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# 2023 IVV Olympiad and IML Texas Trail Roundup a huge success!

By Henry Rosales, President and CEO

The IVV Olympiad and IML Texas Trail Roundup drew over 1,400 participants from 41 States and 23 countries! The total duplicated number of walk participants was 4,954. The total number of bike participants was 113 and total swim participants was 110 (duplicated number is approximately 10). Event revenues were \$207,154 and expenses were \$235,974. A full recap of the event will be presented during the June 2023 Regular Membership Meeting.

Special thanks to the AVA Board and Deputy Directors, the IVV and IML leadership, the AVA National Office team and office volunteers, the Olympiad/TTR Planning Committee, AVA clubs and members, and all volunteers, donors and sponsors.

This historical event demonstrates the durability and impact of the AVA when we all work together as **one organization**.

See pages 15-18, 31-32 for more photos.



Horst Volkmer, IVV Honorary President presented an historic stein to AVA President Henry Rosales.



## Special Membership Meeting

A Special Membership meeting was held February 24, 2023, in San Antonio, as part of the IVV Olympiad/Texas Trail Roundup.

Chair Nancy Wittenberg presented four President's Awards to these individuals: Heinz Johnson, Shirley Lindberg, Dennis Michele and David Bonewitz.

Nancy also presented the Big Stick Hiking Stick Award to Ed Hainline, president of Columbia River Volkssport Club, for the Northwest Region raising the most money during The Big Give.

Other speakers at the membership meeting include Diana Marshall, president of IVV Americas and Oceania; and Horst Volkmer, IVV honorary president who presented a historic stein to AVA President Henry Rosales.

Tim Miner spoke regarding the Washington-Rochambeau National Historic Trail, and thanked the AVA Board for their support of this historic partnership with the National Park Service.



AVA Board of Directors.



Big Give fundraising champions were Columbia River Volkssport Club.



## MESSAGE FROM THE BOARD CHAIR



Hello, Everyone,

Here we are again, in the middle of great walking weather. I hope that is true where you live, it certainly is here in the Pacific Northwest. Although I've talked about the Friendship part of our tagline in the past, I want to emphasize how important it is to cultivate a welcoming, inviting atmosphere to encourage people to walk with you. So, are you familiar with our mission? Your club's is the same as AVA's. It must be. Although socializing with club members is fun, we must not get to the point where that is all we do. We can't let our own club become just a little social clique.

So, what is our mission? In the process of developing our strategic plan in 2016, we confirmed the

Purpose, Vision and Mission of AVA. They are

**Purpose:** Promote the public health, physical fitness and well-being of Americans.

**Vision:** Increasingly engage Americans in lifelong walking and other noncompetitive physical fitness activities.

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

That's all well and good, you say. We put on walks, but no one will join our club and we are tired! When you read those three statements, where does it say you have to join a club? Our goal is to get people to walk with us. They join a club, because they like the people they are walking with. Maybe they go out to lunch with you afterwards and each of you finds out a little about each other. Perhaps you invite them to other club activities or to walk with you again. It isn't about putting on a walk once in a while,

*Board Chair continued on page 3*



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



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

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

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**Fun, Fitness, Friendship**

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*Effective July 1, 2021*

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# NATIONAL OFFICE NEWS

## Let's swim!

By Nancy Wittenberg, AVA Board Chair

Did you know there is a national swim event you can do anytime, anywhere there is a pool with a lifeguard on duty? Well, there is — on the Online Start Box (OSB). It's Y3104 and has a location of San Antonio, Texas, because we needed it to have a start location somewhere. Although it is AVA-sanctioned, it is not a hosted event and your pool activity is unsupervised by an AVA club, so you are swimming at your own risk. You can get an IVV event stamp and the Centurion Program stamp.

You can get stamps for no more than one event per calendar day to swim 300 meters during a published swim time with a lifeguard on duty. There is no requirement that this be in water over your head. The facility can be a local pool or aquatic facility that you have authorization to use. You are responsible for any fees required by the pool for your use.

It is recommended that the staff be accredited by the Aquatic Facility Operators (AFO) or the Hot Tub Alliance. But other facilities that have accredited staff include the YMCA/YWCA, university, government or community recreation centers, pool clubs and country clubs. Hotel/motel pools are not acceptable unless they have a lifeguard on duty. Clubs cannot use this event as part of a festival, single or multiday event and need to sanction their own swim for those locations. Read the information about the event on the OSB and contact the POC, Timothy Miner at [tminer@aol.com](mailto:tminer@aol.com), if you have questions about the facility conditions where you want to swim.

So, if you like to get in the water, like I do, check out your local pool facility and register on the OSB for your swims. If you forget to register, go back in and register before the sanction deadline. I go to the Y every Friday when I'm in town and register for a couple of Fridays ahead. Even if it's hot outside, those pools feel great. 🌿

## Board Chair's Message *continued from page 2*

stamping books and off you go.

So, how do you make that happen? Talk with others. Who are the clubs that are thriving? What are they doing? Make opportunities! Use Meetup.com or other social media to post all your walks, meetings and other events? What does your club use to get the word out?

How often do you walk as a group? Is it once a week? There should be a regular schedule of events, because people look for things they can do often. Things they can put on their calendar: "Wednesday: Walk with XXXX club." They want the safety of a group, especially women, but men as well. They want to socialize. It combats loneliness. Do you make it fun? Do you have a traveling guided walk stamp? If you do, why not explore a new area?

Remember, we are not built to sit on our derrieres. We are built to walk. We have been walking as human beings from before written time. Our legs, knees, hips, etc. are built to move. Don't let arthritis, pain or fear keep you down. Get up and move and invite others to walk with you. Have fun and enjoy our wonderful world!



Nancy Wittenberg, Board Chair

## Online AVA Regular Membership Meeting Registration Process

Meeting date and time –  
**Wednesday, June 14, 2023, 5-8 p.m.,**  
 Central Time (US and Canada)

**Meeting Registration Link** - This link will also be on the AVA Website.

[https://us02web.zoom.us/join/60rj8jGdWI2Jx4iIf8nos\\_8o8lVc1e](https://us02web.zoom.us/join/60rj8jGdWI2Jx4iIf8nos_8o8lVc1e)

Enter the above URL into your internet browser to register well in advance of the meeting date.

When you register for the meeting using the above link, if you are a club delegate, alternate, or proxy, be sure to put the same email address you used in the Credentialing Form that was submitted to the Marian at the National Office. All other non-voting meeting attendees should enter their personal email address into the registration form in the above link.

After registering, you will receive a confirmation email containing information about joining the meeting. It is important that you only use the specific URL (link) sent to you via email after you have registered to join the June 14th meeting.

If you are a club voting delegate, alternate, or proxy you will need to enter your personal Delegate Voting Code (DVC) during the meeting. Before voting. All club delegates will be emailed this voting code prior to June 1st. Your DVC will come to the email address you used in the credentialing form. Any club delegate who has not received their DVC by June 1st should contact Marian by email, [marian@ava.org](mailto:marian@ava.org).

### Questions and Testing

If need help setting up or have any questions, please contact [hector@ava.org](mailto:hector@ava.org). If you would like to test your system before the meeting, please contact Hector in advance. 🌿

## President's Awards presented at General Meeting

Chair Nancy Wittenberg presented four President's Awards to these individuals: Heinz Johnson, Shirley Lindberg, Dennis Michele and David Bonewitz.



Nancy Wittenberg, AVA Chair, presents President's Award to David Bonewitz.



Nancy Wittenberg, AVA Chair, presents President's Award to Dennis Michele.



Nancy Wittenberg, AVA Chair, presents President's Award to Shirley Lindberg.



Nancy Wittenberg, AVA Chair, presents President's Award to Heinz Johnson.



### AVA Special Program – Par for the Course

Program runs January 1, 2023-December 31, 2025. Redeem completed books by December 31, 2026. Participants will collect IVV event stamps (event stamp only be used once per year) for event trails that go past outdoor physical activities including but not limited to: exercise stations (par course/stations), golf (frisbee and miniature), playgrounds, baseball, basketball, soccer, bocce ball, racquetball sports, volleyball, hop scotch etc. Examples of non-qualifiers are skateboard parks, bike parks, treasure hunting and geocaching. Hosted by the First State Webfooters of Delaware. There will be three levels of awards, Bronze, Silver and Gold magnets. You must complete one book per award. To purchase a book send check for \$12 (per book) payable to the First State Webfooters. Mail to First State Webfooters, c/o Karen Kaufman, P.O. Box 2041, Dover AFB, DE 19902-5510. For more info, contact Karen Kaufman at [fswpcsp@gmail.com](mailto:fswpcsp@gmail.com). 302-233-6615.





## MILESTONES

### Volksmarching Lifers

We continue to get a good response for stories about lifetime Volksmarchers and are printing another story in this issue. We focus on those with the longest terms of participation and later highlight those who've been involved for many years, but don't quite have as many years under their shoes!

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

## Tom Mosely – 48 Years Volksmarching around the globe


By Linda Hassell

Tommy Mosely, Vice President of Freestate Happy Wanderers Volksmarch club for the past 14 years, began his Volksmarch experience in Labor Day weekend events at Ramstein Air Force Base in Germany in 1975. At the time, Tom was an Army Medical Service Corps officer assigned to the 10th Medical Laboratory in Landstuhl, Germany. In September 1977, Tom returned to the states and transferred into the Commissioned Officer Corps of the U.S. Public Health Service, from which he retired in 1997 at the rank of Captain (O-6), completing a uniformed service career spanning 31 years, two months, and 29 days.



Tom was elected president of the Washington DC Volksmarch Club in 1981, served one term in office, and was elected vice president for the Southeast Region of AVA in 1983. The AVA had a very different slate of officers under Executive Committee III, with all officers nationally elected, including a vice president representing each of the then-existing four AVA regions. Tom's Southeast Region, for example, had him responsible for all the AVA clubs from Dover, Delaware, to Opelousas, Louisiana. At the final EC III meeting in 1985, Tom proposed a new alignment of AVA clubs into the 10 regions as they are aligned today.

Then Tom left his AVA vice presidency, he was elected the first president of the Maryland Volkssport Association. During Tom's 48+ years in Volksmarch activities, he has, at one time or another, been a dues-paying member of 23 different IVV-sanctioned clubs, including every club in the Southeast Region, one in Hawaii and one in Australia.

To summarize, Tom's Volkssporting career, to date, has included being a one-term club president, the last nationally-elected vice president of the Southeast Region, the first elected president of the Maryland Volkssport Association, and his present position of vice president of the Freestate Happy Wanderers Volksmarch Club in Maryland. Tom has participated in Volkssport events in all 50 states and all 51 capitols (including the national capitol) and all of the countries in western Europe. His boots were made for walking and he has accomplished many things for our sport. 



## AVA SPECIAL PROGRAMS

### AVA promotes fitness along USA's First International Trail

By Tim Miner, AVA Program Committee

On Saturday, April 15, walkers from four states came to Wilmington, Delaware, to walk a Guided Volksmarch with the national and state association (W3R) leadership of the National Park Service's Washington-Rochambeau Revolutionary National Historic Trail (WARO) – America's first international journey. Despite cloudy condi-

Wilmington walk gave participants from both organizations the chance to earn their Delaware stamp, thanks to the efforts of the First State Webfooters Volksmarch Club.

At the event, the NPS Trail Administrator called the AVA's effort "critical for the future success of this national historic treasure."



During the meeting of the AVA: America's Walking Club in San Antonio, board members posed with the National Park Service logo for the Washington Rochambeau Revolutionary Route National Historic Trail as part of their commitment to creating recreational activities along the 680-mile route from Providence to Yorktown in 1781.

tions that warned of impending stormy weather, the participants walked from the 18th Century quarter of the city along the historic Brandywine Creek where General George Washington, Marshal Jean-Baptiste Donatien de Vimeur, comte de Rochambeau and their armies traveled together in 1781.

The historic trail approximates a 680-mile corridor that took the Colonial and French armies from Providence, Rhode Island, to the Battle of Yorktown in Virginia. Originally the collection of roads was designated a "memorial driving route" by the United States Congress in 1997. After the Wood and Dale Wanderers club of Virginia showcased the trail with a 33 kilometer event during National Walking Week in 2022, the NPS and the supporting association of historians and historic sites, asked America's Walking Club and the local AVA clubs to assist with making the route more recreational and interactive.


In September 2022, the AVA Program Committee created a national medal for all who walk or bike an AVA event along the historic routes and sites in the nine states and Washington, D.C., that make up the corridor. The

The Virginia Volkssport Association (VVA) was the first state to create its own special program for participating in 14 events along the route. Delaware and Maryland are creating their programs now with more states to follow soon.



Rochambeau was a French nobleman and general whose army played a critical role in helping the Continental Colonies defeat the British Army at Yorktown in 1781 during the American Revolutionary War. He was commander-in-chief of the French Expeditionary Force, project code-named Expédition Particulière, with 7,000 French soldiers sent by King Louis XVI.

The international connection and history will bring participants from France to join with AVA and W3R in future years as the USA prepares for the 250th anniversary of the events of 1776 through the 250th anniversary of the victory at Yorktown in 2031.

For more info on the special programs associated with the Washington-Rochambeau Revolutionary National Historic Trail, visit the special events page of the AVA website. 

Special events continued on page 5



# AVA SPECIAL PROGRAMS

## Future AVA Special Program Step to the Beat

Program runs from January 1, 2024 to December 31, 2026. Redeem completed books by December 31, 2027.

This program encompasses the world's love of music in its many forms. To qualify, a walker must pass by any location that teaches music, has music performances regularly on stage, uses vocal or instrumental music to entertain audiences, has dancing performed to music or a music store.

Qualifiers are 15 different locations in an AVA sanctioned event. The qualifying location can only be used once per event even if there are multiple qualifiers on the same route. If an event has more than one qualifier on the event route, the stamp may be used again, if paid for and walked a separate time for each qualifier.

The cost of the book is \$12. Successful participants will earn a colorful patch. This special program is hosted by the Nebraska Wander Freunde Trailblazers and supports Hungry for Music, which is a charitable nonprofit organization that works to support music education and cultural enrichment and provides musical instruments to underprivileged children around the world.

For more info contact Lori Anderson at [fromustoyou@zoho.com](mailto:fromustoyou@zoho.com). Send requests for books to NWFT at PO Box 8147, Omaha, NE 68108.



**Why** do we have a music walk? AVA sponsors special programs to encourage interest and community engagement. By sponsoring this special program, walkers will be able to explore musically related sites while supporting Hungry for Music. These programs run for several years across multiple walking events. After walking 15 events, the program participants receive a patch.

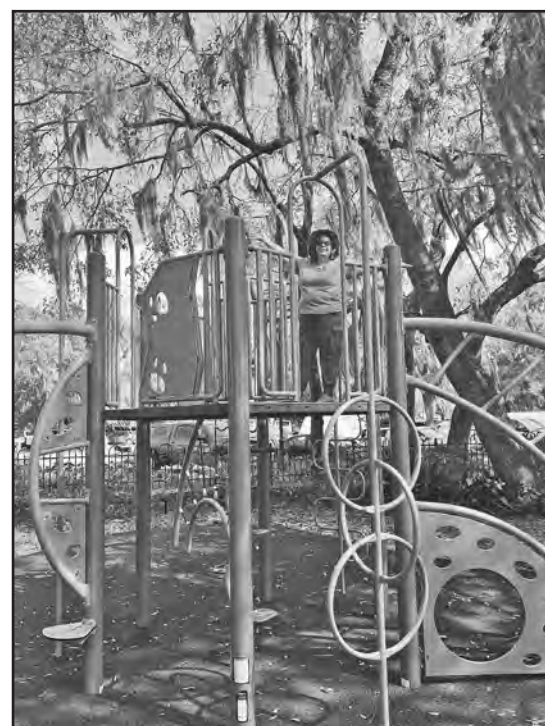
**How** can AVA and Hungry for Music benefit each other? These programs run for several years across multiple walking events. After walking 15 events, the program participants receive a patch. Fifty cents from each program participant will be donated to Hungry for Music, promoting your mission of supplying musical instruments to deserving children. In addition, each program participant will receive information regarding the Hungry for Music mission and information on how to donate instruments to the organization. By providing information through Hungry for Music, we would like to encourage others to join us in walking for fun, fitness and friendship. 🎵

## AVA Special Program Par For The Course

By Margie MacLeish

*Jouez sur le parcours (play on the path)*

The Par for the Course AVA Special Program runs from January 1, 2023, to December 31, 2025. This Special Program emphasizes fitness for all ages, as well as family, as an important part of AVA's future. Collect IVV event stamps for event trails that go past outdoor physical activities including but not limited to exercise stations (par course/stations), golf (frisbee and miniature), playgrounds, baseball, basketball, soccer, bocce ball, racquetball sports, volleyball, hop scotch and the list goes on. Participants are encouraged to find their inner child and "play on the path" with family and friends.



**Karen Fernandez, First State Webfooters' Trailmaster, playing on the path.**

The First State Webfooters (only club in Delaware) is hosting this AVA Special Program. There are three awards/levels: bronze, silver and gold magnets. Participants complete one book per award. Books cost \$12 each payable to the First State Webfooters.

We have over 100 participants so far and have received very positive feedback. Participants are enjoying finding qualifying physical activities on the trail and are also enjoying participating or playing on the trail themselves.

Want to join us and play on the path? Request and send check to First State Webfooters, c/o Karen Kaufman, P.O. Box 2041, Dover AFB, DE 19902. For more info, contact Karen

Kaufman or Margie MacLeish at [fswpcsp@gmail.com](mailto:fswpcsp@gmail.com). 🎵

## From Hungry for Music

Hungry for Music would like to extend its gratitude to the American Volkssport Association, their walking club Nebraska Trailblazers, and Lori Anderson for choosing to support our organization by promoting us on the AVA upcoming walks. Hungry for Music is a 501(c)(3) nonprofit charity organization, and our mission is putting quality musical instruments into hungry hands.

We serve children who demonstrate a desire to learn music, as well as teachers who have students willing to learn. In 27 years, we've delivered more than 16,000 instruments to children in all 50 states and 32 countries.

We believe that by sharing instruments and musical experiences, children who would not otherwise have the opportunity can experience a kind of freedom and self-discovery that is often stifled in an atmosphere of economic hardship.

Please think about donating your used instruments to our organization. Contact Lori Anderson, [fromustoyou@zoho.com](mailto:fromustoyou@zoho.com), for more information about how to send them to us.

May you always find comfort in music. 🎵

**If we are facing the right direction, all we  
have to do is keep on walking.**

~ Buddhist Proverb

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



### AVA Special Program – IVV-Americas

Program starts on December 1, 2022 with no end ate. The IVV-America's regional organization is sponsoring a program that asks participants to participate in 20 IVV events anywhere in the Western Hemisphere, especially in the national associations of the AVA and the Canadian Volkssport Federation (CVF). In anticipation of the association assuming the Oceania area of Australia and New Zealand, any event in those countries and the South Pacific also will count. Participants will earn a certificate or a certificate and a patch, depending on the award that they pre-register for. Participants in the U.S. may register by sending a check for \$10 USD (certificate only) or \$12 USD (certificate and patch award) made out to IVV-Americas along with the following information: full name, address, email and phone number to *Walk Special Program (IVV), c/o Walking Club, PO Box 2422, Woodbridge, Virginia 22195. Finished books will be sent to the IVV-Americas administration in Canada. Books can be ordered from POC: Tim Miner, [imothy.miner@walkvirginia.org](mailto:imothy.miner@walkvirginia.org) or call 703-583-2916.*





## Electronic IVV books – an update

By Chris Zegelin

It has been two years since the convention in Madison. At that meeting I asked about online or electronic IVV books. The response was surprisingly positive with a sea of hands affirming a desire to make this possible.

The time was spent working on the new ESR code. That code is more than 400,000 characters; it was a huge design effort. We are collecting design flaws and some bugs (bugs are things that prevent it from working correctly) to do an update starting in April. February to May is our quiet time for sanctioning. While working to make sure the ESR is stable, I have had a chance to think more about electronic books in general.

Electronic books can be made far more interesting than the current books. Many sanctions have pictures and descriptions of the event. It is fairly easy to allow people to include this information in their book. The personal book becomes an online resource that you can print yourself or publish with a picture book service at any time. The reasons to keep books increase while the hassles can be reduced. The book can be searchable; “when did we do Lodi?” Ever lost a set of books because they got wet? Awards and recognition can be automatic. No need to submit your books to headquarters.

Most importantly we will never have any success attracting a younger generation until we can offer electronic books. Geocaching went from nothing to over a million participants in five years; all record keeping is online. Even with our current participants, smart phones have gone from rare to ubiquitous over the past eight years. More and more of the backbone of Volkssporting is moving online.

The AVA and clubs have a funding method. Basically for YREs and Seasonals, participants pay for the stamp. I know there are differing opinions here, but the practical reality is “pay for stamp.” This is how the OSB (Online Start Box) works to be compliant with permitting laws everywhere; it is not possible to get a stamp on the OSB without paying for it. Any new feature must keep this minimum requirement to maintain the integrity of the funding and remain compliant with local laws.

Electronic books will work best with a smart phone with internet service; a

home desktop will also work. One person can continue to manage the books for all the people in their “connection” list. You will still manage books for children, family or friends who are tech averse.

Creating electronic books, given that the OSB is a viable starting point, will require two things. The first is to completely rethink the OSB insert cards into a personal book.

The second is where the club impact will be felt. All clubs would have to participate for all events as there is no easy method for a club to give any random individual an electronic stamp. Imagine the hassles; it has to be easy for the clubs as well as the participants.

Electronic books will work in parallel with the existing physical start boxes and start tables that use a rubber stamp and paper directions. Clubs will not have to modify their start boxes (or tables), maps or directions to support electronic books.

Not everyone will want to, or be able to, transition immediately to electronic books, but everyone who makes the transition has to be able to participate in any IVV event in the US. This means that all electronic book holders would pay for all Traditional, YRE’s and Seasonal events through a payment methodology that is linked to the electronic book system to provide the stamp. This is what the current OSB does.

Some of the exceptions that we will have to deal with are the things like worker walk stamps and international participants that require a physical stamp. We also need to handle club discounts or coupons that reduce the walk fee for club members.

The timeline for electronic books is at least 12 months of effort. It is a complex set of changes in the software that deals with money. It has to be robust and accurate from the get go while providing the features that people want.

I am open to questions and comments as well as alternative ideas. I will need ideas on how to accommodate special program books (electronic special program books?). Please email me at [chris@zegelin.com](mailto:chris@zegelin.com) and I will try to respond in a timely manner.



## Vancouver WalkFest 2023

We told you so!

International networks of correspondents and contributors of various reputed publications have consistently mentioned Vancouver to be one of the best and most livable cities in the world. Taking pride in this recognition, we have repeated this in all our posts. As a latest accolade, Vancouver has been included in *TIME* magazine’s 50 best places to visit in 2023.



One of the many reasons for Vancouver to be in this enviable position is that it offers many opportunities for outdoor recreation, including our favorite, walking. By simply walking around, visitors can enjoy the city’s beaches, parks, gardens, arts, historical and cultural sites, gorgeous mountain and ocean views.

So have your bragging rights by registering for the Vancouver WalkFest 2023. We have carefully crafted five beautiful walks over three days (September 22-24) of the WalkFest to showcase our city. Visit [vancouverventurers.com](http://vancouverventurers.com) for more details. Enjoy our well-known Canadian hospitality and friendliness!



### 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 ½ 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).



## CVF/FCV Festival

2 CVF WALKING THROUGH HISTORY  
FCV MARCHER À TRAVERS L'HISTOIRE KINGSTON ON 2024 24

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

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

Walking brings me  
back to myself.

~ Laurette Mortimer





## Niagara Frontier program walks for you!

By Terry McFarland

Calling all Lighthouse, Great Lakes, and Border Crossings AVA Special Program walkers to stamp those books! Also, why not also grab a Canadian stamp or two. This feat is possible just by planning on visiting beautiful western New York this year.



The Niagara Frontier club has six lighthouses on our Seasonal walks listing (April 1-December 31) which are found on two Great Lakes. The first five walks hug the Lake Ontario south coast at Ogdensburg, Oswego, Sodus Point, Charlotte (Port of Genesee) and Youngstown (Fort Niagara). Lake Erie's Lighthouse walk at Buffalo completes the set at the next great lake.

While in the area, don't miss the not-to-be-missed Niagara Falls walks (two stamps). Pick up a Border Crossings stamp on our US/Canada Rainbow Bridge crossover option. You can also get a Canadian stamp for those event/distance books you may arrange to walk entirely on the Canadian side with walks.ca.

Visit our new club website, AVAclubs.org/NFVC, for more info on these and many other walks in our beautiful region of New York state. 🌲

## Hello hardy bike enthusiasts!

By Tad Darling

Come one, come all to the 2023 Empire State Capital Volkssporters (ESCV) Volkspost Bike events!



*A welcome rest stop for a group of hardy bike riders challenging the hills at the Saratoga Battlefield before heading to the Hudson River and over to the Saratoga National Cemetery. See group photo on page 24.*

There is a full schedule of biking events during the remainder of this spring as well as throughout the upcoming summer and fall. The plan is to enjoy each of the five sanctioned bike events twice: Albany-Helderberg, Zim Smith, Schenectady, Pattersonville and Saratoga National Historic Park with the national cemetery. The specific dates are listed on the ESCV website.

As a bonus this year, on Veterans Day, a special third ride at the Saratoga National Historic Park will fittingly take place on the site where our country's first veterans gained that status. The second Zim Smith ride in mid-October should be gorgeous with fall colors. There may be what ESCV calls a pop-up event on the popular bike trail from Queensbury to Lake George.

Participating in the bike rides is a good way to meet some new people and there almost always are folks who have learned of the events through Meet-up. Visitors traveling through our area are welcome!

If you have any questions about any of the rides, contact POC Tad Darling at harrydarling24@icloud.com. Happy Trails! 🌲

## Take the road to Rhode Island

By Joseph LaPointe

When most people think of Walk 'n Mass they picture our wonderful walks stretching from the tip of Cape Cod to the western Berkshire County. Did you know that we also host a number of Seasonal and Year Round Events in the biggest little state in the Union, Rhode Island?

atmosphere as you walk on cobblestone walkways and view the majestic harbor. Beginning in the middle of the 19th Century and lasting into the 20th, Newport transformed into a summer destination for the country's wealthiest families. Grand mansions were built along the cliffs with stunning views of the harbor. Today, a



*The Breakers, Newport, Rhode Island.*

Providence, the state capitol, offers the opportunity to view colonial era homes and majestic buildings. Founded in 1636, explore and stop on your journey to enjoy a great meal in the Federal Hill neighborhood which is full of Italian restaurants and food markets. For a number of Saturdays from June through September, WaterFire evenings draw people far and wide to walk the riverfront among the firelight produced by over 80 burning wooded braziers.

Bristol was the site of the first battle of the King Philip War in 1675. It is a deep water seaport named after Bristol, England, and was originally part of Massachusetts until being transferred to the Rhode Island Colony in 1747. Our walk routes take you through Colt State Park where you can enjoy amazing views of Narragansett Bay and the town center.

Newport was founded in 1639 and served as the most important port in the colony. The city retains its seaport

number of these are open to tourists. From the middle of November to the end of December, you can tour The Breakers and see it decorated for Christmas along with The Elms and Marble House. It is spectacular and the one time per year photos are allowed to be taken inside.


Our club is preparing for a busy summer and autumn of scheduled group walks and Traditional events. We look forward to seeing many faces, both familiar and new, at our events this year.

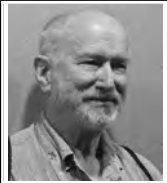
Start times, directions to the start, and updates to the walk schedules can all be found at our website, walknmass.org or on Facebook at AVA Walk 'n Mass Volkssport Club (m.facebook.com/WalknMass). These resources are updated frequently so please check in often to see what new adventures await. 🌲

**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.**








**Ken Johnson, DRD**  
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**North  
Central  
Region**



**Susan Pinneke, Director**  
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## North Central News

It's summer and walking events abound in the North Central Region. Our clubs have planned some absolutely marvelous events for this year. Come visit and join in the fun!

The Nebraska Wander Freunde Trailblazers are kicking off summer with a walk at beautiful Chadron State Park, Nebraska's first state park, on May 20. In addition to the event, there are a couple of Seasonal walks available to really see the area, including some fantastic fossil beds.


This is the 75th Anniversary of the construction of the Crazy Horse Memorial. That will make this year's Crazy Horse event on June 3 extra special. But Crazy Horse isn't the only thing going on with the Black Hills Volkssport Association, they've got several other excellent walks planned for this summer to show off the Black Hills area. If you can't make Crazy Horse, what about Sturgis on June 17? The bikers won't be there, so you can enjoy the unique old west town. Or maybe July 9 works better. You can enjoy a walk and ice cream social in Silver City.

Speaking of anniversaries, Twin Cities Volkssport is celebrating the fifth anniversary of participating in Woodbury Thrives on June 24 with a walk in Woodbury, Minnesota. This event focuses on health and wellbeing.

The Madison Area Volkssport Association is taking a step back in time with a walk in the New Deal community of Greendale, Wisconsin, on July 15.

The NorthStar Trail Travelers are planning summer fun walks at Beaver Creek Valley and Great River Bluff State Parks the weekend of July 15-16. Should be two days of great walks!

Iowa's Walking Club has a great set of new county walks this year. Eleven counties are featured, with weekend group walks happening throughout the summer. Visit their website [iowaswalkingclub.org](http://iowaswalkingclub.org) for dates and time of the group events.

There is no better time to walk in the North Central than summer. We've got a variety of walks and have something going on almost every weekend. Plan your visit, join the fun — we'd love to have you! 

## Traditional walks for Black Hills Volkssport Association

By Reta Thovson

Join us for celebrating Crazy Horse Memorial 75th anniversary on June 3.

Sculptor Korczak Ziolkowski was asked by Chief Henry Standing Bear to consider carving a giant sculpture dedicated to the American Indian. Chief Henry Standing Bear and other leaders chose the Sioux warrior Crazy Horse. The work was started with the first blast in 1948 at Thunderhead Mountain. Ziolkowski passed away in 1982. Ruth, his wife, and seven of the 10 children continued to oversee the work of blasting the memorial.

May 20 ..... Custer State Park (two walks) free open house to state parks  
 June 3 ..... Crazy Horse Volksmarch  
 June 17 ..... Sturgis Walk  
 June 24 ..... Hot Springs Arts and Crafts Festival Walk  
 July 9 ..... Silver City Pie and Ice Cream Walk  
 July 22 ..... Custer State Park, Lovers Leap Walk  
 August 19 ..... Ranch A Walk, Wyoming  
 September 2 ..... Outlaw Ranch Walk, Custer  
 September 9 ..... Newcastle, Wyoming (two walks)  
 October 1 ..... Crazy Horse Volksmarch  
 December 2 ..... Christmas Holiday Walk, Spearfish

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

## Is it Jefferson the town or Jefferson County or both?

By Deb Gaskins

I have been wondering why the town of Jefferson is in Greene County instead of Jefferson County. I guess it doesn't really matter because Iowa's Walking Club has two great Seasonal walks in the town of Jefferson (Greene County) and Fairfield (Jefferson County) this year. We also have three "field" walks this year - Redfield, Fairfield and Bloomfield. A little something for everyone.

And now for something completely different. The Jefferson County walk is in Fairfield, Iowa. Fairfield was recently named one of America's best small towns by the *Smithsonian Magazine* and dubbed America's most unusual town by Oprah Winfrey. Fairfield is the home to Maharishi University (MU) which features a "consciousness-based education" system that includes the practice of the



The town of Jefferson is one of my favorite Iowa towns. The walk starts at the Freedom Rock and the trailhead of the Raccoon River Valley Recreation Trail (Rails-to-Trails AVA Special Program). You will cross the old Lincoln Highway, pass by the home of Dr. George Gallup (father of public opinion polling), the Greene County Historical Museum and the Mahanay Memorial Bell Tower. From the top of the tower you can see five counties and several rooftop murals. The Bell Tower Festival is the second Saturday in June. A couple of blocks off the square is the History Boys Theatre Company and historical furniture shop and museum. They will show you how they build the furniture the old fashioned way with no nails or glue in an entertaining way, all while giving you a history lesson.

Transcendental Meditation technique. Because students come from all over the world to attend MU, Fairfield has come to be known as Iowa's most creative and eclectic small city. Fairfield has a wonderful farmer's market on Saturday from 8 a.m.-1 p.m. with all items being sold produced in Jefferson County. Don't miss Fairfield First Fridays, with varied arts and culture events happening throughout the year, the ICON Gallery or pamper yourself after the walk at the Ayurvedic Health Spa. The walk will be on the Fairfield Loop Trail (Rails-to-Trails AVA Special Program) and will feature a half acre of open air masonry sundials. A group walk of this Seasonal is scheduled on May 21 at 10 a.m.

One would think that all of Iowa's smaller communities would be about the same, but each town or county has natural or historic features that make it stand out from the others. Many times the town's characteristics reflect the people who settled there. This year alone you can walk in 25 different counties with our YRE and Seasonal offerings. Also, check out our "Choose Your Own Walking Adventure" Special Event Weekend, September 15-18 in northwest Iowa (Lyon, Osceola, Sioux and O'Brien Counties), southwest Minnesota, southeast South Dakota and northeast Nebraska. More information about this event in the next TAW. Visit our website for more details, [Iowaswalkingclub.org](http://Iowaswalkingclub.org). 

I would highly recommend having lunch or at least a piece of "Better than Bell Tower cake" at The Centennial 100 E State St. Open 11 a.m.-2 p.m., Monday-Friday, and the second Saturday of the month. This 1876 renovated building comes with a great story of 71 women (and counting) who each put in \$5000 to form a committee to preserve and renovate this historic building into an elegant eatery. Notice the 61 women's faces on the first and second floor windows. For more of the story, visit [facebook.com/whynotusjeffersoniowa](http://facebook.com/whynotusjeffersoniowa). Check out the Jefferson Telecom Museum, Deal's Orchard a few miles out of town and the Wild Rose Casino and Resort.



## North Central Region *continued from page 8*

### NSTT heads to southeastern Minnesota in July

Come join the NorthStar Trail Travelers (NSTT) this summer as they celebrate their 25th anniversary! NSTT sponsors all its Traditional walks in Minnesota's great state parks. In July we'll go to the southeastern corner of Minnesota to walk at two state parks there.

On Saturday, July 15 we'll be walking at Beaver Creek Valley State Park near Caledonia, Minnesota. Registration will be at the picnic area between 9 a.m. to 2 p.m., finish by 4 p.m. The event is sanctioned for 11k with three different loops: a 3k out and back through the campgrounds; a 5k out and back along the creek; and a 3k loop along Steep Rock Trail, which is very steep and rugged on top. The A award is a Louisiana Waterthrush leather pin.



Beaver Creek Valley State Park is in the Blufflands Landscape Region. It is a nature lover's paradise because of the diversity of natural communities. Bottomland hardwoods such as black ash, willow, box elder, cottonwood, and elm grow in the valley while a mix of maple, walnut, basswood and oak thrive above the valley. Small patches of native prairie and oak savanna occupy some of the south and west-facing slopes in the park.

The park is situated in one of the most interesting geologic areas in Minnesota, the "driftless area." The area covers 10,000 square miles in adjoining parts of Minnesota, Wisconsin, Iowa, and Illinois, which were untouched by the most recent glacial advances. However, as the glaciers receded, torrents of meltwater poured into streams and rivers, carving deep rugged valleys. These rocky walls are made up of a layer of sandstone sandwiched between two layers of dolomite, which were deposited by inland seas between 450 and 500 million years ago.




*Kings Bluff overlooks the Mississippi River Valley.*

On Sunday, July 16, we head north to Great River Bluffs State Park for another 11k walk. Register at the picnic area between 8 a.m.-1 p.m.; finish by 4 p.m. A 6k loop goes out to Kings Bluff scenic overlook where you can see the Mississippi River flowing south. The 5k loop has several moderate to steep hills and includes two overlooks. The award is a Monarch butterfly leather pin.

Great River Bluffs State Park is also located in the Blufflands Landscape Region. This landscape features half-dome bluffs with sheer rock cliffs, steep valley walls and rolling uplands. The park includes a diversity of plant communities including maple-basswood forests, old hickory, pines, goat prairies, and old fields. Glaciers made what Minnesota is today. These ice sheets, up to two miles thick, made lakes, filled in valleys, created hills, and moved millions of tons of rock and soil. Most of the bluffland area of southeastern Minnesota displays little glacial drift from any of the four major glaciers.



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

## Celebrating milestones

*By Sandy Spaulding*


Nebraska Wander Freunde Trailblazers (NWFT) has two fun milestone events coming up this fall.

First is a new event, in the planning, to celebrate a small town's big accomplishment. In the village of Table Rock, named for a unique rock formation near the Nemaha River in Nebraska, a small country schoolhouse was built of native rock, quarried nearby, and constructed by German and Czech immigrants in 1873. This school has been lovingly restored. To celebrate the school's 150 year anniversary, they will host a 5k Volksmarch through fields and pastures beginning and ending at the school building. This will commemorate the thousands of children that walked up to two miles to school each day in the early days of the state. This walk will be held on Labor Day, September 4, the traditional day before the start of the school year. Watch for details in the next few weeks on the AVA website.



On November 4, NWFT will be celebrating another big milestone. It will be our 500th walking event. Since 1979, when we hosted our first event which brought 350 walkers to Plattsmouth, Nebraska, we have hosted walks in communities throughout Nebraska and southwest Iowa. From marathons to short ACE events, we have explored architecture, history, culture and Mother Nature.

We are hosting the walk in the same church where we hosted our 150th walk. We will explore the historic Hanscom Park area and the Field Club trail. Bring a pie (I personally love the homemade ones!). We walk and share pie after the walk, then share the leftovers with a local shelter. In addition to great pie, we plan to have a beautiful A award patch and a display of past events.

While you are in town for this event, also check out the newest trail for the Omaha Historic YRE. The newest parks, Heartland of America Park and Lewis and Clark Landing should be open, joining the Gene Leahy Mall for 72 acres of connected parkland. All this plus a border crossing should be on the near horizon. 







**South Central Region**



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**Mid-America Region**



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Bob Buzolich, Director  
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## Missouri Clubs complete county walk program in 2024

By Glen Conyers

Missouri clubs have been engaged in a county walking event for nine years and plan to end the effort in 2024 in the southeastern portion of the state with a bang or rather a cosmic glow! The culmination of these events will start with registration for eight events on Wednesday, April 3, 2024, at the Current River Heritage Museum in Doniphan, Missouri. Registration for these events will start at 11 a.m. These walks are perfect for the 2024 National Walking Week.

The counties involved are Ripley, Butler, Carter, Wayne, Reynolds, Iron, Madison and Bollinger.

These event activities will end on April 7, 2024. The “cosmic glow” is an eclipse which will start in this same area April 8, 2024. Early planning on your accommodations could give you an opportunity to do eight walks and then enjoy the eclipse. Saint Louis Walkers will also be walking in Cape Girardeau Monday, April 8, before the eclipse.

Local motel and eating accommodations are available throughout the area. Participants are urged to make arrangements early as those attending the eclipse will also be looking for accommodations. 🚶🏻‍♂️

## Tulsa Walking Club summer walks

Tulsa Walking Club (TWC) invites you to a Traditional walk event on June 17 in Hulbert, Oklahoma. This walk is in Cherokee County, and the town was established in 1888 by Ben E. Hulbert’s trading post; the post office was built in 1903 and a school in 1919. The town was incorporated in 1965.

The walk goes by the new Shade Addition, which has efficiency homes for Cherokee elders. They are 720 sq. ft. homes offered as income-based rental units and built by Cherokee Nation.

The walk qualifies for these AVA Special Programs: Rockin’ Around the Clock; Par for the Course; Town/City Halls; Walk US States and Walk USA A-Z.

This will be the last Traditional event until September. TWC goes to a summer schedule of having group walks on the first and third Saturdays.

Looking ahead: September will have a walk in Sand Springs along the Katy Trail (Rails-to-Trails), and October will be a multi-county event weekend. Stay tuned for more information to come!

Walk Flyers are available for download at [ava.org](http://ava.org).

For more info for the June walk, contact Woody and Linda Woodard, 918-504-6274 or [lw35818@gmail.com](mailto:lw35818@gmail.com). 🚶🏻‍♂️

## Danville, Illinois honoring American veterans

By Roberta Allen

Danville, Illinois, has 12 Medal of Honor Recipients. Three of the Medal of Honor Recipients served our country in World War I and World War II.

William Jewel Whyte (October 25, 1897-March 20, 1917) and Curtis Redden (February 8, 1881 [Danville, Illinois]-January 16, 1919), although not Medal of Honor Recipients, are honored with the Veterans of Foreign War Post #728 and the American Legion Post #210, respectively.

There is also the World War I Victory Monument located at W. Main St. and S. Gilbert St. The sculptor was the renowned Lorado Taft.

Kenneth D. Bailey, (October 21, 1910-September 26, 1942) received the Medal of Honor for heroic conduct during action in the Battle of Guadalcanal. Bailey graduated from Danville High school and graduated from the University of Illinois. He earned the Silver Star Medal and the Purple Heart. Bailey is honored in Danville, Illinois, as one of several Medal of Honor recipients. He also has a school named for in his honor, Kenneth D. Bailey Academy, Danville District # 118.

In addition, along the Volksmarch route, is the Vermilion County War Museum, 307 N. Vermilion St., Danville, Illinois 61832, 217-431-0034 or [www.vcwn.org](http://www.vcwn.org). 🚶🏻‍♂️

*Mid-America Region continued on page 11*

## Poem for Saint Louis Walkers

(written by ChatGPT) Submitted by DeAnne Brown

With each step you take, you leave  
behind  
The chaos of life, the daily grind.  
As you set out on your walking quest,  
With every stride, you feel refreshed.

The world may rush, but you slow  
down,  
And in that pace, a peace is found,  
A moment to breathe, to take it in,  
To find your center, to shed your skin.

Through city streets or nature’s trail,  
You walk with purpose, without fail,  
A community, strong and true,  
Each stride a step towards something  
new.

So let the rhythm of your feet  
Guide you to the life you seek.  
For every step is a step towards  
The path that leads to your heart’s  
core.

Oh, Saint Louis Walkers, you inspire,  
With every journey, you set the fire.  
May your steps be many, your hearts  
be light,  
As you walk together in day or night.

*Note from DeAnne Brown: I asked the new AI technology, ChatGPT to write a poem for our club, Saint Louis Walkers. It's also adaptable to other clubs.* 🚶🏻‍♂️

### 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](mailto:veterans@walkvirginia.org) or call 703-583-2916.



### 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.





## Mid-America Region *continued from page 10*

### Celebrate the legacy of Limestone with a Volkswalk and festival

By Teena Ligman

For 40 years Bedford, Indiana, the Limestone Capital of the World, and famous for the limestone that has built landmark buildings around the country, has celebrated its heritage. June is Limestone Month and events are scheduled all month related to limestone, but on June 23 and 24, the town pulls out the stops and celebrates in a grand Limestone Heritage Festival!

come back and visit the limestone photo contest, the limestone carving contest, which will have actual live carvers at work, a craft/farmers market, live music, food vendors and in the afternoon/evening there will be a parade and fireworks.

Come and walk with the group, or check in at the walk box at Hardees and do the walk at your own pace and



*Downtown Bedford, Indiana.*

This year, on June 24, the festival will include the Limestone Volkswalk. Teena Ligman will lead a 5k or 10k walk to highlight some of the most outstanding examples of limestone architecture. This is not a Traditional Volkswalk but a “meetup.” The group will meet at Hardee’s Restaurant at 9 a.m. to walk as a guided group. Hardees is located at 1510 16th Street in Bedford. Please park behind the restaurant. We’ll leave from Hardees and wind through two historic cemeteries. One of them has been featured in national magazines for its incredible limestone carvings. The walk goes through many neighborhoods with historic limestone homes and historic churches, many of the buildings dating to the mid-1800s.

The walk circles the square which has some amazing architecture and buildings, and because of the festival, will have some interesting activities going on. You can stop along the way or

time and stay around to enjoy the festival. More details on festival schedule will be posted later at [downtownbedford.org/limestone-heritage-festival.html](http://downtownbedford.org/limestone-heritage-festival.html).

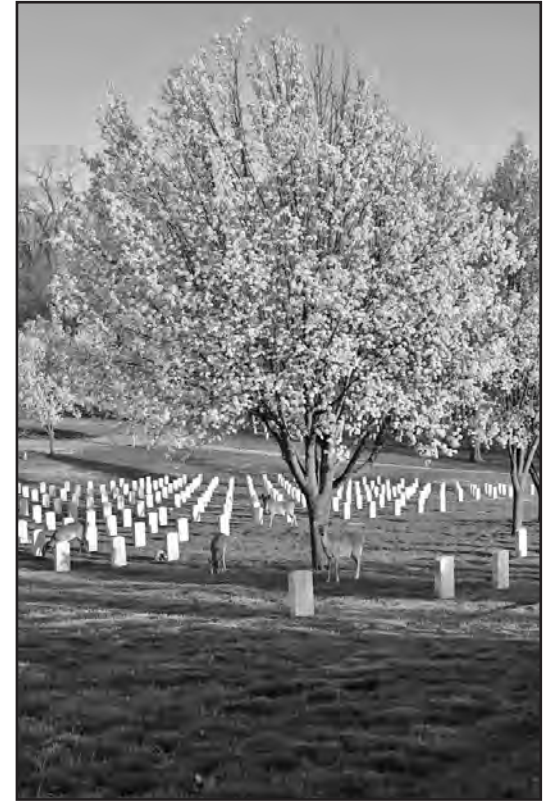
Though dogs are normally welcome at our Volkswalks, neither of the cemeteries allow dogs, and downtown may be quite busy with festival activities, so we recommend that dogs not come on this particular Volkswalk.

While in the area, we encourage you to check out our three other area Year Round Volkswalks at Spring Mill State Park (start at the park office), Paynetown State Park (start at the park office), Hoagy Carmichael Walk (start at the Marriott Hotel, 310 S. College Avenue, Bloomington, Indiana). For more info on any of these Volkswalks, contact Teena Ligman at 812-278-0139. 🐾

## Walk With Our Heroes at Jefferson Barracks YRE

By Sue Bacon

To commemorate Memorial Day, to gain an understanding of our history, or to achieve a peaceful reprieve from daily activities, the Illinois Trekkers welcomes you to experience a recently developed Walk With Our Heroes at Jefferson Barracks National Cemetery. Whether you live locally, or you’re traveling north, south, east, or west through St. Louis, Missouri, this 10k Jefferson Barracks Year Round Event allows you to enjoy natural beauty and military history while appreciating the contributions of our national heroes.



Located high on the bluffs, Jefferson Barracks (affectionately known to the locals as “JB”) is the oldest operating U.S. military installation west of the Mississippi River. Established in 1826, JB was a military assignment for many of the most recognized Civil War generals from both the North and the South. Many prominent military commanders, and several future U.S. presidents, served at Jefferson Barracks — Zachary Taylor, Jefferson Davis, Robert E. Lee, Ulysses S. Grant, William Sherman, Philip Sheridan and Dwight Eisenhower. As one of the oldest interment sites within the Veterans Administration, the National Cemetery includes burials from all major U.S. conflicts from the Revolutionary War to the present. Appreciate this historic grounds, listed on the National Register of Historic Places, while viewing impressive monuments commemorating many of our nation’s conflicts and honoring well known heroes.

Along this walk, you will learn the amazing life story of 1st Lt. Michael Blassie, U.S. Air Force, who was shot down and killed over the An Loc province of South Vietnam. Lt. Blassie’s remains were originally interred at Arlington National Cemetery in the Tomb of the Unknown Soldier. Advanced DNA evidence proved his identity, and Lt. Blassie was reinterred at the request of his family in JB National Cemetery on July 11, 1998. Other prominent heroes at JB National Cemetery include those awarded the Medal of Honor (with gold lettering on their headstones), and those held as prisoners of war, as well as awardees of the National Baseball Hall of Fame, and the Rock and Roll Hall of Fame. You can give tribute to veterans, some named and others unknown, of our nation’s conflicts and wars, including those in over 560 group burial sites (only Arlington National Cemetery has more group sites).

Register for the Jefferson Barracks YRE (Y0133, St. Louis-Lemay) at Walgreens Pharmacy, 2700 Telegraph Road, Lemay, Missouri, and then drive to the JB Park trailhead to walk to JB National Cemetery. Have your camera ready to capture memories of our national heroes and the many deer meandering among the grave markers in the National Cemetery. You may also want to stay awhile in our area to enjoy over 20 Year Round and Seasonal events in the St. Louis/metro-east Illinois area (many with Online Start Box registration, including bike and swim events) that offer a great sampling of St. Louis, Missouri, and Belleville, Columbia, Edwardsville, Glen Carbon, Maryville, Mascoutah, Millstadt and O’Fallon, Illinois.

We welcome you to Walk With Our Heroes. You will be enriched by your walk! 🐾



**Next TAW deadline**  
**July 25**  
**for September, October and November**

### 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).






**Rocky Mountain Region**

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## Rocky Mountain Region update

By Steve Sandridge

Welcome to Christopher Begnoche of Saint George, Utah, as our new Deputy RD. Chris is an AVA life member and started AVA walks some years ago with the First State Webfooters Walking Club in Delaware. After service in the Army, he worked with several nonprofits and is currently active in the Las Vegas High Rollers and Strollers club in southern Nevada. Three years ago, Chris organized the Saint George, Utah, Virgin River Walk – then only one of two Year Round events in the state. At the national level, he recently served on the AVA Awards Committee. Welcome, Chris!

The Rocky Mountain region has 91 Year Round/Seasonal and 13 Traditional events offering plenty of great scenery out here in the Rockies! A few highlights:

- ◆ If you're planning to visit the Centennial State (Colorado) later this year to see our spectacular fall aspens, mark your calendars for the October 7 Farish Recreation Area walk near Woodland Park – the City Above the Clouds. Farish is a 600-acre military recreation park near Pikes Peak with this event open to the pre-registered public. Hopefully, you will see some great foliage!

- ◆ Our Wyoming Buffalo Pathfinders club has Year Round events in scenic Lander and the famous Thermopolis Hot Springs State Park. The Rocky Mountain Wanderers' Year Rounds include the mountain towns of Vail, Frisco and Georgetown and the Colorado Springs Walking Club hosts a Year Round walk in one of Colorado's newest state parks, Cheyenne Mountain.

- ◆ Lastly, this year our Woodland Wanderers club implemented a Utah County Seat Challenge of Year Rounds in all 29 county seats in 2023 – including the Las Vegas High Rollers' Saint George walk. See woodlandwanderers.org/ for details, tracking booklet and the special completion award.

A final note. One of the great things about AVA Volksmarching is that you can often find an interesting walk almost anywhere. We're currently traveling in the Outer Banks of North Carolina and there are four area walks – two of which include lighthouses. How great is that? 🌿

## Walk Around Florida 32 update

By Alice Lawrence, John McClellan, Catherine Metherell

Walk Around Florida 32 (WAF32) headquarters will be Comfort Inn North, 2260 54th Ave. N, St. Petersburg. From October 26-29 (checkout is October 30), a special rate includes tax and fees, for a room with a king bed or one with two double beds. Price includes parking, breakfast and wi-fi. Note: last day to get this rate is September 27, 2023. For online reservations, use this link: [choice-hotels.com/reservations/groups/WI69P1](https://choice-hotels.com/reservations/groups/WI69P1). For telephone reservations, the number is 1-877-424-6423 (mention "Walk Around Florida").

Plans are in work for St. Petersburg walks in historic neighborhoods and park trails, with plenty of challenges and games to enhance the experience. Being considered are Halloween bingo, a nature scavenger hunt, an animal safari, cosplay party and murder mystery dinner. Look for more details in the flier due out in July. It will be posted on [suncoastsandpipers.org](https://suncoastsandpipers.org) and [facebook.com/WAF32](https://facebook.com/WAF32). For more info or help with reservations, contact Alice Lawrence at 727-542-9742 or [pipers@tampabay.rr.com](mailto:pipers@tampabay.rr.com). 🌿



Plan a visit St. Petersburg's Sunken Gardens, one of the oldest roadside tourist attractions in the United States. Photo by Robin Kelly.

## Rivers, mountains and school in the fall

By Dennis Michele

Presented by the Asheville Amblers, you can enjoy the vivid fall colors as you take part in three walking events October 7-9 in the mountains of western North Carolina. The walks will be centered on Murphy, a picturesque mountain town. The walks will be available each day and you can do them in any order.

One walk will feature walking along the Hiwassee and Valle Rivers as they meet near the town of Murphy. Walks are on wide smooth trails and boardwalks with scenic overviews of both rivers. You'll stroll through downtown Murphy with its quaint shops and eateries plus old historic church and court house. Take time to enjoy the Cherokee County Historical Museum with its Trail of Tears Interpretive Center in an old Carnegie Library. A 5k and 10k option will be available, both rated 2B.

The second walk will feature a trail through the woods to an impressive water fall. Here you will be able to enjoy the serenity of a quiet, shaded walk culminating with the waterfall.

A 5k and 10k option will be available with the 5k a 2C and 10k a 3C.

Finally, you can walk the campus of the Campbell Folk School where arts and crafts have been taught for many years. You will actually be able to enter the classrooms and see what is being taught. Plus October 8 is the annual Arts and Crafts Festival where you can mingle with the crowd and admire, and possibly buy, the various crafts being offered. Walk will also include strolls along a river and woods. Again, both a 5k and 10k option is available both rated 2C.

Finally join the Amblers and enjoy Saturday at a local restaurant.

A limited number of fall AVA patches will be available as well as AVA supplies and Ambler memorabilia.

For further details on all happenings, see the downloadable brochure on the Ambler website, [ashevilleambblers.com](https://ashevilleambblers.com) or contact Dennis at 828-628-4343 or [dmichblue@aol.com](mailto:dmichblue@aol.com). 🌿

### 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.



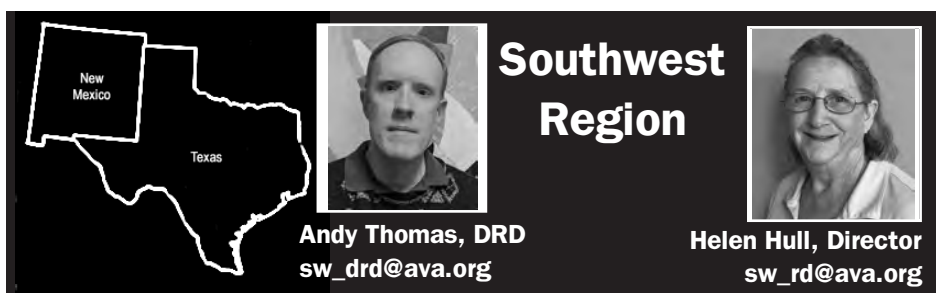
Order books from Peninsula Pathfinders, 302 Queens Crescent, Williamsburg, VA 23185. POC: Sandy Croushore, 757-532-3468, email [szcroushore@verizon.net](mailto:szcroushore@verizon.net).

### AVA 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](https://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.



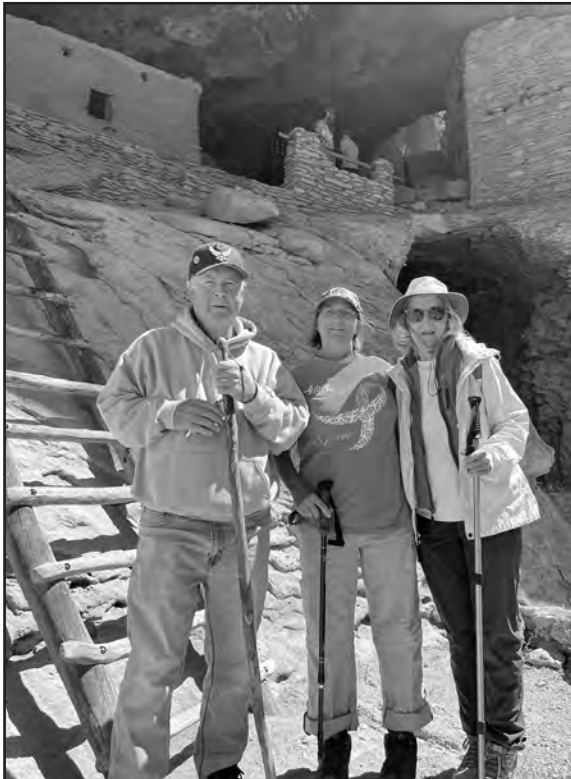




## Southwest New Mexico recap

By Helen Hull

Volkswalkers arrived in Silver City in April as the Sun Country Striders organized a week of five Seasonal walks and four Year Round walks in southwest New Mexico. The weather was cool in the early mornings and evenings, and warmer in the afternoons, but most important, no rain. All walks were available via the OSB, so some people got an early start before the official Thursday night opening of onsite registration. About 30 people attended the Meet and Greet that evening and were welcomed by club president Henrietta Vargas and secretary/treasurer Eileen Roberts.



Exploring the Gila Caves.

Registration for all walks was available daily at the Comfort Inn Gila National Forest. Then walkers got together to venture out on the area walks. Friday night the walkers got together again for dinner at a local restaurant to share news and problems (maybe a few glitches, but we have corrected them on the OSB) about the walks.

The five Seasonal walks range from five miles away to 65 miles away from Silver City, and were easy to drive and plan. The farthest walks were the two state parks south of Silver City: Rockhound State Park, filled with unique geology, wildflowers, birding and great trails; and City of Rocks State Park, a geologic formation of large, sculpture rocks rising as high as 40 feet.

The Catwalk Recreation Area, near Glenwood, features steel catwalks installed along canyon walls above the river, but only a few people made it there as snow melt meant making two water crossing requiring high-clearance vehicles just to get to the parking lot. The rangers assured us that the water would be going down in a 'week or two.' But to make up for not being able to get to the catwalks, we ventured out on the San Francisco Hot Springs trail, a 1.5 mile down to the San Francisco River and return. The first part of the walk was easy going, but the last 1/3 mile was a steep, rocky, switchback trail requiring extreme care. Those making it down to the river were rewarded with beautiful scenery. We didn't find the hot springs but we can verify that the river water was cold.

Other walks much closer to Silver City included the Continental Divide Trail, a quiet hike in the Gila Forest with minor changes in elevation, the world's first designated wilderness area. Only five miles away from Silver City, the Dragonfly Trail, with 1,000 year-old petroglyphs, and Fort Bayard, an 1866 fort garrisoned by the Buffalo Soldiers, which later served as the army's first tuberculous sanitarium, were available. The National Cemetery is next to the fort while the Bataan Death March Memorial in tribute to the New Mexico 200th National Guard Division, which was part of the Death March, is nearby.

Nearby Year Round walks include the Gila Cliff Dwellings National Monument, a wonderful hiking experience (leave plenty of time for the long drive through the Gila Forest to get there). There are also three historic town walks: Silver City, Truth or Consequences and Deming.

If you missed the April get-together, these walks are still available via the OSB. Gila Cliffs, Deming, Silver City and Truth or Consequences are YREs while the other five are Seasonal walks available through June 30. For more info, go to [suncountrystriders.wordpress.com](http://suncountrystriders.wordpress.com). Check the AVA website for these walks and YRE walks in our beautiful state.

And mark your calendars for our walks in the central eastern part of the state with special group walks in mid-April, 2024. 🌲

## Texas Trail Roundup Beat the Heat: North Star Mall

By Martin Callahan

The Texas Trail Roundup Volkssport club offers a unique Year Round Event (YRE) that you can do every day of the week, even in the worst of weather, at North Star Mall in San Antonio. The mall first opened in 1960 with 250,000 square feet of retail space at the intersection of Loop 410 and San Pedro Avenue in an upscale part of town.

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



Gayle Weinraub, Jill Troyer and Jackie Barden stop for a picture along the walk trail through North Star Mall in front of a fountain. They were on the August 2022 featured YRE Walk trail at North Star Mall in San Antonio, Texas. Photo by Martin Callahan.


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

While strolling in the air conditioned comfort of this elegant mall, you can window shop at the wide variety of stores and kiosks throughout the mall and also visit the food court with a wide selection of tasty treats. The 10k trail is four complete laps of the mall and the 5k trail is two laps.

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

On August 26 the North Star Mall Walk will be offered as a featured YRE starting at the patio in the back of the Taco Cabana at 7339 San Pedro Ave, San Antonio, starting between 9 a.m. and noon. At this event you will not need to register online as the start point will be staffed and you can also get your books stamped. For more info on this event contact Susan Medlin, 210-325-3523 or [sueammed@aol.com](mailto:sueammed@aol.com), or visit the club website at [texastrailroundup.org](http://texastrailroundup.org). 🌲

Southwest Region continued on page 14



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

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

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



## Southwest Region *continued from page 13*

### The Randolph Roadrunners' Summer Sunrise Walks

By Martin Callahan


The Randolph Roadrunners Volkssport club is hosting two summer sunrise walk events in Universal City and San Antonio this summer on July 8 and August 12. Both walks will begin at Taco Cabana restaurants. Be sure to enjoy a breakfast taco or some other tasty treat before or after you do the walks. Taco Cabana will kindly donate 20 percent of the sales receipts to the AVA from this event for Volkssporters who tell the cashier their purchase is for the fundraiser. You can view Taco Cabana's menu online at their website, [tacocabana.com](http://tacocabana.com).



*(l-r) John Ives, Linda Goodman, Sheri Logan, Gerry Kamicka, Ellen Ott and Andy Thomas all pose for a picture in the dark before starting the Stone Oak Summer Sunrise Walk at the Taco Cabana #321 (visible behind them) that took place in July 2022 in San Antonio, Texas. Photo by Martin Callahan.*

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

The August 12 walk will start at Taco Cabana #20113, 1533 Pat Booker Road, Universal City, between 6:30-8:30 a.m., finish by 11:30 a.m. The walk route is considered easy and is through very nice, quiet neighborhoods and on city sidewalks.

For more info contact Ellen Ott, 210-723-8574, or [ellenott@sbcglobal.net](mailto:ellenott@sbcglobal.net), or go to the club's website at [randolphroadrunners.info](http://randolphroadrunners.info). 


## Hood County Hummers walk

By Susan Fine

Granbury, Texas, located southwest of Fort Worth, is known as the Best Historic Small Town in the United States by *USA Today*. Plus, it was just awarded the Best Destination for Foodies – People's Choice Award 2023 by the Texas Travel Awards. But the best kept secret is that its Volkssport club, the Hood County Hummers, is the walking club in north Texas that meets every week, rain or shine, for fun, fitness and friendship. The club sponsors five Year Round walks annually – Granbury, Cleburne, Stephenville, Glen Rose and Benbrook – so they choose the area each week where they will walk. Loyal members and many guests enjoy the camaraderie each week, and may vary the route to showcase the many historic sites in each city.



If you are in north Texas, join us for a Saturday walk (if there is a Traditional event in the Fort Worth area, we will carpool to that walk to support its club).

Contact President Bruce Bartlett, [bbart132@gmail.com](mailto:bbart132@gmail.com), or Trailmaster Sonny Byington, [sonnyraeb@gmail.com](mailto:sonnyraeb@gmail.com) for the weekly location and time, to join us for a week in our historic area. 

## West Texas October event

Hike Palo Duro Canyon, the second largest canyon in the United States, with the West Texas Trail Walkers (WTTW) on October 6-8. Palo Duro Canyon State Park, Canyon, Texas, is known as "The Grand Canyon of Texas." The canyon is beautiful and has rugged, rusty red ridges layered

CCC/Goodnight trails were built during the 1930s and are difficult hikes with 600 feet elevation gain. At the top, you will be rewarded with stunning long-range views of the canyon. The 5k hike has less elevation but still gives you the experience of seeing long-range views of the canyon.



with a palette of colors in reds, oranges, browns, greens and white. Explore the frontier history of this area — the native Comanches hunting range and the huge Goodnight cattle ranch.


To start off the hiking weekend on Friday, October 6, WTTW has selected two options. The moderate 7k starts with the Juniper trail on the canyon floor and gives you wide views of the canyon ridges. Towards the end of this option, the Rojo Grande/Sunflower trail follows a peaceful creek that is shaded with mature trees. The 10k option is also moderately difficult and starts in the lower canyon, climbs up to the Comanche trails and passes through The Rock Garden, an awesome field of tumbled boulders.

The Saturday, October 7, hike features the well known "Lighthouse" red rock pillar. The moderate 6k and 10k hikes traverse ravines and small hills with broad views of the surrounding cliffs. One 10k option is an out-and-back that goes to the lighthouse. For more difficult hikes, take the 14k and 17k hikes which take you up to the Lighthouse ridge. The 17k adds more distance by hiking the Little Fox Canyon loop and returning to the start point on the Givens/Spicer/Lowery trail.

To finish the weekend on Sunday, October 8, hike the historic Civilian Conservation Corp trails near the entrance of the park. The 7k and 10k

Walk the city of Canyon, Texas, anytime over the long weekend. The 5k or 10k options are easy, flat walks on city sidewalks. The walk box will be available in the Best Western lobby October 5-9, or you can use the online start box from October 1 to December 31. Canyon is a thriving small city just outside Amarillo, Texas. The walk takes you through the pristine West Texas A & M University campus, Canyon main streets and past the Panhandle-Plains Historical Museum. The museum is the largest history museum in Texas and the Texas Parks and Wildlife Division will have a special display there in October celebrating the 100 year anniversary of the Texas State Park system.

Be sure to check out the camping and lodging options in Palo Duro Canyon State Park. The park offers historic CCC cabins, glamping sites, full RV hookups and tent camping through the online reservation systems, [texasstateparks.reserveamerica.com](http://texasstateparks.reserveamerica.com). You can also purchase park day passes on this online system as early as one month before the hiking weekend. Hotel lodging at Best Western, Holiday Inn or Hampton Inn is also available in Canyon, Texas.

Pre-registration opens in early June when the brochure and registration forms will be available on [westtexas-trailwalkers.org](http://westtexas-trailwalkers.org). Be sure to check our website regularly for updates. You can also reach out to Susan Noonan, [susan.noonan@gmail.com](mailto:susan.noonan@gmail.com), with additional questions. 

**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.**



Thank you for making the 2023 Olympiad and IML Texas Trail Roundup a huge success!



Official Olympiad Opening Ceremony



Opening ceremony.



IVV on stage.



Opening ceremony honoring Elvis.



Diana Marshall speaking; Susan Medlin (l), Nancy Wittenberg (r).



Presentation of IVV flag to Finnish delegation.



David Bonewitz, past AVA president, gives media interview.



IML Golden Boot Award Winners.



Parade of Flags begins.

Olympiad continued on page 16





**Thank you for making the 2023 IVV Olympiad and IML Texas Trail Roundup a huge success!**

## Parade of Flags

Hundreds of volkssporters participated in the Parade of Flags in downtown San Antonio February 19, to open the 18th IVV Olympiad.



*Olympiad continued on page 17*



**Thank you for making the 2023 Olympiad and IML Texas Trail Roundup a huge success!**



## Olympiad volunteers made the show go

By Susan Pinneke, Volunteer Coordinator

The IVV Olympiad and Texas Trail Round Up was an amazing event! It was great fun with lots of walks and activities. Over 1000 people from all over the US and the world came to San Antonio for some awesome events.

But it took lots of people power to make all the fun happen. The call went out for volunteers and over

250 signed up to help. More than 1000 shifts over 10 days were filled by volunteers. They got up early to help start walkers, passed out snacks and water at check points, answered questions, marked trails, stamped books, counted laps and sold shirts. They set up and tore down venues, moved chairs and tables and packed gift bags. They signed up, came on time, smiled and made sure all our visitors had a

wonderful experience. They were flexible and generous with their time. They did the jobs that made the event go! They made my job easier.

I cannot express my thanks adequately to the wonderful and generous people who make the IVV Olympiad and Texas Trail Round Up run so smoothly!



## Socializing



*We appreciate your Support!*





**Thank you for making the 2023 IVV Olympiad and IML Texas Trail Roundup a huge success!**

**Group photos**









**Karen Kaufman, DRD**  
at\_drd@ava.org

**Atlantic  
Region**



**Jeff Giddings, Director**  
at\_rd@ava.org

## In which state would you find a walk to the state capitol of New Jersey?

Originally published by Tina Jenneray in April/May 2017 TAW  
Minor updates by Dave Brown

Searching out and walking state capitols across the nation is one of the favorite book stamping activities of wanderers from coast to coast, all states up and down and in between. More than once we have heard visiting walkers claim to have had difficulty finding the key that unlocks the door to Trenton and the New Jersey capitol building. So this month I will tell you a little bit about this walk and

early American history. These include The William Trent House, the State House (which is the second oldest one in the country) and the WWII Memorial where, if you walk up the steps located behind it, you will be rewarded with a fantastic view of the shiny gold dome of the state capitol building nearby. From there you meander past the Capitol Plaza itself before returning to the second leg of

## Northern Virginia Volksmarchers mark 40 years of walking

By Jim Garamone

The Northern Virginia Volksmarchers club (NVV) had a gala celebration of its first 40 years hosting a 5k and 10k walk with lunch and cake afterward.

The celebration was held where the club started in Burke, Virginia. NVV was the brainchild of two Army officers who Volksmarched in Germany and wanted the same fun, fitness and friendship they enjoyed there.



Susan Brown, Dianne Purdy and Sandy Koontz show off NVV's 40th Anniversary Cake. See more pix on page 24.

The walk drew Volksmarchers from all around the DMV – the District, Maryland and Virginia – along with many club members who have moved away. While Burke has grown somewhat since 1983, there was plenty of scenery to amble through. NVV President Steve Brown thanked Sandy and Ralph Koontz for setting up a fabulous walk and finding the restaurant for the celebration.

The club received congratulations from AVA Board Chair Nancy Wittenberg. "Through your leadership, your club members have contributed their time, talents and resources to encourage the public to participate in health and wellness through non-competitive exercise and positive social interaction," Wittenberg wrote in the note. "It takes many hours of planning for your members to offer such memorable and special activities for everyone. As you celebrate this achievement, I hope to learn more about the great things your club is and has been doing that make you a successful AVA club."

The club is not content to rest on its laurels, said Brown. NVV is planning two major Volksmarch events later this year. The first is a Volksmarch at the Fort Belvoir, Virginia, Oktoberfest in the fall.

The second is the annual Holiday Extravaganza in Alexandria, Virginia. The Volksmarch event – tied to the annual Scottish Walk in Old Town – is hosted by NVV and Maryland's Greater Greenbelt Volksmarchers.

The club also has a passel of Year Round events that can take walkers through idyllic woods or past world class restaurants.

For more info, point your browser to [northernvirginiavolksmarchers.club/index.html](http://northernvirginiavolksmarchers.club/index.html).

**After a day's walk, everything  
has twice its usual value.**

~ G.M. Trevelyan



why you should consider adding it to the list of state capitols you should visit.

So, in which state would you find a walk to the state capitol of New Jersey? Stupid question, you say? Well, actually, it's not, because the obvious answer is not the correct one. You don't peruse the pages of New Jersey's walks to find this one. Instead, you look at Morrisville, Pennsylvania, a Bucks County walk that escorts you over the "Trenton Makes – The World Takes" bridge into Trenton and the site of the New Jersey State Capitol building. First I want to tell you something very cool about this bridge. The slogan quoted above is actually attached to the side of the bridge in the form of big bold upper case neon letters. It's pretty impressive, especially at night.

Here's the walk: From the Quality Inn & Suites in Morrisville you move quickly to and over the aforementioned bridge to seek out the government seat in Trenton, as well as other sites related to state government and

our trek, which is back over the bridge and into Morrisville.

A brief history of Morrisville goes like this: a piece of it was originally a trading post that operated from 1624-1627 on an island in the Delaware River. Needless to say, a much needed ferry system was eventually created for transport to and from the island. The settlement at the ferry dock called itself Colvin's Ferry. Colvin's Ferry became Morrisville in 1804 when it was eventually incorporated into a borough.

Our walk in Morrisville takes us onto a section of the Delaware canal tow-path before winding its way through scenic nearby residential areas and the business district, eventually bringing us back to the hotel. Both 5k and 10k options include the state capitol complex in Trenton. This very enjoyable walk features a combination of history, nature and modern living in its mix. It is rated 1B. For more info on this walk go to [libertybellwanderers.net](http://libertybellwanderers.net) or contact Dave Brown, [ocmd-breeze@aol.com](mailto:ocmd-breeze@aol.com) or 610-906-6252.



*Atlantic Region continued on page 20*

### AVA Special Program – Washington-Rochambeau National Historic Trail

Program runs from September 1, 2022 and ends December 31, 2031. Redeem books by December 31, 2032. Join with the Washington-Rochambeau Revolutionary Route Association, Inc. (W3R-US), the National Park Service (NPS), and America's Walking Club (AVA) at the state, region, and national levels, to celebrate the 250th anniversary of founding of the country, and the young nation's very first international walking journey. The national program requires walking or biking one AVA event in each of the states and Washington, D.C., along the Washington-Rochambeau National Historic Trail or at a location historically linked to the journey. There will be additional but separate state and region programs associated with this event. The national award will be a neck-worn medal. State and region programs will award pins to be placed on the neck medal. *The national logbook is available for \$15 from Virginia Volkssport Association, c/o Wood 'n Dale Wanderers, PO Box 2422, Woodbridge, Virginia 22195 POC: Tim Miner, [timothy.miner@walkvirginia.org](mailto:timothy.miner@walkvirginia.org), or 703-583-2916.*





## Atlantic Region *continued from page 19*

### FHW 40th Anniversary Walk at Kinder Farm Park

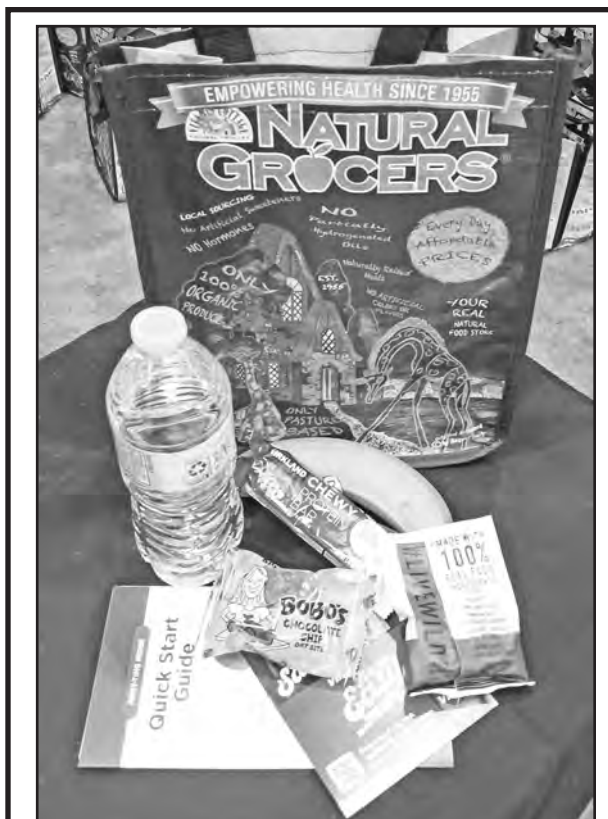
By Linda Hassell

The Freestate Happy Wanderers Volksmarch Club is celebrating our 40th year of walking in Maryland. Walkers will receive a special gift from Freestate promoting our sport the day of the event. Our Volksmarch on June 10 will highlight the Kinder Farm House and the park animals. Start at Kinder Farm Park, 1001 Kinder Farm Park Rd., