns, some easy and some challenging. Something for everyone.

Next, I think I'll mention Wisconsin, since cows are involved. The Dairyland walkers are hosting an event in New Glarus, where there are famous cows and a Swiss village and probably beer and cheese. Sounds like a fun day you won't want to miss. From Wisconsin we'll head to Minnesota, where we can find several walks that involve lakes, go figure. Minnesota's clubs have a number of events cooking for this summer and several seasonal events in new counties. There will definitely be something to keep you on the trail in Minnesota. Nebraska has new walks in northwest Nebraska that sound very interesting. There's a Traditional event planned and a Seasonal event in Chardon, with serpentine trails and fossils and more. You won't want to miss these walks.

You can't talk about summer walking in the North Central without mentioning Crazy Horse. There is no more awesome feeling than standing on Crazy Horse's arm and looking out. If you haven't done Crazy Horse, you just don't know what you are missing. It's June 4- 5 this year. The Black Hills Volkssporters have more planned this summer than Crazy Horse though. They have several more events scheduled, even an ice cream social with the Silver City walk. It just doesn't get better than that.

As you can see, there is a lot going on in the North Central this summer. Plan to come and visit us. Bring your walking shoes and stick. Take a walk, enjoy some scenery, food, drink or cows. Hope to see you this summer in the North Central Region. 🐾

Travel and Volkssporting

By Donna Seline

We know there's a lot of traveling Volkssporters in this country. We see stories in every issue of TAW about folks striking out on the road just to find the next event they can do. And many folks plan their travels based on where events are being held.

I'm a different kind of traveler in that respect. First I plan my trip ... places I want to see and friends I want to visit. Friends, especially old friends, are the most important in my priority list of where to go. Once I've determined my destination, then I start looking at where there might be events to attend. And I may, or may not, do them, all depending on how the trip shakes out.

I just returned from such a trip out to the east coast to see old friends. I spent 25 days on the road and put 4343 miles on my car plus the miles my friends put on their cars taking me places.

We saw the cherry blossoms and the African American Museum in Washington, D.C. We visited the Harriet Tubman Underground Railroad Museum and the national refuge around it in Maryland. I walked the old streets of Williamsburg, Virginia, and drove sections of the Blue Ridge Parkway and Shenandoah Valley National Park. I visited the Great Smokey Mountains National Park and the arboretum in Asheville, North Carolina. And I did portions of four Volksmarches along the way. Most importantly, I got to visit good friends along the way, as well as make some new friends. Yes, I would have taken the trip even if there had been no sanctioned walks along the way, but those that I did do were interesting additions to my trip!

Thanks to the Virginia (Williamsburg) and North Carolina (Lake Junaluska, Waynesville and Asheville) clubs for providing your walks! 🐾



Former AVA President Dennis Michele posed for a photo at the arboretum in Asheville, North Carolina.

Christmas in the Old Market

By Sandy Spaulding

If you haven't seen downtown Omaha wearing its winter finery, make plans now to visit on December 3. You will be glad you made the trip.

With the easing of pandemic restrictions, we are bringing back our Old Market Christmas Lights walk bigger and better than ever. We have a new and very exciting start point at

with its warehouse architecture, brick streets and horse drawn carriages. You might meet Santa and Mrs. Claus or listen to carolers along the way. The 5k route will be completely stroller friendly.

The 10k route will extend further into the community. Stop at Hot Shops art studio during their Open House. View the Creighton University Campus.



Christmas in the Old Market.

KANEKO, a local art gallery. Established in 1998 by international artist Jun Kaneko and his wife, it is headquartered in three turn-of-the-century warehouses. You may have seen some of his signature ceramic dango art pieces that are displayed in museums and exhibits throughout the United States.

The Gene Leahy Mall has been reimagined as part of The RiverFront project. There are new art pieces, walking paths, a dog park and new slides for all. The mall will be festooned for the season. The Festival of Lights will return to the downtown area with the promise of beautiful displays. The Old Market is a visual treat

Peek in the window at the Durham Museum to see its giant Christmas tree. Visit the Passageway, a hidden gem in the Old Market that drips with atmosphere. It is a small brick corridor that has lights and plants hanging from the arches and little coves with sculptures. Enjoy a great Mexican meal or visit some of the unique shops in this alleyway.

The RiverFront has agreed to cosponsor this event, providing funds so it can be a free event for all. With over 100 free door prizes available, you have a good chance to win one. And the cookies, hot chocolate and coffee provide a warm welcome after the walk. 🐾

Traditional walks for Black Hills Volkssport Association

By Reta Thovson

Are you gearing up for Crazy Horse? The weather here in the Black Hills has been up and down in temperatures with lots of wind and little moisture.

Crazy Horse will be held on Saturday, June 4 and Sunday, June 5. The fall walk at Crazy Horse Memorial will be Sunday, October 2.

The Keystone Walk will be held on Saturday, June 11, as a Remembrance Walk for 50th Anniversary of Flood of 1972. Walkers will follow a trail where eight visitors to Keystone were killed. Total of 238 people died in the Black Hills on the night of the flood on June 9, 1972.

Other Traditional events include: June 18 - Sturgis; June 25 - White Ranch Park - Sundance, Wyoming; July 10 - Silver City - Pie and Ice Cream Social; September 3 - Custer - Outlaw Ranch; September 17 - Philip; September 24 - Spearfish - Old Baldy Trail; and October 2 - Crazy Horse.

Be sure to check out YRE and Seasonal walks in the Black Hills and Wyoming. 🐾

North Central Region continued on page 17

North Central Region *continued from page 16*

The Prairie Wanderers County Walking Weekend

The Prairie Wanderers are again sponsoring six county walks in September 2022. The walks will take place on September 9, 10 and 11. On September 9 the walks will be in Jerauld County (city of



Shakespeare Garden in Wessington Springs, South Dakota.

Wessington Springs) and Buffalo County (city of Ft. Thompson). On September 10 the walks are in Hyde County (city of Highmore) and Sully County (city of Onida). On September 11 the walks are in Spink County (city of Redfield) and Hand County (city of Miller). Any of the six walks may be walked on any of the days during the three-day weekend. However logistical support will be provided only on a set schedule for each of the walks. We ask that you follow the schedule for the three days if at all possible. If you are unable to walk on the schedule set for each event, we are willing to work with you to set up alternatives that may better fit your schedule.

The Prairie Wanderers are planning on a group social the evening of September 9 in Redfield South Dakota, location to be determined. The recommended lodging location for the weekend is in Redfield. There are several lodging choices in Redfield to select from.

All of the walks are in small agricultural towns with populations ranging from about 600 to 2,200. All the towns are county seats except for the Ft. Thompson event. This will be the first time sanctioned walks will be held in these six counties. All of the walks will start within the town's limits except Ft. Thompson where the event will start in a camping area just west of the city.

At this time, we are planning to hold these events as planned. If there are any changes due to COVID-19, the updates are going to be made in the AVA website events guide. So check my.ava.org often to ensure that you have the latest information. If there are any questions about the events, contact Gary Lofswold at gel_601@hotmail.com. 🐾

Ride to Olympiad

By Phyllis Olson

Do you need a ride to the Olympiad? Just leave the driving to us! On February 17, Iowa's Walking Club is boarding a luxury motor coach in Des Moines to head south to San Antonio for the 18th IVV Olympiad and IML Texas Trail Roundup. You are welcome to join us. This is a once in a lifetime opportunity for most of us to attend an Olympiad and walk with international Volkssporters.



While there, we will be in the middle of the action and fun by staying at the headquarters hotel, LaQuinta Inn San Antonio Riverwalk, for nine nights. It will be up to you to choose how much or little of the activities you wish to do.

For more info contact Phyllis Olson, paolson@mchsi.com. Arrangements can be made to pick up riders along our route south on I-35. It will be a fun trip. Let us know of your interest. Just say "Si" to San Antonio! 🐾

Wisconsin Capitol walk box has a new home

By Jerry Wilson

The Wisconsin Capitol walk box is now hosted by The Concourse Hotel, 1 W. Dayton Street, Madison. Those of you who came to the 2021 AVA Biennial Convention visited this building to check in for events, and many stayed here during our 2021 convention.

If you are walking the 50 States, come and visit us in Madison. 🐾

NSTT fills summer with four state park walks

By Lynne Grigor, Wayne Heath and Donna Seline

NorthStar Trail Travelers is offering four different Minnesota State Park walks this summer. Two weekends will have two one-day park events in June and August, giving you four different walks to enjoy!

Saturday, June 25 at Glendalough State Park we'll register between 9 a.m. and 2 p.m., finish by 4 p.m. Glendalough, which is Irish for "glen between two lakes," actually has a chain of five lakes connected by Battle Creek. The park is best known for its variety of family activities and you may want to do more than hiking.

The walk starts at the trailhead on Annie Battle Lake which has a picnic area and a 1905 *Minneapolis Tribune* Hunting Lodge open to explore with modern restrooms and history displays.

