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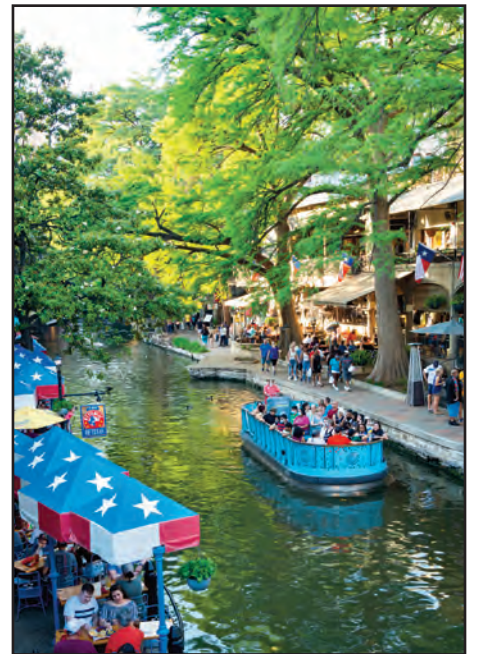
## Welcome – Willkommen – Bienvenides Bienvenue to San Antonio, Texas

The 2023 IVV Olympiad welcomes you to the Alamo City, San Antonio, February 19 – 26, 2023. This is a city filled with history, culture, culinary traditions, UNESCO heritage, arts, nightlife, beauty and so much more. As the first North American site for an Olympiad, San Antonio, Texas, is the perfect location to experience a wide range of culture and adventure.

Besides the famous Alamo, San Antonio is known for its world-renowned River Walk, or Paseo del Rio. Many of the event walks will take you along the River Walk where you will pass shops, restaurants, nightlife, museums and parks.

The River Walk is a 15-mile urban waterway, the largest urban ecosystem in the United States. Only steps away from the Alamo, it is tucked quietly below street level, providing a wonderful way to navigate the city. Via the River Walk, you will discover the rich culture of San Antonio that includes influences from Mexico, Germany, Ireland, Czechoslovakia, Spain and more.

Overlooking the River Walk is La Villita, the location for the Olympiad Village, where each day you can gather to relax after your walks, swims or bike rides. There will be food and beverages available, galleries, live entertainment and shopping – a great



Welcome continued on page 15

## Take the step! It's time to make an impact

Have you dreamed of making an impact? Of course, we all have at some point in our lives. And now you have a chance to be a part of a movement, the health and wellness movement. By giving to our individual donor campaign, the Big Give, you are changing lives. The Big Give was created to unite our community around causes in which we truly believe in. It is a day to celebrate all the good going on in our communities and it is an opportunity to give back.

**TAKE THE STEP!**

IT'S TIME TO MAKE AN IMPACT.

**big give**

Share the gift of health and wellness by supporting our mission. Online giving will start at 6 PM on Thursday, September 22, and end at 6 PM on Friday, September 23.

Donate online through [www.thebiggivesa.org](http://www.thebiggivesa.org)



**AMERICA'S WALKING CLUB**

Big Give continued on page 3

## AVA Joins the IVV-Americas Continental Association

By Tim Miner

At the June 2022 online meeting of the IVV-Americas continental organization, the hemispheric association for the International Federation of Popular Sports (IVV), the representatives of the member states of Canada and Australia accepted the application of the American Volkssports Association, America's Walking Club, to join as its third member. The effort culminated months of work by the special committee created by board chair, Nancy Wittenberg, and led by Robert Morrison of Washington. With AVA's acceptance comes ambitious plans for collaborations across the borders for popular sport activities and events.

With the upcoming spotlight on the IVV-Olympiad coming to the Western Hemisphere for the first time in February 2023, the AVA Programs Committee petitioned the board of directors to reexamine the possibilities of expanding the AVA's international outreach and connections at its autumn board meeting in 2021. The board voted to create a



Leaders of the IVV-Americas continental association, the Canadian Volkssport Federation, and the America's Walking Club, AVA, pose together in solidarity for Volkssports at the biennial conference of the CVF in May 2022.

IVV Americas continued on page 4



## MESSAGE FROM THE BOARD CHAIR



A year has gone by quickly. The AVA Olympiad committee, with our Executive Director Henry Rosales, have been tirelessly working on all aspects of the IVV Olympiad and TTR Texas Trail Roundup IML, scheduled for February 19-26, 2023. It's right around the corner! Registration is open, discounts are available, hotels are waiting for you, as are all the color and excitement of the historical and cultural sites of San Antonio. The many walking and swimming events that make these spectacular festivals are not to be missed. Come, and volunteer if you can, to show our support for everyone from around the world that will be in San Antonio to experience all we have to offer. It won't happen again in the U.S. in my lifetime. And remember, we will have our biennial business meeting, required by our bylaws, in place of a convention during the San Antonio festivities. These eight days of celebration are our convention.

It is important to remember that we are all part of a larger organization than our local club. We are all part of America's Walking Club and of the

greater International organization, the IVV. And, now we are also part of IVV Americas, the continental association along with Oceania that is working to increase walking opportunities in our regions, and especially with Canada.

**The Big Give:** It's time to remember that we are not only recipients of the benefits of our nonprofit, America's Walking Club, by walking, but its biggest supporters. Our only fundraiser for AVA is the Big Give. And that day of giving this year is from 6 p.m. Central Time Thursday, September 22 through 6 p.m. on Friday, September 23. That's right. It isn't midnight to midnight as it was in the past. The Big Give website will open on September 15 for early giving.

Why not be a monthly donor through sustained giving? That monthly gift is annualized to count toward the Big Give, so that a gift of \$10/month becomes an annual gift of \$120. Will your region unseat the Southwest Region to raise the most money toward the Big Give this year? Can we match or beat last year's total of over \$96,000? Join with me in supporting our organization and impacting more communities.

Nancy Wittenberg, Board Chair



**AMERICA'S WALKING CLUB**  
ESTABLISHED 1976



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

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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.

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**Fun, Fitness, Friendship**

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# NATIONAL OFFICE NEWS

## The Olympiad registration is open!

Register today and get a discount!

You can now register for the 2023 IVV Olympiad and IML/Texas Trail Roundup Walking Festival. Be sure to register before October 1, 2022, to receive the early bird discount.

To register go to: [ivvolympiad2023.org](http://ivvolympiad2023.org). The host hotel, La Quinta, will be the event registration and packet pickup site.

### Cancellation and refund policy

All cancellation requests must be submitted in writing and may be subject to a \$50 cancellation fee for a full 2023 Olympiad and IML TTR registration, and up to \$25 for a partial 2023 Olympiad and IML TTR registration. You must contact the American Volkssport Association Inc. (AVA) no later than January 1, 2023, to cancel your registration for the 2023 IVV Olympiad and IML TTR. Cancellations made prior to January 1, 2023, will be eligible for refunds. No refunds will be given for cancellations made after January 1, 2023. However, if the 2023 Olympiad and IML TTR event is cancelled by the American Volkssport Association Inc, a full refund will be extended to all registrants minus any processing fees charged by third party vendors.

All requests for cancellations and refunds should be mailed to: American Volkssport Association Inc., Attn: Erin Grosso, 1008 S. Alamo St. San Antonio, TX 78210-1110, 210-659-2112. Please direct all inquiries to Erin Grosso, AVA Finance Director at [erin@ava.org](mailto:erin@ava.org).

## Volunteers wanted!

This will be an incredible event that will require many volunteers. If you would like to volunteer, contact Susan Pinneke at [nc\\_rd@ava.org](mailto:nc_rd@ava.org).

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

## Like Us on the Olympiad Facebook Page!

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

## Big Give *continued from page 1*

Be a part of the health and wellness movement by supporting our mission during the Big Give 2022 fundraising campaign. This year's online fundraiser will take place from 6 p.m. on Thursday, September 22 through 6 p.m. on Friday, September 23. The Big Give website, [thebiggivesa.org](http://thebiggivesa.org), will open on September 15 for early giving (search for AVA: America's Walking Club). You may also send a donation check to the AVA National Office now through October 31.

Last year, our generous donors raised a total of \$96,548.55! Through your support we were able to purchase 128 feather banners with poles for our clubs and sustain full program and administrative operations of the organization without reducing our workforce. Thank you for making a difference through your compassion and financial support during these challenging times. Thank you for leaving your footprint! This year, we hope we can continue to count on you to reach our \$90,000 goal. Each gift made will play a critical role in allowing us to serve our community and create a larger impact in the health and wellness of those we serve. Take the step! It's time to make an impact.

Please stay tuned for our special September *Checkpoint* edition. Our Big Give special edition will include more details on how to donate, how to be a Peer-to-Peer fundraiser, Match Minutes, AVA prizes and more! Thank you.

## 2023 IVV Olympiad and IML Texas Trail Roundup Updates

### Host Hotel-La Quinta by Wyndham San Antonio Riverwalk Hotel

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

This hotel will be the location for registration and packet pickup for all IVV Olympiad and IML Texas Trail Roundup events.

### Reservation method/procedure

Reservations can be made by calling 800-753-3757 or by using the link below on or before 1/19/2023.

[wyndhamhotels.com/laquinta/san-antonio-texas/la-quinta-san-antonio-riverwalk/overview?brand\\_id=LQ&checkInDate=2/18/2023&checkOutDate=2/27/2023&group\\_code=CG8650](http://wyndhamhotels.com/laquinta/san-antonio-texas/la-quinta-san-antonio-riverwalk/overview?brand_id=LQ&checkInDate=2/18/2023&checkOutDate=2/27/2023&group_code=CG8650)

### Please use the information below when calling to make reservations.

Reservations Department #: 800-753-3757

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

Group Name: American Volkssport Association

Group Code: CG8650

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

### Reservation cut off date

The guest room block will be held until 1/19/2023 which is 30 days prior to arrival or until such time as the block has been filled. Any sleeping rooms not reserved by the cut-off date shall be released by the HOTEL for sale to the public.

### There are plenty of additional hotels available for the 2023 IVV Olympiad

The AVA has negotiated special room blocks and rates at several hotels that are in downtown San Antonio, all within a couple of miles from the host hotel, La Quinta by Wyndham. The rates vary from \$104-\$259. To view these hotels and register go to the 2023 IVV Olympiad website, [ivvolympiad2023.org](http://ivvolympiad2023.org), and click on the Hotels link. If you encounter problems with your reservation, call the hotel directly and advise them you are with the American Volkssport Association group. These hotels have agreed to issue the AVA a rebate on room nights therefore, by staying at one of these hotels you are supporting the AVA!

## Reserve your 2023 Olympiad exhibit tables now!

All AVA clubs are invited to host an exhibit table at the 2023 IVV Olympiad and IML Texas Trail Roundup Olympiad Village. The village will be open from 11 a.m.-7 p.m., Monday, February 20 through Saturday, February 25, 2023.

There is no fee for clubs who want to host an exhibit table, only a commitment to open your exhibit a minimum of four hours per day, Monday-Saturday. Exhibits will come with an eight foot table and two chairs, no tablecloths.

For more info and to reserve your table contact Erin at [erin@ava.org](mailto:erin@ava.org).

## AVA merchandise scams alert!

Be aware that AVA Official merchandise is available only on the AVA website ([ava.org](http://ava.org)) and CafePress ([cafePress.com](http://cafePress.com)). The AVA does not sell merchandise on Facebook or other social media outlets. We also do not solicit our members by email for gift cards, emergency funds, or any other type of donations and we never ask for credit card information through email or Facebook.

The only time we do send donation information to our members is once a year during the Big Give campaign (September 15-October 31). Although we do send out donation information during this time, we never ask for credit card information online.



# NATIONAL OFFICE NEWS

## IVV Americas *continued from page 1*

special committee to make recommendations on the motion. Wittenberg quickly appointed Morrison to the role as committee chair and tasked the group to examine all the positive and negative outcomes and present its findings to the board.

At their May 2022 board meeting, the committee shared its report that overwhelmingly supported the AVA joining the IVV-Americas association. With only one dissenting vote, the board of directors approved the motion to join. Wittenberg travelled to Canada later in May to present the application in person to the IVV-Americas leadership.

Americas General Assembly. They were Timothy Miner and Carl Cortes as AVA representatives, and Morrison

to the IVV-America Governing Council as the Vice President for AVA.

Morrison said, "I am delighted to be involved with an organization that is working to foster cooperation



**The IVV-Americas continental association now includes the IVV associations in Australia, Canada, and the United States.**

IVV created continental associations for the expressed purpose of fostering cooperation among Volkssporting countries on each continent. Already European and Asian Volkssporters have been enjoying their own active associations. The spirit of international friendship came alive at the biennial convention (festival) of the Canadian Volkssport Federation which took place in Penticton, British Columbia. Over 100 other AVA members joined Wittenberg and other AVA leaders, as well as the leadership of the IVV-Americas and CVF on the trails. Many attended a special session led by Wittenberg and Brenda Dudfield, the secretary to the IVV-Americas, to hear the reasons why AVA applied to the association.

Wittenberg said, "I'm really excited to be here in Canada with our walking partners. There are really three reasons why it was in AVA's interest to join the IVV-Americas. First, we have another vote at the table during IVV meetings. Second, we have more opportunities to work with Volkssport partners in other countries. Finally, we have the chance to grow popular sport events again in the Western Hemisphere, and maybe bring the world Olympiad and a new Ameri- piad to the continent soon."

The board chair then introduced her appointments to the June IVV-

between the countries in the Americas as well as future relationships in Oceania. In joining Canada and Australia, we believe AVA can bring new ideas and energy to IVV-Americas to grow visibility and participation in Volkssporting across the continents."

With AVA's new membership in the continental association, the AVA national Program Committee is already at work to plan and share events and festivals across the borders. There will be a very large contingent of Canadians joining the AVA at the 2023 Olympiad in Texas. All AVA Special Programs will be marketed across the border and Canadian Special Programs will be available to AVA members. There will be "cross-border" challenges to foster international friendships and incentives to join with popular sport friends from around the world.

There are new doors for popular sport activities opening up for all AVA members as a result of the strategic vision to truly embrace the international friendship that has always been part of Volkssports. Stay tuned for more information on events and programs that will come from this association in future issues of *The American Wanderer*. 🌍

## AVA National Officers election in San Antonio

**By Chris Mellen, Chairman, AVA Nominations Committee**

The 23rd AVA Biennial Convention in San Antonio, Texas, is less than six months away. A recipe of great walks is on the menu, join your new and old friends, and attend class A workshops, a popular activity at our convention. The election of the national officers for the term of office from July 1, 2023-June 30, 2025 will be held. Those national officers are the AVA Chair, AVA Vice Chair, AVA Secretary and AVA Finance.

AVA is moving forward with good leadership in times of dynamic change around the world. Many of our current clubs have excellent programs to offer its members and the general public. We are grateful to the Regional Directors and State Representatives who provide many years of experience to assist and guide our clubs. This sets the tone for an even brighter future for our organization. The time is now to run for national office and become a guiding force at AVA.

The Nominating Committee is made up of experienced, dedicated AVA members who volunteer to encourage AVA members to volunteer to run for office, and assist the candidates seeking office to understand the timelines and procedures to seek office.

Nomination Letters of Intent and Candidate Packages will be due in October in time for inclusion in the December 2022 *TAW*. An exact schedule and further details will be provided in upcoming *The American Wanderer (TAW)* and monthly *Checkpoint*.

For more information, contact Chris Mellen at [walkpapuu@gmail.com](mailto:walkpapuu@gmail.com) or [capecodcyr@gmail.com](mailto:capecodcyr@gmail.com) 🌍

## Looking for AVA member clubs to host the 2025 AVA Biennial Convention

**By Jerry Wilson, Chair AVA Convention Committee**

The American Volkssport Association (AVA), America's Walking Club, is looking for a host or hosts for the 2025 AVA Biennial Convention. Is your club interested in showing off your area to walkers from all over the United States, Canada and other countries? Hosting the national convention brings walkers from all over, including a few foreign nations, to your area for seven to 10 days. We are looking for a convention host for a period somewhere between April to June 2025 or, if needed, July to September 2025.

The host club, or clubs, will not be in this alone. From the proposal throughout the process, including delivering the convention, assistance and guidance will be given. Interested clubs will receive assistance from the national office and the AVA Convention Committee for submission of a Request for Proposal (RFP). Another big player that will assist clubs in developing a proposal and making local business contacts is your local convention and visitors bureau. RFP documents are available upon request from the National Office. Contact us now!

September 1 has been established as the due date to submit a proposal to host the 2025 AVA Biennial Convention. If you are preparing a proposal please submit it by the due date. If it appears the due date is difficult to meet, contact either Henry Rosale, [henry@ava.org](mailto:henry@ava.org) or 210-659-2112 or Jerry Wilson, Chair, Convention Committee, [Convention@ava.org](mailto:Convention@ava.org) or 608-695-6449. 🌍

**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.**

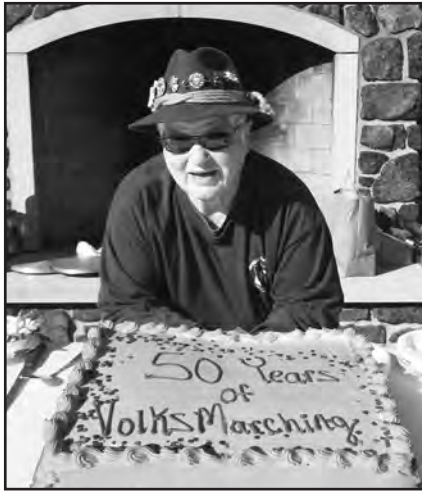




# MILESTONES

## 50 years of Volksmarching!

How long have you been Volksmarching? Donna Seline, in Minnesota, is celebrating her 50th anniversary of Volksmarching this year. She started in 1972 with a group of GIs walking in a wet slippery vineyard outside Mainz, Germany.



