


Inside

President's Message 2
 Community engagement benefits .3
 A German walking tradition.....9
 Regions 6-14, 16-20
 AVA Merchandise 22

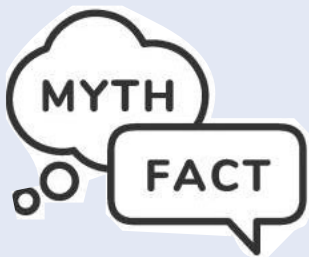
 Evolving partnership with America Walks.


Page 4



 Letters: AVA Myth busting ...

Page 5



 See memories from past Olympiads.

Page 15



America's Walking Club prepares for National Walking Week

By Tim Miner, Chair – Programs Committee

In 2020, the Board of Directors for America's Walking Club declared the creation of National Walking Week from April 1-7 every year. The board also called "upon all like-minded organizations for health and wellness, government, sport, education and tourism to join with us."

Clubs are the local ambassadors for this program and should be preparing to make the first seven days of April an opportunity to highlight the important contributions they bring to

encourage all Americans to walk for the many different reasons articulated in the original declaration.

During the first two years, clubs across the country found many ways to support the effort in their communities. Some petitioned their local and state governments for declarations of "Walking Week" during those days. Some contacted news media to share their stories with the public. Some even reached out to civic leaders to participate in local



events. Most have created a new trail or event, or highlighted an existing Year Round or Seasonal trail in their area and walked together.

National Walking Week continued on page 3

AVA's New Element3 Health Program

The AVA is excited to share that we have a new partnership program with Element3 Health that is a win-win for you and AVA. During the pandemic, health plans realized that staying social and having fun is actually good for you! Element3Health, which is the parent company of GroupWorks, is working with health plans like UnitedHealthcare to keep their members socially, physically and mentally active in wellness clubs like ours.

Through our partnership with Element3, any walkers who are members of an eligible health plan, initially

UnitedHealthcare Medicare advantage and supplemental plans, can earn free walk vouchers for participation in club related walks and activities. This includes Seasonal, Traditional, and self-guided Year Round events and club activities. There is no cost at all to you — in fact, if you are eligible, enroll in this new program and report at least 10 walks and/or club activities per month, you will receive two free electronic walk vouchers per month.

Here's how you can quickly and easily check to see if you're eligible:

- ❖ Sign up at e3hfun.com/ava. All



you will need is your health plan ID card to determine if you are eligible. Element3 will send you a \$5 Starbucks card, whether your eligible or not.

❖ If you're eligible, then for every five walks and/or club activities you report per month you will be credited one free walk voucher, limit of two walk vouchers per month. In addition, if you report 120 walks or more by the end of the year you will receive a free AVA membership in 2023.

For more information contact Element3 Health at 833-906-1700 or

Element3 continued on page 3

Charlotte and Ruth have left the trails ... together

The AVA has lost two Volkssporting companions with the passing of Charlotte Phillips and Ruth Cade in December.

Charlotte and Ruth did everything together ... they Volksmarched all over the country and world ... they volunteered for all their favorite charities ... they supported the efforts of animal shelters, even adopting some homeless pets to join them on their journeys in their RV.

Both served in the US Army and achieved high ranks of Colonel Charlotte and Lt. Colonel Ruth. They

both served in Germany and got started in Volksmarching there. Back here they provided leadership and support for the program in the USA.

They were born five months apart and died five days apart, but the time between was spent on many adventures together. A joint service was held in San Antonio and another will be held in Vermont in June.

Great supporters of the AVA and Volkssporting, their kindness, generosity and leadership will be missed. For more go to page 10.



MESSAGE FROM THE BOARD CHAIR



Hello everyone.

I hope you have had a good winter wherever you are. With our ongoing issue with closeness and illnesses, it reminded

me of a very important part of our tagline if you will – the Friendship part.

Although we primarily think, or at least I do, about getting people off the couch and walking, and hopefully with us, we are also a very social organization. We like to walk together with others. We join clubs, often because we like the people we are walking with, and because someone asks us our name. We can be recognized for the things we accomplish, maybe for the challenges we complete, even though to us the Fun might have been primary. We are thanked for helping out at walks our clubs put on. Those social recognitions flavor our walking lives.

We have the opportunity to walk farther away from home. If we can travel, we can go to walking festivals in other parts of the country or even in other parts of the state or neighboring ones. We make new friends at those walking festivals. And, we look forward to seeing them again, perhaps at conventions or other walking venues – more opportunities to enhance the Friendship part of our sport.

As we are welcoming to others at our walks, we spread that Friendship. By walking often and inviting others to walk with us, friendship becomes inbred. And we can't forget that the fourth "F," food, has always been the way for people to enjoy each other's company.

I am thankful for all the wonderful people I have met walking from all over the country and in other parts of the world as well. Friendship is important to me and I'm sure it is to all of us. It is an important part of what we can spread, and in fact, sell as a reason to walk with us. Thank you all, for encouraging the social aspect of America's Walking Club.



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.

Published by: Typesetting a la Macque

AVA permits *The American Wanderer* (TAW) article reprints to chartered AVA clubs; cite TAW and issue date. Articles and photographs should be submitted directly to *The American Wanderer* at taw@ava.org. Contact editor for submission guidelines.

Advertising rates are available on request from the American Volkssport Association National Headquarters: 210-659-2112; fax: 210-659-1212. ava.org or email avahq@ava.org.

Subscriptions through Volkssports Associate membership are \$25/individual and \$30/family for one year. International addresses add \$10.

Renewals and address changes are due to

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

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

The American Wanderer, ISSN number 0748-7444, is published quarterly in March, June, September and December by the American Volkssport Association, Inc., 1008 S. Alamo Street, San Antonio, TX 78210. Periodicals postage at San Antonio, TX and additional mailing office. Postmaster: Send address changes to *The American Wanderer*, 1008 S. Alamo Street, San Antonio, TX 78210.

New copy and advertising deadlines:

Quarter 1: March issue – Jan. 25
Quarter 2: June issue – Apr. 25
Quarter 3: September issue – July 25
Quarter 4: December issue – Oct. 25

Fun, Fitness, Friendship

NATIONAL BOARD

Effective July 1, 2021

Chair

Nancy Wittenberg
12526 129th St E.
Puyallup, WA 98374
253-208-1331
chair@ava.org

Vice Chair

Susan Medlin
12527 Fern Creek
San Antonio, TX 78253
210-325-3523
vice_chair@ava.org

Secretary

Cecilia Miner
6512 Manet Ct.
Woodbridge, VA 22193
571-212-0329
secretary@ava.org

Finance Chair

Ed McCabe
109 Horseshoe Dr
Dripping Springs, TX 78620
finance_chair@ava.org

AVA Regional Directors

Atlantic: (MD, PA, WV, VA, NJ, DE, DC)

Jeff Giddings
615 McIntyre Road
Rockville, MD 20851
240-753-0119
at_rd@ava.org
Deputy Regional Director
Karen Kaufman
302-233-6615
at_drd@ava.org

Mid-America: (MI, IL, IN, OH, KY)

Robert (Bob) Buzolich
1703 E Howard St.
South Bend, IN 46617
574-339-9140
ma_rd@ava.org
Deputy Regional Director
Roberta Allen
217-443-8405 (H) 217-369-7300 (C)
ma_drd@ava.org

North Central: (WI, MN, IA, NE, ND, SD)

Susan Pinneke
221 Prospect Ave.
West Des Moines, IA 50265
515-423-8437(p) 515-277-3653
nc_rd@ava.org
Deputy Regional Director
Ken Johnson
651-774-9607
nc_drd@ava.org

Northeast: (ME, NH, VT, NY, MA, RI, CT)

Wayne Knapp
1024 DiBella Drive
Schenectady, NY 12303
518-469-7298
ne_rd@ava.org
Deputy Regional Director
Carol Giesecke
302-399-6334
ne_drd@ava.org

Northwest: (WA, OR, ID, AK)

Sharon Moats
1260 Boyle St.
Enumclaw, WA 98022-5057
206-909-5176
nw_rd@ava.org
Deputy Regional Director
Ed Hainline
360-921-1909
nw_drd@ava.org

Pacific: (CA, HI, NV, AZ)

Carl Cordes
2250 Knoll Crest Ave
North Las Vegas, NV 89032
702-540-6632
pa_rd@ava.org
Deputy Regional Director
Suzi Glass
pa_drd@ava.org

Rocky Mountain: (MT, WY, UT, CO)

Steve Sandridge
1964 Coldstone Way
Colorado Springs, CO 80921
719-351-8048
rm_rd@ava.org
Deputy Regional Director - TBD

South Central: (LA, AR, MO, OK, KS)

Teresa Arnold
1001 E Tacoma St.
Broken Arrow, OK 74012
918-630-3206
sc_rd@ava.org
Deputy Regional Director - TBD

Southeast: (NC, SC, TN, MS, AL, GA, FL)

Kathryn King
420 Woodgate Dr.
Maryville, TN 37804
865-621-9179
se_rd@ava.org
Deputy Regional Director
Robert McDaniel
864-505-5051
se_drd@ava.org

Southwest: (TX, NM)

Helen Hull
2334 Saharah
Garland, Tx 75044
972-530-1026
sw_rd@ava.org
Deputy Regional Director
Andy Thomas
210-219-0853
sw_drd@ava.org

Board Members at Large:

Ben McDonald
1335 Jefferson Road
Ste. 92461
Rochester, NY 14692
585-376-0066
Ben@ava.org

National Office Team

CEO & President henry@ava.org Henry Rosales
Finance Director erin@ava.org Erin Grosso
Accounting Specialist marian@ava.org Marian DeVaul
Awards and Membership karen@ava.org Karen Winkle
Website Updates and Tech Support hector@ava.org Hector Hernandez
Virtual Online Programs VOP@ava.org Jan
The American Wanderer taw@ava.org Editor

NATIONAL OFFICE NEWS

Community engagement benefits

By Tom Baltes

The Vancouver USA Volkssporters are an interesting study in the benefits of engaging in the community. Initially chartered by the Vancouver Parks and Recreation Department, the club has had a long standing relationship with city and regional leadership. Our club's first event is enshrined in stone in the main city park with the club name and date of the first walk hosted at that spot in July 1989. Nearby is another large stone engraved to acknowledge the long partnership with the Discovery Walks in Vancouver as part of the International Marching League program. Engraved on that stone are the names of several club members who were key leaders of the Discovery Walks, as well as prominent leaders of our club.

The club has long since been independent of the Parks and Rec Department, but the partnership continues. Several years ago our club recognized the need for help in maintaining a section of trail in an eight-mile green space across the city. We donated funds and offered our assistance. As a result, we are recognized on a sign along the trail section we maintain, and have our service advertised on a city website, bringing us in contact with new walkers.

Key to our community engagement is having individual members who have been involved professionally or personally in service to the community over a long span of time. The Discovery Walk program, managed by several of our past leaders, brought us in contact with the mayor and other civic leaders as we hosted hundreds to thousands of international guests to our community for each event. We have members whose Rotary Club

affiliation helps engage our club with business leaders from across the city, including the superintendent of Fort Vancouver, where we often conduct walks. Several club leaders have also built a strong relationship with the Port of Vancouver Commissioners. In recent years the Port leaders have been funding trail improvements across their properties and invite our club for the ribbon cutting ceremonies for each new trail section.

In response to news articles calling for volunteers, another of our club officers has been on a county bike and pedestrian advisory committee for nearly three years, giving voice to pedestrian needs in the community. Along with that engagement we've also had a participant in the "active transportation" working group for the planned replacement of the I-5 bridge across the Columbia River.

Beyond the city and business community, our club has engaged with the local health community offering to serve as guides for their patients who need to begin walking regimens to improve their health.

So what's the message? Community engagement requires a bit of effort, but the benefits are many, including: access to facilities, often at discounts; speedy and helpful responses on permit requests; assistance with promoting our events; and membership growth. Equally important is that we get a voice in our community on issues related to walking and biking safety. Many clubs are already deeply engaged with their community and bravo for that, but if you club hasn't fully developed those ties you might want to look for the opportunities.



National Walking Week

continued from page 1

Now is the time for every AVA walker to take pride in their participation in this important activity as members of the nation's premier walking organization for fitness, fun and friendship.

Be sure to read the original declaration below and plan to make April 1-7 a week of important walking activities worth sharing and celebrating.

Here is the actual declaration:

Declaration of the Board of Directors AVA: America's Walking Club

Whereas, the first Wednesday of April is declared and accepted as "National Walking Day" as first proclaimed by the American Heart Association in 2007; and,

Whereas, walking has benefits that exceed just the importance of health as first attributed to the day; and,

Whereas, walking is an important source of mental stimulation, growth and health through cultural and natural tourism, historical education and providing connection to natural tranquility; and,

Whereas, walking as a recreational activity and a popular sport provides proven benefits to physical health for the heart, joints and movement, mitigating the impacts of aging and in cancer prevention to name only a few; and,

Whereas, walking provides a sound and proven opportunity to experience the critical benefit of fellowship and companionship; and walking is crucial to human connections, community building and transportation infrastructures; and,



America's Walking Club's National Board Secretary, Celia Miner, joined with the local County District Supervisor and the President of the Greater Prince William Trails Coalition to walk in a local park during the 2021 National Walking Week in Virginia. This annual event allows members and clubs to promote walking through publicity and showcasing the event trails located across the country.

Whereas, walking provides the opportunity to experience spiritual connections to the world both seen and unseen; and,

Whereas, walking brings families together through the generations; and,

Whereas, walking, as a lifetime goal requires the opportunity for all people from all communities to experience the importance of walking in a variety of situations that exceed the capabilities of just one day in the middle of a week; and,

Whereas, the AVA: America's Walking Club, the largest walking organization in the United States of America with affiliate clubs and members in all 50 states and at locations around the world with connections to allied organizations in over 40 different countries, has provided opportunities for walking to all since 1976 for fitness, fun and friendship;

We, the board of directors for the AVA do call upon all like-minded organizations for health and wellness, government, sport, education and tourism to join with us to declare the first seven (7) days of April in the United States of America, to include the first Wednesday of the month as "National Walking Day," from this day until perpetuity as:

National Walking Week

As declared on this day, the 5th of January 2020.

Element3 *continued from page 1*

info@element3health.com. If you have any questions with the sign-up process, they will help you.

Electronic Walk Voucher Redemption Process

Below is the process that eligible program members will follow to receive their free walk vouchers:

*All qualifying participants must have a "myava.org" account to receive walk vouchers. If you do not have one, sign up on myava.org. If you need help, contact Darrell at osb-help@ava.org

*For each walk voucher awarded, AVA will place a \$3 credit into your Online Startbox (OSB) account at the end of each quarter. These walk vouchers can be used for any OSB event. After the fourth quarter, participants will be notified if they have qualified for a one year complimentary AVA membership.

*As members redeem their walk vouchers on the OSB, the club will report this participation on their quarterly report and receive a credit for \$1.75 for the redeemed walk voucher.

For more info on the redemption process contact Marian, marian@ava.org.



NATIONAL OFFICE NEWS

Evolving a partnership with America's Walking Club and America Walks

By Pat Jewett, AVA Publicity Committee



In November we had a robust monthly webinar with America's Walking Club and America Walks. We invited guest speakers who are involved in walking advocacy from America Walks, Walk Austin and Oregon Walks.

Our guests were Ian Thomas, State and Local Program Director from America Walks; Heyden Black Walker, an urban planner with Black & Vernooy from Walk Austin; and Izzy Armenta, Transportation Justice and Communications Manager from Oregon Walks.

America Walks was a sponsor of the Madison Convention and Ian held a workshop at the convention taking folks on a walk audit through downtown Madison. There was a lively discussion about crosswalks, sidewalk widths, furnishings on sidewalks, how attractive and walkable the sidewalks were. Things like artwork, benches, tree canopy and wayfinding were discussed. Was walking a comfortable experience or was it noisy and crowded with vehicles? Were the speed limits appropriate for the street design?

Henry and Ian have been talking for a few years about how to grow and evolve a partnership with America Walks. America Walks is about walkable cities and active transportation. America's Walking Club are the folks who are actually feet on the ground walking all over the U.S. in cities, trails and natural areas.

A way to ease into partnering is at the local level. We have clubs in almost all 50 states. America Walks has a list of organizations across the U.S. who participate in advocacy efforts to create more walkable cities, trails and, to make our roads safer for all users. The idea is to match AVA clubs with some of these organizations to try to involve them with walking and perhaps involve folks in the AVA clubs with some advocacy. That advocacy can be as simple as helping complete a walk audit.

Think about how excited we are to discover a new trail or a new crosswalk that makes one of our walks a safer walk. Perhaps there is a new crosswalk signal for walkers. Maybe a new sidewalk was added to a roadway that opened a new place to walk.

This happens because people who walk and bike are speaking up at the neighborhood, city, county, state and national levels to create safer places to walk and bike. As walkers we directly benefit from these efforts.

Many younger people are concerned about walking and biking safety for themselves and their children. These same young people want to give their time and money to support these efforts. If our walking clubs show some interest in becoming involved in some advocacy there might be an opportunity to attract new walkers to our AVA Nation.

Perhaps you are already doing some advocacy. Donating to support parks or trails. Perhaps you adopt a road and clean up litter. Maybe you have gone to a city council meeting to speak up about an issue.

This is a new effort and is being directed at the Northwest region and the Southwest region. If you are in a club in these regions, reach out to Henry Rosales and he will find organizations that your club could be meeting with to try to partner together.

I live in Portland, Oregon, and I reached out to the executive director at Oregon Walks to see how our Portland area clubs can work together. As president of the Rogue Valley Walkers in Medford, Oregon, I found Walk Bike Roseburg in southern Oregon. I have reached out to this club to introduce myself. I was told they have a stronger biking community and were excited to know that our club existed.

There is a new infrastructure bill that was passed — \$110 billion dollars for roads. This will provide many opportunities for our voices to be heard about how this money is spent to create roads that are safer for walking and biking.

We are all walking advocates as we create walks that are safe for other walkers to enjoy. We believe in walking and how important it is to our overall health and fitness. What we are trying to do is take the next step and increase our presence and explore another way to become America's Walking Club.

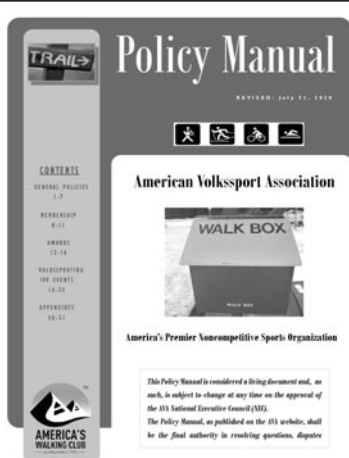
Local walking organizations for your state can be found at <https://americawalks.org/local-walking-organizations/>. 🌳

You are the heart and sole of America's Walking Club

Our Big Give 2021 fundraising campaign has officially ended, and thanks to supporters like you, we met and surpassed our \$90,000 goal. A total of \$95,109.85 was raised thanks to the generosity and kindness of our donors. 521 donors opened their hearts and left their footprint during this year's campaign; 107 alone were first-time Big Give donors. We couldn't have done it without you. Thank you for your support and your desire to help the AVA succeed. Your gift will change lives.

big
give

And the 2021 Regional Challenge winner is... the Southwest Region is crowned the 2021 Regional Challenge winner for the second year in a row. Congratulations for raising the most amount of funds during this year's annual fundraising campaign, the Big Give 2021. The winning region raised a total of \$20,619.61. Congratulations! 🌳



The AVA Policy Manual is being updated. Please send your questions and suggestions to Wayne Knapp, Northeast Regional Director at ne_rd@ava.org.

AVA Virtual Online Programs (VOP) retired in 2022

During the November 2021 board meeting, the AVA Board of Directors approved the sunsetting of our virtual online programs because projected participation numbers did not increase substantially over a five-year period to offset the cost of the online platform and administration of the program. The National Office will be researching new and better online platforms so we can reinstate bigger and better online programs soon. 🌳

New merchandise info

2022 Starting Point books on sale now

If you pre-ordered a 2022 *Starting Point* book, they were shipped out on December 6. If you did not pre-order a book, we still have plenty of books available for sale at a cost of \$25 plus shipping and handling. For purchase, e-mail Marian, marian@ava.org, or call 210-659-2112.

Merchandise price increase

Due to an increase in manufacturing prices, we will be raising the price on the following items in 2022:

- October and May patches will increase to \$5 for clubs and \$7 to individuals.
- New Walker Packets will increase to \$10.
- 2023 *Starting Point* books will also have a price increase due to an increase in print and publishing prices. 🌳



LETTERS

AVA myth busting: Event fee and walking for IVV credit

By John McClellan

Twenty-one years into the 21st Century, it is long past time for America's Walking Club to confront our financial survival as we transition to a more balanced revenue model. Before we can do so, we need a clear understanding of "what is" right now. As a former Regional Director, Deputy RD, and Chair of the Club Development and Support Committee, I have spoken to hundreds of walkers in dozens of clubs and there are some serious misperceptions concerning AVA's actual policy on participation fees, walking for credit and "free" walking.

AVA participation fees are 31 percent of our revenue (2019). Combined with sanction fees, these two lines represent fully half of all AVA revenue. Meanwhile, the number of events, clubs and participants have all declined steadily in the last 20 years. Paid participation, once 250,000 a year (2003), is now less than 100,000 (2019). That's more than \$187,500 in lost revenues annually, while costs (insurance, programs, services...) have generally increased. Our Big Give fundraiser has managed to address about half of that deficit, but where will the rest come from? Those of you who are tired of social media posts about the BigGive, GoodSearch and AmazonSmile — these numbers are why you are seeing all those fundraising appeals!

Myth #1: what is AVA's policy on event fees? Here's section 4.06 General Rules for Events, Section II.E.(2): "Clubs will establish pre-registration fees and day-of-the-event fees; however, the fee for IVV credit only will be no more than \$3. Clubs may determine the fee for participants who do not want the event award or IVV credit." That's correct! Clubs can charge all other categories of walkers (except IVV-credit) any amount they deem appropriate for the event. The \$3 is a cap that applies to credit walkers only. This is the only context in which this number appears in policy. The actual AVA participation fee (Appendix B) is \$1.25. Clubs are invoiced \$1.25 per participant to AVA, whatever they charge. Nor are clubs are required to charge IVV credit at \$3, they just can't charge more. These are not recent changes: this has been the policy for many years. And yet, this is totally misunderstood across the AVA. I can't tell you how many times I've had this conversation in the last several years.

Myth #2: Event fees are not charged to "pay for the stamps." The IVV credit program is self-funded: people keeping books must buy the books themselves. The reasoning behind the \$3 cap is not to overcharge the credit walkers, who make up only 20 percent of all participants in the USA but are responsible for 60 percent or more of all paid event participation! Please read that last sentence again.

A national standard for fees across all events is useful — Volkssporters know what to expect at any YRE box across America. But it is not policy. In fact, for years many clubs have charged non-IVV walkers less than the credit walker cap. Some of these are membership incentives or discount programs. Personally, I think that's backwards, but these are club decisions and fully appropriate — as they come out of the club's portion of event revenue. But if your club talks about local standards like "It's \$2 to walk, but \$3 if you want credit" — they are mis-representing policy and doing a disservice to our organization by implying that credit costs an extra \$1. Credit walkers should be paying the same or less than other participants, not more.

The real sad part in this discussion is that our event offerings have real value all on their own — regardless of IVV credit status. Someone planned a safe, interesting route for you to see a particular place, and provided you a map, written directions and historical notes/points of interest. An entire self-guided tour! In the case of clubs that hold group walks, we provide the added value of bringing together a whole group of people for you to enjoy the walk with, as opposed to you being all alone. And a guide! It's organized. Personally, I think we routinely under-value what we offer. In 2022, \$3 bucks...is cheap! Less than a cup of coffee, or a beer.

This brings me to the very emotional topic of "free" walking. The "free walker" category is also misunderstood and, sadly, abused. This (free walkers) is a program, that our national organization underwrites. The registration category of "free" is intended for certain specific purposes, such as: marketing and recruiting; special events (say, Veterans on Veteran's Day for instance); guests of members; or members with a known financial hardship. It was never intended to be a lifelong self-designation, as in "I'm a free walker."

Myth #3: Whose decision is it to permit a free walker on the trail? Answer: the clubs. Not the individual. The club controls registration at Traditional events and which log they use (900A or 900B) for their Year Round or Seasonal events. Here's the rub: those decisions are made at the lowest level but impact our financial health nationally. In 2019, that impact was \$8,705.00. That's what the free walker program cost in AVA's budget. Of course, the positive impact in marketing, retention, or good will is certainly real, and also difficult to quantify. The good news is, use of this category has start to decline recently after a concerted information campaign. Some clubs have started using the ACE-WG (weekday guided) event — where the club pays only a small flat fee for insurance coverage — as a way to market Volkssporting by offering events at no cost to the participant.

Where do we go now? Start by talking about these difficult issues in your club and with your RD, who represents you on the board. Share the ideas that have worked for your club with the clubs in your state or region. The Policy Manual is under review for updates, right now. Send comments! I believe that the AVA \$1.25 must increase now for us to survive, but the details (and math) of how we do that is up to us. Or, can we scrap participation fees altogether? If we did: what replaces them? Our choices are many: reinvigorate participation; increase membership; increase new clubs starts; open new markets and find new sources of revenue; continue AVA fundraising campaigns and expand these outside our ranks. Perhaps all of the above!

Remember: our product has value! Go out and sell it! Whatever we are going to do, we better do it soon! See you on the trails! 🦶



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

The hardest walk is
walking alone, but it's
also the walk that makes
you the strongest.

CVF 2022 Festival

walks.ca/cvf-fcv-2022-festival/



**Penticton, British Columbia,
Canada**
May 27-29, 2022

*We hope you will
"Come walk with us,
Visit with us,
Eat with us and
Enjoy a fantastic weekend of
Fun, Fitness and Friendship"*

Register now and see you soon.





Karen Kaufman, DRD
at_drd@ava.org

**Atlantic
Region**



Jeff Giddings, Director
at_rd@ava.org

Come walk with your friends in Plymouth Meeting!

The Pennsylvania Volkssport Clubs invite you to “Come Walk with Your Friends in Plymouth Meeting” at the Atlantic Region Conference, April 22-24, in Plymouth Meeting, Pennsylvania. There will be three walks: Manayunk/Bala Cynwyd on Friday, Plymouth Meeting on Saturday, the John Heinz National Wildlife Refuge on Sunday; a Volksswim at the host hotel and a Volksbike that starts in Conshohocken and uses the Cross County Trail and Schuylkill River Trail. The Volksswim and Volksbike are sanctioned for all three days.

We encourage you to arrive early on Thursday afternoon and join the Liberty Bell Wanderers at the Valley Forge National Historical Park. There will be a group walk around the park starting from the Washington Chapel parking lot and a group bike ride starting from the far end of the lower parking lot at the Visitor Center.

The host hotel is the DoubleTree Suites in Plymouth Meeting. Reservations can be made at a special rate. Please make your reservation early; we have a limited block of rooms. The conference rate is also available before and after the conference if extending your stay. Reservations must be made by 5 p.m. on March 24. Call 610-834-8300 and use group code: VOL or “Volkssport Association.” Please only book using this phone number or the link below to get the conference rate. The link to make an online reservation is:



hilton.com/en/book/reservation/deepink/?ctyhocn=PHLGHDT&groupCode=CDTVOL&arrivaldate=2022-04-21&departuredate=2022-04-24&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT

There will be a Meet & Greet on Friday night and a banquet, with a dinner speaker, on Saturday night. In lieu of a registration fee, there will be a silent auction to raise funds to support the conference. We encourage every attendee to contribute to the silent auction and bid on the items donated.

The conference brochure and registration form may be downloaded from the AVA Events web site or from the AVA Multi-Day Events (Fests) web site (<https://my.ava.org/find-a-fest.php?name=Atlantic%20Region%20Conference>).

If you are having an issue making your reservation or need more information, contact Tom Jackson at thomasjackson@embarqmail.com or 717-309-6088.

**We live in a fast-paced society.
Walking slows us down.**

~ Robert Sweetgall

The IVV Olympiad

Is Coming to San Antonio, TX February 2023!




VISIT AVA.ORG FOR MORE INFORMATION AND UPDATES.



Lee Lepus to hold their 92nd event in Henrico, Virginia

Lee Lepus Volksverband is hosting their 92nd Volksmarch on April 9. This event will be in Henrico County starting at Dorey Park. We've started there before and walked east on the Virginia Capitol Trail. This time we will be walking west through Varina on the Virginia Capital Trail. You can select between the 6k/10k, trail rating is 2A, on park roads and trails, residential streets and the paved Virginia Capital Trail. There are moderate hills on both 6k and 10k; suitable for strollers and wheelchairs. Register in the picnic area, Dorey Park, 7375 Dorey Park Dr., Henrico. Start between 9 a.m. and noon; finish by 3 p.m. Please provide your own bottled water.



The award for this event is a memorial patch honoring the memory of Risca Edlin. Risca was a long time club member and served as treasurer for 11 years, from 1990-2001, only retiring upon encountering health issues. Cost of award and credit is \$12. Twenty patches are available and we will reorder if necessary. Participants may walk for IVV credit or a “B” award for an additional fee. Free walkers are welcome, but all participants must register and carry a start card.

AVA Special Programs on this walk is Walking the USA A-Z Program and Henrico County for the Virginia Counties Program.

For more info or specific directions contact Gin, 703-201-1987 or armacostg@cox.net.

Not all who wander are lost

By Anthony (Tony) Laing

The Sugarloafers Walking Club of Montgomery County, Maryland, offers a variety of walking experiences from our weekly Wednesday morning walks, once a month group walks, Seasonal walks, 18 YREs and five Traditional Events.

Occasionally, someone on the trail will ask us who we are and what we're doing. To show that we are not wandering aimlessly, we carry business cards with us that provide club information. We've found these business cards are a good way of providing publicity.

Sugarloafers Walking Club

Combine a love of outdoors with walking

Non-competitive, planned walks – 1 or 2 hours.

Walk at your own pace, alone, or with friends of all ages.

Contact: Carolyn Thurber 301-926-0915

cbthurber@verizon.net

www.sugarloafers.org

www.ava.org

Other than our YREs, our next walking activities are as follows:

- Traditional Events, the club has scheduled two so far in 2022 and plans three more with dates to be determined:
- October 1 – Oktoberfest at Frederick, Maryland. This walk is a yearly tradition for the club and is held in conjunction with an Oktoberfest at the adjacent fair grounds. Club walkers are given free admission to the Oktoberfest to enjoy the delicious German food and drinks as well as the German music.
- November 12 – Moonlight Walk at Seneca Creek State Park. This walk provides a bit of adventure as an after dark walk.

Search for our fun walking activities on our website, Sugarloafers.org.




Mid-America Region



Roberta Allen, DRD
ma_drd@ava.org

Bob Buzolich, Director
ma_rd@ava.org

Hey! Hey! Hey! Support The AVA

For National Walking Week the Mid-America Regional Director is again hosting guided walking events across the southern tier of the state of Kentucky. The goal is to raise funds for America's Walking Club through registration fees and donations, and to raise awareness of Volkssporting activities with ultimate goal of club creation in the state of Kentucky, which recently became a clubless state.

The first event is Monday, April 4, in Bowling Green, Kentucky, which will offer guided 5k/10k routes. Both routes will be along sidewalks and on an improved system of community trails, and will take walkers past unique historic and cultural sites in the city of Bowling Green.

The second event is Tuesday, April 5, at the Cumberland Falls State Resort Park near Corbin, Kentucky, which will offer guided 5k/10k routes. Both routes incorporate the unimproved trail system of the state park along the southern bank of the Cumberland, which will offer spectacular views of nature and waterfalls.

The third and final event of the week is Wednesday, April 6, along the Prestonsburg Passage Rail Trail in Prestonsburg, Kentucky, which will offer guided 5k/10k routes. Both routes will be on a former CSX rail route that has been constructed into an improved multi-use trail, which is a recognized Rail-to-Trails project. Walkers of the 10 kilometer route will be rewarded with a visit to the Middle Creek National Battlefield site.

Currently active Volkssporters are encouraged to wear AVA related apparel and to assist as a trail guide or trail sweep. Regardless of how you help, currently active Volkssporters are strongly encouraged to positively engage with local non-Volkssporting participants in their groups. There will be no free walkers at these events.

Detailed information, including a copy of the event brochure, will be available through event search at the AVA website (my.ava.org). Questions may be directed to Bob Buzolich, the Mid-America Regional Director, at ma_rd@ava.org.





Pacific Region



Suzi Glass, DRD
pa_drd@ava.org

Carl Cordes, Director
pa_rd@ava.org

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

Kick off National Walking Week at Indiana State Parks

By Teena Ligman and Cliff Terry

During the past 35 years, the Indiana Volkssport Association (INVA) has partnered with Indiana Department of Natural Resources to host events at over 40 different Indiana State Parks, Recreation Areas and Forests throughout the state. Over 400 events have been held including hiking, biking, swimming and some cross-country events in some of the most beautiful areas of the state. Four of the state properties now have Year Round Events (YREs).

Teena Ligman, president of Friends of Spring Mill State Park, said different hike are offered each of the seven days of various length, over different types of terrain and at different times of the day, to have something for everyone. "We want people to get outside and start walking and then keep walking right through the rest of the year. Ideally we'd like people to make walking outdoors a part of their lives."



Ginger Murphy and Brandt Baughman of the Indiana Department of Natural Resources display Volkssport medals and awards from the past 35 years.

This year INVA will celebrate National Walking Week (April 1-7) at the four YREs at Spring Mill, Fort Harrison, Pokagon State Parks, and Paynetown Recreation Area. To help promote these events, Indiana Governor Eric Holcomb will issue a Proclamation for National Walking Week to encourage Hoosiers to get outdoors and walk. INVA is planning guided walks at each location during the week. Visit the INVA Meetup site at meetup.com/Indiana-Volkssport-Walking-Meetup for details on times and start points. These walks can also be done at any time by registering at our physical start boxes located in the parks or online using the AVA website (my.ava.org).

The Friends also have a Trail Challenge, encouraging people to walk every trail in the park. Ligman said if someone comes out to all the hikes during Walk Week, they'll have completed the Trail Challenge and be eligible for the Trail Challenge t-shirt and free sticker. She noted even if a hiker can't come every day, they will have gotten a good start on completing the Challenge and be more motivated to come back and finish. Ligman, who is also involved with Volkswalking, also said she hopes that those who come out for the Volkswalks as part of the walking week schedule may become interested in trying more Volkswalks once introduced to the sport. Contact Teena Ligman at 812-278-0139 for information about the hikes or the Trail Challenge.


Across Indiana, some clubs are planning their own schedule of walks that week. The Bedford Hiking Club, in Bedford, is leading guided Volkswalks at Paynetown State Recreation Area and Spring Mill State Park. In addition, they are working with the Friends of Spring Mill State Park to host a walk every day during National Walking Week, April 1-7. They have a whole lineup of walks to celebrate spring and get people out enjoying the outdoors. National Walking Week normally coincides with many school spring breaks so families visiting the park will join many of the hikes offered by the group.

For the rest of the year, you can enjoy Traditional walks throughout the Hoosier State at Prophetstown State Park on June 4, Potato Creek State Park on August 6, Shakamak State Park on August 13, and Oubache State Park on September 24. These walks have start time windows of 9 a.m. to 1 p.m. with a bike event at Potato Creek, as well. For more details visit the Meetup website at meetup.com/Indiana-Volkssport-Walking-Meetup or the AVA website (my.ava.org). For more info contact Cliff Terry, 317-776-1848 or clifferry@sbcglobal.net.

Mid-America Region continued on page 8

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.



AVA: America's Walking Club!

Mid-America Region *continued from page 7*

Volkswalkers who inspire us

Walking the world 10 kilometers at a time has become a tradition and a passion for several Indiana residents. They've shared their love of Volkswalking with countless people and kept a small town hiking club vibrant for over 30 years.

Jim and Rowena Mount have been doing Volkswalks for much of their lives and said Volkswalking has allowed them to see places they'd have otherwise never seen. When they were younger, they went with groups of 16-20 people to places like Savannah, Georgia, or Gettysburg, Pennsylvania, to do a Volkswalk and then see the area. The Volkswalks provided a structured format to build a trip around. They could do other Volkswalks and see sites along the way or at their destination. Rowena remembers going to West Point where normally people aren't allowed on campus, but the Volkswalk allowed them to see the historic campus up close — it was a rare privilege given to them because they were Volkswalkers.



Rowena and Jim Mount at a Volkswalk at the Crazy Horse Memorial.

For years the Mounts went to all the AVA national conventions, and walked all the Volkswalks there. They would also get a map of all the Year Round Volkswalks along the way and break up the trip by stopping and walking. She reminisced about the many friends they've met through walking together that they still cherish today.

The Mounts enjoyed the state park walks and tried to get to all of them. They were the ones who laid out and established the Spring Mill Year Round walk. Rowena remembers when the walk was selected as one of the top 10 walks in the nation. Indiana hosted the national AVA Convention that year and Rowena brought a poster about their new Year Round walk at Spring Mill. She speculates a lot of people saw it and walked the Spring Mill walk after the convention. Later a national outdoor association did a survey and found that Spring Mill State Park was in the top 10! She said in those days a lot more people did Volkswalks and she was



Kay Emery taking a photo shoot break on a Volkswalk at Yellowstone.

very proud of Indiana's walk receiving that acclaim.


Kay Emery, also from Bedford, Indiana, said Volkswalking opened the world to her. She and a friend went to their first Volkswalk in the fall of 1987 at Clifty Falls State Park. They were curious what it was about, and that day they fell in love with the sport. Kay spent the next four decades walking the world. She did Volkswalks on seven continents and estimates she walked in 60 different countries. Emery started traveling with a group called Walking Adventures International and with groups of 25-30 people they would go all over the world to do Volkswalks. If there weren't Volkswalks somewhere, the group would design and establish a credit walk — i.e., in Australia, they did three walks that were set up just for them. Yet even back in Indiana, she would look forward to Saturdays, and take off with friends for walks in Indiana, Ohio, Kentucky or beyond. She's walked in every state, as have the Mounts.


Emery no longer can walk a Volkswalk but said from the time she started in 1987, she completed over 1700 Volkswalk events and walked over 18,000 kilometers. She said that Volkswalking opened up so many opportunities to her, and gave her many wonderful friendships.



Vivian Nicholson and Kay Emery at a Volkswalk in Idaho after a National Convention in 2017.


The example Kay Emery, Rowena and Jim Mount have set inspires others to lace up their boots and set out to expand their horizons as well. They have walked the world one Volkswalk at a time, made memories and friends and enjoyed life. 🌿





Andy Thomas, DRD
sw_drd@ava.org

**Southwest
Region**



Helen Hull, Director
sw_rd@ava.org

New Mexico and the Land of Enchantment

By Helen Hull

Spring is just around the corner and a perfect time to explore New Mexico. The Sun Country Striders are hosting a five-day event April 20-25 in Ruidoso located in the southeastern part of the state. Ruidoso is surrounded by the Capitan Mountains and the Lincoln Forest. Because of its altitude (7000+ feet), it may be warm or still cold in April so check the weather forecast before packing.

The week will include four Seasonal walks in Cloudcroft and Ruidoso available that week plus a Traditional walk on Saturday in Capitan. Two other Seasonal walks will be available from April 13 through May 2 at White Sands National Monument and in Roswell, home of UFOs. In addition to these walks, there are two other YREs in Ruidoso. Other than Roswell and White Sands, all of these walks are within 50 miles of Ruidoso.



The La Quinta by Wyndham in Ruidoso Downs (575-378-3333, mention the Sun Country Striders) will serve as walk headquarters. Register for walks between 6 a.m. and 5 p.m. any day in the lobby, then pick your walk(s) for the day.

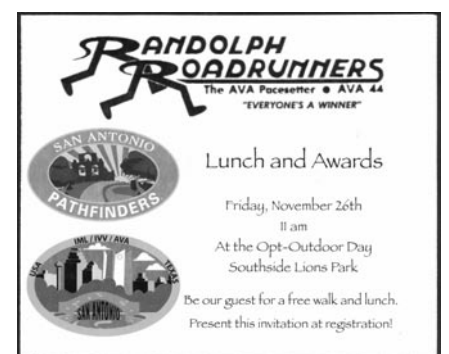
Starting in 2022, a new 'Walk New Mexico' program will be working on the 33 counties in the state. New Mexico already has YREs in nine counties. The Sun Country Striders have added several more Seasonal walks and four new YREs which will allow you to cover the entire southeast section of the state in 2022. The new YREs are Lovington in Lea County, Portales in Roosevelt County, Clovis in Curry County and Fort Sumner in De Baca County.

Contact Helen Hull, HelenTheHun@yahoo.com, for your New Mexico logbook and patch and start exploring the Land of Enchantment. 🌿

Opt Outdoors — More than a walk

By Ellen Ott

The day after Thanksgiving turned out to be a perfect day in San Antonio, Texas, for a walk, a hot dog lunch and award presentations. For the last several years the Randolph Roadrunners have participated in REI's Outdoor Day with a walk at the Southside Lions Park, a city park in San Antonio's south side with a mile-long paved walkway around a lake with large shade trees and several access areas for folks to fish. The walk also includes part of the trail on the Howard Peak Linear Trail that runs adjacent to the park.



Opt Outdoor Day Award Invitation.

Besides the Roadrunners, the San Antonio Pathfinders and Texas Trail Roundup made the following awards:

Meritorious Achievement Awards were presented to Martin Callahan, Pat Gunter, John Ives, Susan Ives, Reuben Knape, Herb Laing and Mike and Kathy Schwencke.

Commendable Service Awards went to Bob and Susan Alton, Diane Duesterhoeft, Robin Fennell, Wayne Henry, David Prewitt, Maggie Riggs, Caryl Swann, Jim Tree, Jill Troyer and Audrey Vertucci. Susan Medlin, a previous regional director and president of the Texas Volksspot Association, was recognized for her multiple achievements to Volkssporting.

As an additional thank you each recipient received the walk free and a free hot dog lunch. 🌿

Southwest Region continued on page 9

Southwest Region

continued from page 8

The SAP's 11th Annual Tour de Castroville Walk

By Martin Callahan

The San Antonio Pathfinders is hosting its annual Volksmarch on April 2 which is an adjunct of the 11th annual Tour de Castroville walk, run, and ride family events in Castroville, Texas. Registration for the Volksmarch is separate from the Tour de Castroville registration, though Volkssporters will follow the same Tour de Castroville marked trails.



Doug Eide with Rudy and Gayle Weinraub pose for a picture along the 2021 Tour de Castroville, Texas, walk trail next to an old boiler on display along the walk trail through the grounds of the Old Landmark Inn Complex that dates back to 1849. Photo by Martin Callahan.

Castroville, also known as the “Little Alsace of Texas” is located on the Medina River and US Highway 90 W, 25 miles west of downtown San Antonio in eastern Medina County. The town was named after its founder, Henri Castro, who obtained a land grant from the Republic of Texas to establish a colony. Henri Castro and his mostly Catholic Alsatian farmers first settled on the scenic bend of the Medina River in September 1844.

There are over 300 preserved historic buildings in and around Castroville, many of which sit in the old part of town, now a National Historic District. A large number of these original buildings, some displaying unique Alsatian architecture, were constructed more than 170 years ago and are still being used as residences or businesses. Note that the sign “PCH” on these historic buildings, stands for Pioneer Castroville Home. You will also have the opportunity to visit numerous antique shops, restaurants and the famous Haby's Bakery after your walk or along the trail. For more info on Castroville go to castroville.com.

The 5k and 10k walk routes are rated 1A and begin at the event tent at the Castroville Regional Park, 816 Alsace Street, Castroville. The start time is from 8:20-11:30 a.m., finish by 2 p.m. For info on the 11th Annual Tour de Castroville visit castrovilletx.gov/tourdecastroville but do not register on this website but at the event tent.

For more info on this walk contact Mike Schwencke, 210-382-0367 or mike.schwencke@outlook.com. 🌿

Dallas Trekkers explore Richardson, Texas

By Deborah Carter

The Dallas Trekkers are hosting a walk on April 9 at Point North Park, 725 Synergy Park Boulevard in Richardson. Start time is 8-11 a.m. We will be visiting the University of Texas at Dallas (UTD) campus. The campus is 50 years old. We'll see modern buildings, the Magnolia Tree Allée, reflecting pools and misting column. The UTD campus has been named “Tree Campus USA” with 6,800 trees of 65 species.

Richardson is an inner suburb of Dallas in the Telecom Corridor and has been recognized as a great place to live. We've redesigned our Richardson Parks YRE into a Civic Walk that includes, in addition to Heights Park, the Main Library, the Centerline Trail, Chinatown Marketplace and the new Police and Fire Department Headquarters.

Later in the year, we will have a new YRE using the Prairie Creek Park trail and neighborhoods. 🌿



A German walking tradition lands in our neighborhood

By Andy Thomas

Originally published in LNF Weekly: www.lnfweekly.info

Lavaca and King William are known as good walking neighborhoods, but did you know that the area is home to a national walking organization?



A year ago, The American Volkssport Association (AVA) — also known as America's Walking Club — moved its headquarters to 1008 S. Alamo Street (in the house located between Bruno's and Hot Joy). It was previously located in Universal City, but when it needed to find a new location, it was attracted to the walkability of the Southtown area.

The AVA has nearly 200 local clubs around the United States, including four in San Antonio and others in the Hill Country and going up I-35. These local clubs coordinate their calendars so that there is a walk somewhere in the area almost every weekend.

The walks are a German tradition called Volksmarching, which means “people walking.” It started back in the 1960s in Germany. At the time, there were a lot of competitive running events that were open to everybody, but elite athletes kept winning all the medals. There was a need for events where any and all could obtain medals. So noncompetitive walking events started, and they were known for big festivals with a lot of food and beer.

In the mid-1970s a Catholic church deacon from Fredericksburg, Texas, was visiting relatives in Germany. They encouraged him to get into the walking scene to get healthy. He decided to hold a Volksmarch in Fredericksburg in 1976, as part of the U.S. Bicentennial celebration. From this small beginning, U.S. Volkssports grew. A lot of military people were stationed in Germany and discovered the events, and returned to the U.S. to establish clubs. The AVA was established in Universal City as the headquarters for all the local clubs.

The AVA is part of the International Federation of Popular Sports, or the IVV (which is the acronym for its German name). Volkssports is more

than walking. It includes bicycling, swimming, non-motorized boating, cross-country skiing and more.

I invite you to visit the AVA's headquarters on South Alamo, generally open throughout the day on Mondays through Thursdays. When you enter the building, you'll see a mural on the back of the entrance hall. Painted as a donation by a local artist, it depicts people coming together to walk, with the AVA's logo in the center. Around the walls there are lots of Volksmarch medals and awards displayed along with a few beer steins. If our CEO Henry Rosales is there, chat with him — he's very knowledgeable about the organization and the events. And there may be a few flyers available describing upcoming local walks.

All local walks have a \$3 per person fee. Most regular walkers participate in a program — they get IVV ‘credit’ for each walk and earn certificates, pins, and patches.

If you want to get involved with the organization and join our walks, there are a couple of spots online where you can get information:

The club's Facebook page provides regular updates on upcoming walks. America's Walking Club website also includes information on upcoming walks and events.

And of course, you can drop into our office on South Alamo and chat with us about what we have to offer. We'd love to start walking with you!

In next month's issue of LNF Weekly, I'll tell you about some of our upcoming major events in the area.

Andy Thomas is the Southwest Deputy Regional Director of the American Volkssport Association. 🌿

Southwest Region continued on page 10

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

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

Southwest Region

continued from page 9

Charlotte Phillips

Charlotte Elizabeth Phillips was born Sept. 6, 1931, on a dairy farm in Cornwall, Vermont. Though she traveled the world and lived many places during her career in the U.S. Army, she was always a rural, farm girl at heart who loved Vermont and her country

She began her education in a one-room school house and graduated from Middlebury High School in 1949. Charlotte earned a degree from the University of Vermont in Home Economics Education and a graduate degree in business from the University of Minnesota. She was voted the most likely to succeed in her high school class and she did! She was a woman of great faith, generosity, leadership, and always ready for an adventure with a twinkle in her eye.

Charlotte felt her greatest accomplishment was earning the rank of Colonel in the U.S. Army, where she earned many awards. She served with distinction in Germany, Vietnam and Korea as well as in the U.S. She and her long-time companion Ruth Cade (retired Army Lt. Colonel) traveled the world as well as the U.S. in their RV (with cats and dogs, of course!) for years. Visiting most of the national parks, driving to their beloved state of Alaska five times, and attending American Volkssport Association (AVA) events in all 50 states, they led an adventurous life. Charlotte and Ruth were great lovers of the outdoors and of all animals, giving homes to needy dogs and cats who always traveled with them.

After retirement Charlotte attended Episcopal Divinity School, earning a Master's in Divinity, and spent much of her life volunteering in church activities at the national, conference and local levels of the United Church of Christ. She was active in the VFW both in Middlebury and the Army Retirement Center (ARC) in San Antonio, where she and Ruth primarily lived the last 14 years. Charlotte was active in the Women's Army Corps attending many annual conventions supporting women in the military.

At the celebration of her 90th birthday in October the room was packed with well-wishers drinking apple cider and eating Vermont Country Store chocolate cake. She always loved a party — complete with balloons, flowers, and any kind of party decoration.

Charlotte died on December 6, 2021 — five days after Ruth's death. A joint funeral service was celebrated at St. David's on Jan. 13; Ruth will be buried at Ft. Sam Houston. Another joint memorial service at the Cornwall Congregational Church will be celebrated in June; Charlotte will be buried in Evergreen Cemetery in Cornwall. 🌿



Nelda Ruth Cade

Nelda Ruth Cade was born March 27, 1931, and grew up in San Antonio, Texas. After high school (and one year of college) she joined the U.S. Army and retired in 1975 as a Lt. Colonel. She was posted and trained around Washington, D.C.; the Women's Army Corps Center in Alabama; California; and Alaska; as well as serving in Germany. Her leadership skills were quickly recognized and she was promoted on a fast track. During this time she went into the Reserves to finish college and then worked as a social worker in Texas before returning to active duty. While posted at Ft. Meyer near D.C. she was a member of the funeral procession for President John F. Kennedy.



On her many travels she always brought home small gifts for the children. Her love and support extended to so many dear friends around the country as she and her long-time companion Charlotte Phillips (who died on December 6) built an adventurous life together after retirement.

Ruth was a person of great faith, attending St. David's Episcopal Church while in San Antonio and the Cornwall Congregational Church while in Vermont with Charlotte. She was extremely generous to all — opening her home to refugee families and young people needing a temporary place to stay, funding college educations and helping with housing needs for many.

Ruth and Charlotte both were very active in the American Volkssport Association (an international walking club they first joined in Germany). Not only did Ruth walk more than 10,000 miles in AVA events, but they provided leadership and organization at the national, regional, and local club levels.

Ruth was always wise in her counsel and observations of life; full of adventure (traveling all over the world with Charlotte and others); and fun to be with. She loved to play cards and when things went right: Praise the Lord and pass the ammunition! She loved all animals and provided homes for many stray cats, and especially loved her last two dogs (Toby and Tu) — cockapoos who traveled in the RV wherever she went. She and Charlotte lived their last 14 years at the Army Retirement Center in San Antonio where Ruth made many more friends and brought her humor, kindness, and positive attitude to one and all.

Ruth died December 1, 2021.

A funeral service for both Ruth and Charlotte was held at St. David's Episcopal Church in January and Ruth will be buried at Fort Sam Houston. A memorial service for both Ruth and Charlotte will be held in Vermont in June 2022, and Charlotte will be buried there. 🌿

New Braunfels Marsch- und Wandergruppe's Spring Walk

By Martin Callahan

On April 23, the Marsch und Wandergruppe Volksmarsch club will host a new walk in the Mission Hill area of New Braunfels, Texas, which includes the highest point in the city. New Braunfels is 30 miles northeast of San Antonio and was named in honor of Prince Carl of Solms-Braunfels' estate on the Lahn River in western Germany.

In 1845 Nicolaus Zink laid out the town on the site selected by the Prince, who was the first commissioner general of the Adelsverein, whose official name was the Verein zum Schutze Deutscher Einwanderer in Texas (The Society for the Protection of German Immigrants in Texas).

The name Mission Hill came from the Spanish Mission Nuestra Senora de Guadalupe that was established in 1756, but was abandoned in 1758 due to attacks by Comanches and other northern tribes. Even though the mission lasted only two years the area continues to this day to be called Mission Hill.

During the Civil War Ernst Conring produced gunpowder for the Confederate Army using a kiln on Mission Hill, which belonged to the Conring Family from 1856-1883. In 1883 Franz Coreth purchased the property which stayed with the family until the 1990s. In 1918 soldiers from Fort Sam Houston trained at Mission Hill to prepare for service overseas during World War I.

Volkssporters will follow a trail through commercial and residential areas including upscale homes in Mission Hill. Register in the patio at the Casa Garcia's Mexican Restaurant in Westpointe Village, 1691 W State Hwy 46 Suite 335, New Braunfels. Start between 8-11 a.m., finish by 2 p.m.

For info on this new walk or the club's Year Round event contact Jan Engel, 830-660-4935 or jsengel@earthlink.net, or view the club's website muw.walk-texas.org. 🌿

Southwest Region continued on page 11

Event Sanction Requests ...

... should be filed no later than **90 days** prior to your event! If you delay, your event may not be listed in future *TAWs*.

Southwest Region

continued from page 10

The HCV Easter Walk in Comfort, Texas

By Martin Callahan

On April 16, the Hill Country Volkssportsverein is hosting its popular Easter walk in Comfort, Texas. This event is best known for its Easter egg hunt along the walk route. Comfort is about a 45-minute drive northwest of San Antonio at the junction of State Highway 27, U.S. Highway 87 and Interstate Highway 10.



Cindy Mayfield poses with an Easter egg she found along the 2021 Easter Walk in Comfort, Texas. When she completed the walk she turned the egg in for a prize at the finish. Photo by Martin Callahan.

Hermann Altgelt established the town in 1854, near the site of an Indian village. German settlers, many of whom had a philosophy opposed to a formal local government, settled the town. The town suffered a tragic loss of life in 1862 at the Battle of Nueces when a large number of men from Comfort were killed attempting to cross into Mexico to enlist in the Union Army. After the war the bones of these Unionists were gathered and buried in Comfort, with a monument dedicated in 1866. The Treue der Union (Loyalty to the Union) monument is one of a few in the country that is allowed to fly the flag continually at half-mast.

Register at the Comfort Park, Highway 27, Comfort. The traditional tasty breakfast and lunch will be available at family prices at the start point. Volkssporters will have the choice of doing two different 5k trails. Volkssporters doing the North Creek Loop 5k Trail will follow country roads past the Treue de Union monument and the new 450,000 square feet O. W. Lee manufacturing facility in Comfort. O.W. Lee has manufactured fine, handcrafted casual furniture since 1947. For more info on the company online go to owlee.com/.

Volkssporters doing the San Jose Cemetery 5k Trail will follow country roads out to San Jose Cemetery and back. According to a granite marker at the cemetery it was originally known as La Union Mexicana Cemetery and was established on July 21, 1936. According to records online there are currently 321 tombstones in the cemetery. After doing one or both of the 5k trails you will also have the opportunity shop in the numerous antique and handicraft shops in downtown Comfort.

The 5K walk routes are both rated 1+ and attractive B awards will be available for purchase. A limited number of large, colorful Easter eggs will be hidden on the left side of the walk route. Volkssporters can exchange these eggs at the finish for a prize (limit one prize per participant).

For more info on both walks contact John Bohnert, 830-496-1746 or tinabohnert@gmail.com. 🌿

The Randolph Roadrunners' Spring Walks

By Martin Callahan

The Randolph Roadrunners Volkssports club is hosting two walk events this spring in San Antonio, Texas. The first event will at Eisenhower Park and the second walk is the King William Historic District and Maifest Walk in downtown San Antonio.

The second event will be the King William Historic District 5k and 10k trail in downtown San Antonio rated 1A, on Friday, May 20. The start time is between 3:30-6 p.m., finish by 9 p.m.

Register at the Beethoven Maennerchor Halle und Garten



Flemish Folkdancers of the Belgium-American Club of Texas perform during the Maifest at the Beethoven Männerchor Halle und Garten, the start point for the 2021 King William Historic District walk in San Antonio, Texas. All paid Volkssporters received a free ticket to the Maifest. Photo by Martin Callahan.

The first event is a celebration of National Pi Day at Eisenhower Park, 9399 N.W. Hwy, San Antonio, on March 13 and 14. This is a featured 5k and 11k Year Round Event (YRE) that is rated 2C. March 14 is National Pi Day and Pi is the symbol used in mathematics which is the ratio of the circumference of a circle to its diameter. You can learn more about Pi Day online at piday.org/. A delicious mini pie will be provided free in honor of National Pi Day for everyone completing the walk for as long as supplies last on both days.

Eisenhower Park is a 420-acre park named in honor of General Dwight D. Eisenhower who commanded the Allied Expeditionary Force in Europe in World War II and also served as the 34th President of the United States from 1953 to 1961.

The park includes a new 1,280 foot observation tower which includes a fantastic view of the surrounding Texas Hill Country with shady dry creek beds, rocky canyons and an amazing view of downtown San Antonio. Volkssporters will walk on six miles of paved and unpaved trails. Dogs are allowed on a leash only and there is a 3k paved loop that is uphill and suitable for strollers and wheelchairs. Learn more about the park online at sanantonio.gov/sapar/nature.asp.

(Beethoven Men's Choir and Garden) at 422 Pereida Street, San Antonio. The choir was founded in 1867 and you can visit their website at beethovenmaennerchor.com.

The King William area was the residential center of the German community in San Antonio and comprises about 22 blocks with 79 historic buildings. The streets were laid out between 1853 and 1859, with the main street being named King William in honor of the King of Prussia. The walk route will take you by many of the most beautiful and historic buildings and continues along a portion of the scenic San Antonio River Walk.

At the conclusion of the event, paid walkers will receive a free admission to the May 20 Maifest (May Festival) that is going on in conjunction with the Volksmarch. Volkssporters will be able to enjoy German food, drink, continuous live music, the Maypole Dance and more.

For more info on these two walk events contact Ellen Ott, 210-723-8574, or ellenott@sbcglobal.net, or check out the club's website at randolphroadrunners.info/. 🌿



**Adopt the pace of nature:
her secret is patience.**

~ Ralph Waldo Emerson



Announcing Northeast Weekend

By Terry McFarland

To ensure taking place during beautiful weather, the original Oktoberfest in Munich, Germany, actually is held in September. This year it starts on September 17.

The Niagara Frontier Volkssport Club is joining in the celebration and announcing a Northeast Weekend of walks celebrating Oktoberfest in western New York. The dates are September 17-18. There will also be a pre-event walk on September 16 for early birds.



On Saturday enjoy the spectacular views in Niagara Falls State Park along the newly landscaped river trail that leads to the Underground Railroad Museum.

Sunday we will begin our walk near the Hofbräuhaus Buffalo, sister to the original in Munich, walking past the redesigned buffalo waterfront with its restored carousel and the chance to watch an authentic Erie Canal boat built before our eyes.

A special hotel rate will be available at our Niagara Falls start point hotel for Friday, September 16 and 17. Authentic Buffalo wings are available at the Anchor Bar restaurant attached to the hotel. We will be publishing a link to the special rate soon.

Join us and take part in a wonderful Volkssport tradition right here in the USA!

Let Walk 'n Mass put a spring in your step

By Joseph LaPointe

Spring is a time of renewal. Leaves return to the trees, flowers start blooming and the cold of the winter starts to fade away. In that spirit, Walk 'n Mass is excited for you to join us as our Seasonal events open up on April 1. Our Seasonal and YRE provide a great lineup of walks allowing you to enjoy the spring bloom throughout Massachusetts and Rhode Island on your schedule.

Our club is preparing a busy year of scheduled group walks and Traditional events. We already have walks scheduled into May and are continually adding more. Interested in the coast? Join us for group walks in Sandwich on April 2 and Plymouth on April 30. If history is your preference celebrate Patriot's Day, the annual recognition of the Battle of Lexington and Concord,



Minuteman Statue in Concord, Massachusetts.

with a group walk in Concord on April 18. We look forward to seeing many faces, both familiar and new, at our events this year.

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

Rockport, Mass: Artists' Haven on the Atlantic Ocean

By Joseph Piffat and Kathryn Piffat

The Two Town Walking Club (TTWC) will be hosting a new Seasonal Event in Rockport, Massachusetts, from April 1 to December 31 (dawn to dusk daily), via the Online Start Box. Rockport is located at the eastern tip of Cape Ann and was once part of neighboring Gloucester. When Samuel de Champlain and Captain John Smith explored the area in the early 17th Century, there was a village inhabited by the Agawam people. This village was abandoned following a smallpox epidemic. Gloucester was settled as a fishing port by both Pilgrims and Puritans. The area that is now Rockport was called the village of

wheelchairs. The event qualifies for the following AVA Special Programs: Town Halls/City Halls (10k only), Mayflower — 400th Anniversary, Rockin' Around the Clock, Walking the USA A-Z, Walking the USA (50 States), and Centurion Achievement Challenge. Register at 2 Dean Road (intersection of South Street/Dean Road), Rockport, (no restrooms at start, but later on both trails). The 10k trail is accessible from North Station only in Boston via limited commuter trains (Rockport Line; mbta.com) and begins on Railroad Avenue. Confirm with conductor before boarding train and check return; schedule subject to change on short notice.



Motif #1, Rockport Harbor.

Sandy Bay. During the War of 1812, a British frigate raided the village, demolishing its small fort on Bearskin Neck, but retreated after a prisoner exchange. In 1840 Sandy Bay became independent from Gloucester and was renamed Rockport. By then, the chief industries were fishing and granite quarrying, attracting immigrants from Finland, Scandinavia and Italy. By the late 19th Century, this picturesque town had also become an artists' colony.

Today Rockport is famous for its scenery, ocean views, public footpaths, sandy beaches, shops, art galleries and restaurants, many housed in repurposed fishing shacks. One of these, Motif #1 (above photo), is said to be one of the most photographed and painted buildings in the USA. The elegant Shalin Liu Performance Center presents a wide variety of events during the year. The 5k and 10k trails include the downtown area, public footpaths (cliff walk), Bearskin Neck and magnificent views of the Atlantic Ocean. Those interested in a second walk are encouraged to try TTWC's Year Round Event (YRE) in neighboring Gloucester.

For more info, contact Joseph Piffat, jpiffat@aol.com, or see my.ava.org. Both trails are rated 2B (hill at end) and are not accessible to strollers or

Once you have done the walk(s), visited the galleries, finished shopping, and eaten your fill of seafood, strudel, ice cream and candy, there are other activities in and around Rockport (rockportusa.com/) and neighboring Gloucester (gloucesterma.com/). Try deep sea fishing or a harbor cruise. Sunbathe and swim at one of the beaches. Attend a concert at the Shalin Liu Performance Center (rockportmusic.org/shalin-liu-performance-center/) or a play in Gloucester. Visit the Cape Ann Museum (capeannmuseum.org). Explore the homes of two local inventors. Elis Stenman, a mechanical engineer who designed machines that made paper clips, built his Paper House in Rockport (paperhouserockport.com) (not on walk) made of rolled paper — including some furniture and the piano casing. In nearby Gloucester, the "Father of Remote Control," John Hays Hammond, Jr., who held over 400 patents, second only to Thomas Edison, built Hammond Castle for his wife (hammondcastle.org) (not on walk). He imported European art and facades, which he used to construct an indoor courtyard with a swimming pool. He included a large pipe organ and even arranged his own indoor weather system to provide starlight, rain, and more!

Northeast Region

continued from page 12

Biking New York's Capital Region

By Tad Darling

The Empire State Capital Volkssporters (ESCV) hosted the AVA Biennial Convention in June, 2019. During the preparation and planning for the convention, ESCV discovered that there was an increased interest in bicycle riding options in addition to the traditional walking opportunities. With that in mind, and some research with other clubs regarding proper biking protocol, ESCV developed two bike rides for the convention. One in

Riders cross the Normanskill and pass Delmar and Slingerlands before arriving at Voorheesville to finish at a lovely pavilion and RR park. The Pattersonville trail features the Amsterdam walking bridge across the Mohawk River, with its flowers and trees growing in season, a lock on the Erie Canal and remnants of the aqueduct across the Schoharie Creek.

For 2022, ESCV further expanded the biking opportunities. Although mem-



The Zim Smith Bike Trail at Round Lake. Photo by Linda Morzillo.

Schenectady featuring the historic stockade area and biking along the Erie Canal and Mohawk River. The other ride was through the Saratoga National Historic Park (locally known as The Battlefield), along the Hudson River and through the Gerald B.H. Solomon Saratoga National Cemetery. Unfortunately, the weather was not good for bike riding. ESCV decided to continue the bike rides the following year and offer each one as a group ride. That turned out to be very popular with good attendance and a great outdoor activity during the pandemic.

The decision was made to add three more bike rides to the list which include, the Zim Smith trail, Albany-Helderberg trail and the Pattersonville trail. Highlights on the Zim Smith trail include a mostly shaded trail featuring Round Lake, an old Methodist camp and a nearby must stop bakery. The trail continues through the bird cage (must see) and passes a railroad yard before ending at Mechanicville. The Albany-Helderberg trail takes riders along the Hudson River in downtown Albany and then up a gradual incline to the Helderberg hills.

bers can do these rides anytime during the season, most people enjoy the social advantages of the company with others. Thus, during the 2022 season, there will be two group rides scheduled for each of the five sanctioned rides. Since all the rides were developed by one POC, coordinating 10 rides during the summer and early fall seemed like a bit much. To remedy that issue, ESCV came up with a new concept of having each ride hosted by another member of the club to take the burden off the POC. The host will be responsible for the coordination of the ride that day, scheduling, safety instructions, assistance, etc. The POC will continue to have responsibility for ride development and any changes.

ESCV is very excited about this new opportunity to provide more riding opportunities. Many of the rides have been scheduled for weekends so working families will be able to participate. Of course, ESCV guarantees perfect weather — clear skies, light breeze, low humidity and temperatures in the low 70s! Just perfect! Come join us! All rides are posted on the OSB and ESCV website.

New Seasonal Walk in Saco, Maine

By Denise Macaronas

Southern Maine Volkssport Association (SMVA) invites you to a new Seasonal walk in Saco, Maine. This walk is available through an Online Start Box (OSB) from April 1 through June 30. There will be a choice of 6k/10k routes. Hop on Amtrak's Downeaster at Boston's North Station as it makes its way to Saco. This walk will take you on Saco's beautiful and historic Main Street with its many historic homes, interesting architecture, shops of all kinds and eateries. On the walk, see Rapid Ray's, Maine's landmark and original fast food take-out establishment, open since 1953.



Welcome to Saco, Maine: Clock Tower at the train station welcomes you.

A group walk is scheduled for Saturday, April 30, starting at 11:15 a.m. unless the train is running late. If Mother Nature cooperates, we will enjoy the breathtaking view of thousands of daffodils in bloom at the Laurel Hill Cemetery. Officially established in 1844, it was one of the first garden cemeteries in the United States. The daffodils bloom gracefully from the hill to the Saco River, offering peaceful and magical views.

On Saturday, June 25, stroll down Main Street and enjoy the 51st Annual Saco Main Street Sidewalk Art Festival from 9 a.m. to 4 p.m. With more than 75 artists and craftsmen displaying a rich variety of artwork, photography and sculpture, there's something for everyone. Group walk will start at 11:15 a.m.

This event qualifies for the following AVA Special Programs: Little Free Libraries, Mayflower-400th Anniversary Walk, Rockin' Around the Clock, Walking with America's Veterans and Walking the USA A-Z. Trail rating is 1A, on paved roads and sidewalks, with short dirt paths near the daffodils.

A link to register on the OSB for this event is provided on the events page on the AVA website at my.ava.org. The POC listed below does not provide event directions or accept payment.

For more info contact Carole Plowman, carplo@aol.com, 207-883-4912, PO Box 722, Westbrook, ME 04098

For more info on Saco's historic Main Street, check sacomainstreet.org. As they say to all visitors to Saco "Slow down, look around and enjoy."

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.

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 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.






Rocky Mountain Region

DRD, TBA
rm_rd@ava.org

Steve Sandridge, Director
rm_rd@ava.org

Summer 2022

By Frank Sayers

Finally — summer!

The Woodland Wanderers had to cancel the Loghill, Colorado, Traditional event. After postponing it for two years, the physical requirements changed enough to make it impossible to host. We hope we will be able to put this mountain event back on the schedule in the future. The pictures are still up on the AVA website, so take a look to see what we missed.

to register for their events that do not have a start box. You can get it at falconwanderers.org, go to the YRE page and click on the Remote Registration Form (pdf) at the top of the page.

New for 2022 is the Jim Dutcher Trail Year Round Event in Billings, Montana. The 6k or 11k route follows the Yellowstone River through eastern Billings up to the northeastern



Burlington, Colorado, Kit Carson County Carousel.

Our fourth annual Tracy Vsetecka Memorial Event happens on Saturday, July 23. Starting at the Widefield Parks & Recreation Widick Field we once again expect several hundred supporters of Tracy and her Scholarship Fund. Join us starting between 8-11 a.m. and enjoy the camaraderie, music, games and, of course, a new trail. Don't forget to come prepared for our elevation of 5,664 feet above mean sea level.

Many of our physical start locations have declined to allow us to keep start boxes. To accommodate this, the Woodland Wanderers has set up an Online Event Registration System. You can sign up for all our events here, including those with physical start boxes. All you need is a valid email address to get started, then sign up and download all the maps, instructions and the stamp. The Falcon Wanderers have set up a form

neighborhoods and through many community parks. This event qualifies for Rails-to-Trails and is a complementary event near our Boot Hill/Rimrocks event. While you are there, you might as well do both.

The Rocky Mountain Region is a gold mine of wonderful walking events, spread across the region from Colorado to Montana. A plethora of Traditional events, with a mixture of eclectic Seasonal and Year Round events, make the Rocky Mountain Region a captivating place to get your walk on. Colorado has 43 Seasonal and YREs, Wyoming has 14, Utah, 2 and Montana, 5. Most of the events qualify for the Falcon Wanderers 22 in 2022 program. The Colorado Springs Walking Club has sponsored the new Rails-to-Trails Special Program, and nearly 100 ambitious folks have signed up. So far, 15 of our region's trails include Rails-to-Trails.

Other RM events

By Frank Sayers

The Woodland Wanderers have sanctioned several events outside our region. There are events in the Pacific Region and the Southwest Region. The Arizona County Seat Challenge is going strong. It does slow down about now because many of the areas in Arizona are regularly over 100 degrees. But don't forget, many of the events are in the mountains, where the high temperatures are in the 70s. So, get your walk on in Arizona.



Jim Dutcher Trail.

Also new are my Just Because Challenge events that have been sanctioned in Ward County, Texas. Unlike the Arizona County Seat Challenge, there is no separate book for these events. I decided to do them Just Because I can. See West Texas at its best with six outstanding events, including one by The Midland Walkabout Volkssport Club. They are hosting the Monahans Sandhills State Park event all year, while my events are Seasonals from July 1 to December 31, and are in the city of Monahans, Wickett, Pyote, Barstow and Grandfalls.

Capping out this year is a 2,000-mile seasonal road trip from San Antonio to Phoenix and back. These events celebrate the music of the Late, Great Charley Pride, beginning with *Is Anybody Goin' to San Antone*. Download the Regional Special Program booklet from woodlandwanderers.org/CharleyPride/, complete all 16 events and you will receive a USB or CD with most all of Charley's music as a reward. I expect to continue this through 2023 as well, so get started now and remember to *Kiss an Angel Good Morning* and watch out, because the *Snakes Crawl at Night*.

Enjoy your summer of walking. 🚶🏻‍♂️

MASSACHUSETTS BREAST CANCER COALITION

SWIMRUNWALK

Against the Tide

In-Person Events <small>If determined safe due to COVID</small>	7:00am Registration
Saturday, June 18	7:25am Opening Remarks & Honors
<small>DCR's Hopkinton State Park, Hopkinton, MA</small>	7:35am Warm-ups
Saturday, August 13	7:45am National Anthem
<small>DCR's Nickerson State Park, Brewster, MA</small>	8:00am USMS Sanctioned 1-mile Swim
Virtual Events <small>Participate wherever you are:</small>	8:05am Competitive 1-mile Swim
Saturday, June 11 - Saturday, June 18	8:10am Recreational 1/2-mile and 1-mile Swims
Saturday, August 6 - Saturday, August 13	9:00am USATF Certified 5K/10K Runs
	9:05am 3-mile Fitness Walk



Proceeds benefit MBCC's work toward breast cancer prevention, locally and nationally.
www.mbcc.org/swim
 for more information and to register.

mbccorg
 mbccprevention
 mbccorg

2022

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



Olympiad Memories

By James and Jean Ohl

Jean and I have attended three Olympiads: 2013 Val Gardena, Dolomites, Italy; 2015 Chengdu, China; and 2017 Koblenz, Germany. While the scenery and people are different in each location, the basic format of these Olympiads were similar.

The walkers, which number in the thousands and are from countries around the world, meet and organize themselves under their respective national flags. As a group, arranged in alphabetical order by country name, walkers then walk behind their flagbearers through the local area to a central arena, often with bands playing and crowds cheering – similar to the real Olympics. We always carried and waved small American flags. There are speeches, welcoming ceremonies, and entertainment. Then, the attendees are free to go walk the welcome walk, socialize and/or party. Over the next several days, there are walks ranging from 10k to 42k through the cities and countryside. On the last day, the closing ceremonies occur, again with speeches and great fanfare.

Beyond walking through new and beautiful scenery, we have the most fun meeting and interacting with people from other countries, often without being able to speak each other's language. We also enjoy meeting friends from other international walks and places in the USA. The children we see are often shy, and we delight in giving our small American flags to locals and usually get smiles in return. The least fun is sitting or standing through all the speeches!

2015 Chengdu, China

Chengdu is famous for Giant Pandas and for Szechwan cooking. After our visit, we think it should also be famous for friendly Chinese walkers.

We gave our American flag to a young, high school age, Chinese girl walk volunteer who helped us with directions and Chinese pronunciation. She was thrilled that we stopped and talked to her, allowing to practice her English with English-speaking foreigners, and then gave her our flag.



Chinese walkers carrying a banner with the name of their walking club.



Waiting for Closing Ceremony and, again, all the speeches.

2013 Val Gardena, Dolomites, Italy

The Dolomites are a mountain range in northern Italy, near both Switzerland and Austria. Prior to WWI, this area was part of Austria. The dress and food are much like Austria.



Gathering at a local sports field prior to getting in alphabetical order and walking.



Beginning the Welcome Walk.

2017 Koblenz, Germany

Koblenz is a large industrial German city at the confluence of Rhine and Moselle Rivers. The walks were in and around the rivers and nearby hills.





Parade of Nations Flags at the Opening Ceremony.

Crowd at the Opening Ceremony. The statue, erected in 1897, is William I, first Germany Emperor of a united Germany.




Wonderful but hilly vineyard walk.





Ken Johnson, DRD
nc_drd@ava.org

**North
Central
Region**



Susan Pinneke, Director
nc_rd@ava.org

North Central Round Up

By Susan Pinneke

Greetings from North Central! I hope you had great holidays and are settling into the new year. North Central is working on making 2022 a fun, varied and interesting walking year with lots of new walking opportunities you won't want to miss.

Even though it's been a cold, snowy winter in the region, it hasn't stopped us. We've had walks in malls and skywalks around the region, snow and cold aren't a problem in climate-controlled skywalk systems or malls. While indoor walking offered a warm winter walking opportunity, not everyone stayed inside. The NorthStar Trail Travelers embraced the outdoors with a snowshoe event at Nerstrand Big Woods State Park in February.

As spring arrives in the North Central, we are anxious to get back outside. The Nebraska Trailblazers are getting an early start with an outdoor walk in Council Bluffs on March 3. Not to worry if it's a bit chilly, hot soup is available after the walk to warm you up. In April, they are embracing German Volkswalking tradition with Bockfest on April 2. Several local breweries are sponsoring the festival, with authentic Bock beer on tap. What fun!

Parks are the location of several exciting walks this spring. NorthStar Trail Travelers are sponsoring a two-park weekend in the Silver Bay, Minnesota, area May 14 and 15. Twin Cities Volkssports is walking at Snail Lake Park on April 30. The Dairyland Walkers are venturing outdoor on May 21 in Verona, Wisconsin. This walk features a rails-to-trails trail that includes the city hall and several city parks. Park trails are especially enjoyable in the spring!

In addition to these great Traditional events, a host of new county walks open this spring in both Iowa and South Dakota, as well as some new interesting walks in Nebraska. Iowa's Walking Club is planning a walking weekend May 20-22 to feature three of the new county walks. Not only will the three walks be available, but there will be an evening social event too. You'll have a chance to catch up with old friends and make new ones.

There is so much new to see and do in North Central! Make plans to visit us this spring for some fun, new walking adventures! I hope to see you soon! 🐝

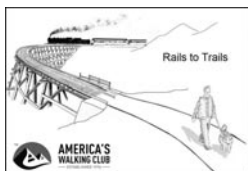
AVA Special Program — The Appalachian Trail

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.



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 traillink.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.



From east to west — such excitement in Nebraska!

By Sandy Spaulding

First, we have a two-event Saturday on May 14 in southeastern Nebraska. Visit Auburn's hive in the morning and see why they say "Nemaha County is the place to bee!" There you can find 26 unique and exquisitely painted honeybee sculptures. As they buzz across the landscape, the honeybee is a sweet nod to the farming community and a reminder that unity and working together is needed for a good community, just like honeybees work together for the good of the hive. Register at Legion Memorial Park, a National Historic Park Site with granite and limestone structures that were part of the WPA projects.



From East to West Agate Fossil Bed.

From Auburn, travel down the road to Humboldt for the Heartbeat of the Heartland walk. You will get a warm welcome from the residents of this historic town. Walk through the Humboldt Historic City Square Park with its elevated bandstand, visit the Quad County Museum and stroll through the beautiful Southeast Nebraska Cancer Memorial Garden.



From East to West Honeybees of the Heartland.

Travel to the other end of the state for two new walks in Northwest Nebraska. The White River Trail, a new YRE for 2022, soon to be part of The Great American Rail-Trail, runs along a former railroad line, with stunning views of tree-covered buttes in the Pine Ridge area. This crushed rock trail connects Crawford, Nebraska, to Fort Robinson State Park.

Western Nebraska's premier state park, Fort Robinson, has more than 22,000 acres of exquisite pine ridge scenery, exceptional lodging, scenic camping and the park's own buffalo and longhorn herds. It is a park filled with history, from the surrender of Crazy Horse, the garrisoning of the Buffalo Soldiers and its use as a German prisoner-of-war camp. Crawford grew from the need to support the soldiers at Fort Robinson with supplies and entertainment. Crawford is known as the "Big Game Capital of Nebraska." The City Park is home to the Old West Trail Rodeo.

Agate Fossil Bed National Monument, a new Seasonal event, is

in a semi-remote park that offers the opportunity to explore two trails that lead to fossil dig sites. The park is surrounded by prairie grasslands where you can view pronghorn antelope. The visitor center has a diorama showcasing mounted skeletons that represent the Miocene Epoch mammals that were found in this area. The fossil beds trail is a paved trail that takes you up to and around the two primary excavation sites for the fossils in the visitor center. The Bone Cabin (on 10k route) trail is an unpaved one-mile side trail that leads west to Harold J. Cook's homestead cabin. Restored to what it looked like in 1910, while Harold and his wife Eleanor still lived there, the Bone cabin was used after 1914 as the temporary residence for scientists who worked the fossil quarries. Cook grew up on the 04 Ranch. He became a distinguished paleontologist. His father was a good friend to Red Cloud, and often invited the Lakota to come hunt on his ranch, after they were confined to the Pine Ridge. His memoir, *Tales of the 04 Ranch*, was written as a sequel to his father's memoir, *Fifty*



From East to West Humboldt Cancer memorial gardens.

Years on the Old Frontier, and includes accounts of Red Cloud and homesteading. The Cooks were direct descendants of British sea captain and explorer James Cook.

These walks in NW Nebraska are available via online start box or physical start box at the Chadron Chamber of Commerce. White River is about 20 miles from Chadron and Agate Fossil Bed is about 65 miles from Chadron. 🐝

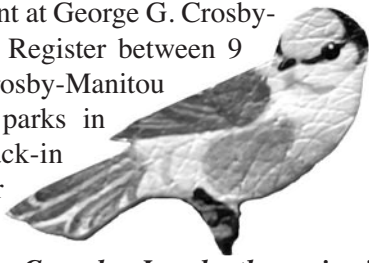
North Central Region contineud on page 17

North Central Region *continued from page 16*

NSTT sponsors first of four two-event, two-park weekends

The NorthStar Trail Travelers (NSTT) will host the first of four two-event, two-park weekends in 2022, on May 14-15 at two state parks on the North Shore of Minnesota.

On Saturday, May 14, the club will hold an event at George G. Crosby-Manitou State Park near Finland, Minnesota. Register between 9 a.m.-2 p.m. and finish walking by 4 p.m. Crosby-Manitou State Park is one of the most rustic state parks in Minnesota. Its campground consists of pack-in campsites spread out along the Manitou River and by Lake Benson. It's a rugged park with lots of hills, scenic overlooks and water. The event is the second of 10 events over the year to help charter founder, Donna Seline, celebrate her 50th anniversary of Volksmarching, and rumor has it there may be a cake at the event. After the event, the club will hold one of its famous Hobo Soup Suppers, where everyone brings something for the pot as well as a side dish to share. It's a great day at a great park, so don't miss it!



Canada Jay leather pin award for Crosby-Manitou walk.



Walk the boardwalk around Benson Lake at Crosby-Manitou State Park in Minnesota.

On Sunday, May 15, we move over to Lake Superior and walk at Temperance River State Park, starting from the lower campground, which sits right on Lake Superior. Register between 8 a.m.-1 p.m. and finish by 3 p.m. The Temperance River event will put you on some of the Superior Hiking Trail (SHT). The SHT in Minnesota offers more than 300 miles of sweeping vistas along a ridgeline overlooking Lake Superior. Beginning south of Duluth, Minnesota, and running to a 270-degree outlook just shy of the Canadian border, the trail offers stunning views of Minnesota's North Shore. Our walk will do some of that trail as well as view the waterfalls and gorges of this incredible park.



Hand painted leather pin award of the bridge over Temperance River.

As usual, the club offers a participant picnic for a donation to cover costs, served throughout the day. Awards will be available for anyone wishing one for an additional fee.

Come join us on the Minnesota's North Shore in May! But get your lodging reservations made soon as rooms fill up fast in the warm weather as we city slickers head north to get away from the big cities.

For more info contact Donna, mnavolksmarcher@earthlink.net, or go to nstt.org.

The IVV Olympiad

is coming to San Antonio, Texas
February 2023!

Stay tuned to the AVA Checkpoint and TAW for updates!

Southeast Region

Robert McDaniel, DRD
se_drd@ava.org

Kathryn King, Director
se_rd@ava.org

East Tennessee Wanderers



East Tennessee Wanderers walk in the Blount County Jaycees Christmas Parade.

A unique combination – horses and nature

By Dennis Michele

On April 23 and 24, The Asheville Amblers will provide you unique experiences — a delightful woody nature walk, a local equestrian show and an equestrian show in a multimillion dollar international equestrian center. There will be two distinct Traditional events available both days. Each will have 5k and 10k options offered and there will be plenty of time to enjoy the equestrian events.

One event will be at the Foothills Equestrian Nature Center (FENCE). This event will feature the 1940's courtly home of Jack Kimberly of Kimberly-Clark Company. If open, visit the nature center with a very large iguana and snake, old log cabin school house, area where totem poles are carved, well-manicured wooded forest trails, a pond with extensive boardwalk for fascinating views of native birds and plants and maybe even a beaver. Add to this the budding flowers and trees and you have a most pleasant walk in nature. The 10k option adds a NC/SC border crossing and a stroll around the Tryon Block House with steeple chase track, three show rings for dressage (horses trained to unique performances) events and stables. During this time,

you will see the TRNC Hound Show and various dressage events in the show rings. Both options include walking on portions of the Palmetto Trail. Check it out at fence.org. Both options are rated 2B.

The other event will be at the Tryon International Equestrian Center (TIEC). It was opened in 2014 and has hosted international and national equestrian competitions and events every year since. You will have overviews from several levels of the international stadium with its expansive show area and Tryon Stadium where most of the national competitions are held. You'll also tour the Tyron Resort Promenade with its fancy shops and amenities to serve the "horsey set" and the Legends Plaza with its hand painted Venetian carousel, which is free to ride, plus more affordable places to eat and drink. You'll also tour the four ring areas where smaller events and training sessions are held. Finally, you will see the stable area where these magnificent animals are housed before and after events. There are both a 5k and 10k option available, rated 2A because of some stairs. Check it out at tryon.com/allevnts.

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

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




**South
Central
Region**

DRD TBA
sc_drd@ava.org



Teresa Arnold, Director
sc_rd@ava.org

An ode to Dorothy, our road runner

Tulsa Walking Club (TWC) and the Volkssporting world, lost a bright light this past December. Dorothy Brown discovered walking and the Tulsa Walking Club approximately 30 years ago. Once she laced up her first walking shoes, she set off and never looked back. People called her the "Road Runner," because she was gone walking out of town, out of state and out of country so often. Dorothy walked all 50 states, all state capitals, all 77 Oklahoma counties, and many international countries.

Dorothy was a big supporter of Tulsa Walking Club and AVA, serving three terms as president of TWC. She earned a second nickname as the "Ambassador of TWC and AVA;" she would talk walking and AVA to everyone she met. As we walked in neighborhoods, Dorothy would call out in her distinctive voice, "Come walk with us!" She always encouraged walkers to set walking goals for the year; this was something she'd done for many years and always accomplished those goals.



Dorothy was an especially kind and thoughtful person and loved sending greeting cards to club members, not only for illnesses, birthdays and anniversaries, but also for a member's achievements as posted in *TAW*.

Members shared heartfelt remembrances and many accolades at Dorothy's Celebration of Life; all felt that her kindness touched many and that the world was a better place for her time spent here.

AVA reports that Dorothy's completed record books totaled 3600 events and 45,000 kilometers.

Dorothy was an inspiration to all walkers and she will be greatly missed. She leaves big shoes for us to fill as we set our own goals and achievements for the love of walking, just as Dorothy did. 🌿

Neosho High Ground Bike Preserve Walk Neosho, Missouri

By Glen Conyers

April 23 is the date for Dogwood Trailblazers Walking Club to welcome AVA folks to Neosho, Missouri, to walk on a new bike trail, which will be reserved for our people that day to walk. There will be no bikes in attendance or on the trail. This is a new trail established within the last two years for bike enthusiasts in Neosho and surrounding area. Many of you have walked on our Year Round Event in Morse Park and this is a new addition to Morse Park.

The club has a Year Round club walk the next day in Carthage, Missouri, 15 miles away and those who attend our Saturday event are most welcome to stay over and walk with us that day as well. There is a Best Western Big Spring Lodge available in Neosho along with restaurants. Phone number for the motel is 417-455-2300.

Dogwood trees should still be in bloom. The trail itself is still new enough that there are not any bicycle ruts in the trail. Will be a good walk in the woods! 🌿

MLK Louisiana Getaway

By Helen Hull

Our 2022 Louisiana West Florida Parishes kickoff over the MLK weekend got off to a good start with 25 walkers participating in eight walks. The West Florida Parishes comprise the area north of New Orleans and Lake Pontchartrain. This area was part of Spanish Florida, the area stretching from present day Florida and along the Gulf coast and to the Mississippi River. In 1810, the area declared their independence from Spain and formed the Republic of West Florida. Three months later the United States offered to annex the new republic into the Louisiana territory. This area was not part of the Louisiana Purchase from France in 1803.

Port Hudson State Historic Site in East Feliciana Parish, site of the longest siege of the Civil War. The loss of Port Hudson following the loss of Vicksburg in 1863 doomed the Confederacy. The walk explored the Union and the Confederate positions.

Sunday we headed to New Roads, parish seat of Pointe Coupee Parish, located along the False River. Fortunately for us, one of our group has a friend who lives there and who arranged for the Visitor Center to open so that we could view their prized alligator. They also served coffee and king cake. And finally on to St Francisville in West Feliciana Parish. The town is famous for being two miles long and two yards wide and



Ready to walk at Bogue Chitto.

Thursday morning we met in Covington, the parish seat of St Tammany Parish, for our first walk. This charming little town boasts the tallest statue of Ronald Reagan at the start of the Tammany Trace, a 31 mile hike and bike trail running from Covington to Mandeville, ending in Slidell. The walk passed the parish courthouse, many old homes and schools.

That afternoon, we continued to Mandeville, also in St. Tammany Parish. It is a resort town established in 1840 on the shore of Lake Pontchartrain and was favored by the New Orleans elite as a summer getaway. The walk started at another Tammany Trace Trailhead and featured many fine old homes and a stroll along the lakeshore.

Friday morning we headed to Bogue Chitto State Park in Washington Parish for a walk along the river and thru the woods. The trail featured rolling hills and passed the new disc golf course and mountain bike trails. Afterward we continued to Greensburg, the parish seat of St. Helena Parish and one of the smaller towns in the West Florida area.

Saturday morning we walked in Hammond in Tangipahoa Parish and home of the Southeastern Louisiana University. The walk passed the historic railroad station, several parks and many old homes and churches. In the afternoon, we continued to the

features a beautiful cemetery next to the Grace Episcopal Church.

After four days and eight walks, you would think that we were through, but we had one more walk on Monday at the Clark Creek Natural Area near Woodville, Mississippi. The walk started out going downhill about 200 feet, then several gradual up and downs and then finally leveling at the top of the long hill. All in a day's trek. This was a Traditional event in Mississippi requested by a member who is trying to do a Traditional walk in every state.

We had originally planned a hike at Tickfaw State Park in Livingston Parish, but Hurricane Ida destroyed all the boardwalks resulting in the trails being closed. We cancelled the walk but plan to include this parish in our 2023 walks.

And finally, we have added two more YREs in Louisiana, one in Covington (mentioned above) and a new route in the New Orleans Garden District. The Garden District walk is available via the Online Start Box as well as at the Downtown Fitness Center with the other New Orleans walk. The eight West Florida parish walks will be available throughout the year via the OSB.

Check our website WalkTx.org/ EastTexasTrekks for more information about these events. 🌿

South Central Region *continued from page 18*

New Missouri County walks kick off April 29-May 1

By Tom Alyea

Over the course of the past seven years, many clubs in the state of Missouri have been working to provide walks in each of the 115 counties in the state. This program has allowed us to participate in many locations where we don't do walks normally. We've been to some historic locations such as Sedalia, Hannibal and Cape Girardeau. We've walked nature trails in the Ozarks. We've even done walks in some of the most beautiful state parks in the nation. All told, we have walked in 93 different counties over these past seven years.

For 2022, we are continuing with even more new county walks. The Clay-Platte Trackers of Kansas City and the Pacesetters Walking Clubs are sponsoring five new county walks in north central Missouri. We will have walks in Cameron, Princeton, Bethany, Grant City and Albany. These walks will help complete the counties of DeKalb, Worth, Gentry, Harrison and Mercer. All have been sanctioned as Seasonal events beginning April 1 through December 31. The walks are all available using the Online Start Box registration.

To kickoff the new county walks, a special walking weekend event is being held April 29-May 1. This event will allow participants from across the state (and the country) to enjoy walking with friends, enjoying time in the evening to catch up on what everyone is doing, and just having fun getting together. Although all five of these walks will be available on April 1 for Online walk registration, we will have a physical stamp and registration for those who choose that method during this weekend only.

If you are interested in these walks and would like a brochure that contains the dates, times and locations for the group walks, email Tom Alyea, tealyea@yahoo.com. 🌿

Walk the South Central Region state capitols

Five historic states, five historic state capitols will feature Oklahoma City, Oklahoma, Topeka, Kansas, Jefferson City, Missouri, Little Rock, Arkansas and Baton Rouge, Louisiana.

Starting in the western regional city of Oklahoma City, the capitol complex sits on an oil field with wells on the grounds. Inside is an impressive display of historic depicting early Oklahoma history of the western migration into statehood. The walk takes in the memorial to the federal building bombing and the downtown business area including the entertainment area along the Canadian River. Traveling north to Topeka, Kansas, is a unique capitol building with visitor access to the top of the roof by walking across a catwalk to the doorway to the flagpole area. You can stand on the exact top of the building and view all of Topeka. The walk takes in the business district along with the major churches of the city.

Traveling east to Jefferson City, Missouri, this capitol building and governor's mansion are located along the banks of the Missouri River in this central Missouri city. The walk takes in the central core and the government complex, as well as the old Territorial Prison.

Traveling south to Little Rock, Arkansas, this capitol building overlooks the Arkansas River and downtown Little Rock. History of the civil rights movement and segregation are displayed in the area. The old capitol building is on the route and the President Clinton Library is also in the area for visiting.

South of Little Rock is Baton Rouge, Louisiana. This unique capitol building is built skyward with views of the city. The government complex is on the grounds of the Louisiana State University in the area. Walk highlights the downtown area with businesses and some parks. 🌿

There is no habit you will value so much as that of walking far without fatigue.

~ Thomas Jefferson

Huffin' and Puffin' 2022 Edition

By Terri Tyler

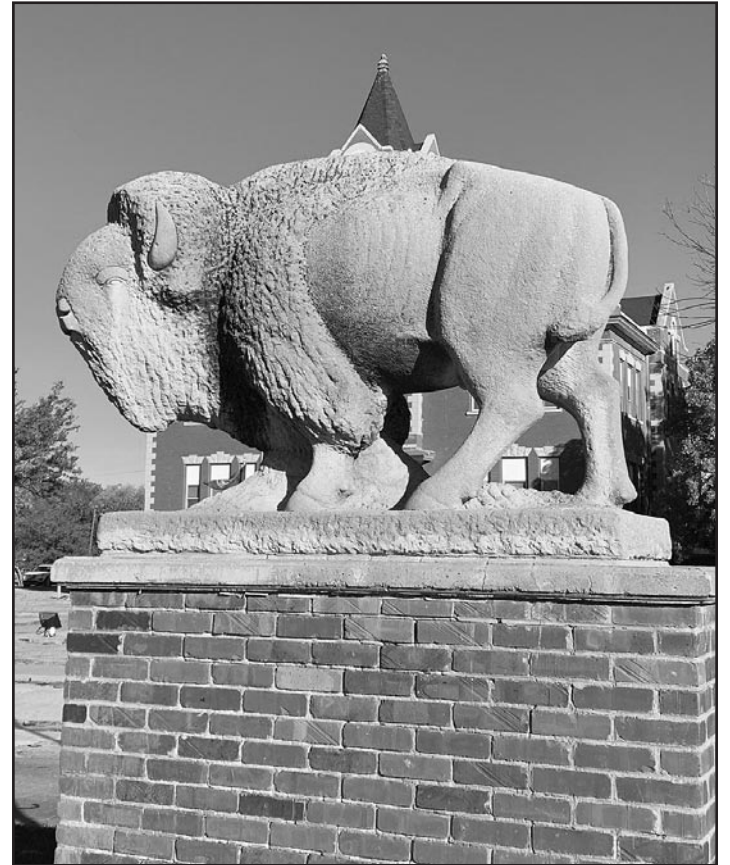
The Sunflower Sod Stompers are continuing to pursue their goal to provide sanctioned walking events in most of the 105 counties in the Sunflower State. This year the Sod Stompers are featuring nine new Kansas counties for Volkssporters. These events are located mostly along the north-west border of the state.

Let's begin with the seasonal walks in Norton, Decatur, Rawlins

and Cheyenne Counties – all of them encompassing the U.S. 36 corridor. These walks will be in Norton, Oberlin, Atwood and Saint Francis respectively, each town being the county seat. You may walk these events any day from April 15-October 12. This time frame should allow you to take part in these events in good walking weather. This area of Kansas has a drier climate, summertime temperatures, and of course the ever-blowing wind. The state name "Kansas" is derived from the Kanza Native American tribe – "peoples of the south wind." These counties are definitely located on the High Plains of Kansas. While in this region, you will be in areas with altitudes ranging from 1500 to 3500 feet so you might be "huffin' and puffin'." Temperatures can range from cool to hot during the day, and weather conditions can change quickly.

The routes will feature local business areas besides well maintained residential sections. Courses are fairly flat but there are some inclines in these communities. Although routes are on many streets that are tree-lined, be prepared to be walking in some full sun. The low humidity and the ever-blowing winds can also dehydrate the body while on the trail. Carry water with you on your walk. Services are limited, especially restrooms, so take advantage of the suggestions in the walking directions. Some Seasonal swims have been sanctioned in the towns of Norton and Saint Francis. These events will give you the opportunity to cool off in their community swimming complexes.

Mark your calendars for "Huffin' & Puffin' Weekend" – May 12-15 – for Traditional walking events in six Kansas counties, five of them being



Kansas plains famous for buffalo.

new counties for those walkers who have that as a walking incentive. The Sod Stompers will be sponsoring Traditional walks in Lincoln, Lincoln County; Beloit, Mitchell County; Osborne, Osborne County; Stockton, Rooks County; Phillipsburg, Phillips County; and Smith Center, Smith County. These events are located more in the north central part of the Sunflower State. The Friday events in Lincoln and Beloit will definitely feature "Post Rock Country." Smith County is known for being near the geographical center of the lower 48 U.S. states. All of the above events, both Seasonal and Traditional, are in towns based primarily around farming and ranching, and associated businesses. Although our walking communities are not big cities, all of them have some interesting sites, histories and charm for participants. Volkssporters are invited to come take part and enjoy small town America. These sanctioned events will have qualifiers for current AVA Special Programs connected to America's Veterans, Town/City Halls, along with a few Airports and Carousels.

The Sunflower Sod Stompers would appreciate your support for their efforts. Motels and group meals have been arranged for participants who are attending the May walking weekend. And please patronize our seasonal walk box hosts for their cooperation and for supporting our events.

If you have questions regarding these Kansas events, contact Terri Tyler, tlyler50@gmail.com or Sarah Long, s.glong@att.net, can also provide information pertaining to the Seasonal events. 🌿

South Central Region continued on page 20

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 – 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.



AVA Special Program – Town Halls/City Halls

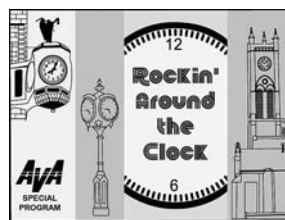
Runs January 1, 2022 through December 31, 2024. Redeem completed books by December 31, 2025. Complete 15 AVA sanctioned walks that include a town/city hall. The building must be marked as such or have a plaque as a historic site of one. A hall may only be used once, even if multiple walks go by it. The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



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

AVA Special Program – 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.



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.



South Central Region continued from page 19

Tulsa Walking Club shares March-May walk events

Tulsa Walking Club is eager to invite walkers to some exciting walks this spring!

March 19 we will walk in Hunter Park in Tulsa. This is a delightful park with a lake and a special labyrinth. There will be a food drive at this walk if you care to participate.

Our first multi-event of the year will be held April 2-3, in four counties: Sequoyah, LeFlore, Haskell and Latimer. We are pleased that Wandergruppe will be hosting a walk with us. For those walking counties, be sure and check to see if you need these counties.

Sallisaw in Sequoyah County will start off the weekend walks. The county is named after Cherokee citizen, Sequoyah, who created the Cherokee Syllabary.

Sallisaw derived its name from a French word meaning “salt meat” or “salt provisions.” Salt deposits along the streams in this area furnished salt used by buffalo hunters and early settlers to preserve meat. Be sure and look for the 14 Flags Horse located near the start table and find out what it represents (see above photo).

Poteau will be the second walk on Saturday, in LeFlore County. This is an ancient area with archaeological evidence of humans which date the Mound Builders between 500-1300 AD. There is evidence of Mayan Indians; the Vikings and French in this area.

Sunday morning will be Stigler, the county seat of Haskell County, not far from Lake Eufaula and Lake Kerr. It was founded by Joseph Stigler who originally named the town Newman for his friend Doctor Newman, an early Indian Territory physician. Then, as postmaster, Stigler realized there was much confusion over the mail being mishandled for nearby Norman, Oklahoma, so it was renamed Stigler. On the grounds of the courthouse is a log cabin, which was the place where men signed up for the draft in World War I and II, and is now the Stigler Chamber of Commerce. There are many veteran’s memorials in town. Ask the start desk

about the special one near the log cabin.

Sunday afternoon, walkers will be exploring the delights of Robbers Cave State Park, hosted by Wandergruppe Walking Club. What might you find there? (Hint: look again at the name of the park!)

Our May 21 walk will be in a very special place — The Ancient Forest. This ancient forest is located along the eastern shoreline of Lake Keystone. The area was a major



14 Flags horse.

“stepping-off” point for ancient Spanish explorers, Native Americans and recent travelers heading West. In the fall of 1832, American author Washington Irving joined a military expedition leaving Fort Gibson to follow the Arkansas River, circle across present day Oklahoma and write about what he saw on the journey. His book, titled *A Tour on the Prairies*, is perhaps the first white man written account of Oklahoma, the Sand Springs area and, of course, the mighty Arkansas River. The preserve conserves a beautiful example of Oklahoma’s diverse landscape, including 300-year-old cedars and 500-year-old post-oak trees. This 1,300-acre old-growth forest remnant represents what the “cross timbers” eco-region of our state looked like for centuries. The preserve also provides native habitat for a diverse collection of naturally occurring plants and wildlife. These trees survived because the short, stout oaks of the Cross Timbers were not ideal for lumber production, and the steep terrain was unsuitable for farming.

Each of the walks will qualify for different AVA Special Programs. See the AVA walk details for more information as well as flyers that can be downloaded; walk coordinator information will also be available there.



March 2022



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

AVA: America's Walking Club!



Volkswalkers on the Paynetown State Recreation Area Volkswalk on New Years Eve 2021.



Hammond, Southeastern Louisiana University.



Rowena and Jim Mount cooking brats for a Volkswalk at a Traditional Volkswalk at Jackson-Washington State Forest in Indiana.



Frank Ellis with Rudy, Doug Eide and Gayle Weinraub stop for a picture in front of the Old Edward Steves House built in 1874 along the 2021 King William Historic District Walk trail in San Antonio, Texas. Photo by Martin Callahan.



SMVA new Seasonal Walk Saco, Maine, Daffodils



From East to West White River Trail in Nebraska.



Atwood, Kansas, Metal Art Garden.



Biking NY Capital Region.



Biking NY Capital Region.



Member Clubs, Events and IVV

AVA MERCHANDISE

Books



Bike Distance Book
brown

Event Books
green, purple, rose or gold (specify color)

Distance Books
blue, orange or yellow (specify color)

\$6



Books, 50 State/51 Capitals — \$5

Books, A to Z Walking America — \$8

Books, Centurion Achievement Challenge Program — \$15 (AVA members only)

\$10 for additional books purchased by the same person in the same calendar year - (AVA members only)



Vinyl Book Covers — \$5
blue and red (specify color)

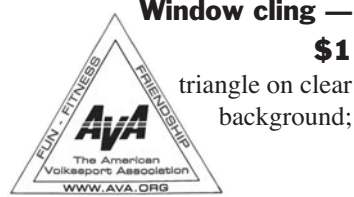


New Walker Packet — \$10
(one each of first event and distance books, plus coupons)

Stickers



Embroidered Logo Stick-on Patch — \$5

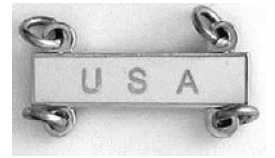


Window cling — \$1
triangle on clear background;

Car Magnet Ribbon — \$3.50
w/removable frig AVA heart magnet



Awards/Bars



Award Pin or Patch — \$3
(specify level, must qualify for)

Country Bars — \$3
(specify) Austria, Australia, Belgium, Brazil, Canada, China, Czech Rep., Denmark, England, Estonia, Finland, France, Germany, Great Britain, Greece, Hungary, Ireland, Italy, Japan, Korea, Luxembourg, Mexico, Netherlands, Norway, Poland, Portugal, Scotland, Slovakia, South Tyrol, Spain, Sweden, Switzerland, USA, Wales



Header Bars — \$3
AVA or IVV (specify)

Canadian Provinces Bars — \$3
(specify) Alberta, BC, Manitoba, New Brunswick, Nova Scotia, Ontario, Prince Edward Island, Saskatchewan, Quebec



Pins



Walk Pin — \$2



Shoe Pin — \$3
Walk to Live,



I Love Volkssports Pin — \$3



AVA Star — \$3



I'm High on Volkssporting Pin — \$3

Share the Feeling of Volunteering Pin — \$3



IVV World Pin — \$3



Pin - Walk, Bike or Swim — \$2; Ski - \$1
(specify)

Shipping and Handling Charges

Up to \$5\$1.50	\$80.01 — \$100\$10
\$5.01 — \$20\$6	\$100.01 — \$200\$14
\$20.01 — \$40\$7	\$200.01 — \$300\$18
\$40.01 — \$60\$8	\$300.01 — \$400\$22
\$60.01 — \$80\$9	\$400+\$26

Foreign addresses add \$5 to these shipping/handling rates.

Next Day Air minimum of \$25 added to regular rates

Second Day Air minimum of \$15 added to regular rates

Rates are subject to change based on size, weight and distance of rush orders.

Shipping and handling charges are based on gross purchase before discounts or tax.



AVA Banner

special order factory direct

6'x4' — \$150

3'x6' — \$130

+ \$15 shipping either

Supplies are limited and orders will be filled on a first come, first served basis. There will be no back orders.

Order Form

Please allow 4 weeks for fulfillment

Check enclosed or Please charge my:
 Visa Mastercard Discover American Express

Card No.: _____ Expiration Date: _____

Signature: _____

Name: _____

Volkssports Associate #: _____
(Required for discount. Not your Awards Record of Achievement number.)

Shipping address: _____

City/State/Zip _____

Daytime telephone (required) _____

**OR call 210-659-2112 and have your credit card ready...
OR fax your order to 210-659-1212.**

Please send the following items:

Item Description	Price
1. _____	
2. _____	
3. _____	
4. _____	
5. _____	
6. _____	

Mail form to: AVA Merchandise
1008 S. Alamo Street
San Antonio, TX 78210

The AVA can only accept payment from non-U.S. orders by means of a credit card or cheques drawn in American funds from an American bank. We apologize for any inconvenience this causes.

Don't forget to add shipping and handling to all orders. Texas residents must add 8.25% sales tax to discounted total before shipping.

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

4/23/22	W	Folsom Sacramento Walking Sticks	Myrna Jackson 916-481-6714 mjacks01940@yahoo.com
4/23/22	W	Jurupa Low Desert Roadrunners	Kathy Bundy 951-218-3755 bunznkat7@gmail.com
5/12/22	W	San Luis Obispo	Ty Fredriks 805-714-1552
5/15/22	W	Los Osos	Central Coast Beach Boardwalkers
5/13-15/22	W	Arroyo Grande	tyandginger@gmail.com
5/13-15/22	W	CA Coastal Trail	
5/14/22	GW	Toast/Coast Bus Tour	
5/21/22	W	Arnold Delta Tule Trekkers	Joan Sykes 209-931-0557 deltatuletrekkers@inreach.com

COLORADO

6/11/22	W	Loghill Woodland Wanderers.	Frank Sayers 719-640-6744 walking@woodlandwanderers.org
7/23/22	W	Widefield Woodland Wanderers.	Frank Sayers 719-640-6744 walking@woodlandwanderers.org

DISTRICT OF COLUMBIA

5/7/22	W	Washington U.S. Freedom Walk Festival Club	Dolores Grenier 703-209-0174 info@USFreedomWalk.org
--------	---	--	--

FLORIDA

4/9/22	W	Jacksonville First Coast Trail Forgers Walking Club	Diana Sherrill 904-608-4689 diana.sherrill3@gmail.com
4/23/22	W	Green Cove Springs First Coast Trail Forgers Walking Club	Diana Sherrill 904-608-4689 diana.sherrill3@gmail.com

GEORGIA

4/9/22	TGW	Marietta Georgia Walkers	Connie Clark 469-713-4712 georgiawalkers178@gmail.com
--------	-----	--------------------------	--

IOWA

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

ILLINOIS

4/2/22	W	Urbana Ridgewalkers Walking Club	Kimi Bradley 217-778-1718 kimibradley@comcast.net
4/30/22	W	Downers Grove Windy City Walkers	Irena Paronis 630-306-5311 irenamp@att.net

INDIANA

4/16/22	W	Bloomington Bedford Hiking Club	Teena Ligman 812-278-0139 tdligman@att.net
4/23/22	TGW	Noblesville Indy 'G' Walkers	Cliff Terry 317-776-1848 clifferry@sbcglobal.net
5/7/22	TGW	Indianapolis Indy 'G' Walkers	Jim Blessing 317-903-4036 jasbless@gmail.com
5/21/22	W	Metamora Whitewater Valley Walkers	Dennis Fritz 812-584-2687 ddfritz@aol.com
6/4/22	TGW	West Lafayette Indiana Volkssport Assn.	Terry Elser 260-438-8975 elserfam@frontier.com
8/13/22	TGW	Jasonville Indiana Volkssport Assn.	Terry Elser 260-438-8975 elserfam@frontier.com
9/24/22	TGW	Bluffton Indiana Volkssport Assn.	Terry Elser 260-438-8975 elserfam@frontier.com
10/8/22	W	Indianapolis Indy 'G' Walkers	Lance Ratliff 317-340-0776 lanceratliff@hotmail.com
12/10/22	TGW	Marion Indiana Volkssport Assn.	Bill Thorne 765-603-1818 ThorneBill@aol.com

KANSAS

5/7/22	W	Leavenworth Kansas JayWalkers	Rick Dodson 913-240-5302 rdodson@kc.rr.com
--------	---	-------------------------------	---

5/12-15/22	W	Osborne	Terri Tyler 785-233-4385
5/12-15/22	W	Stockton	Terri Tyler 785-233-4385
5/12-15/22	W	Beloit	Sunflower Sod Stompers
5/12-15/22	W	Lincoln	ttyler50@gmail.com
5/12-15/22	W	Smith Center	
5/12-15/22	W	Phillipsburg	

KENTUCKY

4/4/22	GW	Bowling Green	Bob Buzolich 574-339-9140
4/5/22	GW	Corbin	AVA - Mid-America Region
4/6/22	GW	Prestonsburg	ma_rd@ava.org

MASSACHUSETTS

4/3/22	GW	Boston Walk 'N Mass Volkssport Club	Carol Giesecke 302-399-6334 carolclay101@gmail.com
4/23/22	W	Fall River Walk 'N Mass Volkssport Club	Karen Plichta 508-673-2374 karenp53@verizon.net

MARYLAND

4/2/22	W	Cooksville Columbia Volksmarch Club	John Dye 410-290-6510 johndye@comcast.net
5/18/22	NW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Yvonne Astill 301-431-6668 GreenbeltMVA@gmail.com
6/4/22	W	Rockville Seneca Valley Sugarloafers	Jeffrey Giddings 240-753-0119 jhgiddings@gmail.com
6/15/22	NW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Yvonne Astill 301-431-6668 GreenbeltMVA@gmail.com
7/20/22	NW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Yvonne Astill 301-431-6668 GreenbeltMVA@gmail.com
8/17/22	NW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Yvonne Astill 301-431-6668 GreenbeltMVA@gmail.com
9/3/22	W	Greenbelt Great Greenbelt Volksmarchers, Inc.	Yvonne Astill 301-431-6668 GreenbeltMVA@gmail.com
9/21/22	NW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Yvonne Astill 301-431-6668 GreenbeltMVA@gmail.com
10/1/22	W	Frederick Seneca Valley Sugarloafers	Jone Parr 301-385-0054 jone.p@comcast.net
10/29/22	W	Gaithersburg Seneca Valley Sugarloafers	Dave Fenster 301-520-6507 rockpic001@gmail.com
11/5/22	W	Halethorpe Columbia Volksmarch Club	John Dye 410-290-6510 johndye@comcast.net
11/12/22	W	Gaithersburg Seneca Valley Sugarloafers	Tony Laing 301-980-8932 laingat@gmail.com

MICHIGAN

4/2/22	W	Ann Arbor Washtenaw Wanderers Volkssporting Club	Rob Weaver 616-745-9627 gone2run@gmail.com
--------	---	--	---

MINNESOTA

4/30/22	W	Shoreview Twin Cities Volkssport	Rita Holland 763-232-9878 10ritaholland@gmail.com
5/14/22	W	Silver Bay-Crosby-Manitou SP	Donna Seline 612-529-0552
5/15/22	W	Silver Bay-Temperance River SP	NorthStar Trail Travelers
5/21/22	W	Bloomington Twin Cities Volkssport	Paul Stachour 952-884-5977 PStachour@acm.org
6/11/22	W	Brooklyn Park Lake Country Wanderers	Bonnie Johnson 763-229-3584 bonjohn@comcast.net
6/25/22	W	Battle Lake- Glendalough SP	Peter Cartwright 612-850-4700
6/26/22	W	Starbuck-Glacial Lakes SP	NorthStar Trail Travelers
7/24/22	W	Woodbury Twin Cities Volkssport	Ken Johnson 651-774-9607 johnsonck@centurylink.net
8/13/22	W	Solway-La Salle Lake SRA	Donna Seline 612-402-5016
8/14/22	W	Bemidji-Lake Bemidji SP	NorthStar Trail Travelers
9/10/22	W	Maplewood Twin Cities Volkssport	Wayne Heath 651-249-8886 wvheath76@gmail.com
9/17/22	W	Carlton-Jay Cooke SP	Bruce Gavelle 612-418-4214
9/18/22	W	McGregor-Savanna Portage SP	NorthStar Trail Travelers
10/8/22	W	Bloomington Twin Cities Volkssport	Paul Stachour 952-884-5977 PStachour@acm.org
10/29/22	GW	Hastings-Afton State Park NorthStar Trail Travelers	Julie Bjorklund 612-868-9065 poipubeach@frontiernet.net

Events continued on page 24

Events

continued from page 23

11/5/22 W Vadnais Heights Ken Johnson 651-774-9607
Twin Cities Volkssport johnsonck@centurylink.net

MISSOURI

4/23/22 W Neosho Carolyn Wolfe 417-434-0977
Dogwood Trailblazers caroljwolfe@joplin.com
5/14/22 W St Louis Cindy Stucky 636-208-3425
Gateway Milers NFP clstucky8890@gmail.com
9/10/22 W Newtonia Glen Conyers 417-434-0977
Dogwood Trailblazers glenconyers@sbcglobal.net

NEBRASKA

4/2/22 W Omaha Sandy Spaulding 712-435-0815
Nebraska Wander Freunde Trailblazers sandyspauld@yahoo.com
5/14/22 W Humboldt Dave Brown 402-669-1706
5/14/22 W Auburn smackdb5@hotmail.com
Nebraska Wander Freunde Trailblazers
5/21/22 W Chadron Kerri Rempp 308-432-3006
Ne Wander Freunde Trailblazers director@discovernwnebraska.com
6/4/22 W Grand Island Jim McGahan 308-384-8679
Nebraska Wander Freunde Trailblazers jemcgahan@gmail.com
9/10/22 W Omaha Jill Champley 402-681-6745
Nebraska Wander Freunde Trailblazers jillchampley@cox.net
10/29/22 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

NEW MEXICO

4/23/22 W Ft Stanton Derrill Rothermich 915-270-3578
Sun Country Striders derrillrothermich@hotmail.com

NEW YORK

5/4/22 W Saratoga Springs Linda Morzillo 518-584-7762
Empire State Capital Volkssporters morzillolinda@gmail.com
5/11/22 W Albany Linda Dunn 518-541-3802
Empire State Capital Volkssporters lindatdunn@gmail.com
5/18/22 W Schenectady Teresa Kennedy 518-852-8797
Empire State Capital Volkssporters Forty6er3k@aol.com
5/21/22 W Hudson Wayne Knapp 518-469-7298
Empire State Capital Volkssporters waynecknapp@gmail.com
5/25/22 W Ballston Spa Sue Grey 518-281-8145
Empire State Capital Volkssporters susanbg2@yahoo.com
6/1/22 W Amsterdam Barbara Bilins 518-209-2541
Empire State Capital Volkssporters travlinbarb@hotmail.com
6/8/22 W Broadalbin Nellie Georgelos 518-424-5334
Empire State Capital Volkssporters ngeorgelos@gmail.com
6/15/22 W Malta Chris Yost 518-986-6207
Empire State Capital Volkssporters cyost@nycap.rr.com
6/22/22 W Schenectady Beth Snyder 518-505-3525
Empire State Capital Volkssporters BethSnyder47@gmail.com
6/29/22 W Schenectady Louise Remillard 518-496-1879
Empire State Capital Volkssporters louisieremillard3@gmail.com
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 Saratoga 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
9/18/22 W Niagara Falls Barbara Stafford 716-741-9315
Niagara Frontier Volkssport Club barbstaff59@gmail.com

OHIO

4/2/22 W Urbana Connie Bost 937-399-9204
Tecumseh Trailblazers beacon811@yahoo.com
4/23/22 W Cincinnati Richard Carey 513-742-0060
Germania Volksmarch Gruppe rwcarey3@gmail.com
5/7/22 W Lorain Deva Simon 440-915-0161
Valley Vagabonds, Inc. deval17@aol.com
5/28/22 W Xenia Carol Yegerlehner 937-878-8381
Xenia Walking Club kloekhaus@aol.com

5/30/22 W Dayton Dawn Gruber 937-409-6975
Ohio Wander Freunde dgruber333@aol.com
6/11/22 W Mentor Deva Simon 440-915-0161
Valley Vagabonds, Inc. deval17@aol.com

6/17-19/22 3-W Dayton Dawn Gruber 937-409-6975
6/17-19/22 S Ohio Wander Freunde ohiomac2022@aol.com

7/9/22 W Upper Arlington Mary Gustafson 614-313-2113
Heart of Ohio Hikers mlgustafson@sbcglobal.net

7/16/22 W Huber Heights Jim Medzviega 937-435-0469
Wandering Wheels Volkssports Club jmedz@aol.com

7/23/22 W Xenia Carol Yegerlehner 937-878-8381
Xenia Walking Club k@aol.comlockaus

8/6/22 W Cleveland Deva Simon 440-915-0161
Valley Vagabonds, Inc. deval17@aol.com

8/20/22 W Dayton Dawn Gruber 937-409-6975
Ohio Wander Freunde dgruber333@aol.com

8/27/22 W Lancaster Mary Gustafson 614-313-2113
Heart of Ohio Hikers mlgustafson@sbcglobal.net

9/10/22 W Xenia Carol Yegerlehner 937-878-8381
Xenia Walking Club kloekhaus@aol.com

9/17/22 W South Charleston Connie Bost 937-399-9204
Tecumseh Trailblazers beacon811@yahoo.com

10/8/22 W Clinton Luanne Johnson 330-466-8799
Valley Vagabonds, Inc. luanne.i.johnson@gmail.com

10/15/22 W Dayton Dawn Gruber 937-409-6975
Ohio Wander Freunde dgruber333@aol.com

10/22/22 W Cincinnati Richard Carey 513-742-0060
Germania Volksmarch Gruppe rwcarey3@gmail.com

12/3/22 W Dayton Dawn Gruber 937-409-6975
Ohio Wander Freunde dgruber333@aol.com

OKLAHOMA

4/2/22 W Poteau Woody Woodard 918-504-6274
Tulsa Walking Club lw35818@gmail.com

4/2/22 W Sallisaw Joann Bergt 918-630-7292
Tulsa Walking Club mjbergt@gmail.com

4/3/22 W Robbers Cave State Park Anne Grenier 405-381-9359
Wandergruppe Walking Club libgrenier@gmail.com

4/3/22 W Stigler Ralph Axsom 918-252-4752
Tulsa Walking Club ralphax66@gmail.com

5/21/22 W Sand Springs Cheryl Hiatt 918-706-5493
Tulsa Walking Club cherylhiatt@att.net

6/11/22 W Elk City Clark Southard 580-475-4453
Wandergruppe Walking Club buck_pilot_06@yahoo.com

6/18/22 W Sand Springs Michelle Robien 920-420-5886
Tulsa Walking Club rrobien@hotmail.com

9/17/22 W Tulsa Cathy Childress 918-857-4682
Tulsa Walking Club catherine.childress4682@gmail.com

9/24/22 W Hobart Clark Southard 580-475-4453
Wandergruppe Walking Club buck_pilot_06@yahoo.com

10/15/22 W Holdenville Ralph Axsom 918-252-4752
Tulsa Walking Club ralphax66@gmail.com

11/19/22 W Tulsa Cynthia Hines 918-406-6077
Tulsa Walking Club vetretiredclh@yahoo.com

OREGON

4/3/22 GW Beaverton Dan Webster 971-221-4994
Cedar Milers cedarmilerswalkingclub@gmail.com

4/5/22 TGW Corvallis Don Reed 541-974-5780
Albany Fitwalkers donreed1946@yahoo.com

4/6/22 TGW Oregon City Dick Baker 360-991-8806
Rose City Roamers dickbkr@q.com

4/12/22 TGW Albany Don Reed 541-974-5780
Albany Fitwalkers donreed1946@yahoo.com

5/10/22 TGW Lebanon Don Reed 541-974-5780
Albany Fitwalkers donreed1946@yahoo.com

5/24/22 TGW Sweet Home Don Reed 541-974-5780
Albany Fitwalkers donreed1946@yahoo.com

6/3/22 TGW Albany Don Reed 541-974-5780
Albany Fitwalkers donreed1946@yahoo.com

6/11/22 W Portland Dick Baker 360-991-8806
Rose City Roamers dickbkr@q.com

6/16-19/22 S Ashland Tom Baltes 505-298-1256
Oregon Trail State Volkssport Assn. TLBaltes@aol.com

6/20/22 TGW Crater Lake Nat'l Park Dick Baker 360-991-8806
Rose City Roamers dickbkr@q.com

6/25/22 W Salem Julia Westerberg 541-967-3001
Willamette Wanderers pjwesterberg@comcast.net

7/16/22 W Newport Don Reed 541-974-5780
Albany Fitwalkers donreed1946@yahoo.com

8/9/22 TGW Sisters Don Reed 541-974-5780
Albany Fitwalkers donreed1946@yahoo.com

PENNSYLVANIA

4/9/22 W Bristol Bill Ridge 215-767-5079
Liberty Bell Wanderers billri12@yahoo.com

Events continued on page 25

IVV EVENT AWARDS

10 Events

Conrad Shirley Converse TX

30 Events

Connelly Denise Guilderland NY
Honeywell Robert Joplin MO
LeVan Linda Freeville NY
Schlosser Janet Odenton MD
Shaw John Guilderland NY

50 Events

Ellsberg Vicki Vancouver WA
LeVan Linda Freeville NY
Parson Sharon Bulverde TX
Smith Mark Austin TX
Stoltz Donald Summerset SD

75 Events

Ball Sherry Powell TN
Callahan Francie Springfield OH
Churchill Andrew Frederick MD
Ellsberg Vicki Vancouver WA
Regalado Minerva Bastrop TX
Smith Alison Poolesville MD
Sterling Barbara Golden CO

77 Events

Trick Dennis Clarksville OH

100 Events

Barbour John Glen Burnie MD
Baumann Susan Decatur IN
Carnahan Mary Glen Burnie MD
Ellsberg Vicki Vancouver WA
Gunderlach Carol Painesville OH
Howard Nancy Ypsalanti MI
Wood Tracey Portland OR

125 Events

Anderson Lori Seward NE
Billman Jo Wildomar CA
Bourke Debbie Selbyville DE
Callahan Mike Springfield OH
Kaufman Karen CamdenWyoming DE
McMahon Catherine Rapid City SD

150 Events

Ridgeway Vickie Maryville IL
Xydes Georgia Austin TX

175 Events

Aguirre Nelli Kyle TX
Fenster Nancy N Potomac MD
Fenster David N Potomac MD
Fredriks Ginger Santa Maria CA
Fredriks Ty Santa Maria CA
Hils Jana Springfield OH
Nagan James Ocean Shores WA
Ridgeway Vickie Maryville IL
Willson Vern Black Hawk SD

200 Events

Council Rosemary Edgewater MD
Fenster Nancy N Potomac MD
Fenster David N Potomac MD
Hils Eric Springfield OH
Lubell Paul Catonsville MD
Williams Christine Elk Grove CA

225 Events

Casswell Teresa Clinton MD
Clark Jane Seattle WA

Council Rosemary Edgewater MD
Forsythe Becky Battle Grnd WA
Jaeger Richard Mt Juliet TN
Jaeger Karen Mt Juliet TN
Paschka Sarah Blaine MN
Witzel Carrie Ellenburg WA

250 Events

Forsythe Becky Battle Grnd WA
Tellefson Warren Auburn CA
Tellefson Nancy Auburn CA

275 Events

Bown Dick Black Hawk SD
Cieslak Christine Portland OR
Forsythe Becky Battle Grnd WA

300 Events

Bergt Joann Tulsa OK
Cieslak Christine Portland OR
Coop Terri Federal Way WA
Freeze Theresa Manassas VA
Sherrod Janet Seabrook NH

325 Events

Hinkle Rebecca Molino FL
Lee Cynthia Youngstown OH

350 Events

Golden Janice Clifton Park NY
Grenier Louise Norman OK
Hinkle Rebecca Molino FL
Johnson Ken Maplewood MN
Perry Richard FT Collins CO
Reid Francis Melbourne FL
Stoneback Gary Federal Way WA

375 Events

Golden Janice Clifton Park NY
Reid Francis Melbourne FL
Stoneback Linda Federal Way WA

400 Events

Devlin Michelle Lutz FL
Kresnicka Ronald Green Valley AZ
Reid Francis Melbourne FL

425 Events

Cieslak Paul Portland OR
Clements Elizabeth Lewes DE
Schwencke Kathy San Antonio TX
Wells Thomas Snohomish WA
Woodward Cheryl Erie CA
Woodward Randall Grand Marais MN

450 Events

Armstrong Curtis Lady Lake FL
Kester Russ Colo Springs CO
Potter Pamela Millersville MD
Remillard Louise Scotia NY
Switalski Diane Seminole FL
Wells Thomas Snohomish WA
Woodward Randall Grand Marais MN
Woodward Cheryl Erie CA

475 Events

Armstrong Curtis Lady Lake FL
Brown Janet Annapolis MD
Erickson Paul Maitland FL
Hendricks Jeffrey Rapid City SD
Peeck William Rochester NY
Remillard Louise Scotia NY
Younkins James Olympia WA

500 Events

Brown Janet Annapolis MD
Erickson Paul Maitland FL
King Patricia Gaithersburg MD
Knape, Jr Reuben San Antonio TX
Remillard Louise Scotia NY
Younkins James Olympia WA
Zeitler Mary Austin TX

525 Events

Hermes Mike San Antonio TX
Remillard Louise Scotia NY
Schwencke Mike San Antonio TX
Younkins James Olympia WA
Zeitler Mary Austin TX

550 Events

Extine Mike Olympia WA
Gately Christina Wilmington NC
Hermes Mike San Antonio TX
Johnson Janet Richmond TX
Liebig Mary Windsor WI
Younkins James Olympia WA

575 Events

Bryant Franja Bellevue WA
Johnson Janet Richmond TX
Lutz Cecelia Boulder CO
Perkins Jerry Waring TX

600 Events

Lutz Cecelia Boulder CO

650 Events

Adelman Joseph Springfield VA
Freeze Terry Manassas VA
Shockey Donald Amissville VA

700 Events

Webert Sue-Lon Vashon WA

750 Events

Alexander George Goodyear AZ
Schmidt Andrew New York NY
Webert Sue-Lon Vashon WA

800 Events

Gebhardt Diane Edwardsville IL
Havilland Laura Washougal WA
Kennedy Teresa Schenectady NY
Korejwo Henry Henderson NV
Pugmire Linda Shoreline WA
Roberts Michelle Seattle WA

850 Events

Bradley Kimberly Champaign IL
Buzolich Robert S Bend IN
Korejwo Henry Henderson NV
Longshore Alan Voorheesville NY
Melville Joan Charlotte NC
Pavlovsky John San Antonio TX
Pugmire Linda Shoreline WA
Seline Donna Minneapolis MN

900 Events

Alton Susan San Antonio TX
Buzolich Robert S Bend IN
Ives John San Antonio TX
Longshore Alan Voorheesville NY
Younkins Karen Olympia WA

950 Events

Longshore Alan Voorheesville NY
McClellan Sheila Port Orange FL
Payton Bob Coupville WA
Watts Peggy Ames IA
Younkins Karen Olympia WA

1000 Events

Longshore Alan Voorheesville NY
McClellan Sheila Port Orange FL
Nelson Ken Happy Valley OR
Payton Bob Coupville WA

1050 Events

Conrad Shirley Converse TX
Duffman Trudy O'Fallon IL
Mortimer Patti Longview WA
Payne Sharon Edmonds WA
Romig Carol Mililani HI
Solarek Suzanne Clemmons NC
Vannienwenhove Gerald Lady Lake FL

1100 Events

Conrad Shirley Converse TX
Ekstedt Cecile Doylestown PA
Payton Sue Coupeville WA
Solarek Bill Clemmons NC

1150 Events

Conrad Shirley Converse TX
Giddings Jeffrey Rockville MD
McGregor Barbara Minneapolis MN
Payton Sue Coupeville WA
Rathgeb Doug Davis CA

1200 Events

Giddings Jeffrey Rockville MD
Lucas Jean Davis CA

1250 Events

Lanpher Joan Greenville SC
Wojtysiak Dee O'Fallon IL

1350 Events

Filemyr Alice Rockville MD

1400 Events

Beales Dana San Ramon CA
Breen Nancy Sierra Vista AZ
Ogur Sherry Mountlake Terrace WA
Predham Sharon Leesburg FL

1450 Events

Breen Nancy Sierra Vista AZ
Medlin Susan San Antonio TX

1500 Events

Breen Nancy Sierra Vista AZ
Ponse Hans Woodbridge VA
Sponaugle Ronald Nipomo CA

1600 Events

Kuschke William Buda TX
Ponse Hans Woodbridge VA
Thompson Linda Williamsburg VA

1700 Events

Dodson Ricky Lansing KS
Johannesen Diane Sundance WY

IVV Event awards continued on page 27

IVV Event Awards continued from page 26

1800 Events			
Klein Ohl	Sharon Jean	Salem Vancouver	OR WA
2000 Events			
Barton Nuss Ponse	Fred Barbara Shirley	Tucson Sacramento Woodbridge	AZ CA VA
2100 Events			
Baltes Cordes Mukasa Wojtysiak	Louise Carl Carol Leonard	Camas N Las Vegas Seattle O'Fallon	WA NV WA IL
2200 Events			
Spaulding	Sondra	Council Bluffs	IA
2300 Events			
Spaulding	Angier	Council Bluffs	IA

2400 Events			
Morrison Morrison	Robert Sheila	Olympia Olympia	WA WA
2500 Events			
Beamer	Linda	Cascade	CO
2600 Events			
Paynter	Walker	Vancouver	WA
2700 Events			
Paynter	Walker	Vancouver	WA
2800 Events			
Paynter	Walker	Vancouver	WA
2900 Events			
Terry	Cliff	Noblesville	IN

3600 Events			
Penta	Maureen	Long Branch	NJ
3700 Events			
Penta	Maureen	Long Branch	NJ
3800 Events			
Penta	Maureen	Long Branch	NJ
3900 Events			
Chazen Wood	Martin Ethel	Manassas Portland	VA OR
4000 Events			
Baker Wood	Richard Ethel	Vancouver Portland	WA OR
4100 Events			
Baker Jackson	Richard Thomas	Vancouver Biglarville	WA PA

4200 Events			
Johnson	Bonita	Fridley	MN
4300 Events			
Hendricks Lindberg	Beth Shirley	Rapid City Post Falls	SD ID
4400 Events			
McTaggart	Marilyn	Centerville	OH
4800 Events			
Gunter	Patricia	San Antonio	TX
5000 Events			
Beamer	Raymond	Cascade	CO
6500 Events			
Webert	Sue-Lon	Vashon	WA
10000 Events			
McClellan	Sheila	Port Orange	FL

IVV DISTANCE AWARDS

500 KM			
Ellsberg Majernik Parson Rawls	Vicki John Sharon Robert	Vancouver Spring Hope Bulverde Va Beach	WA NC TX VA
1000 KM			
Baumann Borbon Gunderlach	Susan April Carol	Decatur Las Vegas Painesville	IN NV OH
1500 KM			
Draper Pratt Jr.	Emily Frank	Alcoa Buffalo	TN WY
2000 KM			
Clark Fouberg Jaeger Jaeger Kaul Paschka Williams	Jane Debra Richard Karen Patricia Sarah Christine	Seattle Rapid City Mt Juliet Mt Juliet Rapid City Blaine Elk Grove	WA SD TN TN SD MN CA
2500 KM			
Casswell Coop	Teresa Terri	Clinton Federal Way	MD WA
3000 KM			
Hinkle Remillard	Rebecca Louise	Molino Scotia	FL NY
3500 KM			
Yost	Chris	Scotia	NY
4000 KM			
Clements Golden Hayes	Elizabeth Janice Paula	Lewes Clifton Park Spokane	DE NY WA
4500 KM			
Armstrong Knape Woodward Woodward	Curtis Marta Cheryl Randall	Lady Lake San Antonio Erie Grand Marais	FL TX CA MN

5000 KM			
Erickson Johnson Reid	Paul Janet Francis	Maitland Richmond Melbourne	FL TX FL
5500 KM			
Adelman Gley Wells Zeitler	Joseph Debbie Thomas Mary	Springfield Trabuco Canyon Snohomish Austin	VA CA WA TX
6000 KM			
Younkins	James	Olympia	WA
6500 KM			
Andrews Bryant Freeze Havilland	Alison Franja Terry Laura	Laytonsville Bellevue Manassas Washougal	MD WA VA WA
7000 KM			
Roberts Webert	Michelle Sue-Lon	Seattle Vashon	WA WA
7500 KM			
Korejwo Melville Ratliff Ratliff Schmidt	Henry Joan Marilyn Donald Andrew	Henderson Charlotte Newcastle Newcastle New York	NV NC CA CA NY
8000 KM			
Alton Glanzer Korejwo Longshore Rigg Rigg	Susan Jay Henry Gail Carl	San Antonio Rapid City Henderson Voorheesville Kingwood Kingwood	TX SD NV NY TX TX
9000 KM			
Buzolich Cockrell Longshore Pugmire Sell	Robert Kathleen Alan Linda Katie	S Bend Knightdale Voorheesville Shoreline Bellevue	IN NC NY WA WA

10000 KM			
Breen	Nancy	Sierra Vista	AZ
11000 KM			
Conrad Ekstedt Payne Solarek Solarek	Shirley Cecile Sharon Suzanne Bill	Converse Doylestown Edmonds Clemmons Clemmons	TX PA WA NC NC
12000 KM			
Conrad Rathgeb	Shirley Doug	Converse Davis	TX CA
13000 KM			
Bradley Carter Conrad Lucas Severtsen Wojtysiak	Kimberly Deborah Shirley Jean Sandi Dee	Champaign Mesquite Converse Davis Shoreline O'Fallon	IL TX TX CA WA IL
14000 KM			
Medlin Younkins	Susan Karen	San Antonio Olympia	TX WA
15000 KM			
Schmick Thompson	Robert Linda	Severna Park Williamsburg	MD VA
16000 KM			
Ohl Pollard	Jean John	Vancouver Fayetteville	WA NC
17000 KM			
Dodson	Ricky	Lansing	KS
19000 KM			
Klein Ponse	Sharon Shirley	Salem Woodbridge	OR WA
20000 KM			
Garamone Senger	Helen Gayle	Alexandria Buckley	VA WA

21000 KM			
Barton Eby	Fred Patricia	Tucson Camp Hill	AZ PA
22000 KM			
Cairns	John	Clifton Park	NY
23000 KM			
Morrison	Robert	Olympia	WA
24000 KM			
Morrison Romig Wojtysiak	Robert Carol Leonard	Olympia Mililani O'Fallon	WA HI IL
25000 KM			
Morrison Rheinstrom Romig Spaulding	Robert Gordon Carol Angier	Olympia Ft Monroe Mililani Council Bluffs	WA VA HI IA
29000 KM			
Lamb	Paul	Bisbee	AZ
50000 KM			
Penta	Maureen	Long Branch	NJ

BIKE DISTANCE AWARDS

7500 KM			
Ratliff Ratliff	Marilyn Donald	Newcastle Newcastle	CA CA





Wild and Woodsy in Washington

Spring is just around the corner. For those wanting to beat the winter doldrums, Wild and Woodsy in Washington, happening April 22-24, has been planned with you in mind! Come to Olympia to see what Capitol Volkssport Club has for you. Many of your walking friends will be there, even from as far away as Florida.

As mentioned in a previous TAW article, all of the nine walks will be offered on the Online Start Box from April 18-29. If you are coming from out of state, or do not have a Washington State Discover Pass, you may wish to do the Millersylvania State Park walk on Friday, April 22. That has been declared a "Discover Pass Free Day." You can get your directions from the OSB or at the event headquarters, which opens at noon. Just make sure you're back at the River's Edge Restaurant in nearby Tumwater for the meet and greet, which begins at 6 p.m.

On Saturday, our very own Nancy Wittenberg, AVA Chairperson, will be leading the Staircase Hike along the Skokomish River and through beautiful old growth forest. She promises to get you back to the River's Edge in time for that delicious dinner with the four entree options (salmon, steak, chicken or vegan).



Mima Falls.

Don't forget to sign up for Northwest Trek, which was described in detail in the December TAW. You don't want to miss this long time favorite Northwest event, which is returning after an absence of several years. In addition, there are still seven more walk/hike options available. Mima Falls, a short distance from Olympia, will be beautiful in the spring. Another walk will take you through five of Olympia's parks. And, of course, all of the club's YREs, many of which are "wild and woodsy," will be available.

Don't wait any longer. Go to capitolvolkssportclub.org, click on the registration form, fill it out and get it in the mail today. There's nothing like walking with old and new friends to beat those winter blues. We'll be looking for you! 🚶‍♀️

MILESTONES

North Dakota was my 50th state

By Mary Beth Kresnicka

While living in Maryland I had the good fortune to be introduced to Volkswalking in February 2000 by my BFF. In October of that year, we decided to join a trip to the northeast states with Mary Ptacek, on a Tater Tour. On that trip many folks were stamping "state books." That seemed a daunting task, however as a result of that adventure, it got my juices flowing. Walking in all the states became my new goal. By the time I met my husband in 2004, I had already walked in 42 states thanks in part to Tater Tours, which included states such as Alaska and Hawaii, and some other Volkswalk trips as well.

I introduced my husband to Volkswalking, and he became a "man on a Volkswalking mission." I moved to California when we married, and we began walking together. By 2011, we both completed walking all the states and all the capitols. He is proud of the fact that he completed walking all the states and capitols within a total of 174 walks! We even got to Xenia, Ohio, to complete the alphabet book. Since I had now completed walking in 42 states for the second time around I wondered why I had not started to complete a second state book when I started walking with him. So I decided to do just that. By now we were living in Green Valley, Arizona. We continued Volkswalking, and by last summer I had completed all but one state for the second time, and it was North Dakota!

So last July, we took off on a 10 day Volkswalk adventure, flying into Billings, Montana. We completed a walk right after arriving, in the sun in 96 degree weather! We then did six walks in South Dakota before arriving in Bismarck, North Dakota. The last time I walked here was in 2007.



Apparently folks who visit all 50 states find North Dakota a difficult state to reach so the Visitor Center had a prepared poster stating "Bismarck, North Dakota is my 50th state." The folks at the Visitor Center were so excited that I was walking there, and that it was my 50th state, not once, but twice, that they shared the poster with me, thus the photo you see with this article above.

I would have never dreamed when I stamped my first 10 event book in 2000, that I would visit every state at least twice, walking multiple times in so many states! I am so grateful for all the folks who make Volkswalking possible, for all the adventures it has provided me, for the wonderful folks I have met along the way and for introducing me to the beauty of the USA in a way that would not be possible with any other way of travel. Who knows, maybe I will start a third state book! 🚶‍♀️



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

Exclusive AVA Walking Safari South Africa. Sept 2022

visit: www.stanley-safaris.com/ava