The main fish in the lake are pan fish, which is why we've chosen the colorful Pumpkinseed Sunfish as the Award for this event. A level, easy 5k



loop goes around Annie Battle Lake and an out and back 6k hilly trail goes to Emma Lake. The trail to Emma Lake follows the park's wildlife protection zone and the lake's clean, clear water makes it a favorite of loons and eagles.

On June 26, we will be exploring and hiking Glacial Lakes State Park. Registration will be at the picnic shelter area, in the group camp, from 8 a.m.-noon, finish by 3 p.m.

The moraine complex in this park is a prime example of an end moraine, left from the last glaciation of West Central Minnesota. The rough rolling surface gives the area its distinct hill and lake appearance.



The park's Hiking Club Trail takes you to the highest point in the area where you can see for miles and observe the beautiful topography. The other trail circles Lake Signalness, which has its entire watershed within the park filled with crystal clear water great for swimming or canoeing.

Campers may camp at the group camp for the same price as sites in the regular campground. There are three electric sites and multiple tent camping sites on the grounds.

On August 13, we go farther north to the Bemidji area of Minnesota to hold our first event at a new park, La Salle Lake State Recreation Area. We'll register at the picnic shelter from 9 a.m.-1 p.m., and finish by 4 p.m. At 221 acres and 213 feet deep, with over 18,600 feet of shoreline, La Salle Lake is one of Minnesota's most pristine and deepest lakes. Come early for a club pancake breakfast before going out on the trail!



On August 14 we go over to Lake Bemidji State Park, just outside the town of Bemidji. Register between 8 a.m. and noon, finish by 3 p.m. The park contains a mixture of plant communities from the mixed red and white pine uplands to jack pine barrens. The boardwalk leads into a pine bog where visitors can see pitcher plants, insect eating sundews, orchids and other plants.



As with all NSTT events, we serve a lunch of brats and hot dogs cooked over the fire along with chips, cookies and pop, all for a low donation. All events have unique hand painted leather pin awards, as pictured.

For more details go to nstt.org. 🐾

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.





Northeast Region



Carol Giesecke, DRD
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Wayne Knapp, Director
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First Connecticut towns – linked by history and Volkssporting

By Carol Endriss West

Do you enjoy history? All of Connecticut's Volkswalks reveal interesting clues about the lives of people over the last 400 years. With Connecticut Valley Volkssport Club's new walks in Windsor and Newington, you will see interesting connections among four towns in Hartford County. Follow history from our Capitol Hartford, north to Windsor, south to Wethersfield and then west to Newington.



Palisado Cemetery Wolf Stone: Maine Volkswalker Wayne Endriss studies a rare wolf stone, laid to protect the body of Kathern Gibbs (d. 1660), wife of one of Windsor's founders.

Let's start with our state's long standing debate about "who got there first?" The answer depends on what it means to "get there" and what the definition of "town" is. If getting there includes a "sail-by," then Dutch explorer Adriaen Block's trip up the navigable part of the Connecticut River in 1614, to where Hartford would later be settled, counts as a first. Or if establishing a fort is what counts, then the 1633 Dutch fort in Hartford wins, followed later in that same year by a fort and trading post farther upstream in Windsor. Now, those of us from Wethersfield would argue that these were not formal settlements, and that Wethersfield was truly Connecticut's "most ancient town," settled by 10 "adventurers" from Massachusetts Bay Colony in 1634. As for Newington, while it was not incorporated as a new town until 1871, it was part of Wethersfield before that and was settled by farmers in 1636.

Actually, "none of the above" is the correct answer to who the first people to come here were. For thousands of years, Native Americans lived productive lives in their own named places along the fertile banks of the Connecticut River and beyond. As we Volkswalkers create our own trails through these towns, it is humbling to contemplate how many footpaths and footprints have preceded us. Perhaps being first isn't so important after all; what an honor to simply be part of a long line of humans who have traveled these lands and savored their beauty and bounty.

Back to our present day Volkswalk trails. Here are, in fact, some potential "firsts" for you!

Hartford

- * Admiring our unique beautiful Gothic Revival capitol building.
- * Two views of Hartford from the middle of the Connecticut River.

Windsor

- * A rare "wolf stone" on the grave of a woman (1604-60) born in Exeter, England – placed to keep wolves from digging up fresh burials.
- * Walking a wooded path that once connected a ferry across the Farmington River to a road leading all the way down to Long Island Sound.

Wethersfield

- * Last remaining late 17th century warehouse at a cove off the Connecticut River from which ships carrying Wethersfield red onions (sadly, used as cheap food for enslaved people) departed for the Caribbean, returning with molasses, etc.
- * Two dozen interpretive signs throughout charming 18th century Old Wethersfield.

Newington

- * Mill Pond Falls, purported to be the smallest waterfall in the U.S. (we can only wonder how this was determined!).
- * A five-minute optional spur from our flat 11k walk that instantly offers a mountaintop view of the surrounding towns.
- * Enough history: How about a Carvel soft serve ice cream to top off your walk?!

Prefer to walk with others? Join us for a Saturday morning group walk: ava-clubs.org/cvvc/walkhome.html.

Niagara Frontier

By Terry McFarland

Dorothy Socie, vice president of the Niagara Frontier club and president emeritus of the former Niagara Escarpment club, turned 100 in January. The club had its first party get-together in two years to celebrate. Thanks, Dorothy, for all your service to Volkssporting in western New York and the many Christmas parties we enjoyed at your home over the years.



Dorothy Socie, our walk leader extraordinaire!

Our Northeast event is coming into focus. The event will be held on September 17 with an Octoberfest walk in Buffalo and a Niagara Riverwalk on September 18 in Niagara Falls. Our event hotel is the Holiday Inn, Niagara Falls, with a special walkers rate. There is a link from our website NiagaraVolkssportClubs.org.

The Octoberfest walk will start at the authentic Hofbräuhaus Restaurant in Buffalo which will host us after the walk with beer and wurst!

The Riverwalk features a new Niagara Parks pathway along the Niagara Escarpment overlooking the Class IV rapids of the lower river. We will visit the Underground Railroad Museum with its compelling story of human endurance and courage. The Whirlpool Bridge area adjacent to the Museum is one of the busy border crossings that figures in the saga.

We are hoping that Over the Falls fireworks will return and we can enjoy a pre-event Seasonal walk together on Friday if there is enough early bird interest on the day.

The club has many other area Seasonal walks listed on our AVA Fest Northeast Event page that offer varied historical sites and scenic vistas, including walks across the Rainbow Bridge into Canada. Remember to bring your passport.



Detail of Buffalo City Hall.

If your weekend can be extended, we recommend driving north along the scenic Niagara River to our Lewiston walk to visit a charming village of restaurants, cafes and festivals that also figures in the Underground Railroad story. Then, drive a few miles north along the scenic Niagara River Escarpment to Lake Ontario to the Youngstown walk and visit the French Castle-styled Fort Niagara, site of battles of the French and Indian War and the War of 1812. There is a wonderful museum adjacent to the fort that makes those history books come alive.

See you at the Northeast Event! 🍷

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.



Northeast Region continued on page 19

Northeast Region *continued from page 18*

ESCV turns 35 ... A new member's thoughts

By Jill Thomson

I became a new member of ESCV (Empire State Capital Volkssporters) in October 2021. I first attended ESCV walks last summer when I was invited by a good friend, Charlene Campanelli, who had joined the group after hearing about it from another friend.

What I liked right away was the variety of locations for walks — Downtown Albany, Chatham, Glens Falls and Cooperstown to name a few. After I joined, I enjoyed walks in Manchester and Bennington, Vermont, Scotia, the Albany Pine Bush, the Saratoga Battlefield and even Falls River, Massachusetts. It has been fun to explore new areas that are fairly close by.

The conversations on the 10k walks have always been interesting and lively. We've walked, laughed and talked about gluten free baking, curling, football, children and grandchildren, jobs, hiking, skiing, musicals at Proctors and even Outlander! Being in the group is very flexible as well. You can walk with the group twice a week or once a month, whatever fits your schedule. I walk almost every day, mostly alone, sometimes with a friend. Walking with ESCV has helped me feel less isolated during the continuing pandemic.

I was able to attend the pizza party and the holiday party after walks in the fall. It was enjoyable to meet other people in the group and hear about some of their walking accomplishments. There are incentives to work towards if you want. I recently completed my first event record book. There is also a new 2022 incentive program booklet that includes Year Round and Seasonal walks, bike events, Wednesday Walks and Traveling Guided Walks. All fun ideas to keep you on track with your fitness goals!

Say hello, meet new people, get out of your comfort zone a little — you'll get your steps in, see some new places and enjoy the great outdoors! I've had such a positive experience so far and I look forward to many more walking adventures with ESCV!



Jill Thomson (l) and Charlene Campanelli (r).

ESCV Turns 35...Looking Back

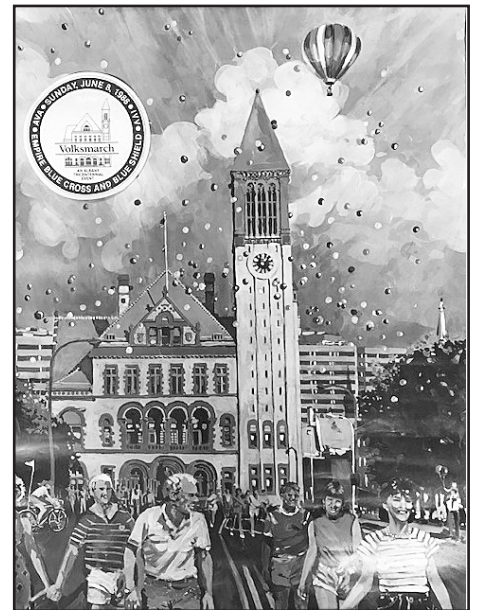
By Chris Yost

It was 35 years ago this June when a group of friends decided to form a walking club. As most people were still working, they met at 6 p.m. to do 10k walks in the area. The very first unofficial walk took place in Albany, New York, in conjunction with Albany's tricentennial celebration, and was associated with Blue Cross Blue Shield in promoting good health. The following year Empire State Capital Volkssporters was born and the club's initial sanctioned walk took place again in Albany with 150 in attendance drawing Volkssporters from other area clubs as well. After the initial walks in Albany, the club added Schenectady and Troy with walks, always a 10k. Since that time the club has grown to 22 Year Round and Seasonal Walks, 18 Wednesday Walks and 5 Bike Rides.

Although none of the original founding fathers are with us, I contacted several long-time members from the early days to tap their memories. Jim Shanley recalled the medallion awards available at walks. Sue Larson talked about the "Mystery Trips." Members would sign up for a multi-day bus with an undisclosed itinerary. Participants were given suggestions on what to pack and the number of walks planned. The destinations were known only to the planners. One particular trip led them to walk in New Jersey, Delaware, Pennsylvania, Maryland and New York (six walks in five states). Shirley Pingelski remembered having club meetings in a local diner and first hearing about the club in a radio advertisement. Winnie Balz, who found out about the group through friends, created many walks, among them the popular Cooperstown walk. Her interest in history allowed us to learn interesting facts about the sights along the routes. Linda Morzillo recalls reading in the newspaper about a walking club in 1991. She and Jim Morzillo met Ron Hersh, Winnie Balz and others at the start point and began their first walk around Saratoga Springs on a day when all the museums were open free to the public.

Ed Koch, shared his memories of the club's cookbooks, created by his wife, Emmie. She also introduced our annual strawberry festival/walk, the cookie house stop in conjunction with our Traditional holiday walk and party, and the wine and cheese walk which took place in the historic part of Schenectady, the Stockade. Ed remembered walking with Cadets at West Point and crossing the Bear Mountain Bridge in the Catskills followed by a delicious meal hosted by a local Fire Department's Axillary. He also touted the success of the Adult Education Classes hosted by club members in order to attract new walkers.

A few of our members, (Linda Dunn, Teresa Kennedy, and John and Jean Van Vranken), learned about Volkssporting from their time in Germany. What a wonderful surprise



The first Volksmarch in Albany was an event by Empire Blue Cross and Blue Shield and held on June 8, 1986. The Empire State Capital Volkssporters was founded a year later.

to eventually find ESCV, a local Volkssporting club, when they returned to the states.

Many members I talked with spoke highly of fellow member Marian Burns, who organized wonderful walking trips via bus (including a three-week trip!), which over time and several trips afforded many members to achieve walking in 50 States/51 Capitals among other AVA Special Programs. Others recalled trips to Niagara Falls and even a kazoo factory in Eden, New York, just to name a few.

The Wednesday Walk Program began in 1992. Initially, the club would hold weekend walks. In order to include additional "k's," a 10k walk was planned for a day after work. Over time new destinations were added beyond the club's Year Round and Seasonal walk locations. This program expanded to beginning in May and added a 9 a.m. walk to attract retirees. The program later incorporated a strawberry festival in Niskayuna, the Tulip Festival in Albany, the Altamont Fair, and always ends with a picnic after the final Wednesday walk in August. Wednesday Walk Buttons were created to reward those who completed 10 walks from the Wednesday Walk schedule. As the group aged, 5k walks were introduced to accommodate members who could no longer walk a 10k but still wanted to enjoy Fun, Fitness, Friendship (and food) after a walk.

ESCV hosted the 2019 Biennial AVA Convention, the first in the Northeast. Teresa Kennedy and Lea Darling led the planning. The entire club, along with support of the other Northeast clubs, made the convention an overwhelming success.

What I have learned is whether you heard about ESCV from a member, friend, radio, newspaper, adult education class, Volkssporting in Germany or more recently from Facebook or Meetup, this is a wonderful group I only wish I had found sooner. Congratulations ESCV on 35 Years!



Awards available for purchase at ESCV walks in the 1990's.





Ed Hainline, DRD
nw_drd@ava.org

Northwest Region



Sharon Moats, Director
nw_rd@ava.org





DRD TBA
sc_drd@ava.org

South Central Region



Teresa Arnold, Director
sc_rd@ava.org

Walk Cascade Loop to Winthrop

By Sharon Moats

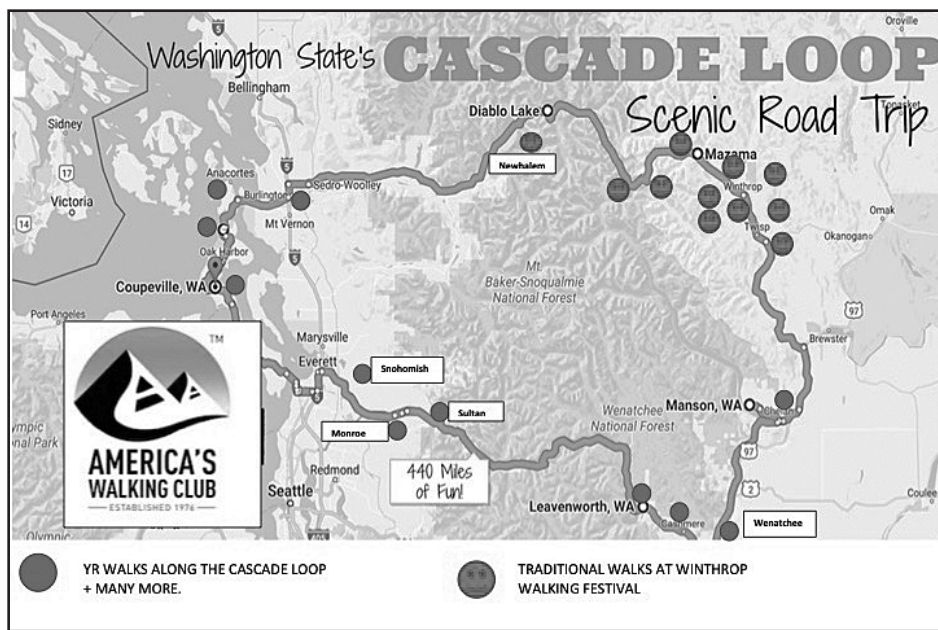
Join us in Winthrop, Washington, September 29 through October 3, for nine walks and one bike event.

Washington State's Cascade Loop Drive has now become a National Scenic Drive. We invite you and your club to enjoy walks along the route on your way to Winthrop, WA.

Where is Winthrop? You may not have heard of this beautiful geographical area. That's why we walk!

do them on your way to Winthrop or on the way home. We will have limited hours at Washington Pass Overlook on Thursday, September 29 and Winthrop City Park at the Barn, for you to check in and start your walks. Check our website for the exact times. You may register at the Barn on Sunday if you wish to walk these beautiful walks on your way home.

Lodging reservations available at methowreservations.com/.



Winthrop is in the beautiful Methow Valley just 35 miles east of The North Cascades National Park in North Central Washington State.

Interlaken Trailblazers Volkssport Club invites you to see what Winthrop and the surrounding area displays for you during this beautiful season of nature. This fun event features walks in Winthrop, Twisp, Mazama North Cascades and nearby parks and trails. Enjoy a bike ride along country roads enjoying the fall landscape. The splendor of the North Cascades with its mountain spires and sun-drenched larch creates lasting memories in your mind of this grand scenery.

Be sure to bring your cowboy boots for strolling in this Western themed town after you hike and walk. Of course, there is Sherry's Sweet Shop to enjoy an ice cream cone and watch the walkers go by!

To ensure you can do all the events the North Cascades walks/hikes will be available on Thursday, September 29 and Monday, October 3. You may


We will be headquartered at the Barn in Winthrop. The Barn is located along the Methow River as you drive into Winthrop. There will be lots of space to greet your Volkssport friends and make plans to walk. Group walks will be available for those who wish to walk with a group.

A catered western dinner is planned at the Barn on Saturday. You don't want to miss this!

Pre-registration deadline is September 15. Walk/bike registration can be done at the event. Please pre-register for dinner to help our caterer in planning this fun event. Registration will be available online to make it easy for you.

We hope you can join us in the Methow Valley at Winthrop in September.