But we're wondering ... who else has 50 years under their soles? We know that David Toth, who died this year, started a year before Donna. We also know that Andy Howard in Texas started seven years after Donna.

**So who else has decades of Volksmarching?** We want to hear from you! Send a short article about when/where you started and if you have a good photo, send it along as well. Keep your article under 300 words and attach a high resolution photo to the email. We'll try to have a feature story in an upcoming TAW congratulating all our long-time walking friends.

Send your article and photo to [taw@ava.org](mailto:taw@ava.org) and copy it to [taw@earthlink.net](mailto:taw@earthlink.net). Hope to hear from you so we can congratulate **you** on being a long-time Volkssporter! 🍷

## Old Volkswalkers don't die, they just fade away

By Paul Lamb

I don't know if that title is true, but it applies to several older walkers that I have associated with over the years. And my pattern of walking reflects it as well. Allow me to explain.

There was a time in my early years of Volkswalking when a 10k trail was easy, and I could do more than one a day. There is a story behind that statement.

Three of us United States-ers were at the Canadian Annual Convention. We decided on the second day of that convention that none of us had any interest in attending the meeting. So, we decided to walk.

We walked the convention 10k walk, which started at the convention hotel. Then we did the Year Round 10k walk which started at the convention hotel. Then we got into my car to go find another walk somewhere near, which we did and we walked that 10k walk. Finally, to cap the day off as it was still daylight, we drove to find another walk. At this walk, one of the party announced we would find her in the bar, but me and the other member went out to walk the trail. It was an 11k walk. Then we drove back to the convention hotel for dinner. That was a 41k walking day. And we put over 200 kilometers on my car.

A few years ago, I found that two 10k walks in a day was pushing my limit. Then it came to that one 10k walk resulted in the need for a nap.

And as the years pass, I have cut back a bit more. Now I find that one 5k walk is enough to poop me out. And I am looking for some 3k trails.

So, while I hope that I am not ready to die in the near future, I am certainly fading away. 🍷



## A message from Canada

By Mich (Michele) Bell

To our walking friends in the US, I wish you all a great summer of walking for Fun, Fitness and Friendship (don't forget the two other F's: food and frothy or frosty beverages!)

I would like to invite you all to look around our website, [www.walks.ca](http://www.walks.ca), to see the events and Permanent Trails (YREs) in locations across our vast country. I would especially invite you to investigate our Special Walking Programs that are available to all walkers wherever they are. The Festivals Program is one that may be of interest if you are planning on attending the IVV Olympiad in Texas next February. We also have an Art in Public Places program which is a lot of fun.



*Michele Bellin, Canadian Volkssport Federation Executive Assistant, in Hope, BC on May 26 on the way to the Penticton Festival.*

I have been walking since 1987, and my late husband Gord and I attended many walks in both Canada and the U.S. A favorite of ours was the festival in Hershey, Pennsylvania, in November. Both of our countries have some beautiful locations for walking. Walking is a great way to explore new places and even to reacquaint yourself with your own hometown. It is amazing the little treasures you can find in places you have visited before, but now see from a different perspective. The friends you make walking just increase the pleasure.

To those I have already met at various CVF Conventions or at the Penticton Festival this May, I hope to see you all again soon. For those I have not yet met, I hope to see you in Kingston, Ontario, May 24-26, 2024. 🍷

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un Meet & Greet et un dîner.






**Atlantic Region**

Karen Kaufman, DRD  
at\_drd@ava.org



Jeff Giddings, Director  
at\_rd@ava.org

## Sea Witch Delaware Triathlon plus Ocean City walk/bike events

By Margie MacLeish

The First State Webfooters and the Freestate Happy Wanderers have teamed up to offer a full weekend of AVA events October 29-30. On Saturday, for the second year, the Sea Witch event in Rehoboth Beach, Delaware, will be a triathlon! There will be 5k and 10k walking routes. We will limit the time on Rehoboth Avenue so that you can avoid the huge Sea Witch Festival parade (begins at 11 a.m.) or stay and watch, your choice.



Six bike trail distances, from 10.6k to 43k, through some great natural areas and a rail trail, will be enjoyed by bike riders. Inside the YMCA, there will be the 300 meter swim event. Registration will be in the back parking lot of the Sussex Family YMCA. Restrooms are available in the YMCA and along the routes.

The YMCA will dedicate two swim lanes for our swimming event from 11 a.m. to 1:45 p.m. We will stamp books when you sign in in order to reduce contact. There will be water, snacks and baked goods (mostly homemade) available for donation.

The Sea Witch Festival weekend has a lot of activities to offer. Access to and from the YMCA will be available using the Church Street exit even though other roads are closed for the parade. Rehoboth Beach has plenty of restaurants and stores. Walk the boardwalk or on the sand. We'll have the AVA October 2022 patch available for sale as well as First State Webfooter shirts and older patches and pins (for a donation).

On Sunday, head a short distance south for the Freestate Happy Wanderers Ocean City, Maryland, walk (6,10 or 12k). For the first time, there will also be a bike event available in Ocean City. Check myava.org for information about planned group bike rides (both days) and a group walk Sunday.

Stay the night October 29 at the Comfort Inn Gold Coast, 11201 Coastal Highway, Ocean City, 410-524-3000, for a great rate, especially for AAA or AARP members. We are excited to team up our two clubs to offer a wonderful fall weekend of AVA events. Please join us for any or all of them! 🍷

*Atlantic Region continued on page 7*

## Lee Lepus to hold their 91st event in Richmond, Virginia

Lee Lepus Volksverband is hosting their 91st Volksmarch on October 8 beginning at Legend Brewery Legend Brewery, 321 W 7th St., in Richmond, Virginia. There is ample parking directly across the street from Legend Brewery. Register between 9 a.m. and noon, finish by 3 p.m. Please provide your own bottled water.

Award for this event is a memorial patch honoring the memory of Roger Polhemus. Roger was a long time club member and an avid Volksmarcher. He was famous for walking a 20k event two and three times a day. He developed the walk beginning from Legend Brewery years before there was a special program for state capitals. We have Roger to thank for acquiring Legend Brewery as a start point and it continues to this day as the start for our Capital Walk. He went on to develop many other trails we continue to utilize in many locations.



Roger Polhemus.

Twenty patches are available and we will reorder if necessary or you may walk for a "B" award. Free walkers are welcome, but all participants must register and carry a start card.

This walk will take you through Hollywood Cemetery. The cemetery's name is derived from the holly trees that grow there. The southern section of Hollywood overlooks the James River and affords some of the best views of the river and the city skyline. Tour maps are available at the cemetery office. You will pass the final resting places of President James Monroe and President John Tyler. Every year on their birth date there is a wreath laying ceremony held at

the gravesites with descendents of the respective presidents in attendance; President Tyler in March and President Monroe in April. A little-known federal law and detailed military regulations require the U.S. Armed Forces to remember America's deceased presidents each year on their birthdays. A general or admiral from the nearest military installation visits each president's gravesite to lay a wreath. Hollywood has the unusual distinction of being the only cemetery, other than Arlington, that has two United States presidents buried there. This event qualifies for the following AVA Special Programs: Walking with America's Veterans, Walking the USA A-Z Program and Virginia Cities (Virginia program).

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

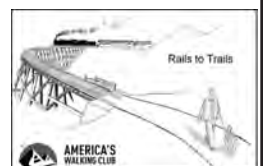
### AVA National Program — Walking the USA A-Z

Walk 26 cities — A to Z. For example walk in Albany for A, Zanesville for Z, etc. The program will continue indefinitely as long as there is interest. Once you have completed the event book you qualify to receive a beautiful patch. Note: X is a wildcard and can be a walk at any event that is not already marked for the program. Xenia is still an option. Make a copy of your book prior to mailing the original to: AVA Headquarters, Attn: A-Z Program, 108 S. Alamo Street, San Antonio, TX 78210. Direct questions to karen@ava.org.



### AVA Special Program - Rails-to-Trails

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





## Atlantic Region *continued from page 6*

# Walk, Rock and Roll in Greene County, Pennsylvania

By Mary Minderlein

Have you been waiting for a walk in Greene County, Pennsylvania, to finish the state's 67 counties? Want to combine your love of walking with classic cars and 50s music? Well, wait no more! The Mon Valley Trailblazers are sponsoring a Traditional walk in Waynesburg, the county seat of Greene County, on Saturday, September 10. While walking, enjoy the 21st Annual '50s Fest and Car Cruise taking place in downtown Waynesburg.

This AVA rated 2A Traditional walk is composed of a 5k walk through downtown Waynesburg and Waynesburg University. This walk can either be walked twice or walked in the opposite direction the second time for 10k credit. The start/finish point is in College Park at the corner of Washington and Wayne Streets. Register from 9 a.m.-noon, finish by 3 p.m.

Waynesburg is named for General "Mad" Anthony Wayne, one of the top lieutenants of George Washington during the Revolutionary War. The borough is the location of Waynesburg University, which was established in 1850.

The walk will take you through the Waynesburg University campus where you will pass Hanna and Miller Halls, both on the National Register of Historic Places. Hanna Hall was built in 1851 and was the university's first building. Built from 1874 to 1890, Miller Hall was built with 800,000 bricks fired in kilns behind the building by the college president and students.

When Waynesburg was formed in 1796, common grazing lands were established for cows, horses, sheep and hogs. These grounds have since been converted into city parks and feature a fountain, gazebo and Civil War Monument. Walking past the Eva K. Bowlby Public Library, housed in an early 20th century home, you will notice that the steps leading up to the library are painted to look like book spines.

Walking into the downtown historic district, you will see several historic



*Bowlby Library Book Spine Steps*

homes from Waynesburg's early days, including Greek Revival row houses built before the Civil War. The county's original log courthouse, built in 1797, is still standing. The current courthouse, built in 1850, features a statue of General Nathaniel Greene on top of the cupola.

While downtown, check out the classic cars, and enjoy the 50s music. There will also be door prizes, goodie bags, raffles and specials at the downtown shops. Have lunch at the festival or stop at one of the downtown restaurants.

Waynesburg is also the site for other annual festivals, including a Sheep and Fiber Festival and Rain Day which began in 1874 and occurs every year on July 29. It celebrates the fact that it has rained on July 29 78 percent of the years since 1874. There is an annual bet of a hat with national celebrities including Mr. Rogers, Jay Leno and Willard Scott in past years. Current celebrations include a street fair.

Enjoy Waynesburg's small town charm and, after the walk, explore rural Greene County, including the W.A. Young Foundry, on the National Historic Register in the town of Rices Landing and Carmichael's Covered Bridge, built in 1889.

See you at the Waynesburg Traditional Walk. Be there or be square! 🍪

## Sugarloafers offer three fall Traditional Events

By Anthony (Tony) Laing

The Seneca Valley Sugarloafers Volksmarch Club of Montgomery County, Maryland, have completed two of their five Traditional Events for 2022 and have three more scheduled for the cooler days in the fall. The last one completed was on June 4 at Historic Rockville — a walk through the historic areas of Rockville, one of the oldest cities in the county. The walk highlighted the historic structures in this town dating from the early 1800s



Next up are three fall walks:

**Oktoberfest at Frederick on October 1.** This will be the seventh consecutive time that the Sugarloafers have sponsored this enjoyable walk. We change the route each year. It is held in conjunction with the annual Oktoberfest in Frederick, Maryland. The walkers will enjoy plenty of music, food and libation at the finish.

**Kentlands East and West on October 29.** This is a brand new sanctioned walk and showcases Halloween decorations in this relatively new and award-winning planned community in Montgomery County.

**Moonlight at Seneca Creek State Park on November 12.** As a way of offering walkers a variety of experiences, we're walking after dark under the light of the Beaver Full Moon. The walkers will bring their flashlights and enjoy reflections of the moonlight as we traverse around Clopper Lake.

To further enhance our mission of fun, fitness and friendship, the Sugarloafers are holding a group walk and luncheon on November 19 to celebrate the 35th anniversary of the club's founding in 1987.

For more info about these and other Sugarloafers activities, go to [sugarloafers.org](http://sugarloafers.org). 🍪

## New Chesapeake and Delaware Canal bike and walk events

By Margie MacLeish

The First State Webfooters are proud to announce a new Seasonal event (Year Round beginning in 2023): the Chesapeake and Delaware Canal bike and walk event. The trail offers a scenic walking and biking route along the north shore of the Chesapeake and Delaware (C&D) Canal in northern Delaware. Named for former U.S. Congressman and Governor Michael N. Castle, the trail includes 12.1 miles of paved surface, three trailheads and amenities including benches. Trail counters measure trail distance.

The C&D Canal, dug in the 1800s and widened in the early 1900s, links the Chesapeake Bay and Delaware River via a 14-mile route through what were once swampy marshlands. Today, the canal continues to be one of the world's busiest, as much of the shipping traffic to and from the Port of Baltimore, one of the largest ports in the United States, makes its way through the channel.

The event is Online Start Box only. Ten, 16, 21, and 31k bike routes are available, as well as 5, 10, 16, 21 and 31k walk routes. Walk or ride dawn to dusk. It's wonderful to watch the canal as you pass, seeing boats and barges, and looking up as you go under a number of bridges. Come walk and/or bike the C&D Canal and let us know what you think of it! For more info contact Kathy Szczesiak, 302-388-5740. 🍪

**AVA: America's Walking Club!**





**Southeast Region**

**Robert McDaniel, DRD**  
se\_drd@ava.org

**Kathryn King, Director**  
se\_rd@ava.org

## “Audemus Jura Nostra Defendere” Veterans Day event – November 11-13

Alabama’s motto is “Audemus Jura Nostra Defendere” (We Dare Defend our Rights) and we proudly remember the Americans who have fought for our country. The Capital City Wanderers invite you to join them for a three-day, multi-county, walking event commemorating our US Veterans and the great state of Alabama.

We will be sanctioning walks in Chilton, Coosa, Autauga, Elmore, Lowndes and Butler counties over Veterans Day Weekend, November 11-13. Each of the walks will qualify for different AVA Special Programs with an emphasis on remembering all of our Armed Service Members. Whatever your goals, walking every county, filling up your Special Program Books, making new friends or just having fun, the Capital City Wanderers are happy to walk with you!

Registration, stamps, and map pick up will be available daily, with a Meet and Greet planned for Friday night in Prattville. Early registration and pre-registered packet pick up will be available Thursday, November 10, from 4-7 p.m. in historic Prattville. You are welcome to register, stamp your books and walk alone, or you may join us each day at 9 a.m. and 1 p.m. for our hosted walks, when members of the Capital City Wanderers will accompany you.

On Friday, November 11, we will meet in Prattville (Autauga) at 9 a.m. Prattville’s historical district is quaint, and includes a veteran’s memorial at the county courthouse, a Little Free Library and many shops and eateries. At 1 p.m., we will meet in Hayneville (Lowndes). There will be two choices of events there. There is a 5k route

that doubles upon itself, goes through downtown Hayneville and passes a veterans’ marker, the local Disabled American Veterans office next to the library. If you crave a more scenic route, a 10k is located 30 minutes out of town at the Holy Ground Battlefield. This is the site of the 1813 battle between Creeks led by Red Eagle and American forces under General Claiborne with Pushmataha’s Choctaws as allies. Whether you pick a small town or rural route, Lowndes County will not disappoint.

Saturday, November 12, at 9 a.m. we’ll be in Greenville (Butler), which is a 1.5-hour drive south from Prattville. Our route in Greenville passes the local library, down Main Street to a veteran’s memorial in a roundabout around city hall, and a pioneer cemetery. At 1 p.m., we will meet in Clanton (Chilton). Everyone in Alabama and the surrounding states crave Chilton County peaches. Clanton’s huge peach water tower leads travelers to peach everything – peach pie, peach preserves and peach ice cream.

On Sunday, our 9 a.m. walk goes to Rockford in Coosa County. We will pass Fred, the town dog’s gravesite and a veteran’s memorial. At 1 p.m., we will walk in Wetumpka (Autauga). Our route passes the Coosa River, the Bibb Graves Bridge, and the “Old Caboose” Jail. Wetumpka was featured on HGTV’s *Home Town Takeover*. You can also see the house featured in the movie *Big Fish*.

To be added to our email list for current information about our event, email Jerry Dunbar at jerry\_dunbar@hotmail.com. Visit our website, capitalcitywanderers.com, as we continue to update it. 🍁

## October in western North Carolina

By Dennis Michele

Fall is the ideal time to visit the mountains of western North Carolina (WNC). The air is crisp and clear during the day but with a pleasant sun so only light outer wear is needed. The hardwood trees are changing into their fall splendor and the sprinkling of green pines sets off their beautiful display. This can be seen from several of the Asheville Amblers YREs – panoramas from Waynesville, Asheville City, Arboretum and Biltmore Estate trails. Especially of note are the two huge maple trees in Waynesville with their vivid reds against the back drop of colors from the nearby slopes. For more info on these walks, go to the Ambler website at ashevillianblers.com.

The Amblers are also offering a Traditional event on October 8 at Shelby, North Carolina. This picturesque foothills town has splendid parks, a farmers market that is not to be missed, pleasant tree lined neighborhoods, vibrant downtown with a family style restaurant with good home cooking at very reasonable prices and a quiet restful atmosphere. There will be 5k and 10k options both rated 1A. The event will start between 9:30 a.m. to 1 p.m.; finish by 4 p.m. For more details and a downloaded brochure, go to the Ambler website.

Lastly, while not in WNC, the Amblers are adding a new walk to compliment its present YREs at Bluffton/Hilton Head/Beaufort/Pinckney Island. Port Royal, South Carolina, is a pleasant coastal town with scenic views, active waterfront, interesting neighborhoods, old forts and parks galore. It will be a Seasonal starting in October with full YRE status starting 2023.