Complete information will be on the website and updated as we move toward the date: interlakentrailblazers.org.

Don't forget your cowboy hat! 

Hot Springs (Garland County) Walk Weekend

By Pat Golden

Three walks will be offered in historical Hot Springs, Arkansas, by the Ozark Hill Hikers Walking Club on October 8 and 9. This city is unique as part of the city is a national park. In its colorful past it was host to spring baseball and playground to gangsters such as Al Capone and Lucky Luciano. Tributes to this past can be found around the city.

There is something for everyone in Hot Springs: shopping, a casino, museums, golf, and even an alligator petting zoo if you are so inclined! Plus three walks are designed to highlight different parts of the city all starting at the host hotel, The Hotel Hot Springs.


The 5k walk hotel showcases the lovely large homes near to the business district. The last part of the walk goes past the historic bathhouses and up a staircase by a hot springs pool and along the famous Promenade walkway.

The 6k takes walkers on the Promenade walkway in the national park. This walkway goes behind the bathhouses where the origin of some of the hot springs can be observed (look for the rising steam). The walk goes to one of the city green spaces, Whittington Park, and back along the main shopping and entertainment street.

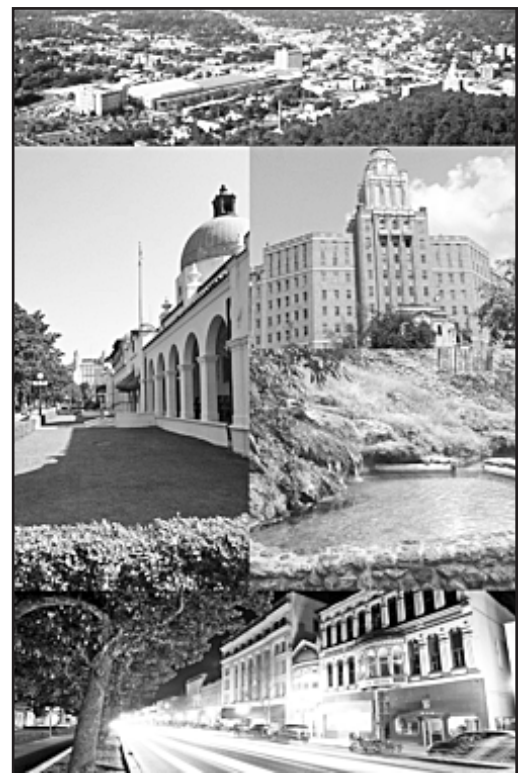
The 10k walk follows the scenic Greenway Trail. The trail crosses Hot Springs Creek several times. The trail is filled with art, parks, the Farmers Market, sports fields and beautiful scenery. Think fall in a city surrounded by the Quachita Mountains.

Registration for all three walks will be Friday, October 7, from 3-5:30 p.m. and on Saturday, October 8 from 8-9:30 a.m. in the lobby of The Hotel Hot Springs, 305 Malvern Avenue. Rooms have been set aside for attendees on Friday and Saturday nights. To make a reservation, call the hotel reservations department at 877-623-6697 and identify yourself as being with the Ozark Hill Hikers group.

On Friday there is a mix and mingle in the hotel bar and grill, the Inside Track. Happy hour is from 4-6 p.m. Attendees can gather at 6 p.m. for dinner at the Inside Track. Tables will be reserved for our group.

For a brochure of the event, contact bvvohh@gmail.com or call Pat Golden at 479-381-9366. 

South Central Region continued on page 21



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.



South Central Region *continued from page 20*

Sand Springs, Oklahoma, Traditional event, June 18, 5k/10k walk

By Linda Woodard

(An early history of Sand Springs) Charles Page lost his father at age 10; he was the oldest child and promised his mother he would take care of them. By age 11, he was driving freight wagons to feed his family. He worked hard, and by 1912, was a wealthy and generous man who owned newspapers, oil wells and other successful endeavors. His motto was "Think Right" and the action "Do Right" followed.

The community of Sand Springs was formed in 1912, when an orphanage in nearby Tulsa abruptly closed, as the staff abandoned the premises and the orphaned children. Charles Page was contacted. He and other men in the Sand Springs area drove horses and wagons to pick up those left behind, taking them back to Sand Springs to find shelter and to feed them. With no prior warning, tents were the immediate shelters and the local families shared their food with the children.

He hired caring staff and laborers to build a sturdy and beautiful dwelling to house His Kids. Also, barns, a dairy, a greenhouse, even a wood-working shop where the boys learned to make furniture for the home were constructed. He built cottages for single mothers to raise their own children, with a five-day work week. Five families were a unit. On a schedule,

each mother cared for her and her unit's children one day each week. Page built a transportation system which was free for the unit mothers to travel to Tulsa and work four days in regular jobs. Rent and fresh milk were free. He and His Kids interacted daily, and loving relationships resulted.

Page died the day after Christmas in 1926. His second wife, Lucille, had the Charles Page Memorial Library built at Broadway and Main Street in his honor. She also released the trust to the trustees of the children's home. They are still in charge in 2022.

A memorial statue of Charles Page and His Kids stands at the apex of the Triangle Park across Broadway Street from the Memorial Library, which is now the Sand Springs Museum. A large clock stands at the east corner of the curved brick street which is the base of the triangle.

This walk qualifies for these AVA Special Programs: 5k—Mayflower, Rails to Trails, Walk the USA; 10k—City Hall, Mayflower, Rails to Trails, Walk around the Clock and Walk the USA.

For more details, download the walk flyer at the AVA website. For more info contact Linda Woodard, 918-841-4921 or lw35818@gmail.com.



Ken Miles, 1946 - 2022

Kenneth George Miles passed peacefully on April 12, after a courageous battle with cancer.

Ken served in the US Army for 20 years, including two tours of duty in Vietnam, and was a decorated combat veteran. He was an avid Volksmarmer, an attorney specializing in real estate and banking and a longtime member of the Tulsa Opera Chorus. He also served as a Scoutmaster for Tulsa's Troop 20, and at the Scouting District level for many years.

You will be missed and never forgotten.



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.

Newtonia, Missouri, site of two Civil War battles — 1862 and 1864

By Glen Conyers

Dogwood Trailblazers Walking Club will celebrate its 30th anniversary September 10, in Newtonia, Missouri, site of two Civil War Battles. One of these battles is the only one that saw combat between North American Indian groups on each side of the battle. There is a rich Civil War history that has been nurtured by the Newtonia Battlefields Protection Association for many years and they have invited the Dogwood Trailblazers Walking Club to celebrate their 30 years anniversary at their facility. Newtonia is 15 miles east of Neosho, Missouri, just off of I-49.

The village of Newtonia has made their community building available to the club to use for walk registration and food after the walk. We hope folks attending will be able to tour the Richey Mansion which was involved in both battles and served as a hospital during the struggles.

Another area that will be visited by those participating in the Traditional Walk that day will be the Civil War Cemetery, where portions of the second battle in 1864 was waged with the placing of southern cannon positions.

Newtonia was targeted by both sides as the southern forces were engaged in an effort to keep Missouri for the Confederacy and used this route on their way to and retreat from Westport, Missouri, that is now Kansas City, Missouri. Also, there were lead mines nearby that southern forces needed for their armaments. You are all invited to help us celebrate our anniversary and step back in history at the same time. Not all Civil War battles took place in the east, they happened here too!

Proctectors of our freedom right here in the South Central Region

By Larry Lehman

The South Central Region has five major army posts — Forts Lawton, Sill, Polk, Riley and Leavenworth; seven air force bases — Tinker, Altus, Vance, Barksdale, McConnell, Little Rock and Whiteman; one marine barracks — Austin; one coast guard station — New Orleans; and one naval station — New Orleans. Each state also has national guard and reserve centers in the major cities.

That is quite a few recruits for the walking clubs in the central USA. Most military personnel are introduced to Volkssporting at their first overseas duty station as a form of seeing the country and meeting the locals.

Those of us that fit that category must remember our first walk in Europe and the food afterward. How proud we were of our first medal, and how the walkers became our friends.

Inviting these groups with a simple walk promo flyer to the base recreation office or a presentation at the post gym may generate participation of the military and their families for a day outing walk together with your club.

This is also a way to generate interest of having a post club piggyback with a local club to get it started and then branch to a new club in the following year. This has successfully happened in the eastern and western AVA regions and it can happen across America.

With COVID-19 under control and the weather getting into summer the military are ready to leave cabin fever behind and find new adventures in their local areas.

We can follow our slogan: Fun, Fitness, and Fellowship, and on occasion Food. And create a pleasant and rewarding outing for these folks.

These young folks will carry Volkssporting into the 22nd century and beyond. They will bring their leadership skills to the grassroots clubs and progress as we have into the state and national positions.

So, bottom line, get out and meet the leaders of tomorrow and invite them to your next meeting and event.

June 2022



AMERICA'S
WALKING CLUB
— ESTABLISHED 1976 —

AVA: America's Walking Club!



Mon Valley Trailblazers members at Cedar Creek Park.



Are you ready to fill your bucket list and increase the number of Volkssporters on the Mackinac Bridge this year?



Texas group at White Sands National Monument.



Go see Paul Bunyan and Babe the Blue Ox at the park along Lake Bemidji after your walk at Lake Bemidji State Park, Minnesota.



Texas group at White Sands National Monument Roswell 'alien' mural,



Palisado Cemetery contains the graves of many Connecticut leaders, such as former U.S. Chief Justice Oliver Ellsworth and Governor Roger Wolcott.

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.

CALIFORNIA

7/2/22 W San Jose Chris Zegelin 408-529-9724
South Bay Striders chris@zegelin.com

COLORADO

7/10/22 GW Montrose Scott Isom 253-881-8036
International Wanderers scott@walkingadventures.com
7/11/22 GW Ouray Scott Isom 253-881-8036
International Wanderers scott@walkingadventures.com
7/13/22 GW Mesa Verde Scott Isom 253-881-8036
International Wanderers scott@walkingadventures.com
7/23/22 W Widefield Frank Sayers 719-640-6744
Woodland Wanderers walking@woodlandwanderers.org

DELAWARE

10/29/22 B Rehoboth Beach Karen Kaufman 302-233-6615
10/29/22 S First State Webfooters karen@dekrittersitter.com
10/29/22 W Rehoboth Beach Tom Sunde 302-233-6615
First State Webfooters tcsunde@verizon.net

IOWA

9/24/22 W Des Moines Diana Ronk 515-491-8903
Greater Des Moines Volkssport Assn. Ronkdr@mchsi.com
10/15/22 W Granger Diana Ronk 515-491-8903
Greater Des Moines Volkssport Assn. Ronkdr@mchsi.com

INDIANA

7/9/22 TGW Avon Cliff Terry 317-776-1848
Indy 'G' Walkers cliffterry@sbcglobal.net
7/16/22 W St. Joe Willa Thompson 260-312-3312
Three Rivers Strollers lizardw13@gmail.com
8/13/22 TGW Jasonville Cheryl Elser 260-438-8975
Indiana Volkssport Assn. elserfam@frontier.com
9/3/22 W Auburn Liz Winsley 260-348-5922
Three Rivers Strollers lizardw13@gmail.com
9/10/22 TGW Greenfield Lance Ratliff 317-340-0776
Indy 'G' Walkers lanceratliff@hotmail.com
9/24/22 TGW Bluffton Terry Elser 260-438-8975
Indiana Volkssport Assn. elserfam@frontier.com
10/8/22 W Indianapolis Lance Ratliff 317-340-0776
Indy 'G' Walkers lanceratliff@hotmail.com
11/25/22 TGW Carmel Jim Blessing 317-903-4036
Indy 'G' Walkers jasbless@gmail.com
12/10/22 TGW Marion Bill Thorne 765-603-1818
Indiana Volkssport Assn. ThorneBill@aol.com

MARYLAND

7/9/22 W Fulton John Dye 410-290-6510
Columbia Volksmarch Club johndye@comcast.net
7/20/22 NW Greenbelt Yvonne Astill 301-431-6668
Great Greenbelt Volksmarchers, Inc. GreenbeltMVA@gmail.com
8/6/22 W Columbia John Dye 410-290-6510
Columbia Volksmarch Club johndye@comcast.net
8/17/22 NW Greenbelt Yvonne Astill 301-431-6668
Great Greenbelt Volksmarchers, Inc. GreenbeltMVA@gmail.com
9/3/22 W Greenbelt Yvonne Astill 301-431-6668
Great Greenbelt Volksmarchers, Inc. GreenbeltMVA@gmail.com
9/21/22 NW Greenbelt Yvonne Astill 301-431-6668
Great Greenbelt Volksmarchers, Inc. GreenbeltMVA@gmail.com
10/1/22 W Frederick Jone Parr 301-385-0054
Seneca Valley Sugarloafers jone.p@comcast.net
10/15/22 W Havre de Grace Sue Capp 717-968-6611
Baltimore Walking Club suecapp@yahoo.com
10/29/22 W Gaithersburg Dave Fenster 301-520-6507
Seneca Valley Sugarloafers rockpic001@gmail.com
11/5/22 W Halethorpe John Dye 410-290-6510
Columbia Volksmarch Club johndye@comcast.net
11/12/22 W Gaithersburg Tony Laing 301-980-8932
Seneca Valley Sugarloafers laingat@gmail.com
12/31/22 W Savage Linda Hassell 410-437-2164
12/31/22 W Freestate Happy Wanderers wahasse1798@verizon.net
1/1/23 W Savage Bill Hassell 410-437-2164
1/1/23 W Freestate Happy Wanderers wahasse1798@verizon.net

MICHIGAN

8/13/22 TGW South Lyon Rob Weaver 616-745-9627
Washtenaw Wanderers Volkssporting Club gone2run@gmail.com
9/5/22 W Mackinaw City Tom Crabill 260-409-1659
Michigan Pathfinders tjcrabill@gmail.com
9/10/22 TGW Marshall Nancy Howard 734-754-6135
Washtenaw Wanderers Volkssporting nancy.howard@comcast.net
10/1/22 TGW Tecumseh Harold Carter 734-470-6025
Washtenaw Wanderers Volkssporting hearlaigh@hotmail.com

MINNESOTA

7/24/22 W Woodbury Ken Johnson 651-774-9607
Twin Cities Volkssport johnsonck@centurylink.net
8/13/22 W Solway- LaSalle Lake St Pk Donna Seline 612-402-5016
8/14/22 W Bemidji - Lake Bemidji St Pk NorthStar Trail Travelers
mnavolksmarher@earthlink.net
9/10/22 W Maplewood Wayne Heath 651-249-8886
Twin Cities Volkssport wvheath76@gmail.com
9/17/22 W Carlton - Jay Cooke St. Pk. Bruce Gavelle 612-418-4214
9/18/22 W McGregor - Savanna Portage SP NorthStar Trail Travelers
sruce@comcast.net
10/8/22 W Bloomington Paul Stachour 952-884-5977
Twin Cities Volkssport PStachour@acm.org
10/29/22 GW Hastings - Afton State Park Julie Bjorklund 612-868-9065
NorthStar Trail Travelers poipubeach@frontiernet.net
11/5/22 W Vadnais Heights Ken Johnson 651-774-9607
Twin Cities Volkssport johnsonck@centurylink.net

MISSOURI

8/13/22 W Ste. Genevieve Lois LaFleur 618-660-6396
Gateway Milers NFP Fleurs1106@gmail.com
8/20/22 W St. Louis DeAnne Brown 314-401-1715
Saint Louis Walkers deebec333@gmail.com
9/10/22 W Newtonia Glen Conyers 417-434-0977
Dogwood Trailblazers glenconyers@sbcglobal.net

MONTANA

8/18/22 W Bozeman Beth Hendricks 605-381-5176
Black Hills Volkssport Assn. walkusa@rushmore.com
8/18/22 W Three Forks Beth Hendricks 605-381-5176
Black Hills Volkssport Assn. walkusa@rushmore.com

NEBRASKA

9/10/22 W Omaha Jill Champley 402-681-6745
Nebraska Wander Freunde Trailblazers jillchampley@cox.net
10/22/22 W Lincoln Lee Frantz 402-884-6052
Nebraska Wander Freunde Trailblazers glfrantz@cox.net
11/5/22 W Omaha Lori Anderson 402-641-1771
Nebraska Wander Freunde Trailblazers fromustoyou@zoho.com
12/4/22 NW Omaha Larry Boehm 402-393-5697
Nebraska Wander Freunde Trailblazers lboehm@cox.net

NEW YORK

7/6/22 W Rensselaer Joan Muir 518-390-1003
Empire State Capital Volkssporters muirrens@aol.com
7/13/22 W Troy Terry Gitnick 301-466-7641
Empire State Capital Volkssporters tgitnick@gmail.com
7/20/22 W Round Lake Vera Weiss 518-399-1798
Empire State Capital Volkssporters vweiss@nycap.rr.com
7/27/22 W South Glens Falls Carol Sorensen 518-390-8458
Empire State Capital Volkssporters Carolhd27@aol.com
8/3/22 W Troy Larry Godshalk 518-878-4596
Empire State Capital Volkssporters lgodshal@nycap.rr.com
8/10/22 W Niskayuna Teresa Kennedy 518-852-8798
Empire State Capital Volkssporters Forty6er3k@aol.com
8/17/22 W Altamont Kathy Mack 518-225-3797
Empire State Capital Volkssporters kmack1952@gmail.com
8/24/22 W Sartatoga Springs Barbara Kolapakka 518-583-9038
Empire State Capital Volkssporters bkola67@gmail.com
8/31/22 W Voorheesville Winnie Balz 518-275-3290
Empire State Capital Volkssporters winnieeb@yahoo.com
10/19/22 TGW Wilton Linda Morzillo 518-584-7762
Empire State Capital Volkssporters MorzilloLinda@gmail.com
11/9/22 TGW Malta Vera Weiss 518-399-1798
Empire State Capital Volkssporters vweiss@nycap.rr.com

Events continued on page 24

Events *continued from page 23*

OHIO

7/9/22	W	Upper Arlington Heart of Ohio Hikers	Mary Gustafson 614-313-2113 mlgustafson@sbcglobal.net
7/16/22	W	Huber Heights Wandering Wheels Volkssports Club	James Medzviega 937-435-0469 jmedz@aol.com
7/23/22	W	Xenia Xenia Walking Club	Carol Yegerlehner 937-878-8381 klockhaus@aol.com
8/6/22	W	Cleveland Valley Vagabonds, Inc.	Deva Simon 440-915-0161 deval17@aol.com
8/20/22	W	Brookville Ohio Wander Freunde	Dawn Gruber 937-409-6975 dgruber333@aol.com
8/27/22	W	Lancaster Heart of Ohio Hikers	Mary Gustafson 614-313-2113 mlgustafson@sbcglobal.net
9/10/22	W	Xenia Xenia Walking Club	Carol Yegerlehner 937-878-8381 klockhaus@aol.com
9/17/22	W	So Charleston Tecumseh Trailblazers	Connie Bost 937-399-9204 beacon811@yahoo.com
10/8/22	W	Clinton Valley Vagabonds, Inc.	Luanne Johnson 330-466-8799 luanne.i.johnson@gmail.com
10/15/22	W	Covington Ohio Wander Freunde	Dawn Gruber 937-409-6975 dgruber333@aol.com
10/22/22	W	Cincinnati Germania Volksmarch Gruppe	Richard Carey 513-742-0060 rwcary3@gmail.com
12/3/22	W	Troy Ohio Wander Freunde	Dawn Gruber 937-409-6975 dgruber333@aol.com

OKLAHOMA

9/17/22	W	Tulsa Tulsa Walking Club	Cathy Childress 918-857-4682 catherine.childress4682@gmail.com
9/24/22	W	Hobart Wandergruppe Walking Club	Clark Southard 580-475-4453 buck_pilot_06@yahoo.com
9/24/22	W	Cordell Wandergruppe Walking Club	Annw Grenier 405-381-9359 new12acct@gmail.com
10/13-14/22	3-S	Ada	Terri Tyler 785-233-4385
10/14/22	W	Ada	Sunflower Sod Stompers tlyler50@gmail.com
10/15/22	W	Holdenville Tulsa Walking Club	Ralph Axsom 918-252-4752 ralphax66@gmail.com
10/16/22	W	McAlester Sunflower Sod Stompers	Terri Tyler 785-233-4385 tlyler50@gmail.com
11/19/22	W	Tulsa Tulsa Walking Club	Cynthia Hines 918-406-6077 vetretiredclh@yahoo.com

OREGON

7/16/22	W	Newport Albany Fitwalkers	Don Reed 541-974-5780 donreed1946@yahoo.com
8/9/22	TGW	Sisters Albany Fitwalkers	Don Reed 541-974-5780 donreed1946@yahoo.com
8/13/22	W	Rhododendron Rose City Roamers	Annette 503-780-4568 Walking_the_World@yahoo.com
8/27/22	W	Canby Columbia River Volkssport Club	Diane 503-266-5308 carolyn9325@gmail.com

PENNSYLVANIA

7/16/22	W	Camp Hill Susquehanna Rovers Volksmarch Club	Pat Eby 717-379-8945 patriciaeby@verizon.net
9/17/22	W	Littlestown York White Rose Wanderers	Jim Myers 717-633-7268 JTM4321@comcast.net
11/11-13/22	3-W	Gettysburg	Tom Jackson 717-309-6088
11/12-12/22	S	York White Rose Wanderer.	thomasjackson@embarqmail.com
1/2/23	W	Gettysburg York White Rose Wanderers.	Tom Jackson 717-309-6088 thomasjackson@embarqmail.com

SOUTH DAKOTA

7/10/22	W	Silver City Black Hills Volkssport Assn.	Mary Jordan 307-290-2349 mjjordan920@gmail.com
9/3/22	W	Custer Black Hills Volkssport Assn.	Duane Newgebaure 303-489-9313 donman1948@gmail.com
9/9-11/22	W	Onida	Gary Lofswold 757-508-2537
9/9-11/22	W	Higmore Prairie Wanderers Volkssport	gel_601@hotmail.com
9/9-11/22	W	Wessington Springs	
9/9-11/22	W	Miller	
9/9-11/22	W	Redfield	
9/9-11/22	W	Ft. Thompson	
9/17/22	W	Philip Black Hills Volkssport Assn.	Duane Neugebauer 303-489-9313 donman1948@gmail.com
9/24/22	W	Spearfish Black Hills Volkssport Assn.	Anne Horst 605-209-8927 abaustian@aol.com
10/2/22	W	Crazy Horse Black Hills Volkssport Assn.	Diane Johannesen 307-290-0746 dianejohannesen@hotmail.com

TENNESSEE

7/9/22	TGW	Lenoir City East Tennessee Wanderers	Guy Calkins 585-727-6493 gcalkins567@gmail.com
10/8/22	W	Alcoa East Tennessee Wanderers	Guy Calkins 585-727-6493 gcalkins567@gmail.com

TEXAS

10/6-9/22	W	Lampasas West Texas Trail Walkers	Helen Hull 972-530-1026 helenthehun@yahoo.com
10/7/22	W	Bend West Texas Trail Walkers	Berdelle Johnson 806-676-8344 mosomi@aol.com
10/8/22	W	Bend West Texas Trail Walkers.	William I. Robinson 972-971-1379 william.l.robinson@sbcglobal.net
10/9/22	W	Colorado Bend StPk West Texas Trail Walkers	Susan Medlin 210-325-3523 sueammed@aol.com

VIRGINIA

10/8/22	W	Richmond Lee Lepus Volksverband	Gin Armacost 703-201-1987 Armacostg@cox.net
10/14-16/22	B	Arlington	Dolores Grenier 703-209-0174
10/14-14/22	W	Arlington	U.S. Freedom Walk Festival Club info@USFreedomWalk.org
10/14-16/22	S	Arlington	
10/15/22	W	Arlington	
10/16/22	W	Arlington	
10/29/22	W	Virginia Beach Gator Volksmarsch Club	Don Bradford 757-576-0966 gvcwalker64@hotmail.com
12/9-10/22	NW	Williamsburg	Pam Bowers 757-869-6116
12/9-11/22	S	Peninsula Pathfinders of Virginia	pbb6116@gmail.com
12/10-11/22	W		
12/31/22	W	Smithfield	Don Bradford 757-576-0966
1/1/23	W	Smithfield	Gator Volksmarsch Club gvcwalker64@hotmail.com

WASHINGTON

7/4/22	GW	Seattle Emerald City Wanderers	Mike Nagan 206-851-2101 m.nagan@comcast.net
7/4/22	W	Vancouver Vancouver USA Volkssporters	Burt Paynter 360-798-8485 walkeriii@comcast.net
8/11/22	TGW	Camas Vancouver USA Volkssporters	Tom Baltes 505-298-1256 TLBaltes@aol.com
8/16/22	TGW	Olympia Capitol Volkssport Club	Cheryl Bush 303-548-0788 bikecb@aol.com
8/19-21/22	2-W	Port Ludlow Four-Plus Foolhardy Folks	Jane Holmes 760-496-8610 jensenholmespa@gmail.com
8/20/22	W	Chimacum/Anderson Lake SP Olympic Peninsula Explorers	Jane Holmes 760-496-8610 jensenholmespa@gmail.com
8/20/22	GW	Longview East County Windwalkers	Sam Korff 503-728-0400 korff.sam@frontier.com
8/23/22	TGW	Olympia Capitol Volkssport Club	Julie Heath 360-556-5622 ijheath@comcast.net
9/3/22	W	Seattle Emerald City Wanderers	David Madsen 206-789-1960 dmadsen@seattleu.edu
9/13/22	TGW	Olympia Capitol Volkssport Club	Cheryl Bush 303-548-0788 bikecb@aol.com
9/20/22	TGW	Olympia Capitol Volkssport Club	Julie Heath 360-556-5622 ijheath@comcast.net
9/29-10/3/22	W	Winthrop Interlaken Trailblazers Volkssport Club	Sharon Moats 206-909-5176 s.moats@comcast.net
9/29-10/3/22	9-W	Winthrop Interlaken Trailblazers Volkssport	Irene Stanford 206-228-3915 interlakentrailblazers@gmail.com
10/15/22	W	Tumwater Capitol Volkssport Club	Barb Malone 360-485-3693 ravniz08@yahoo.com
10/22/22	W	Puyallup Daffodil Valley Volkssport Association	Jim Slakey 253-677-8895 aslakey@comcast.net
10/29/22	W	Carnation Emerald City Wanderers	Fran Carson 206-788-7969 fran55carson@gmail.com
12/10/22	W	Olympia Capitol Volkssport Club	Pam Davis 360-790-9733 greigenterprises@msn.com
12/31/22	NW	Seattle Emerald City Wanderers	Mike Nagan 206-851-2101 m.nagan@comcast.net

WISCONSIN

7/23/22	W	New Glarus Madison Area Volkssport Assn.	Don Suloff 608-821-0263 suloff@tds.net
9/17/22	W	Monroe Madison Area Volkssport Assn.	Jerry Wilson 608-695-6449 jpatw4@gmail.com
10/8/22	W	Madison Madison Area Volkssport Assn.	Don Suloff 608-821-0263 suloff@tds.net
11/12/22	W	Madison Madison Area Volkssport Assn.	Jerry Wilson 608-695-6449 jpatw4@gmail.com

WYOMING

8/6/22	W	Buffalo Buffalo Pathfinders	Lois Petersen 307-684-9160 lois.petersen@gmail.com
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IVV EVENT AWARDS

10 Events

Hagan Beth St Augustine FL

30 Events

Carley Mary Colo Springs CO
DiMichele Joseph Shrub Oak NY
Sheriff Rick Urbandale IA

50 Events

Carley Mary Colo Springs CO
Dieterich William San Antonio TX
Fennell Robin San Antonio TX

75 Events

Bresee Michelle Colo Springs CO
Davis Edward St Augustine FL
Dieterich William San Antonio TX
Goerling Walter Laurel MD
Jordan Mary Kerrville TX

100 Events

Crosby Cathy Charlotte NC
Davis Edward St Augustine FL
Goerling Walter Laurel MD

125 Events

Hlaban Lori Beaufort SC
Thielemann Gerhard San Antonio TX
Traweek Janet Camas WA

150 Events

Bradford Dianne Chesapeake VA
Loving Craig Henderson CO
Loving Mary Henderson CO
Thomason Gunnar Port Angeles WA

175 Events

Champa David Fishers IN
Loving Mary Henderson CO
Loving Craig Henderson CO
Minderlein Mary EightyFour PA
Partlow Alice DeLand FL
Steele Donna Hillsboro OR

200 Events

Mironescu Karin Olney MD
Parr Donna Gaithersburg MD
Peppers Theresa Wildomar CA
Watry Beverly Elbert CO

225 Events

Giesecke Carol Cambridge MA
Goerling Rita Laurel MD
Grabner David Columbia MD
Heath Wayne Woodbury MN
Williams Christine Elk Grove CA

250 Events

Giesecke Carol Cambridge MA
Goerling Rita Laurel MD
Lawrence Gladys Lancaster OH
Manfredi John Belleville IL
Prost-Domasky Janine Florissant MO
Witzel Carrie Ellenburg WA

275 Events

Bradshaw Toni Puyallup WA
Goerling Rita Laurel MD
Hlaban Thomas Beaufort SC
LeDeuc Susan Everett WA
Manfredi John Belleville IL
Merle Carole Roanoke TX
Michele Eric Asheville NC

300 Events

Bradshaw Toni Puyallup WA

Goerling Rita Laurel MD
Langer Victoria Mystic CT
LeDeuc Susan Everett WA
Peeck Wendy Rochester NY
Strachan Steven Bremerton WA

325 Events

Bergt Joann Tulsa OK
Goerling Rita Laurel MD
Harold-Carter Victoria Saline MI
Hunter John Orlando FL
Le Van Leon San Antonio TX
Le Van Elizabeth San Antonio TX
LeDeuc Susan Everett WA
Strachan Steven Bremerton WA
Tucker Jeanne Arvada CO

350 Events

Eaton Daniel Vancouver WA
Eaton Julie Vancouver WA
Goerling Rita Laurel MD

375 Events

Dunn Linda Clifton Park NY
Eaton Julie Vancouver WA
Eaton Daniel Vancouver WA
Goerling Rita Laurel MD
Hayes Paula Spokane WA
Hinkle Rebecca Molino FL
Thomas Andrew San Antonio TX

400 Events

Brown Mark North Ogden UT
Dunn Linda Clifton Park NY
Goerling Rita Laurel MD
Hatch Fred Lawrenceville GA
Suchodolski Jack Seminole FL

425 Events

Andrews Alison Laytonsville MD
Devlin Michelle Lutz FL
Dunn Linda Clifton Park NY
Granada Marlene Arlington VA
Pearsall Amy Jo Auburn WA
Weeks Derrik Wendell NC

450 Events

Masterson William Dayton OH
Ohl Mark Belleville IL
Pederson Gary Edgewood WA
Schwencke Kathy San Antonio TX

475 Events

Brown David Huntsville AL
Gruber William New Carlisle OH
Horne Dayle Chesapeake VA
Lawrence Vernon Lancaster OH
Reed Mary Albany OR
Suchodolski Mary Seminole FL

500 Events

Gruber, II William New Carlisle OH
Hendricks Jeffrey Rapid City SD
Lawrence Vernon Lancaster OH
McDaniel Robert Greenville SC
Suchodolski Mary Seminole FL

525 Events

Galloway Debra Austin TX
Lawrence Vernon Lancaster OH
Metherell Cathy Orlando FL

550 Events

Cox Susan Webster NY
Cox Cameron Webster NY

Davis Joyce Kerrville TX
Grigor Lynne Fridley MN
Krow Timothy Port Royal PA
Metherell Cathy Orlando FL

575 Events

Baker Dan Vancouver WA
Baker Kim Vancouver WA
Extine Mike Olympia WA
Grigor Lynne Fridley MN
Gruber Robyn New Carlisle OH
Krow Timothy Port Royal PA

600 Events

Conner Theresa Bothell WA
Grigor Lynne Fridley MN
Gruber Robyn New Carlisle OH
Lee Jeri Camano Isle WA
Veeder Jan Longview WA
Wardle Duane Pittsboro IN

650 Events

Conner Theresa Bothell WA
Grigor Lynne Fridley MN
Krow Joyce Port Royal PA
Lee Jeri Camano Isle WA
Stambaugh Oksana Arlington VA
Veeder Jan Longview WA

700 Events

Adelman Joseph Springfield VA
Moranti John Rapid City SD

750 Events

Gallo Donna Alexandria VA
Snodgrass Cheryl Vancouver WA

800 Events

Bercher Margaret Woodbridge VA
Noonan Joseph San Antonio TX
Snodgrass Cheryl Vancouver WA
Wiser Marie Galesville MD

850 Events

Moranti Wanda Rapid City SD
Ridge William Harleysville PA
Snodgrass Cheryl Vancouver WA
Sutton Tess Tacoma WA

900 Events

Bender Dorris Richland Hills TX
Bonewitz Mindy Louisville TN
Clark Sally Danville VA
Gygi Reesa Henderson NV
Noonan Susan San Antonio TX
Sutton Tess Tacoma WA
Tolbert Lloyd Martinsville VA

950 Events

Bender Dorris Richland Hills TX
Bonewitz Joel Louisville TN
Cooper Robert Clyde NC
Crabill Tom Coldwater MI
Crabill Sandy Coldwater IN
Paige Janet Federal Way WA
Reed Donald Albany OR
Sutton Tess Tacoma WA
Tolbert Lloyd Martinsville VA

1000 Events

Arnold Teresa Broken Arrow OK
Arnold Joseph Lynchburg VA
Cooper Robert Clyde NC
Frisinger Charles Warsaw IN
Ley Richard Silver Sprg MD

McMahon Susan Elk Grove Vill IL
Nasi Marilyn Santa Rosa CA
Obianwu Carol Austin TX
Paige Janet Federal Way WA
Soenke Carole Sacramento CA
Sutton Tess Tacoma WA
Tolbert Lloyd Martinsville VA

1050 Events

Carter Deborah Mesquite TX
Cooper Robert Clyde NC
Gruber Dawn Fairborn OH
Paige Janet Federal Way WA
Sutton Tess Tacoma WA

1100 Events

Cooper Robert Clyde NC
Gruber Dawn Fairborn OH
Paige Janet Federal Way WA
Sutton Tess Tacoma WA
Thomas Retha Joplin MO

1150 Events

Paige Janet Federal Way WA
Sutton Tess Tacoma WA

1200 Events

Banton Andrew Olathe KS
Dumas Evalee Darion IL
Glass John San Jose CA
Paige Janet Federal Way WA

1250 Events

Bope Harriet Dayton OH
Dumas Evalee Darion IL
Giddings Jeffrey Rockville MD
Glass John San Jose CA
Hines Cynthia Tulsa OK
Paige Janet Federal Way WA
Severtsen Sandi Shoreline WA

1300 Events

Giddings Jeffrey Rockville MD
Hines Cynthia Tulsa OK
Paige Janet Federal Way WA

1350 Events

Church Bonnie Gladstone OR
Paige Janet Federal Way WA
Sayers Sherry Colo Springs CO

1400 Events

Filemyr Alice Rockville MD
Paige Janet Federal Way WA
Sayers Sherry Colo Springs CO

1450 Events

Moore D. J. Panama City FL
Paige Janet Federal Way WA
Sayers Sherry Colo Springs CO

1500 Events

Lanpher Michael Simpsonville SC
Medlin Susan San Antonio TX
Paige Janet Federal Way WA
Sells Gregory Austin TX