So, come see us in October. Enjoy the weather, fall colors, great views and fine walks. Add a glass of apple cider, hot or cold, to top off your stay. 🍁

## Walk Around Florida 31

By Cathy Metherell

Registration is now open for Walk Around Florida 31 and we hope you will join us for lake walks in old Florida. The walks will be in the towns of Tavares, Eustis, Mount Dora and Leesburg, all located in Lake County, Florida. We will also have a swim event.



**Note:** you must make reservations at the Comfort Inn and Suites Tavares North by September 5 to get the Walk Around Florida rate. The phone number is 352-253-2378 and ask for the Walk Around Florida room rate.

Check the Mid-Florida Milers website, midfloridamilers.org, for registration forms. If you are on Facebook you will be able to look for updates as the weekend approaches.

In planning these walks we have learned a lot of history of central Florida and we hope you will join us walking through this history.

For more info about the weekend contact Cathy Metherell, 407 375 2387. 🍁

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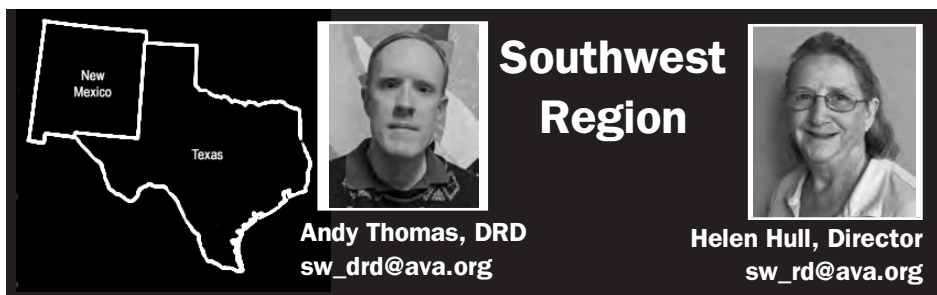


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AMERICA'S WALKING CLUB

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[ivvolympiad2023.org](http://ivvolympiad2023.org)





**Southwest Region**

Andy Thomas, DRD  
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Helen Hull, Director  
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## Derrill Rothermich – Sun Country Strider

AVA and the Sun Country Striders of Las Cruces, New Mexico, have lost a long time valuable member. Derrill Rothermich was a tireless worker who volunteered at events and developed many trails over the years. As the club’s trailmaster, he had checked out a revision of the White Sands shortly before his death. Derrill was widely known throughout the Southwest Region and could always be counted on for help. He was retired military and particularly proud of the club’s YRE at Fort Bliss in El Paso.



*Derrill Rothermich volunteering at the El Paso Zoo.*


Derrill was instrumental in organizing the Sun Country Striders’ week of walks back in 2017 and 2018, and he set up the week of walks around Ruidoso for 2020. Unfortunately it had to be cancelled due to COVID. But ever the organizer, Derrill and the club rescheduled the walks for this past April. Derrill worked with the city to find a host hotel and put together goody bags for the walkers.

When the idea of establishing a ‘Walk New Mexico County’ program was proposed, Derrill eagerly jumped on board and worked to convince his fellow club members that this would be a good idea and that walkers would come. Members expanded the scope of their walks and added four more counties in southeast New Mexico for the 2022 events. Unfortunately, Derrill had been in failing health recently and passed away April 19, the day before the Ruidoso weekend of walks were to start. He would have been thrilled with more than 50 walkers attending from 13 states.

Derrill was not only an AVA enthusiast and member of several clubs in West Texas but also a dedicated volunteer at the El Paso Zoo devoting many hours at the zoo and doing anything asked of him including cleaning the glass windows in the lions’ enclosure. He was buried in the Fort Bliss National Cemetery.

**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.



## World Heritage Festival, Tour de las Misiones and Somerset Walks

By Martin Callahan

The San Antonio Pathfinders Volksmarch club will host two walk events this fall. The first will be the World Heritage Festival (WHF), Tour de las Misiones on September 10. The San Antonio Pathfinders, the San Antonio World Heritage Office, San Antonio River Authority, San Antonio Parks and Recreation and National Park Service are managing the sixth annual American Volksmarch Association (AVA) 5k and 10k walk events that are part of the WHF that runs for five days.

online go to [edwardsaquifer.net/hotwells.html](http://edwardsaquifer.net/hotwells.html). The start point for the walk is at the Mission Park Pavilion, 6030 Padre Dr., San Antonio.

The second event will be a 5k and 10k walk in Somerset, Texas, on October 22. This walk is one of the special events Somerset is having this year of celebration. The Somerset Historical Society is assisting with the celebration of Somerset City’s 50th year of incorporation and Somerset ISD’s 100th year of celebration. For more info on Somerset online go to [cityof-somerset.org/](http://cityof-somerset.org/).



*Michael Marke carrying an umbrella and leading a group of Volkssporters at the start of the 2021 World Heritage Festival, Tour de las Misiones Walk trail in San Antonio, Texas. Photo by Martin Callahan.*

The WHF is an annual collaborative event to celebrate and promote our San Antonio Missions, a United Nations Education, and Scientific and Cultural Organization (UNESCO) World Heritage site. The five San Antonio missions were designated a World Heritage Site by UNESCO in 2015.

All Volkssporters will start as a group shortly after 7:45 a.m. This year the WHF will have the image of the famous Alamo mission on the medal and t-shirt. Go to [worldheritagefestival.org](http://worldheritagefestival.org) for daily festival events and to register online for the walk.

Volkssporters will follow mostly paved trails along the San Antonio River and then around the Hot Wells Hotel ruins, which date from 1893, before then strolling through Espada Park. You will walk through the grounds of Mission San Jose which was completed in 1768 and continue along the nature trail back to the start/finish.

For more info online about the San Antonio Missions go to [nps.gov/saan](http://nps.gov/saan). For more info on the Hot Wells Hotel

Somerset is about 20 miles south of downtown San Antonio in Bexar County. The original town was settled in 1848 by Baptist families from Somerset, Kentucky, and located three miles south of the current location. Many of the settlers moved from the old town to the new location that was named Somerset in 1909. In 1913 oil was discovered and the Somerset oil field was the largest known shallow field in the world at that time.

The main employment for residents is mostly in the oilfields, ranching, farming and commuting to surrounding areas to work. The 2000 Census recorded a population of 1,550 people. The walk trail will be along paved city roads past some historic sites and a dirt trail through a small farm and pasture.

Register for the walk from 8-11 a.m., finish by 2 p.m. at the Somerset City Park Pavilion, 7360 East 6th Street, Somerset.

For info on both walks contact Mike Schwencke, 210-679-7609 or [mike.schwencke@outlook.com](mailto:mike.schwencke@outlook.com).

Southwest Region continued on page 10

**Next TAW deadline**  
**October 25**  
**for December, January, February**



## Southwest Region

### The Hill Country Volkssportsverein fall walks

continued from page 9

By Tina Bohnert

What better way to celebrate fall than a walk in the Texas Hill Country? The Hill Country Volkssportsverein, otherwise known as the Guadalupe Gallivanter, will host three Traditional walk events in September, October and November.

September 17 will take us to the Historic Cypress Creek Schoolhouse at 1530 Stoneleigh Road, Comfort, Texas, where participants will have

On November 26, join us for Christmas in Comfort on the Saturday after Thanksgiving for a 5k or 10k walk. Christmas in Comfort is a popular holiday event drawing thousands of visitors to the picturesque town. The streets are lined with arts and craft vendors and food booths for a day full of holiday activities from 10 a.m. to 9 p.m. The day concludes with a lighted night parade. Registration is at the Friends of the Comfort Public



Musicians singing and playing their guitars along High Street at the holiday market along the Christmas in Comfort Walk trail in November 2021 in Comfort, Texas. Photo by Martin Callahan.

the choice of a 5k, 10k or 13k trails. The paved route contains varying inclines and you will enjoy sweeping views as you travel the scenic countryside passing working farms and ranches and wide open spaces.

October we will host a fall tradition that began in 1980. Registration for the 5k or 10k walk event will be at the Waring Hall, 11 Waring Road in beautiful downtown Waring, Texas, both Saturday and Sunday, October 29 and 30. The Lane Valley Community Center will provide concessions at the hall on both days, serving breakfast, hamburgers and baked goods. The Lane Valley Community Center is a not for profit organization with the objectives of maintaining the Lane Valley School House and providing a meeting place for the community and others. On Sunday the Waring VFD will also serve lunch at their ever popular annual fish fry next door to the Waring Hall.

Library Book Barn, 633 Main Street, Comfort.

The Hill Country Volkssportsverein also hosts seven Year Round Events. The Comfort Historic Walk YRE start point is at Highs Café, 726 High Street, Comfort. Registration for the Cowboy Capital of the World Walk is at the Bandera County Convention and Visitors Bureau, 126 Highway 16, Bandera, Texas. The start boxes for both of these walks can be found on the porches and are available every day, dusk to dawn. You will find five events available at the Inn of the Hills, 1001 Junction Highway, Kerrville. You are invited to walk the Guadalupe River Trail, the Bridge Walk, Schreiner University, Old and New Walk and the Downtown Walk. You will find the walk box for the five Kerrville walks in the lobby of the Inn.

For more info call 830-995-2421, 830-431-2850 or e-mail johnbohnert63@gmail.com.

## Hike Colorado Bend State Park with West Texas Trail Walkers

Join the West Texas Trail Walkers on October 7-9 to hike the trails in Colorado Bend State Park. Located deep in the heart of Texas, this park is a hidden gem of the Texas State Park System. While the park lacks the altitude of far west Texas parks, it offers just as challenging trails through rugged hill country. Be sure to wear hiking boots and bring a hiking pole.



The 11/5k Gorman Falls and Springs hike on Friday, October 7, is a rugged hike featuring a beautiful waterfall and a serene spring-fed stream. To reach the waterfall the trail descends along a steep natural rock staircase with cable railing. Magnificent trees line the stream and lily pads float on the pools. In the evening join your friends for a pizza and beer happy hour at Putters and Gutters in Lampasas, Texas.

Offering hiking distances between 5-17k, the Cedar Chopper Trails on Saturday, October 8, traverse the core of Colorado Bend State Park. High ridges and steep canyons with limestone outcroppings and sinkholes make this a challenging hike. Midway through the hike the trail flattens and follows the Colorado River. Dinner Saturday night is at Bella Italia Restaurant in Lampasas, Texas. A state park ranger will give a presentation on the history of the Colorado Bend State Park.

Finish the weekend on Sunday, October 9, with a moderate 10k or 5k hike on the Spicewood Springs Trails. The loop trail starts at the Colorado River near the park headquarters. The upper trail is on a ridge that has many scenic canyon viewpoints. Eventually the trail leads down to the beautiful Spicewood Springs. This section of trail follows a creek lined with pools of clear, cold water. There are several water crossings. Take off your shoes and socks and stick your feet into the refreshing water.

The nearest city to the park is Lampasas, Texas, where a 10/5k historical downtown walk is available October 6-9. Lampasas was once a resort destination known for its mineral springs and crystal clear spring water. Lampasas also offers the nearest lodging. A limited number of rooms are available at the Best Western, 512-556-2100. Nearby is the budget Country Inn, 512-556-6201. Check with the Lampasas Visitor Center at lampasas.org for other motels and camping options. Camping is available at Colorado Bend State Park but there is no water or electricity. Register online at reserveamerica.com.

Because Colorado Bend State Park strictly limits the number of vehicles and people in the park, be sure to read the brochure for specific instructions on carpooling. All participants are required to pre-register by September 23. The registration form and brochure can be found at the West Texas Trail Walkers website, westtexastrailwalkers.org.

Southwest Region continued on page 11

AMERICA'S WALKING CLUB  
ANNUAL FUNDRAISER

The Big Give 2022

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



### 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.





## Southwest Region *continued from page 10*

### The Randolph Roadrunners' fall walks

By Martin Callahan

The Randolph Roadrunners Volkssports club is hosting two walk events this fall in San Antonio, Texas. The first event will be at Pearsall Park on October 1. Pearsall Park is the largest park in San Antonio with 505 acres of rolling hills with walk and bike trails, artwork, basketball courts, disc golf course, dog parks, the Fitness Challenge Zone, outdoor fitness equipment, picnic tables, splash pads and more. While strolling along the walk trails through this beautiful park you will be amazed to know that it was all built on top of the former District 4 municipal landfill.

on November 25. REI is an American retail and outdoor recreation services corporation that first started a movement for people to reconnect outdoors over the holidays. This walk event after Thanksgiving is the Randolph Roadrunners' participation in the movement.

The city of San Antonio purchased 600 acres of land from the estate of George W. Brackenridge in 1944 and 1966, which would later become Southside Lions Park. The Park has a community center, Pecan Valley Lake, a pool, sports fields and scenic trails.



*Taylor Vertucci with Kona, Audrey Vertucci, and John Ives pose for a picture with Pecan Valley Lake visible behind them before beginning the Southside Lions Park Walk which took place in November 2021 in San Antonio, Texas. Photo by Martin Callahan.*

While following the trail to the top of the ridge you will pass by the "Wickiup Encampment" sustainable public art project created by nationally recognized public artist Buster Simpson. It is one of two art installations commissioned by the city of San Antonio at the park. Wickiup refers to a primitive domed structure historically associated with Native Americans of the Southwest.

While on top of the ridge enjoying the Wickiup Overlook you will have a great view of Lackland Air Force Base also known as the "Gateway to the Air Force." Lackland AFB was originally built during World War II and is now home to Air Force Basic Training and operated by Air Education and Training Command.

This year the walkers will follow a new 10k trail to the bike park. Registration for this unique walk is the event pavilion at Pearsall Park, 5102 Old Pearsall Road, San Antonio.

The second walk event is an REI Opt Outdoor Day Walk event at the Southside Lions Park in San Antonio

The park is also sometimes known as Hi-Lions by taking the name of the organization that worked to save the land as a public park.

The city originally purchased 346 acres from the George W. Brackenridge estate to use as a landfill. The residents of Highland Park and the members of the Highland Park Lions Club succeeded in convincing the city to turn the land into a park instead of a garbage dump.

Registration for this walk is Southside Lions Park East, Pavilion 2, 4600 Pecan Valley Drive San Antonio. As usual a tasty hot dog lunch will be available for purchase by Volkssporters at this event.

For info on these two walk events contact Ellen Ott, 210-723-8574 or [ellenott@sbcglobal.net](mailto:ellenott@sbcglobal.net), or go to [randolphroadrunners.info/](http://randolphroadrunners.info/).

You can learn more about both parks online at [sanantonio.gov/ParksAndRec/Home/Parks](http://sanantonio.gov/ParksAndRec/Home/Parks).

## Dallas Trekkers will have two fall walks

By David Sheppard

On October 1, we'll visit Little Elm Park in Little Elm, Texas. Start time is from 8-11 a.m. We'll enjoy the Johnny Broyles Nature Trail along Lake Lewisville and the athletic complex. The 10k route continues through a residential neighborhood.

On November 5, we'll be walking through the John Bunker Sands Wetland Center in Kaufman County, Texas. Start time is from 8-11 a.m. The 2,000 acre man-made wetland filters 102,000 acre feet of water a year from the east fork of the Trinity River, removing sediment and fertilizer runoff before being pumped 43 miles back to Lake Lavon Reservoir for storage, blending and water supply use. The wetland is a center for education, research and wildlife observation.



## CRW Visits Berry Springs Park and Preserve in September

The Colorado River Walkers (CRW) will host a Traditional event in Berry Springs Park & Preserve, just outside Georgetown, Texas, on September 24, from 8-11 a.m. This park consists of 300 acres of rolling farmland, with 100-year-old pecan trees, and the trail will enjoy the shade much of the time from these trees. You can also talk to Pedro and Lil' Bob, the two resident burros.

The park contains a cemetery for John Berry, for whom the creek is named, and a few relatives. A native of Kentucky and veteran of the War of 1812, John Berry moved in 1816 to Indiana, but in 1827 he brought his family to Mexican territory, in what is now known as central Texas. Mexico awarded him lots in Liberty and Bastrop when those towns were founded.

A Williamson County pioneer, Berry settled three miles northeast of Georgetown in 1846. He built a blacksmith and gun shop and a spring-driven grist mill near Berry Creek. Berry had 18 children by his three consecutive wives. Berry's oldest sons served in the Republic of Texas Army. All three were Texas Rangers before and after the War for Independence (1836) and in the Battle of Plum Creek (1840). Five sons and three sons-in-law served in the Confederate Army during the Civil War. Berry died at age 80 and was buried near his home. His descendants include a great-grandson, Audie Murphy, the most decorated soldier in American history.


CRW hopes to welcome you to Berry Springs Park for a lovely late September walk! Contact Deb Peak, [debpeak13@gmail.com](mailto:debpeak13@gmail.com) for more information.




Adopt the pace of nature:  
her secret is patience.

~ Ralph Waldo Emerson








**Ken Johnson, DRD**  
nc\_drd@ava.org

**North  
Central  
Region**



**Susan Pinneke, Director**  
nc\_rd@ava.org

## Can a small club do big things?

Sandy Spaulding

Of course, the answer is yes. It is getting started and persevering in the lulls between the successes that make it hard. Our club has had its times of doldrums. But a few great volunteers have helped get us on the right path. To get there, we formed a couple of great committees. Our communications committee is in charge of the webpage, Facebook, Trail Mail and newsletter. Our coordinating committee works on ideas for events and promotion. Together, we have seen some great successes — not always in numbers



of walkers, but in getting the word out to our community that we are here. I have noticed other clubs have had their own successes. I love that Virginia is for Walking Lovers. And Iowa's Walking Club has made its name known throughout the state of Iowa.

How can you get started? I can only tell you what our club has done. First, read the paper! Or watch the news. Find out what is going on in your area that might be a good fit. The Solar Eclipse in 2017 was a great example. One of our members noted in 2016 that it was going to be prime viewing in Nebraska. A multiday event was born. More recently, one of our members noticed in the paper that the Omaha downtown area, which was under renovation, was looking for groups to host events during their grand opening. Iowa's Walking Club took advantage of its state parks' centennial celebration. No solar eclipse, centennial or newly renovated parks in your neighborhood? Look for ribbon cuttings on new trails or local festivals. Take advantage of special AVA events such as National Walking Week. It is usually pretty easy to get a proclamation done by the mayor of a city or even the governor of the state. It just takes a little looking around on the computer and a little effort. And find the right venue. The start point can be a great promoter as well as a good meeting spot. Join the local Chamber of Commerce. You can make some great connections.

What else can you do? Social Media is where the public is. Facebook is a must. A good picture is equal to 1000 words, I have heard. Add a few good words and you will spark some interest. An easy to navigate webpage is helpful. Communications through email to your members or to anyone interested gives up to date information. The Gateway Milers do a great job on their *Miler Messages*. We send out a monthly *Trail Mail* to all who request to be added to the list. Meetup is another venue that works well if you are in a metropolitan area. Meetup is known throughout the country. It does cost to start a Meetup

group, but usually includes three Meetup pages for one charge. We share this cost with another group.

How well did it work? For the eclipse events, we worked for a year to put together a group of walks that focused on the event and promoted it across AVA. We had walkers from throughout the U.S. attend. Luckily, we had great weather and it was a great success. We tried another multiday event in 2019 and got rained and flooded out. Weather can be a big factor. The first time our Facebook page went viral, it was for our Christmas Lights walk. We had almost 700 walkers that year. Again, perfect weather. This year, we had the grand opening event, a guided walk through the newly opened downtown park. It went viral on Facebook with thousands of hits, 19,000 interested in attending and 1,900 said they were attending. Our club rallied with lots of great volunteers, lots of organizing and lots of worry. It rained and the thousands did not show up. It still felt like a success because we were well prepared even though a little disappointed. We currently have 800 folks that follow us on Facebook and 3400 on Meetup. We are getting the word out, but it has taken us over five years to do it.

One event affected by all of our networking is coming up in December. One of our club members is a member of a nationally recognized art gallery. When we lost our start point for our Christmas Lights walk, he talked to the gallery. They are not only willing to host the walk, they plan to start promoting the walk starting in October with media releases. Our work with the park grand opening has brought that group, known as The RiverFront, on board. The RiverFront is sponsoring the walk, paying the walker fees, and building a festival in the newly opened park around the walk. There will be food trucks, Santa, carolers and all kinds of other activities for the walkers to enjoy. We can only hope for decent weather. The word is out. Now can we get the walkers in? We hope some of you will join us for this unique event!

## South Dakota County Walks, September 9-11

Don't miss the South Dakota County walks sponsored by The Prairie Wanderers Volkssport Club September 9, 10 and 11. Check "My AVA" website for locations, scheduled dates and times for these events.

In addition to the scheduled walks, we would like to invite walkers to a meet and greet dinner on Friday night September 9, at Leo's Good Food in Redfield. People wishing to attend the meet and greet should notify the registration table volunteers at the Wessington Springs walk on Friday morning, or email me at the below email address.

We are not recommending any particular hotel to stay at during our events. There are several hotel choices in Miller, Redfield and other towns in the area. Redfield is the most central location for our walks and Friday get together.

We invite everyone to join us for these weekend events. This is the first time we have ever held walking events in these counties. All of the towns we are walking in are county seats except the Left Tailrace Campgrounds in Ft. Thompson. If you have any questions about the weekend events, contact Gary Lofswold at GEL\_601@hotmail.com.

## Green County Cheese Days Walk, September 17

By Jerry Wilson

When you think of Wisconsin several thoughts probably come to mind: the University of Wisconsin, beer, maybe boating and camping, but most likely cheese. Every other year, on even years, the Green County Cheese Days celebration is held.

On Saturday, September 17, the Dairyland Walkers will hold a Traditional walk in Monroe, Wisconsin, 48 miles from the state capitol, and about 10 miles from the Illinois border. This walk's main focus is getting participants to join in the Cheese Days celebration while enjoying a walk in a small midwestern town. Much of the celebration, is focused around the Green County courthouse square. Monroe is known as "the Swiss Cheese Capital of the USA," and Swiss cheese,



along with other cheeses, are well represented. For the hardy cheeseheads, Limburger cheese is available. If you can get past the smell the taste is something not to be missed. Many like theirs with a thick slice of onion in a sandwich.

Come and join us in Monroe on Saturday, September 17. We start walkers between 8 a.m. and noon, finishing by 3 p.m. Register in Twining Park, 425 - 14th Avenue, Monroe. While in Monroe walkers can also check out the local brewery, distillery and wine tasting.





## North Central Region *continued from page 12*

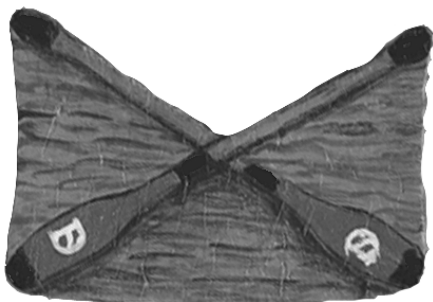
### NSTT rounds out its walking season with three fall events

Autumn is a season of beauty in Minnesota and NorthStar Trail Travelers (NSTT) is taking full advantage of that beauty by offering three fall events.

The weekend of September 17-18, NSTT will head north towards Duluth, Minnesota, to host two state park fall fun walks. On Saturday, September 17, we will walk at Jay Cooke State Park by Carlton. Jay Cooke is known as the state park with a swinging bridge that has been replaced four times because of floods washing the bridges away. Each time it's been replaced and built higher to avoid the high waters, and the last time it was replaced in 2012. One of the 6k trails will take you by Forbay Lake to see how the area has changed since the flood. Trails are a mixture of paved, gravel roadway and grass trails, as well as some rocky and exposed tree roots. This is a favorite park with NSTT walkers and we invite you to join us. Register by the River Inn from 9 a.m.-2 p.m.; finish by 4 p.m. A leather pin award featuring a Ruffed Grouse (pictured above) will be available.



On Sunday, September 18, we go an hour west to Savanna Portage State Park for another 11k walk. This park includes a portage route traveled by fur traders, Dakota and Ojibwe Indians, and explorers more than 200 years ago. The trail required a six mile portage across marsh, swamp and forest which took an average of five days to reach the West Savanna River. The Continental Divide marks the great division of water: water to the west flows into the Mississippi River; water to the east runs into Lake Superior.



Register between 8 a.m.-1 p.m.; finish by 4 p.m. by campsites 62-64. Park at the boat landing. The award (left) for this event is a leather voyageurs canoe paddle leather pin depicting the initials D.S. in honor of the club's charter president, Donna Seline, who is celebrating

her 50th anniversary of Volksmarching this year.

Our last event for the season will be our annual meeting guided walk at Afton State Park, close to the Minnesota/Wisconsin border. A 6k and 4k options will be available as well as a 4k for slower walkers. Walk along the St. Croix River on grassy ski and hiking trails, some paved and dirt trails with some hills on two trails. Walkers will be divided into three walking speed groups: the Shufflers, slower walkers; the Scooters, your average walkers; and the Batsouttahell, the fast walking group. The award for this walk is an Easter Meadowlark leather pin.



Join us after the walk for a potluck lunch at the Visitor Center. After we'll hold a short business meeting and have a drawing for lots of door prizes.

For more info go to [nstdt.org](http://nstdt.org).





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**Northwest Region**



**Sharon Moats, Director**  
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### Volkssporting loses another walker

Preston Lawrence Johnson, 85, of Federal Way, Washington, passed away peacefully surrounded by his family on Sunday, February 27, after a short stay in hospice. He is survived by his Volkssporting companion and beloved wife of 60 years, Elizabeth, his three children, Alisa, Dina and Miles and two grandchildren.



Looking for a way for his Lion's Club to raise money without selling fireworks, which he felt contradicted the organizations commitment to preserving and restoring sight and sound, Preston learned about Volkssporting from family friends who were stationed in Germany. Preston founded the second Volkssport club in Washington State, the SeaTac Volkssports Club, without ever having been on a Volksmarch. He and his family went on their first Volksmarch in December 1982.

Volkssporting events were few and far between in the early '80s. Clubs in Washington and Oregon coordinated events to ensure that anyone could attend all the events in the two states without scheduling conflicts. In his first full year of Volkssporting, Preston was able to complete the 10 events offered in the region that year. He always liked to share that he did those first events in cowboy boots!

Always a team, Preston and Liz were a package deal who worked together. Preston was one of the founders and first president of the Evergreen State Volkssport Association (ESVA) and Liz was the first ESVA secretary.

During their tenure as officers at the state level, walking gained popularity nationwide and Volkssporting really took off in the Northwest. It was not at all uncommon at the time to have 1,000 to 2,000 or more participants at an event. The coordination of all of the events in the NW Region was made possible by creating first an unofficial ESVA office in Preston's law office and then an official office, with a part time paid employee. Clubs were able to borrow event supplies, decreasing event expenses. The state mailing list for The Pathfinder was maintained on a computer that was so slow one could read a book while a new entry to the list was processed.

Three years after their first Volksmarch, Preston and Liz went to the AVA Convention in St. Louis, Missouri, where they presented the idea of hosting the next biennial con-

vention in Washington. They successfully served as co-chairs of the fourth AVA National Convention in 1987. The convention was preceded by events in Oregon and then moved to Pacific Lutheran University in Tacoma, Washington, giving participants the opportunity to have a rich Pacific Northwest experience.

Preston and Liz were both elected to the AVA Board in 1987, Preston as Northwest Regional Director and Liz as AVA Secretary. While serving as NWRD, he developed the concept of Regional Conferences.

Preston and Liz made the decision to travel before they became too old to do so. They completed a Volkswalk in every state, all Washington and Oregon counties, several provinces in Canada, Mexico and in England. On their Volksmarch in London, Queen Elizabeth waved at them on her way to the opening of Parliament. In Japan, they climbed Mount Fuji and visited temples on Shikoku Island with members of the Japan Walking Association, while encouraging them to join the International Volkssport Federation (IVV).

Preston served as co-chair of the IVV Presidium held in Seattle in 1992. The Japan Walking Association sent a delegation to learn more about Volkssporting. It was a real international affair!

Preston was inducted into the Hall of Fame of the American Volkssport Association in 2011. Preston in one of only 25 Volkssporters inducted into the Hall of Fame.

The Evergreen State Volkssport Association, the Emerald City Wanderers, and SeaTac Volkssports Club will host a Volksmarch this summer to celebrate Preston's outstanding contributions to the Volkssporting community. Details will be provided at [ESVA.org](http://ESVA.org) when they are finalized.



**The IVV Olympiad**  
 is coming to San Antonio, Texas  
 February 2023!  
[ivvolympiad2023.org](http://ivvolympiad2023.org)  
 Stay tuned to the AVA Checkpoint and TAW for updates!





## We ♥ Parks

By Michael Marke

Head to San Antonio in February 2023 for the first IVV Olympiad to be held in the USA. This four-day walking event plus the IML three-day event, which immediately follows the Olympiad, will give you the opportunity to see many sights of the city. Each day's walks start in the heart of San Antonio just around the corner from the Alamo, and will feature a different quadrant, allowing walkers to see different areas of this multi-culture city. Walkers will be able to choose a short (5k or 6k), medium (10k or 11k), or long (21k or 22k) route. On Wednesday walkers may choose to walk the 42k marathon route.

We ♥ Parks is the theme for Monday, February 20, with the routes passing seven or more parks with all three routes walking along the San Pedro Culture Park, a world class linear greenspace. Before reaching San Pedro Creek, you will pass Main Plaza, one of the five oldest locations in the San Antonio Parks and Recreation System, where you can see the San Fernando Cathedral from the Spanish Colonial period.

After leaving San Pedro Creek, walkers will pass Fox Tech High School, the city's first public high school, and the Fox Tech Memorial Wall, a tribute to the 23 Fox Tech students who were killed in action in Viet Nam. At this point the 6k route separates to return to the start. On their way, these walkers will pass Travis Park, named for the commander of the defenders at the 1836 Battle of the Alamo, and St. Mark's Episcopal Church where Lyndon Baines Johnson married Claudia "Lady Bird" Taylor on November 17, 1934. The 11k and 22k walkers pass these sites later as they return to the start. As they near the finish, all three routes pass the 750-foot Tower of the Americas and other plaza buildings, built for HemisFair '68, the 1968 World's Fair.

Continuing along their routes, the 11k and 22k walkers pass between the "red enchilada," as the San Antonio Central Library is known for its color, and the Southwest School of Art, now a University of Texas – San Antonio campus which was originally Ursuline Convent and Academy from 1851 until 1965. Next on the two routes are the Baptist Medical Center and Madison Square Park. Because part of it was designated as a public square in 1847, Madison Square Park joins Main, Military, Alamo Plazas and San Pedro Springs Park as one of the five oldest properties in the San Antonio Parks and Recreation System. Across the street, walkers pass Madison Square Presbyterian Church dating back to 1882.

Walking along North St. Mary's Street, walkers will pass The Grotto, a three-story, dream-like concrete sculpted structure that rises from river level. Nearby at street level is The Palapa, a thatched-roof shade structure with benches sprouting from wood, all carved in concrete. At this point the two routes split with the 11k walkers passing in front of the Pearl while the 22k walkers will pass the Pearl later.

What is the Pearl? It is a former brewery dating to 1883, converted into a vibrant community of restaurants, shops, office space and more. The award-winning Hotel Emma is the centerpiece of the development. You will also see the San Antonio campus of the Culinary Institute of America, home of the world's best professional culinary education.

At this point the 11k walkers begin their return to the start passing the Pig Stand, America's first drive-in eatery opening in Dallas in 1921 and expanding to over 100 locations. San Antonio's Pig Stand No. 29 is the last operating Pig Stand.



Brackenridge park.

Another park along the route is Maverick Park named for politician, lawyer and land baron Samuel Maverick, Jr. who donated the land for the park. Walkers will then pass the Tobin Center for the Performing Arts and the Veteran's Memorial Plaza with three memorials – one for World War I, one for the Korean War and one for the Viet Nam War. The 11k route rejoins the 6k route at Travis Park.

Meanwhile those walking the 22k route walk through the Tobin Hill Historic District, one of the city's oldest urban neighborhoods, with a wide range of architectural styles. Bisected by Main Avenue is Crockett Park, named for David Crockett, one of the defenders of the Alamo. San Antonio College is on the route, the oldest public two year college in Texas; and San Pedro Springs Park dating back to 1729, the second oldest municipal park in the United States.

As you enter the Monte Vista Historic District, you will pass Temple Beth-El, the oldest synagogue in south Texas and the heart of the Reform Jewish community in San Antonio. The Monte Vista Historic District is characterized by distinguished residential architecture from the early 20th Century. Towards the far edge of the Monte Vista Historic District is Trinity Baptist Church; it began in 1949 and now has a congregation exceeding 8,000 members. As walkers exit the historic district they will pass Trinity University, founded in 1869.

The 22k walkers will then enter Brackenridge Park, a 349-acre park, which is on the National Register of Historic Places (NRHP) and is a Texas State Antiquities Landmark. Several features in the park are individually listed in the NRHP including the Japanese Tea Garden, site of a large limestone quarry and a garden of large lily ponds. The 56-acre San Antonio Zoo with 8,500 animals, and the Zoo Train, are also located in the park. The two-mile zoo train was the longest miniature railroad in the world when it was built in 1956. The Witte Museum, on the edge of Brackenridge Park, opened in 1926 along the Spanish Acequia Madre de Valero, an irrigation canal for the crops of what today is the Alamo.

Mahncke Park is another greenspace to explore, connecting the San Antonio Botanical Gardens to Brackenridge Park, named after Ludwig Mahncke, the city's first Parks Commissioner appointed in 1896. Lions Field is a city park guarded by a proud marble lion designed by San Antonio's master sculptor and Lions Club member, Louis Rodriguez. Walkers will then explore the small Westfort Historic District at the western edge of Joint Base San Antonio – Fort Sam Houston.

The 22k route meets the 11k route closer to downtown, and both routes meet with the 6k route at Travis Park to return to the start.

We hope you join us for this walk, and other historic, fantastic walks we have planned for the week. Register @ [ivvolympiad2023.org](http://ivvolympiad2023.org).



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







## Join us for a swim at the IVV Olympiad

One of the highlighted events at the 2023 IVV Olympiad will be the Swim events at one of the premiere natatoriums in San Antonio. It's a pleasant way to experience more than the walks of the Olympiad.

Tuesday, February 21 and Wednesday, February 22, from 10 a.m. to 3 p.m., the indoor natatorium of Northside ISD will welcome Volkssporters for the Olympiad swimming events. This state-of-the-art facility has



plenty of lanes, so no one feels crowded. The pool is a 50-meter by 25-yard competitive pool; therefore, to do your 300-meter swim, you will be swimming eight full laps or 16 lengths of the lane.

Locker rooms are available, just bring your own lock. You will also need to bring a towel and your swimsuit (yes, this is required!). Proper swim wear is mandatory — no cutoff jeans or t-shirts. Ladies must wear one-piece suits only (no two piece or bikinis).

Lifeguards are on hand, along with AVA volunteers to help you count your laps (it can be hard to remember which lap you're on after seven or nine times).

Best of all, bus transportation is included with your Olympiad Pass from the host hotel at the La Quinta Riverwalk, to the NISD Natatorium. Buses will run hourly starting at 9:30 a.m. — swimmers must be out of the pool by 3 p.m. This leaves you plenty of time if you want to do one of the fascinating walks in San Antonio in early morning, then enjoy a comfortable swim in the afternoon.

Mark the "Swim" box on the registration form for either Tuesday or Wednesday so we have a head count and plenty of volunteers. If you have already registered, and want to experience the swim event too, you can call AVA to add your name. Remember, there is an early bird discount on your IVV Olympiad pass if you register by September 30. Just go to [ivvolympiad2023.org](http://ivvolympiad2023.org). Register now, and "Come on in! The water is fine!" 🌊

## Welcome *continued from page 1*

location to unwind and catch up with fellow Volkssporters. Admission to the Olympiad Village is included in your pass.

Parts of the event walks will take you to the San Antonio Missions National Historical Park, named the first UNESCO World Heritage Site in Texas. Depending on which walk you choose, you have the chance to see four southernmost Spanish colonial missions: Concepción, San José, San Juan and Espada. Of course, you may also visit the famed Alamo, located in the heart of downtown San Antonio. The missions date from the 1700s when Spanish priests established Catholic missions to serve as the center of an ethnically diverse society. Today the missions represent the largest concentration of Spanish colonial missions in North America.

Another route of the river will take you through downtown, past the San Antonio Museum of Art, to the Pearl Brewery district, a revitalized neighborhood of shops, restaurants and more, built in the old 1883 Pearl Brewery.

There is so much more to experience when you attend the 2023 IVV Olympiad in San Antonio, Texas. Walks range from 5k to 42k; bike events include 25k and 50k; swim events are 300 meters. Register by September 30 for a special early-bird discount. Go to [ivvolympiad2023.org](http://ivvolympiad2023.org) for registration and information.



## Walking! Cycling! Swimming! History! Culture! Culinary Cuisine!

Register now for a discount to the IVV Olympiad in San Antonio, Texas

A week of fun, fitness and friendship awaits you in San Antonio, Texas, February 19-26, 2023 with the IVV Olympiad and the IML Texas Trail Roundup. This is the first time in the history of the

event that the IVV Olympiad will occur in the United States and North America. Visitors from around the world will converge on this historic city to participate in walking, cycling and swimming events.

Register by September 30 to receive a discount. Go to [ivvolympiad2023.org](http://ivvolympiad2023.org) for registration and information. Your registration includes a t-shirt, Olympiad medal and more goodies.

Along with the daily events, your Olympiad pass includes access to the Olympiad village in La Villita, a plaza along the River Walk filled with historic buildings, shopping, galleries and more. Food and beverages will be available daily, while you relax and talk with other Volkssporters. Additionally, we invite you to attend the Opening Ceremony Parade of Flags, recognizing visitors from the 40 countries in the IVV. International guests will speak and light the torch as we begin the 2023 Olympiad.

**Supplemental events (for additional cost) include:**

**Margarita and Taco Trail Walk** — San Antonio is designated as a UNESCO Creative City of Gastronomy. Our culinary scenes are bursting with savory flavors and frosty cold beverages. This trail will introduce you to some of the finest



frosty margarita and scrumptious taco places in San Antonio. Drop by participating restaurants, breweries and shops on the trail, get your book stamped and receive free samples, coupons and other goodies. All participants who fill up their passport book with stamps will receive a special momento.

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


**San Antonio Stock Show and Rodeo** — this is one of the premiere western events in the United States, with the world-class rodeo, over 250 booths of western merchandise, livestock and horse shows and live entertainment. Purchase tickets separately at [sarodeo.com](http://sarodeo.com).

The IVV Olympiad celebration is your chance to experience a once-in-a-lifetime event in the United States. Register at [ivvolympiad2023.org](http://ivvolympiad2023.org).



[ivvolympiad2023.org](http://ivvolympiad2023.org)








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## Northeast Region



**Wayne Knapp, Director**  
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## Exploring western New York

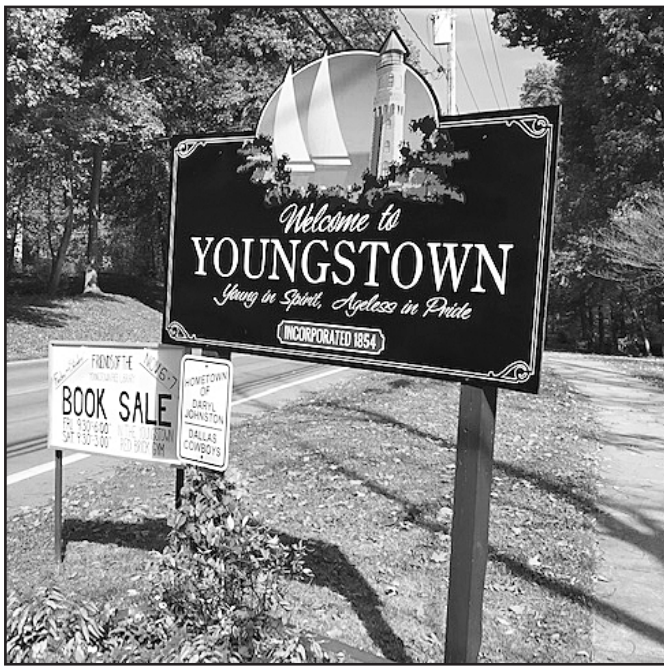
By Terry McFarland

The Niagara Frontier in Western New York is not only a scenic area to walk but is full of important sites in our nation's history. The Niagara Frontier club, which is hosting the Northeast Event on September 17-18, wants to make sure participants plan enough extra time in the area to see these gems.

Our nearby Lockport Seasonal boasts the 'Famous Five' step lock which was an impressive engineering feat on the Erie Canal. Take a ride on a canal boat and visit the canal museum after your walk!

Lewiston, a few miles north of Niagara Falls, is a charming town of restaurants and shops whose citizens were active in the Underground Railroad and earlier had been a contested border village in the War of 1812.


Youngstown, a few miles further north along the Niagara River, was a garrison town with an historic fort that served under French, British and American flags. A visit to the restored Fort Niagara and Museum, which is on the walk route, should not be missed.



An additional option is getting a Canadian stamp in your books by visiting [walks.ca](http://walks.ca) to sign up for a Niagara Falls or Niagara-on-the-Lake (NOTL) walk in nearby Ontario. Shuttle buses to NOTL are available from the Canadian side at Niagara Falls. Or, just walk one of the NFVC walks across the Rainbow Bridge to Canada from our event start point to get that magnificent view of Niagara State Park and the American Falls from Canada.

One trip can pretty much fill a whole book! We have Walks of the War of 1812 pins available for a terrific souvenir — how about challenging yourself to walk them all!

Go to our website, [NiagaraVolkssportClubs.org](http://NiagaraVolkssportClubs.org), to see the map with our many walks along your driving route to our event — from all directions.

Plan now to extend that road trip to the northeast event to really absorb all that western New York has to offer! 

### AVA Special Program — Border Crossings

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



## Revitalizing our historic places

By Joseph LaPointe

Massachusetts played a major role in the Industrial Revolution with mills and factories springing up through the Commonwealth. Railroad lines were built to ship the goods being produced to their destinations. As time moved on, many mills and factories closed, and the railroads ceased to run on the

Cochituate Rail Trail extends from Saxonville to downtown Natick on a paved and marked pathway, passing businesses and residential areas with pedestrian bridges over both Routes 30 and 9 and scenic views of Lake Cochituate. Our start point for the out-and-back 5k and 10k routes is



Saxonville Mills.

lines that had once served them. A number of these historic mills and factories have been revitalized to preserve their history, providing new service for our current needs. Disused rail lines have been converted into rail trails that allow you to walk and bike through beautiful paths that often interconnect through multiple towns.

Saxonville Mills Cafe and Roastery in the historic Saxonville Mills. The cafe serves a variety of Columbian coffee, teas, cold beverages, pastries and sandwiches if you want to stop in before or after your walk. Check our website and Facebook for updates and directions for this event and we look forward to seeing you.

Walk 'n Mass is planning to host a Traditional Volkswalk in Framingham, Massachusetts, on October 15 that will highlight both a revitalized mill and rail trail. The Saxonville section of Framingham was named after the Saxon Factory Company, a woolen mill established in 1824. Originally named for the fleece of the Saxon sheep that was going to provide the wool for the mill, it was eventually renamed Saxonville Mills. The mills were taken over by the Roxbury Carpet Company in the early 1900's and remained open until the early 1970's. Today, the mills have been repurposed into over 75 small businesses and artist studios. The

Walking on Tuesdays keeps going strong. Keith Harlow is devoting Tuesdays to walking Year Round and Seasonal events and is inviting others to continue to join him. For more info on where Keith is walking and joining a walk, the Tuesday walks are updated on our website under scheduled group events.

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



Northeast Region continued on page 17

### 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](mailto: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 — Mayflower 400<sup>th</sup> Anniversary Walks

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





## Northeast Region

*continued from page 16*

# Autumn! The perfect season to walk North Bennington, Vermont

By LaVerne Stiles

Autumn is coming! That means that the Empire State Capital Volkswalkers (ESCV) is planning a special event to highlight the foliage season! Join us in North Bennington, Vermont on Saturday, September 24, for a Traditional event displaying the scenic, historic and cultural attributes of this area.



**Look through the covered bridge to see the William Henry House. Built in 1769, it is one of Vermont's oldest surviving houses. Photo by Linda Morzillo.**

The starting point will be at the Park-McCullough Historic Governor's Mansion, located at 1 Park St, North Bennington. For those who love historic mansions in the state of Vermont it doesn't get any better than this. Surrounded by beautiful farmland and a serene village, it is situated in the southwest Vermont Valley with views of the Taconic Mountains to the south and the stately Green Mountains to the northeast.

North Bennington also lies in the valley of Paran Creek. A century ago, North Bennington was a self contained village that manufactured and shipped goods around the nation from mills built along the Paran Creek. A



**North Bennington Station now houses the village government offices. Photo by Linda Morzillo.**

series of dams powered grist and lumber mills during the early years of settlement. These were gradually replaced by other manufacturing businesses such as the Cushman Furniture Factory. Today, the factory buildings are still occupied by various manufacturers.

Both the 5k and 11k routes offer a variety of things to see. Both routes will be along a farm road and follow the path through "The Mile-Around Woods" located adjacent to the Park-

McCullough Mansion, that meanders into the village and passes the historic railroad station. Built in 1880 as a passenger station, it is a surviving reminder of North Bennington's former importance as a major railroad hub in southwestern Vermont. Those walking 11k will see a covered bridge — when looking through the bridge, there is a view of the William Henry House. Built in 1769, it is one of Vermont's oldest surviving houses.

Walkers will have the opportunity to visit the original 1865 Carriage Barn, a miniature replica of the mansion, expansive grounds and beautiful gardens. The Park-McCullough House will be open for tours after the walk (fee). It is described on the website as "...a 35-room mansion built by skilled artisans over the course of 18 months, is a prime example for Second Empire design, and represents a specific period of architectural history in the United States." Cookies, lemonade and iced tea will be available on the porch.

Near the Mansion are several places to eat including Kevin's Sports Bar & Restaurant, The Roasted Bean, Power's Market and Pangaea's.

For more info about this event, contact Louise Remillard, 518-496-1879 or [louiseremillard3@gmail.com](mailto:louiseremillard3@gmail.com).

ESCV looks forward to greeting our fellow Volkssporters and wish all a delightful walking experience. Consider checking out ESCV's two nearby Seasonal walks in Bennington, Vermont, and Williamstown, Massachusetts. Both further highlight the historic, scenic and cultural attributes of this area and both are great walks! 🍂

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### South Central Region

Teresa Arnold, Director  
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## Tulsa Walking Club shares fall walk events

Tulsa Walking Club (TWC) is eager to invite walkers to some exciting walks this fall!

September 17 will be a walk along the Riverside East Trails in Tulsa. Walkers will start out on the Midland Valley Trail (Rails to Trails) and end up at the Gathering Place before returning along the Arkansas River to the start/finish point.

The Gathering Place, Tulsa's Riverfront Park, opened in September 2018. Gathering Place has been named the best new attraction in the country by *USA TODAY*. This story began with the George Kaiser Family Foundation and an extraordinary dream to transform nearly 100 acres of Tulsa's iconic waterfront along the scenic Arkansas River into a dynamic, interactive environment. Tulsans needed a welcoming, natural space where members of our diverse communities could come together to explore, learn and play. The children, families and friends of Tulsa will write the narrative from there, an ongoing adventure sure to inspire wonderful moments for generations to come. We look forward to witnessing memories made and celebrating the collective growth experienced through Gathering Place, where your adventures will only be limited by your own imagination. This is a delightful park with a lake and a special labyrinth. This would be a great walk to bring your families!

October is the anniversary month for Tulsa Walking Club. TWC is 37 years old! Part of our celebration is hosting the South Central Regional Roundup, October 13-16; there will be walk and swim events with four counties and three clubs involved. Please see separate article on page 18 for more details. For those walking counties, be sure and check to see if you need the ones offered!

In November, we plan to Honor Our Veterans by hosting a walk on the November 19. Walkers will get an opportunity to see the new Ernest Childers VA Outpatient Clinic which is part of the Eastern Oklahoma Health Care System, dedicated to improving the lives of veterans and their families. The system provides veterans with quality health care, trains America's future health care providers and conducts medical research that improves the health of veterans.

On July 19, 2021, the new Ernest Childers VA Outpatient Clinic in Tulsa was opened, which offers primary and specialty care, mental health and dental care. The system serves more than 52,000 veterans in 25 counties in eastern Oklahoma. The annual medical care budget is more than \$380 million.

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

## Fall Walks in historic Hot Springs, Garland County, Arkansas

By Pat Golden

The Ozark Hill Hikers Walking Club is welcoming walkers to Hot Springs on October 7-9. Hot Springs is an historic city and part national park, featuring hot springs, bathhouses, museums, shops and mountain scenery.

Three walks are planned: a 10k, a 6k and a 5k. Walkers will register on Friday afternoon and Saturday morning in The Hotel Hot Springs lobby. Friday's cash bar meet and greet and dinner will be at the Inside Track, the hotel's bar and grill.

Rooms are available at The Hotel Hot Springs. For reservations call 877-623-6697. All three walks begin at this hotel.

So put the October 7-9 weekend on your calendar and join us for a walking vacation in Hot Springs. Brochures are available upon request from [bvvohh@gmail.com](mailto:bvvohh@gmail.com). or see the June 2022 issue of *The American Wanderer* for more details. 🍂

*South Central Region continued on page 18*



## South Central Region *continued from page 17*

### Come enjoy an Oklahoma autumn weekend

By Terri Tyler

Volkssporters, from near and far are invited to travel to the land of red soil on October 13-16 for an Oklahoma Autumn Weekend. Three clubs from the South Central Region — Sunflower Sod Stompers of Topeka, Tulsa Walking Club, and Wandergruppe of Oklahoma City — are working together to sponsor Volkssporting events for their 11th Biennial South Central Regional Roundup. This Traditional weekend, proposed by the late Vic Schaff and former South Central Regional Director, is being continued now for 22 years!




McAlester Veterans Memorial.

Sanctioned walking events will be in Ada, Holdenville, McAlester and Seminole, all county seat towns in four different counties, located in east central Oklahoma. The walks, held over a three day period, are being sponsored in different counties to help walkers achieve their goal of walking all of the state's counties. Most of the courses will be fairly flat but there are just a few hills in some areas. Oklahoma in October should be very enjoyable walking weather with tinges of fall foliage, but come prepared for the extremes.

The Saturday afternoon Holdenville event, sponsored by Tulsa Walking Club, will be a memorial walk for the late Dorothy Brown. Dorothy, was an avid walker and promoter of Volkssporting for over 30 years. She was the president of TWC for three terms, and did many tasks as a club member. She served as POC for numerous Traditional and YREs. She was instrumental in establishing multi-event weekends in Oklahoma counties that helped many walkers achieve all the counties of her home state. Dorothy was an inspiration to those who met her on her many walking paths.

Three swims have also been sanctioned for two days for those who enjoy the water. Come and cool off in the indoor pool, if need be, and earn more IVV events. Water walking is acceptable. There will certainly be qualifiers for some of the AVA Special Programs. In our walking venues, you will find the communities to be based around agriculture, light industry, mining, railroading and government. Each town has a different history and things to see and enjoy.

Motel rooms are blocked in Ada and McAlester for attendees. On Friday evening, there will be a Pizza Meet & Greet at our motel, Holiday Inn Express & Suites in Ada, to renew friendships or make new ones. After walking Saturday's two Traditional events, we will meet again in downtown McAlester to enjoy a sit down dinner and speaker. Our guest speaker from San Antonio will be updating us on the activities of the 2023 AVA Convention & Olympiad. Prior to the meal, there might be possibilities for wine tasting at some nearby wineries located along Choctaw Avenue. Preregistration with payment is highly recommended. This will help all of the event organizers. There definitely will be fun, fitness, friendship and food on the agenda, so come enjoy an autumn weekend in Oklahoma!

If you need further information, contact: Rhonda Shockey, rjm0123@aol.com, 918-855-0195 or Terri Tyler, tlyler50@gmail.com, 785-233-4385. Emails are preferred due to spam calls. A printed brochure is available. 

**The IVV Olympiad**

**Is Coming to San Antonio, TX February 2023!**




VISIT AVA.ORG  
FOR MORE  
INFORMATION  
AND UPDATES.



### Hoofin' it on pre-Halloween weekend

By Terri Tyler

The Sunflower Sod Stompers of Topeka would like to invite Volkssporters to join them in their fall festival of events known as "Hoofin' It on Pre-Halloween Weekend," October 28-30. Three busy days — filled with Volkssporting walks and swims — will take place in east central Kansas. Six Traditional walk events will be taking place in Allen, Anderson, Coffey, Linn, Neosho and Woodson counties — all in their county seat communities. These counties are located east of Wichita and south of

visit. Our Chanute routes will include the Katy Hike-Bike Trail — part of the MO-KS-Texas Railroad. Chanute is a town built around the railroading industry, and is named after Octave Chanute, a railroad civil engineer.

The afternoon event will include the Prairie Spirit Rail-Trail, and possibly the Southwind Rail Trail in Iola - Allen County. Iola's Downtown Square is the largest courthouse square in the United States, full of colorful buildings and historic charm,



Woodson County log cabin with quilt pattern.


the Interstate 70 corridor. Linn County, which touches the Missouri state line, is a long awaited Kansas county that completes the eastern border. And, believe it or not, these six events will complete county walks in the eastern half of the State.

The Linn County walk will actually be in Mound City on Friday afternoon. This small community is full of history dating back to "Bleeding Kansas," aka the Kansas-Missouri Border Wars. The Woodson Cemetery has two lots known as the Mound City Soldiers' Lot and is the final resting place for 80 Civil War soldiers. And do not miss the Linn County courthouse which is the second oldest continuous-use courthouse in Kansas. Mine Creek Civil War Battlefield State Historic Site is just a few miles away. Earlier that day a walking event on Prairie Spirit Trail in Garnett (Anderson County) will be featured. A definite qualifier for Rail to Trails!

The Saturday morning walk will be in Chanute — Neosho County. Chanute has many tourist attractions known for their historical significance including the Martin and Osa Johnson Safari Museum. This museum offers exhibits and programs that highlight the achievements of these pioneering documentary filmmakers, photographers, authors, explorers and Kansans. A trip to the museum allows one to relive the Johnsons' 1917-1936 adventures in Africa, Borneo and the South Seas. Well worth a

so it will definitely be included in our walking courses. This courthouse square is lined with a variety of businesses and shops of all kinds. And you might want to follow the smell of chocolate to visit the Russell Stover Chocolates factory and candy store.

Sunday's new county walks will be in Yates Center and Burlington — Woodson and Coffey Counties respectively. These two events will be in smaller Kansas towns focused on agriculture, light industry, recreational sports — with the nearby lakes - and local government. Burlington features the Wolf Creek Generation Station, the only nuclear power plant in Kansas. The Burlington Recreation Center will be our start/finish and features an indoor pool which we will use for some sanctioned swimming events to wrap up the weekend. Remember, each town is unique with different sites and histories. Group meals have been arranged for Thursday, Friday and Saturday evenings. Motel rooms have been blocked for our walkers. There will be qualifiers for some AVA Special Programs.

If you need further information than what is available on the AVA website, contact Terri Tyler, tlyler50@gmail.com. Come enjoy southeast Kansas this fall. Regardless of where you walk, enjoy America's many trails while traveling and stay safe. 





**Mid-America Region**

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## Mid-America Regional Conference a huge success

By Trudy Duffman

COVID-19 may have caused the 2020 Mid-America Regional Conference to be cancelled but Dawn Gruber and her planning committee didn't allow that to deter their plans for a fantastic conference in 2022. The event was held in Dayton, Ohio, from June 17-19. Attendees came from not just the five Mid-America Regional states, but also from other walking regions.



The weather was nice, and the trail selections were amazing including strolling along the Miami River. Historically, Dayton had numerous manufacturing companies founded in the late 1800's including National Cash Register founded in 1884, the Wright Brothers Bicycle Shop in 1892, Wright-Patterson Air Force Base in 1917 and many others. Of course, Wilbur and Orville Wright were instrumental in much of the Dayton history.

The walking events included the Carillion Historical Park (well worth a day's visit by itself), the Wright Cycle Shop and downtown Dayton, the University of Dayton, and the Woodland Cemetery where Dayton's heroes Wilbur and Orville Wright, inventors and business barons Charles Kettering, John H. Patterson, George P. Huffman, and George Mead are buried, plus humorist writer Erma Bombeck (one of my personal favorites), and poet Paul Laurence Dunbar. As mentioned before, the walk trails were a step back in history.

The social events included a fun filled Meet & Greet complete with a pasta tasting bar. The banquet was too awesome to describe. The company was great, the food was scrumptious, and the door prizes went above and beyond. All attendees were given a buckeye keepsake.

Numerous attendees stated this was the best conference they had ever attended. The Mid-America Regional Conferences always hold a basket raffle with donations from regional clubs, individuals and event sponsors. The raffle raised \$1,115 that will move forward to the next regional conference to help with setup fees. The next regional conference will be held in 2024 with the location to be announced. Rumors hint it might be in Daniel Boone country. Stayed tuned for more information.

Again, thank you Dawn Gruber, Joyce Gruber and the entire planning committee. A special thank you to all the volunteers who ensured this was a fun and successful conference. 🍪



## Woodland Wanderers upcoming events

By Frank Sayers

Welcome to summer! Time to get the old corpuscles moving and shake the kinks out. Here are some events that you might want to check out.



By the time you read this our 4th annual Tracy Vsetecka Memorial Volksmarch at the Widefield School District Parks and Recreation ball fields will have taken place. Tracy was a principal in the district for many years, and when she passed unexpectedly her dad asked that we host an event in her honor. We do, and you can still contribute to her scholarship fund at [tracyvsetecka.webnode.com](http://tracyvsetecka.webnode.com).

On September 22, we have our Special Forces Association event, honoring 70 years of the Army Special Forces. Check your calendar — it's a Thursday and starts at Antler's Park in downtown Colorado Springs. Since not everyone can get off on Thursday, we will have registration in the park for an hour on Friday and Saturday as well. I asked if all walkers had to carry a 70-pound pack but did not get an answer. :- ) Go to [my.ava.org/event-view.php?sn=121665](http://my.ava.org/event-view.php?sn=121665).

All of our Traditional, Seasonal and Year Eound events continue, including a new Rails-to-Trails event in Billings, the Burlington carousel and the Castle Rock Rock that is so cool. Check the AVA event listings for details on all our events. Go to [my.ava.org/event-view.php?club=AVA-0915](http://my.ava.org/event-view.php?club=AVA-0915).

Our Arizona County Seat Challenge started last year and will continue through 2023 walking in the 15 county seats throughout Arizona. Download the free challenge booklet from our website and receive an Arizona Friendship Pin as a reward for completing the challenge. Careful this time of year, it is really hot. But it's a dry heat. Just like inside my oven! Go to [azstrollers.org/CountyChallenge/](http://azstrollers.org/CountyChallenge/).

Our Charley Pride Challenge started April 10 and will continue for the next several years. It got going early so our additional counties could be done at the Ruidoso Week events. Charley Pride was one of our favorite country singers. Our challenge is a 2,000+ mile road trip from San Antone to Phoenix and back (search for the song). It has 16 events, each about 150 miles apart, and with events available from 12 different

clubs along the way there is a lot to choose from. Download the free challenge booklet from our website and get a USB with over 500 Charley Pride songs as your prize. Go to [WoodlandWanderers.org/CharleyPride/](http://WoodlandWanderers.org/CharleyPride/).

Through December 31 of this year only, is our Just Because Challenge in Ward County, Texas. Six events by two clubs, all in Ward County. No book, no prize, do it just because. Keep watch for a new Just Because Challenge maybe starting in January. Go to [woodlandwanderers.org/JustBecause/](http://woodlandwanderers.org/JustBecause/).

Drum roll please!! Beginning January 1, 2023, is the Utah County Seat Challenge. All 29 county seats have an event for your (mostly) small town walking pleasure. SLC and St. George already had an event, so we set up 27 more.



Download the free challenge booklet from our website, complete all 29 events and receive a Beehive State prize for your efforts. Go to [woodlandwanderers.org/Utah/](http://woodlandwanderers.org/Utah/).

Sign up 7x24 for all our events using the Woodland Wanderers Online Event Registration System, with no credit card fees charged to you (unlike some others). Register with a valid email address that will be validated, log in, choose the events and how many people, put them in your cart, choose a discount to make it even less expensive, pay, and download your directions and insert cards. Go to [azstrollers.org/Store/](http://azstrollers.org/Store/).

Check out all our websites, and if you have any questions give us a call. If we don't answer, we just might be in Alaska doing our 50th state. Woo hoo.







**Pacific Region**



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Carl Cordes, Director  
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## Step back in time to early California!

By Suzi Glass

Come to Christmas in the Adobes in Monterey, California, on December 10, 3- 9 p.m.

The South Bay Striders are again adding an AVA walk to the Monterey State Historic Park Association's holiday evening. The walk visits adobe buildings, some 150 years old, including homes of the area's founders. In addition visit Colton Hall, *Colton Hall, site of California's Constitutional Convention, 1849.*



Constitutional Convention, the Custom House, where goods were taxed and sold, the house where Robert Louis Stevenson wrote, California's first theater and the Old Whaling Station are open and showcase the culture, hobbies, clothing styles and pastimes before California was a state.

In previous years, we have watched lace-making, heard Christmas carols on a hurdy-gurdy, walked on a whalebone walkway and seen several types of dancing from the time Alta, California was part of Mexico. This is living history you don't get in school. Take this opportunity to see, hear and enjoy a special Christmas tour of Monterey!

For tour ticket information and a list of building participants, go to [mshpa.org/christmasintheadobes](http://mshpa.org/christmasintheadobes).

For walk registration and route details, contact Chris Zegelin at [chris@zegelin.com](mailto:chris@zegelin.com).

## SPECIAL EVENTS

### What's "Special" in Special Programs for 2023

By Tim Miner, Chair, AVA Programs

The new year of 2023 brings with it the changes and additions to the AVA's list of Special Programs. Three programs must be removed from directions as they are no longer eligible for stamps and redemption: Carousels, Little Free Libraries and Olympics. Three programs will enter their final year to redeem previously purchased books: Airports, Mayflower and Clocks. Finally, there will be three new programs added to the list.

The "IVV-Americas" program starts on January 1, 2023, with no end date. In 2022, the America's Walking Club joined the IVV-America's regional organization. Participants do 15-IVV events anywhere in the Western Hemisphere, Australia or New Zealand. Redeem for a certificate and/a patch depending on the award that was selected during registration. AVA members can send a check for \$10 USD (certificate only) or \$12 USD (certificate and patch). Include: name, address, email and phone number to: Walk Special Program (IVV), c/o Walking Club, PO Box 2422, Woodbridge, Virginia 22195. Finished books are sent to Canada. Checks are payable to Wood and Dale Wanderers. Order from POC: Tim Miner, 703-583-2916, or [timothy.miner@walkvirginia.org](mailto:timothy.miner@walkvirginia.org).

The "Lighthouses II" program runs January 1, 2023, to December 31, 2025. Redeem by December 31, 2026. The US Lighthouse Society has about 700 listed. Qualifiers are any sanctioned IVV event in the world that passes or is in view of a lighthouse. One stamp per event per year. Logbooks cost \$12 USD. Complete 12 walks to receive a patch featuring a lighthouse and a completion certificate. Make checks payable to the Baltimore Walking Club. Books can be ordered from POC: Sue Capp, 100 Grace Manor Drive, Havre de Grace MD 21078; 717-968-6611.

The "Par For The Course" program runs January 1, 2023, to December 31, 2025. Redeem completed books by December 31, 2026. This program is for fitness as a core value and families. Participants collect IVV event stamps (must be different stamps per year) for event trails that go past a par course, golf course, Frisbee course or playground. Participants who pass a par course will be asked to do one of the activities along the trail. Hosted by the First State Webfooters of Delaware. The cost is \$12 USD for a logbook made out to the club and sent to: First State Webfooters, c/o Karen Kaufman, PO Box 2041, Dover AFB, DE 19902. For more info contact Karen Kaufman at 302-233-6615.

#### 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](mailto:szcroushore@verizon.net).

#### 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](mailto:karen@ava.org).



#### 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](mailto:airports@sugarloafers.org).



#### 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](mailto:glass2walk@gmail.com) or write to WLO c/o Suzi Glass, 5562 Vassar Drive, San Jose, CA 95118.





September 2022



AMERICA'S WALKING CLUB  
ESTABLISHED 1976

# AVA: America's Walking Club!



Sea Witch bike event in Rehoboth Beach, Delaware.



Brigid & Laura Krbec, Sandra Bliss, Deanna Mendez, and Denise Wanke stop for a picture at the playground before starting the November 2020 Pearsall Park Walk event in San Antonio, Texas. Photo by Martin Callahan.

AMERICA'S WALKING CLUB  
**TAKE THE STEP!  
IT'S TIME TO  
MAKE AN  
IMPACT.**

**big give**  
DONATE TO  
THE BIG GIVE 2022

ONLINE GIVING WILL START AT 8 PM ON THURSDAY, SEPTEMBER 22, AND END AT 6 PM ON FRIDAY, SEPTEMBER 23.  
WWW.THEBIGGIVEUSA.ORG



Frank Ellis (left) and Doug Eide with Rudy pose for a picture in front of 18th century Mission San José along the 2021 World Heritage Festival, Tour de las Misiones Walk trail in San Antonio, Texas. Photo by Martin Callahan.



Sheri Logan with Dolly (left) and Rudy stop for a picture in front of the Paul Inghenhuett Home that was designed by noted architect Alfred Giles in 1897. The historic home was visible along the trail during the Christmas in Comfort Walk event that took place in November 2021 in Comfort, Texas. Photo by Martin Callahan.

1st Annual  
**50s Fest & CAR CRUISE**

Saturday, September 10, 2022 - 10am - 4pm  
Downtown Waynesburg, PA • Just 2 miles off I-79, Exit 14

**NO REGISTRATION FEE!**

Downtown Waynesburg is blocked to through traffic and we take over the town.  
We park all along the main drag and enjoy 50's music, all day, food and fun.  
All the specialty shops are open, too! So dress in your 50's best and come join the Fun!

WANB's DJ Doug Wilson  
better known as the  
"Greene County Greaser"  
Spinning All Your 50's Favorites All Day!

Celebrating 21 years!

- Tons of great doorprizes
- Great goody bags
- Raffles and giveaways!
- Specials in all the Downtown Shops!

VISIT GREENE  
Cars, Trucks & Motorcycles Welcome  
FMI: 724-627-5555 or e-mail: thegreaser@windstream.net

Walk, Rock and Roll in Green County, Pennsylvania.

2023  
**18<sup>th</sup> OLYMPIAD**  
SAN ANTONIO, TEXAS USA

February 19-26, 2023  
**ivvolympiad2023**

## Member Clubs, Events and IVV



# AVA SANCTIONED EVENTS CALENDAR

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

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

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

A box around a listing indicates a multiple event weekend.

## ARKANSAS

10/8-9/22 3-W Hot Springs Pat Golden 479-381-9366  
Ozark Hill Hikers bvvohh@gmail.com

## ARIZONA

10/10/22 GW Grand Canyon Village Mary Ptacek 702-523-4920  
Las Vegas High Rollers & Strollers mtpptacek@msn.com

## CALIFORNIA

10/8/22 W Santa Rosa Marilyn Nasi 707-486-8528  
Sonoma County Stompers mbnasi91@comcast.net

10/23/22 W Estero Bluffs, Cayucos Ty Fredriks 805-714-1552  
Central Coast Beach Boardwalkers tyandginger@gmail.com

## COLORADO

10/7/22 NW Co. Sprgs. Fire Dept. #20 Curt Converse 719-591-8193  
Falcon Wanderers Cdconverse@aol.com

## DELAWARE

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

## FLORIDA

10/15/22 GW Orange Park Diana Sherrill 904-608-4689  
First Coast Trail Forgers Walking diana.sherrill3@gmail.com

10/29/22 GW St. Augustine Diana Sherrill 904-608-4689  
First Coast Trail Forgers Walking diana.sherrill3@gmail.com

11/4/22 W Tavares Dan Barnett 808-342-8584  
11/4-5/22 S Tavares dnlessb@aol.com

11/5/22 W Eustis Mid-Florida Milers Walking Club  
11/5/22 W Leesburg

11/12/22 GW Jacksonville Diana Sherrill 904-608-4689  
First Coast Trail Forgers Walking diana.sherrill3@gmail.com

12/17/22 GW Jacksonville Diana Sherrill 904-608-4689  
First Coast Trail Forgers Walking diana.sherrill3@gmail.com

## GEORGIA

10/15/22 TGW Atlanta Connie Clark 469-713-4712  
Georgia Walkers walkn4life@att.net

## HAWAII

11/16/23 W Waimanalo Carol Romig 808-626-3575  
Menehune Marchers CarolRomig50@gmail.com

## IOWA

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

## ILLINOIS

10/1/22 W Lebanon Genine Percsbacher 618-719-3608  
Illinois Trekkers Volkssport Club Geninep47@yahoo.com

10/22/22 W Edwardsville Bill Badger 618-910-7538  
Gateway Milers NFP wbadger@sbcglobal.net

## INDIANA

10/8/22 W Indianapolis Lance Ratliff 317-340-0776  
Indy 'G' Walkers lanceratliff@hotmail.com

10/15/22 B Michigan City Bob Buzolich 574-339-9140  
10/15/22 W Hoosier Hikers sonofbuzz@prodigy.net

10/22/22 W Brookville Dennis Fritz 812-584-2687  
Whitewater Valley Walkers ddfriz@aol.com

11/25/22 TGW Carmel Jim Blessing 317-903-4036  
Indy 'G' Walkers jasbless@gmail.com

12/3/22 TGW Carmel Jim Blessing 317-903-4036  
Indy 'G' Walkers jasbless@gmail.com

12/10/22 TGW Marion Bill Thorne 765-603-1818  
Indiana Volkssport Assn. ThorneBill@aol.com

## KANSAS

10/28-30/22 W Garnett Terri Tyler 785-233-4385

10/28-30/22 W Mound City Sunflower Sod Stompers

10/28-30/22 W Chanute tltyler50@gmail.com

10/28-30/22 W Iola

10/28-30/22 W Yates Center

10/28-30/22 W Burlington

10/29-30/22 2-S Burlington

## MASSACHUSETTS

10/15/22 W Framingham Beate Hait 774-292-9098

Walk 'N Mass Volkssport Club beateh1@aol.com

## MARYLAND

10/1/22 W Frederick Jone Parr 301-385-0054  
Seneca Valley Sugarloafers jone.p@comcast.net

10/9/22 GW Greenbelt Y. Pennington 301-431-6668

Great Greenbelt Volksmarchers, Inc. greenbeltmva@gmail.com

10/15/22 W Havre de Grace Sue Capp 717-968-6611

Baltimore Walking Club suecapp@yahoo.com

10/29/22 W Gaithersburg Dave Fenster 301-520-6507

Seneca Valley Sugarloafers rockpic001@gmail.com

11/5/22 W Halethorpe John Dye 410-290-6510

Columbia Volksmarch Club johndye@comcast.net

11/5/22 W Patuxent Research Refuge Y. Pennington 301-431-6668

Great Greenbelt Volksmarchers, Inc. greenbeltmva@gmail.com

11/12/22 W Gaithersburg Tony Laing 301-980-8932

Seneca Valley Sugarloafers laingat@gmail.com

12/31/22 2-W Savage Linda Hassell 410-437-2164

11/1/23 2-W Savage Bill Hassell 410-437-2164

Freestate Happy Wanderers wahasse1798@verizon.net

## MICHIGAN

10/1/22 TGW Tecumseh Victoria Carter 734-470-6025

Washtenaw Wanderers Volkssporting thearlaigh@hotmail.com

## MINNESOTA

10/8/22 W Bloomington Paul Stachour 952-884-5977  
Twin Cities Volkssport PStachour@acm.org

10/29/22 GW Hastings Julie Bjorklund 612-868-9065

NorthStar Trail Travelers poipubeach@frontiernet.net

11/5/22 W Vadnais Heights Ken Johnson 651-774-9607

Twin Cities Volkssport johnsonck@centurylink.net

## MISSOURI

10/8/22 W Maryland Heights Steve McGrath 760-793-2976

Saint Louis Walkers normsrestaurant@gmail.com

## NEBRASKA

10/22/22 W Lincoln Lee Frantz 402-884-6052

Nebraska Wander Freunde Trailblazers glfrantz@cox.net

11/5/22 W Omaha Lori Anderson 402-641-1771

Nebraska Wander Freunde Trailblazers fromustoyou@zoho.com

12/4/22 NW Omaha Larry Boehm 402-393-5697

Nebraska Wander Freunde Trailblazers lboehm@cox.net

## NEW JERSEY

10/1/22 TGW Bordentown Diane Glace 609-658-724

Princeton Area Walkers glace@rutgersprep.org

## NEW YORK

10/8/22 W Schodack Island St Pk Mary Sorell 518-331-7287

Empire State Capital Volkssporters xcmama3@aol.com

10/17/22 W Schuylerville Doug Reynolds 518-229-1141

Empire State Capital Volkssporters dougreynolds@juno.com

10/19/22 TGW Wilton Linda Morzillo 518-584-7762

Empire State Capital Volkssporters MorzilloLinda@gmail.com

10/23/22 W Penn Yan William Peeck 585-227-6025

Niagara Frontier Volkssport Club wpeeck@rochester.rr.com

Events continued on page 24



# Events *continued from page 23*

11/5/22	W	Albany	Deborah Darcangelis	518-423-9248
		Empire State Capital Volkssporters	dmdarcang@gmail.com	
11/9/22	TGW	Malta	Vera Weiss	518-399-1798
		Empire State Capital Volkssporters	vweiss@nycap.rr.com	
11/30/22	TGW	Clifton Park	Jan Golden	518-496-2247
		Empire State Capital Volkssporters	janice_jaskolka@hotmail.com	
12/4/22	W	Scotia	Vera Weiss	518-399-1798
		Empire State Capital Volkssporters	vweiss@nycap.rr.com	
12/7/22	TGW	Watervliet	Nicolle Signoracci	518-237-3315
		Empire State Capital Volkssporters	nsignoracci@gmail.com	

## OHIO

10/8/22	W	Clinton	Luanne Johnson	330-466-8799
		Vagabonds, Inc.	luanne.i.johnson@gmail.com	
10/15/22	W	Covington	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	
11/12/22	GW	Whitehouse	Craig Gauger	419-350-4345
11/13/22	GW	Maumee-Fallen Timbers Battlefi	gcgauger@hotmail.com	
		Maumee Valley Volkssporters		
12/3/22	W	Troy	Dawn Gruber	937-409-6975
		Ohio Wander Freunde	dgruber333@aol.com	
4/1/23	W	New Carlisle	Connie Bost	937-399-9204
		Tecumseh Trailblazers	beacon811@yahoo.com	

## OKLAHOMA

10/13-14/22	3-S	Ada	Terri Tyler	785-233-4385
10/14/22	W	Ada	Sunflower Sod Stompers	
			tltyler50@gmail.com	
10/15/22	W	Holdenville	Ralph Axsom	918-252-4752
		Tulsa Walking Club	ralphax66@gmail.com	
10/15/22	W	Seminole	Leslie Jones	405-641-0948
		Wandergruppe Walking Club	leslie.jones@cox.net	
10/16/22	W	McAlester	Terri Tyler	785-233-4385
		Sunflower Sod Stompers	tltyler50@gmail.com	
11/19/22	W	Tulsa	Cynthia Hines	918-406-6077
		Tulsa Walking Club	vetretiredclh@yahoo.com	

## OREGON

10/1/22	GW	Happy Valley	Genelle Lockwood	503-760-3057
		East County Windwalkers	gml1drl2@comcast.net	
4/8/23	W	Jefferson	Donald Reed	541-974-5780
		Albany Fitwalkers	donreed1946@yahoo.com	

## PENNSYLVANIA

10/1/22	W	Marietta	David Barber	717-626-6103
		Penn-Dutch Pacers Volksmarch Club	dmtmbarber@comcast.net	
11/11-13/22	3-W	Gettysburg	Tom Jackson	717-309-6088
11/12/22	W	Gettysburg - Orrtanna	York White Rose Wanderers	
11/12/22	S	Gettysburg	thomasjackson@embarqmail.com	

## SOUTH DAKOTA

10/2/22	W	Crazy Horse	Diane Johannesen	307-290-0746
		Black Hills Volkssport Assn.	dianejohannesen@hotmail.com	

## TENNESSEE

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

## TEXAS

10/1/22	W	Little Elm Park	Helen Hull	972-530-1026
		Dallas Trekkers, Inc.	helenthehun@yahoo.com	
10/6-9/22	W	Lampasas	Helen Hull	972-530-1026
		West Texas Trail Walkers	helenthehun@yahoo.com	
10/7/22	W	Bend	Berdelle Johnson	806-676-8344
		West Texas Trail Walkers	mosomi@aol.com	
10/8/22	W	Bend	Will Robinson	972-971-1379
		West Texas Trail Walkers	william.l.robinson@sbcglobal.net	
10/9/22	W	Colorado Bend St Pk	Susan Medlin	210-325-3523
		West Texas Trail Walkers	sueammed@aol.com	
10/22/22	W	Somerset	Mike Schwencke	210-382-0367
		San Antonio Pathfinders	mike.schwencke@outlook.com	
10/22/22	W	Fort Worth	Duane Dougherty	903-658-0576
		Tarrant County Walkers	revdad.duane@gmail.com	
11/5/22	W	J Bunker Sands Wetland	Deborah Carter	214-549-0851
		Dallas Trekkers, Inc.	debwalk@earthlink.net	

2/24/23	W	San Antonio	Susan Medlin	210-325-3523
2/25/23	W	San Antonio	Texas Trail Roundup	
2/26/23	W	San Antonio	sueammed@aol.com	

## UTAH

10/6/22	GW	Springdale	Mary Ptacek	702-523-4920
10/7/22	GW	Bryce Canyon City	mtptacek@msn.com	
		Las Vegas High Rollers & Strollers		
10/12/22	GW	Windows Trailhead	Tim Friesen	360-260-9393
10/13/22	GW	Moab	International Wanderers	
10/16/22	GW	Bryce Canyon N.P.	Tim Friesen	360-260-9393
10/17/22	GW	Springdale	International Wanderers	
			tim@walkingadventures.com	

## VIRGINIA

10/1/22	W	Fort Belvoir	Ron Jones	703-217-3140
		Northern Virginia Volksmarchers	outdoorsy_guy1@yahoo.com	
10/8/22	W	Richmond	Gin Armacost	703-201-1987
		Lee Lepus Volkssverband	Armacostg@cox.net	
10/14-16/22	B	Arlington	Dolores Grenier	703-209-0174
10/14/22	W	Arlington	info@USFreedomWalk.org	
10/14-16/22	S	Arlington	U.S. Freedom Walk Festival Club	
10/15/22	W	Arlington		
10/16/22	W	Arlington		
10/29/22	W	Virginia Beach	Don Bradford	757-576-0966
		Gator Volkssmarsch Club	gvcwalker64@hotmail.com	
12/3-4/22	W	Alexandria	Helen Garamone	703-360-5692
		Northern Virginia Volksmarchers	hkgaramone@hotmail.com	
12/3-4/22	W	Alexandria	Y. Pennington	301-431-6668
		Great Greenbelt Volksmarchers, Inc.	greenbeltmva@gmail.com	
12/9-10/22	NW	Williamsburg	Pam Bowers	757-869-6116
12/9-11/22	S	Williamsburg	Peninsula Pathfinders of Virginia	
12/10-11/22	W	Williamsburg	pbb6116@gmail.com	
12/31/22	W	Smithfield	Don Bradford	757-576-0966
1/1/23	W	Gator Volkssmarsch Club	gvcwalker64@hotmail.com	

## WASHINGTON

10/8/22	W	Tacoma	Carolyn Warhol	253-845-6592
		Evergreen Wanderers	jcwarhol@comcast.net	
10/15/22	W	Tumwater	Barb Malone	360-485-3693
		Capitol Volkssport Club	ravnliz08@yahoo.com	
10/22/22	W	Puyallup	Jim Slakey	253-677-8895
		Daffodil Valley Volkssport Association	aslakey@comcast.net	
10/29/22	W	Carnation	Fran Carson	206-788-7969
		Emerald City Wanderers	fran55carson@gmail.com	
10/29/22	W	Vancouver	Barbara Baker	360-573-6048
		Vancouver USA Volkssporters	barbarabkr@q.com	
11/25/22	W	Sumner	Sue Opp	918-718-9819
		Daffodil Valley Volkssport Association	sue.opp@hotmail.com	
11/26/22	GW	Edmonds	Neil Smith	206-214-5274
		Sound Steppers Volkssport Club	neil.smith@comcast.net	
12/10/22	W	Olympia	Sheila Morrison	360-888-9822
		Capitol Volkssport Club	sheila.morrison@comcast.net	
12/31/22	NW	Seattle	Mike Nagan	206-851-2101
1/1/23	W	Seattle	m.nagan@comcast.net	
		Emerald City Wanderers		
3/18/23	W	Seattle	Mike Nagan	206-851-2101
		Emerald City Wanderers	m.nagan@comcast.net	
4/8/23	W	Seattle	Jane Clark	206-920-2544
		Emerald City Wanderers	jane3883@gmail.com	
4/15/23	W	Tacoma	Nancy Wittenberg	253-208-1331
		Evergreen Wanderers	newittenberg@gmail.com	

## WISCONSIN

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

**TAKE THE STEP!**

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Share the gift of health and wellness by supporting our mission. Online giving will start at 6 PM on Thursday, September 22, and end at 8 PM on Friday, September 23.



Donate online through [www.thebiggivesa.org](http://www.thebiggivesa.org)

AMERICA'S WALKING CLUB



# IVV EVENT AWARDS

## 24 Events

Knezevich Shelley Portland OR

## 30 Events

Grothues Bernie Bulverde TX  
O'Neal Amy Monticello IL  
O'Neal Matthew Monticello IL  
Sell Alex Seattle WA

## 50 Events

Boy Sheri Whitewood SD  
Hawkins Ida Seattle WA

## 75 Events

Harker Kenneth Nashville IN  
Markovich Cheryl Henderson NV  
McKittrick Rick W. Covina CA

## 100 Events

Ball Sherry Powell TN  
Dieterich William San Antonio TX  
Gitnick Terry Cohoes NY  
Markovich Cheryl Henderson NV  
Reeh Sandra New Braunfels TX  
Twing Ellen Waunakee WI

## 125 Events

Boyce Allan Seattle WA  
Dmytriw Janis Vacaville CA  
Elbert Cheryl Pierce City MO  
Knight Stephanie Austin TX  
Lang Deanna Newport News VA  
Lange Beverly Ashland MA  
Markovich Cheryl Henderson NV  
Mohon Timothy Scottsburg IN  
Piffat Christine Woodlands TX  
Stumph Susan Boise ID

## 150 Events

Billman Jo Wildomar CA  
Dmytriw Janis Vacaville CA  
Elbert Cheryl Pierce City MO  
Everly Dale Panama City Beach FL  
Gillen Cathy Tarpon Sprgs FL  
Kaufman Karen CamdenWy DE  
Knight Stephanie Austin TX  
Lange Beverly Ashland MA  
Lunt Linda Boylston MA  
Markovich Cheryl Henderson NV  
Steele Jane Easton MD

## 175 Events

Elbert Cheryl Pierce City MO  
Gillen Cathy Tarpon Sprgs FL  
Hedt Haley Centerville OH  
Heritage Joyce Spokane WA  
Hite Jennifer Arlington VA  
Kaufman Karen CamdenWy DE  
Lunt Linda Boylston MA  
Markovich Cheryl Henderson NV  
Thon Patricia Kansas City MO

## 200 Events

Fredriks Ty Santa Maria CA  
Fredriks Ginger Santa Maria CA  
Gillen Cathy Tarpon Sprgs FL  
Hall Rita Fletcher NC  
Markovich Cheryl Henderson NV  
McDaniel Lyla Greenville SC  
Partlow Alice DeLand FL  
Steele Donna Hillsboro OR

## 225 Events

Draper Emily Alcoa TN  
Foran Jean Calhan CO

Gillen Cathy Tarpon Spgs FL  
Partlow Alice DeLand FL  
Peppers Theresa Wildomar CA  
Stanford Irene Maple Valley WA

## 250 Events

Foran Jean Calhan CO  
Giesecke Carol Cambridge MA  
Heath Wayne Woodbury MN  
LeClair Susan Simpsonville SC  
Reinbrecht Steven Olympia WA  
Schweikhard Joe Pocola OK  
Williams Christine Elk Grove CA

## 275 Events

Foran Jean Calhan CO  
Giesecke Carol Cambridge MA  
Heath Wayne Woodbury MN  
Johnson Laura Karnes City TX  
Lawrence Gladys Lancaster OH  
Marshall Dolly Springfield OR  
Prost-Domasky Janine Florissant MO  
Schaeckermann Stephanie Mobile AL  
Schweikhard Joe Pocola OK  
Witzel Carrie Ellenburg WA

## 300 Events

Berg Jennifer Kent WA  
Bown Kathy Black Hawk SD  
Foran Jean Calhan CO  
Lawrence Gladys Lancaster OH  
Schaeckermann Stephanie Mobile AL  
Strachan Susan Bremerton WA

## 325 Events

Cieslak Christine Portland OR  
Finley Carroll Webb City MO  
Foran Jean Calhan CO

## 350 Events

Axelrod Sharon Orlando FL  
Finley Carroll Webb City MO  
Gergen Yvonne Portland OR  
Hiatt Cheryl Tulsa OK  
Neily Margaret Adelphi MD

## 375 Events

Axelrod Sharon Orlando FL  
Coon Claudia Portland OR  
Hiatt Cheryl Tulsa OK  
Johnson Ken Maplewood MN  
West Carol Wethersfield CT  
West Lee Wethersfield CT  
Wichelns Phyllis Sacramento CA

## 400 Events

Haven Bev Jefferson OR  
Hiatt Cheryl Tulsa OK

## 425 Events

Beck Paul LaCrosse WI  
Bupp Linda New Oxford PA  
Hiatt Cheryl Tulsa OK  
Suchodolski Jack Seminole FL

## 450 Events

Andrews Alison Laytonsville MD  
Cieslak Paul Portland OR  
Gley Bob Trabuco Canyon CA  
Hiatt Cheryl Tulsa OK

## 475 Events

Colburn Kris Orting WA  
Hiatt Cheryl Tulsa OK  
Needles Kevin San Antonio TX

Potter Pamela Millersville MD  
Wells Thomas Snohomish WA  
Zarfoss Luther Elizabethtown PA

## 500 Events

Colburn Kris Orting WA  
Dollar Andrea Alexandria VA  
Georgelos Nellie Johnstown NY  
Hiatt Cheryl Tulsa OK  
Ryan Michael Aurora CO  
Tams Myra Odgen UT  
Wells Thomas Snohomish WA

## 525 Events

Colburn Kris Orting WA  
Dollar Andrea Alexandria VA  
Erickson Paul Maitland FL  
Esker Barbara Pasadena MD  
Georgelos Nellie Johnstown NY  
Gromala David Federal Way WA  
Hendricks Jeffrey Rapid City SD  
Hiatt Cheryl Tulsa OK  
Ihara Theresa Elk Grove CA  
McDaniel Robert Greenville SC  
Suchodolski Mary Seminole FL

## 550 Events

Beisser David Travelers Rest SC  
Dollar Andrea Alexandria VA  
Erickson R Paul Maitland FL  
Esker Barbara Pasadena MD  
Galloway Debra Austin TX  
Georgelos Nellie Johnstown NY  
Green Tamara Greenville OH  
Gromala David Federal Way WA  
Hiatt Cheryl Tulsa OK  
Ihara Theresa Elk Grove CA  
Schwencke Mike San Antonio TX  
Zeitler Mary Austin TX

## 575 Events

Brown Troy Federal Way WA  
Cox Cameron Webster NY  
Cox Susan Webster NY  
Dollar Andrea Alexandria VA  
Dravis Nancy Ellicott City MD  
Esker Barbara Pasadena MD  
Hiatt Cheryl Tulsa OK  
Liebig Mary Windsor WI

## 600 Events

Hiatt Cheryl Tulsa OK  
Perkins Jerry Waring TX

## 650 Events

Copenhaver James York PA  
Copenhaver Pamela York PA  
Hiatt Cheryl Tulsa OK  
Lunghofer Terence Colorado Sprgs CO

## 700 Events

Conner Theresa Bothell WA  
Copenhaver Pamela York PA  
Copenhaver James York PA  
Green Jesse Greenville OH  
Hiatt Cheryl Tulsa OK  
Lunghofer Terence Colorado Sprgs CO  
Shockey Rhonda Tulsa OK  
Vertucci Audrey San Antonio TX  
Withers Donna Spokane WA

## 750 Events

Flessert Chris Ft Atkinson WI  
Foster Heidi Fair Oaks CA  
Hiatt Cheryl Tulsa OK  
Shockey Rhonda Tulsa OK

## 800 Events

Carlson Bonita Morris IL  
Darling Lea Burnt Hills NY  
Dix Karen Bellevue NE  
Foster Heidi Fair Oaks CA  
Hiatt Cheryl Tulsa OK  
Shockey Rhonda Tulsa OK

## 850 Events

Blazek Lynn Ellensburg WA  
Cockrell Kathleen Knightdale NC  
Darling Lea Burnt Hills NY  
Donner Brenda Seattle WA  
Havilland Laura Washougal WA  
Heidemann Lisa Sioux Falls SD  
Quesnell June Cottage Grove WI  
Roberts Michelle Seattle WA  
Shockey Rhonda Tulsa OK

## 900 Events

Blazek Lynn Ellensburg WA  
Darling Lea Burnt Hills NY  
Sell Katie Bellevue WA  
Shockey Rhonda Tulsa OK  
Ward Allan Sundance WY  
Wolfe Mary Silver Sprg MD

## 950 Events

Bonewitz Mindy Louisville TN  
Evans Narlen Lorena TX  
Ives John San Antonio TX  
Langville Kathleen Gettysburg PA  
Langville William Gettysburg PA  
Shockey Rhonda Tulsa OK  
Wellenreiter James Lititz PA

## 1000 Events

Langville Kathleen Gettysburg PA  
Shockey Rhonda Tulsa OK  
Snurr Jane Mechanicsburg PA  
Watts Peggy Ames IA  
Wilson Pam Madison WI

## 1050 Events

Evans Tommy Tulsa OK  
Evans Connie Tulsa OK  
Nelson Ken Happy Valley OR  
Shockey Rhonda Tulsa OK  
Wilson Pam Madison WI

## 1100 Events

Evans Connie Tulsa OK  
Evans Tommy Tulsa OK  
Tree James San Antonio TX  
Wilson Pam Madison WI

## 1150 Events

Moisant Lee Minneapolis MN  
Perry Steven Vancouver WA  
Tree James San Antonio TX  
Wilson Pam Madison WI

## 1200 Events

Heritage Allan Spokane WA  
Perry Steven Vancouver WA  
Rathgeb Doug Davis CA

## 1250 Events

Lucas Jean Davis CA  
Sheets Fredrick Palm Bay FL

IVV Event awards continued on  
page 26



# IVV Event Awards

*continued from page 25*

## 1300 Events

Elser Cheryl New Haven IN  
 Lanpher Joan Greenville SC  
 Severtsen Sandi Shoreline WA  
 Wilson Jerry Madison WI

## 1350 Events

Giddings Jeffrey Rockville MD  
 Hines Cynthia Tulsa OK  
 Morzillo Linda Saratoga Sprgs NY  
 Wilson Jerry Madison WI

## 1400 Events

Wilson Jerry Madison WI

## 1450 Events

Faulk Raye Anchorage AK  
 Filemyr Alice Rockville MD  
 Ogur Sherry Mtlake Terrace WA  
 Wilson Jerry Madison WI

## 1500 Events

Wiest Jogena Madison WI

## 1600 Events

Badger William Edwardsville IL  
 Grenier Anne Tuttle OK  
 Grunewald Robert Alexandria VA  
 Jerabek Janice Lincoln CA  
 Perkins Margery Middletown OH  
 Wiest Jogena Madison WI

## 1700 Events

Ponse Hans Woodbridge VA  
 Swanson Helen Danville VA  
 Wiest Jogena Madison WI

## 1800 Events

Wolfe Robert Silver Sprg MD

## 2000 Events

Garamone Helen Alexandria VA

## 2100 Events

Ponse Shirley Woodbridge VA  
 Shields Nicholas Maple Valley WA

## 2200 Events

Cairns John Clifton Park NY  
 Hull Helen Garland TX  
 Perkins Michael Middletown OH  
 Steedle Dorothy Vancouver WA

## 2300 Events

Logan Sherilyn New Braunfels TX

## 2400 Events

Standridge Dennis Nine Mile Falls WA

## 2500 Events

Conyers Doris Joplin MO  
 Morrison Sheila Olympia WA

## 2600 Events

Pritchard Gary Huntsville AL

## 2700 Events

Obradovitz Susan Norco CA

## 2900 Events

Wittenberg Elisabeth Tacoma WA

## 3000 Events

Terry Cliff Noblesville IN

## 3200 Events

Wiest Douglas Madison WI

## 3400 Events

Hudson Brooke Hurst TX

## 3500 Events

Legaard Jane Bloomington MN

## 3700 Events

Wright Leroy Salem OR

## 4100 Events

Chazen Martin Manassas VA  
 Engelhardt Kathleen Sacramento CA

## 4200 Events

Engelhardt Kathleen Sacramento CA  
 Finnegan Steven Hillsboro OR  
 Jackson Thomas Biglarville PA

## 4300 Events

Chioli Judith Columbia MD  
 Finnegan Steven Hillsboro OR

## 4400 Events

Finnegan Steven Hillsboro OR  
 Hendricks Beth Rapid City SD  
 Lindberg Shirley Post Falls ID  
 Waibel Gale Silver Sprg MD

## 4500 Events

Finnegan Steven Hillsboro OR  
 Waibel Gale Silver Sprg MD

## 4600 Events

Waibel Gale Silver Sprg MD

## 5100 Events

Beamer Raymond Cascade CO

## 5800 Events

Waibel Klaus Silver Sprg MD

## 5900 Events

Waibel Klaus Silver Sprg MD

## 6000 Events

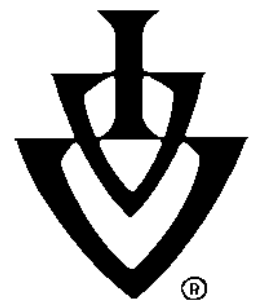
Waibel Klaus Silver Sprg MD

## 6200 Events

Haseloff Robert Seguin TX

## 7000 Events

Blazek Lynn Ellensburg WA



## AVA: America's Walking Club!

## 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.

## America's Walking Club - Associate Membership Form

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

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

**Lifetime Member**

Lifetime Membership Fees  
 Please check according to your age:  1-29/\$500  30-39/\$450  40-49/\$400  
 50-59/\$350  60-69/\$300  70+/\$250  
*Includes 15% off convention package and most purchases.*  
 Year of Birth (needed for pricing) \_\_\_\_\_

Lifetime Membership may be paid in two (2) monthly installments. Please check the option(s) below:  
 Please add my spouse or friend for a one time fee of \$100 (same address)  
 Enclosed is my first payment  Enclosed is my payment in full  
 Please charge my credit card  In full  In 2 installments

**Individual and Family/Friend**

Associate Membership Fees  
 Individual (\$25/year)  Family/Friends (same address) (\$30/year)  
 International Individual (\$35/year)  International Family/Friends (\$45/year)  
*Includes 10% off convention package and most purchases.*  
 (NOTE: Membership does not include a New Walker Packet which is sold separately.)

**I would like to receive my TAW newspaper by:**  
 \_\_\_\_\_ paper \_\_\_\_\_ electronic \_\_\_\_\_ I do not wish to receive the TAW

Do not share my information.

Check or money order, payable to the AVA in US funds only  
 Charge my credit card:  Mastercard  Visa  
 Discover  American Express  
 Card number \_\_\_\_\_ Expiration \_\_\_\_ / \_\_\_\_ CVC Code \_\_\_\_  
 Signature \_\_\_\_\_ (on back of card)  
 GroupWorks referral/Name of club \_\_\_\_\_ Club # \_\_\_\_\_

**Please send my membership packet to:**  
 Your Name \_\_\_\_\_  
*(please print the name you would like to appear on your card)*  
 Spouse/Friend's Name \_\_\_\_\_  
*(for Family/Friend membership or paid Lifetime Spouse/Friend membership only)*  
 Family/Friend Members \_\_\_\_\_  
*(for Family/Friend membership only)*  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email Address \_\_\_\_\_

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



# IVV DISTANCE AWARDS

## 500 KM

Cavanagh Gregory Millersville MD  
Fennell Robin San Antonio TX  
Hawkins Ida Seattle WA  
Twing Ellen Waunakee WI

## 1000 KM

Aguirre Nelli Kyle TX  
Billman Jo Wildomar CA  
Dmytriw Janis Vacaville CA  
Gitnick Terry Cohoes NY  
Kaufman Karen CamdenWy DE  
Markovich Cheryl Henderson NV  
Mason Martin Woodlands TX  
Ridgeway Vickie Maryville IL

## 1500 KM

Callahan Mike Springfield OH  
Elbert Cheryl Pierce City MO  
Giesecke Carol Cambridge MA  
Gillen Cathy Tarpon Sprgs FL  
Knight Stephanie Austin TX  
Lunt Linda Boylston MA  
Markovich Cheryl Henderson NV  
Minderlein Mary EightyFour PA  
Steele Donna Hillsboro OR  
Thon Patricia Kansas City MO  
Yett John Portland OR

## 2000 KM

Foran Jean Calhan CO  
Hall Rita Fletcher NC  
Hills Gordon Billings MT  
Hite Jennifer Arlington VA  
Markovich Cheryl Henderson NV  
Partlow Alice DeLand FL  
Peppers Theresa Wildomar CA  
Reinbrecht Steven Olympia WA

## 2500 KM

Banton Andrew Olathe KS  
Berg Jennifer Kent WA  
Busse Jeffrey New Braunfels TX  
Hiatt Cheryl Tulsa OK  
Michele Eric Asheville NC  
Peeck Wendy Rochester NY  
Williams Christine Elk Grove CA

## 3000 KM

Cieslak Christine Portland OR  
Colburn Kris Orting WA  
Finley Carroll Webb City MO  
Hiatt Cheryl Tulsa OK

## 3500 KM

Frantz Gary Lee Omaha NE  
Heath Wayne Woodbury MN  
Hiatt Cheryl Tulsa OK  
Lawrence Gladys Lancaster OH  
Stoneback Linda Federal Way WA

## 4000 KM

Esker Barbara Pasadena MD  
Hiatt Cheryl Tulsa OK  
Ohl Mark Belleville IL

## 4500 KM

Cieslak Paul Portland OR  
Coon Claudia Portland OR  
Hiatt Cheryl Tulsa OK  
Suchodolski Jack Seminole FL

## 5000 KM

Beck Paul LaCrosse WI  
Lawrence Vernon Lancaster OH  
Michele Dennis Asheville NC  
Potter Pamela Millersville MD

## 5500 KM

Erickson Paul Maitland FL  
Ihara Theresa Elk Grove CA  
Ryan Michael Aurora CO  
Suchodolski Mary Seminole FL  
Tams Myra Odgen UT

## 6000 KM

Foster Heidi Fair Oaks CA  
Gromala David Federal Way WA  
Wells Thomas Snohomish WA

## 6500 KM

Copenhaver James York PA  
Copenhaver Pamela York PA  
Dollar Andrea Alexandria VA  
Foster Heidi Fair Oaks CA  
Ives John San Antonio TX  
Vertucci Audrey San Antonio TX  
Withers Donna Spokane WA

## 7000 KM

Havilland Laura Washougal WA  
Needles Jeffrey San Antonio TX  
Wardle Duane Pittsboro IN

## 7500 KM

Blazek Lynn Ellensburg WA  
Conner Theresa Bothell WA

## 8000 KM

Darling Lea Burnt Hills NY  
Flessert Chris Ft Atkinson WI  
Messing Kay Bainbridge Isl WA

## 9000 KM

Darling Lea Burnt Hills NY  
Dix Karen Bellevue NE  
Heidemann Lisa Sioux Falls SD  
Lunghofer Terence Colorado Sprgs CO  
Pavlovsky John San Antonio TX  
Shockey Rhonda Tulsa OK

## 10000 KM

Colburn Kris Orting WA  
Langville Kathleen Gettysburg PA  
Langville William Gettysburg PA  
Shockey Rhonda Tulsa OK  
Thovson Reta Hill City SD

## 11000 KM

Thomas Retha Joplin MO  
Watts Peggy Ames IA  
Wilson Pam Madison WI

## 12000 KM

Perry Steven Vancouver WA  
Wilson Pam Madison WI

## 13000 KM

Baillie Harold Sierra Vista AZ

## 14000 KM

Wilson Jerry Madison WI

## 15000 KM

Medlin Susan San Antonio TX  
Prost Diane Fairview Hgts IL  
Silkworth Heidi Euless TX  
Wilson Jerry Madison WI

## 16000 KM

Badger William Edwardsville IL  
Swanson Helen Danville VA

## 17000 KM

Evans Tommy Tulsa OK  
Evans Connie Tulsa OK

## 19000 KM

Schwartz Kenneth Seattle WA  
Steedle Dorothy Vancouver WA  
Tree James San Antonio TX

## 20000 KM

Barnes Ralph Greensboro NC  
Barnes Sandra Greensboro NC  
Ponse Shirley Woodbridge VA  
Shields Nicholas Maple Valley WA  
Tree James San Antonio TX

## 21000 KM

Senger James Buckley WA

## 22000 KM

Hull Helen Garland TX

## 25000 KM

Logan Sherilyn New Braunfels TX  
Wiest Jogena Madison WI

## 26000 KM

Morrison Sheila Olympia WA

## 35000 KM

Terry Cliff Noblesville IN

## 38000 KM

Kuntz Eleanor Plymouth Meeting PA

## 50000 KM

Kaiser Charles Brick NJ

## 70000 KM

Wiest Douglas Madison WI

## BIKE DISTANCE AWARDS

### 2500 Bike Level

Banton Andrew Olathe KS

### 10000 Bike Level

Colburn Kris Orting WA

### 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 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 MERCHANDISE

## Books



**\$6**  
**Bike Distance Book** — brown  
**Event Books** — green, purple, rose or gold (specify color)  
**Distance Books** — blue, orange or yellow (specify color)



**Books, 50 State/51 Capitals — \$5**  
**Books, A to Z Walking America — \$8**  
**Books, Centurian 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)

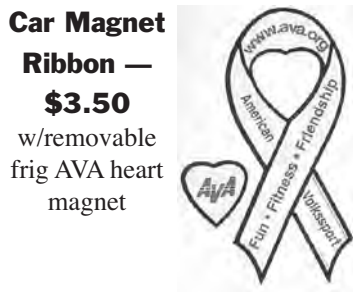
## Stickers



**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

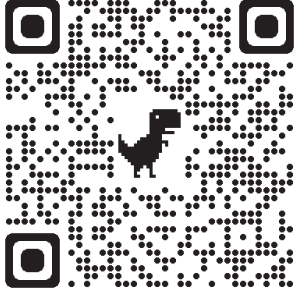
The AVA can only accept payment from non-U.S. orders by means of a credit card or cheques drawn in American funds from an American bank. We apologize for any inconvenience this causes.

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





Register today and take advantage of our early bird discount!



Scan here or visit [ivvolympiad2023.org](http://ivvolympiad2023.org)

# Join us for the 2023 IVV Olympiad + the IML Texas Trail Round Up

February 19-23, 2023  
SAN ANTONIO, TEXAS • USA

Held in North America for the first time ever, the IVV Olympiad is bringing dozens of AVA walking, swimming and biking events to one of the most walkable cities in America!

Enjoy all that San Antonio has to offer including:

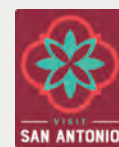
- The River Walk
- The Alamo & Spanish Missions
- Hill Country trails
- Historic neighborhoods
- Hemisfair Park
- The Tower of the Americas
- Arts & culture
- Phenomenal culinary scene
- Olympiad Village

Gather daily with friends old and new for fun, food and festivities!

**Sign up by September 30, 2022 for a discount on registration.**



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



FOLLOW US FOR IMPORTANT UPDATES



<https://ivvolympiad2023.org/g>