1550 Events

Williamson Richard Kent WA

*IVV Event awards continued on
page 26*

IVV Event Awards

continued from page 25

1600 Events
 Jones Harry Burke VA
 Paige Janet Federal Way WA

1700 Events
 Glass Suzi San Jose CA
 Jones Harry Burke VA
 Marljar Bart Oak Point TX
 Pollard John Fayetteville NC
 Prost Diane Fairview Hghts IL

1800 Events
 Dodson Ricky Lansing KS
 Schwartz Kenneth Seattle WA

2100 Events
 Steedle Dorothy Vancouver WA
 Thurber Carolyn Derwood MD

2200 Events
 Baltas Louise Camas WA

2300 Events
 Stryker Gerald Tacoma WA
 Westcott Debra Salem OR
 Westcott James Salem OR

2400 Events
 Eby Patricia Camp Hill PA
 Skinner Eileen Clifton Park NY

Westcott James Salem OR
 Westcott Debra Salem OR

2500 Events
 Pritchard Marietta Huntsville AL

2600 Events
 Dye John Columbia MD
 Yother Leslie Leavenworth KS

2700 Events
 Callahan Martin San Antonio TX
 Cruz Loralie Surprise AZ
 Pritchard Gary Huntsville AL
 Schwieger Dorothy Corona CA

2800 Events
 Dehetre Thomas Waldorf MD
 Schneider David Tucson AZ
 Walden Paul Vancouver WA

2900 Events
 Lamb Paul Bisbee AZ
 Schneider David Tucson AZ
 Schwindt Lawrence Kokomo IN

3000 Events
 Haugen Jan Ames IA

3600 Events
 Kuntz Eleanor Plymouth Mtng PA

3700 Events
 Gowin Monica Prince George VA

4000 Events
 Chazen Martin Manassas VA
 Meeks Dwight Beaverton OR
 Meeks Sheila Beaverton OR

4300 Events
 Kelly Karen Tualatin OR

4400 Events
 Kelly Karen Tualatin OR

4500 Events
 Kelly Karen Tualatin OR
 McTaggart Marilyn Centerville OH

4600 Events
 Kelly Karen Tualatin OR

4700 Events
 Kelly Karen Tualatin OR

4800 Events
 Kelly Karen Tualatin OR

4900 Events
 Kelly Karen Tualatin OR

5000 Events
 Kelly Karen Tualatin OR

6100 Events
 Haseloff Robert Seguin TX
 Kelly Joseph Tualatin OR

6200 Events
 Kelly Joseph Tualatin OR

6300 Events
 Kelly Joseph Tualatin OR

6400 Events
 Kelly Joseph Tualatin OR

6500 Events
 Kelly Joseph Tualatin OR

6600 Events
 Kelly Joseph Tualatin OR

6700 Events
 Kelly Joseph Tualatin OR

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 — 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.*



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: America's Walking Club!

MASSACHUSETTS BREAST CANCER COALITION

SWIMRUNWALK

Against the Tide



In-Person Events If determined safe due to COVID

Saturday, June 18
 DCR's Hopkinton State Park, Hopkinton, MA

Saturday, August 13
 DCR's Nickerson State Park, Brewster, MA

Virtual Events Participate wherever you are:

Saturday, June 11 - Saturday, June 18
Saturday, August 6 - Saturday, August 13

- 7:00am Registration
- 7:25am Opening Remarks & Honors
- 7:35am Warm-ups
- 7:45am National Anthem
- 8:00am USMS Sanctioned 1-mile Swim
- 8:05am Competitive 1-mile Swim
- 8:10am Recreational 1/2-mile and 1-mile Swims
- 9:00am USATF Certified 5K/10K Runs
- 9:05am 3-mile Fitness Walk

2022



Proceeds benefit MBCC's work toward breast cancer prevention, locally and nationally.

www.mbcc.org/swim

for more information and to register.

[f mbccorg](https://www.facebook.com/mbccorg) [mbccprevention](https://www.instagram.com/mbccorg) [mbccorg](https://www.instagram.com/mbccorg)

IVV DISTANCE AWARDS

500 KM				4000 KM				7500 KM				13000 KM			
Carley Mary	Colo Springs	CO		Gruber William	New Carlisle	OH		Bercher Margaret	Woodbridge	VA		Jones Harry	Burke	VA	
Dieterich William	San Antonio	TX		Yost Chris	Scotia	NY		Cooper Robert	Clyde	NC		Sayers Sherry	Colo Springs	CO	
DiMichele Joseph	Shrub Oak	NY						Jones Harry	Burke	VA		Whitt Janey	Gig Harbor	WA	
Goerling Genevieve	Laurel	MD						Ruef Jill	Prairie Du Sac	WI					
1000 KM				4500 KM				8000 KM				14000 KM			
Cato Judy	Richardson	TX		Lawrence Vernon	Lancaster	OH		Gygi Reesa	Henderson	NV		Dumas Evalee	Darion	IL	
Crosby Cathy	Charlotte	NC		Masterson William	Dayton	OH		Jones Harry	Burke	VA		Jones Harry	Burke	VA	
Dieterich William	San Antonio	TX		McDaniel Robert	Greenville	SC		Reed Donald	Albany	OR		Whitt Janey	Gig Harbor	WA	
Mehaney Lloyd	South Bend	IN		Metherell Cathy	Orlando	FL		Snodgrass Cheryl	Vancouver	WA					
Mironescu Karin	Olney	MD		Perkins Trudy	Severn	MD		Spaulding William	St Augustine	FL					
Traweek Janet	Camas	WA						Sutton Tess	Tacoma	WA					
1500 KM				5000 KM				9000 KM				18000 KM			
Diaz William	San Jose	CA		Grigor Lynne	Fridley	MN		Bender Dorris	Richland Hills	TX		Dodson Ricky	Lansing	KS	
Manfredi John	Belleville	IL		Lee Jeri	Camano Isle	WA		Clark Sally	Danville	VA					
Witzel Carrie	Ellensburg	WA		Medlin Darren	San Antonio	TX		Jones Harry	Burke	VA					
2000 KM				5500 KM				10000 KM				19000 KM			
Goerling Rita	Laurel	MD		Arnold Teresa	Broken Arrow	OK		Nasi Marilyn	Santa Rosa	CA		Estrin Alexander	Columbia	MD	
Goldman Diane	Los Gatos	CA		Beisser David	Travelers Rest	SC		Paige Janet	Federal Way	WA		Estrin Judith	Columbia	MD	
Singer David	Los Gatos	CA		Cox Susan	Webster	NY		Sutton Tess	Tacoma	WA		Glass Suzi	San Jose	CA	
2500 KM				6000 KM				11000 KM				21000 KM			
Bradshaw Toni	Puyallup	WA		Adelman Joseph	Springfield	VA		Hines Cynthia	Tulsa	OK		Marlar Bart	Oak Point	TX	
Goerling Rita	Laurel	MD		Baker Kim	Vancouver	WA		Jones Harry	Burke	VA					
Merle Carole	Roanoke	TX		Baker Dan	Vancouver	WA		Ley Richard	Silver Sprg	MD					
3000 KM				6500 KM				12000 KM				25000 KM			
Devlin Michelle	Lutz	FL		Conner Theresa	Bothell	WA		Filemyr Alice	Rockville	MD		Baulch Clay	Sequim	WA	
Goerling Rita	Laurel	MD		Cooper Robert	Clyde	NC		Johnson Luanne	Orrville	OH					
Langer Victoria	Mystic	CT		Krow Joyce	Port Royal	PA		Jones Harry	Burke	VA					
Lawrence Gladys	Lancaster	OH		Veeder Jan	Longview	WA		Thurber Carolyn	Derwood	MD					
LeDeuc Susan	Everett	WA		Wardle Duane	Pittsboro	IN									
Strachan Susan	Bremerton	WA						30000 KM				50000 KM			
3500 KM				7000 KM				11000 KM				65000 KM			
Dunn Linda	Clifton Park	NY		Brown Mark	No. Ogden	UT		Giddings Jeffrey	Rockville	MD		Kelly Karen	Tualatin	OR	
Galloway Debra	Austin	TX		Conner Theresa	Bothell	WA		Hines Cynthia	Tulsa	OK		Waibel Gale	Silver Sprg	MD	
Goerling Rita	Laurel	MD		Cooper Robert	Clyde	NC		Jones Harry	Burke	VA					
Hunter John	Orlando	FL		Jewett Patricia	Portland	OR		Payton Sue	Coupeville	WA					
King Patricia	Gaithersburg	MD		Ridge William	Harleysville	PA		Whitt Janey	Gig Harbor	WA					
				Snodgrass Cheryl	Vancouver	WA									
				Veeder Jan	Longview	WA									

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)

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

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 _____ paper _____ electronic _____ I do not wish to receive the TAW

Do not share my information.

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Charge my credit card: Mastercard Visa
 Discover American Express

Card number _____ Expiration ____ / ____ CVC Code ____
(on back of card)

Signature _____

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).



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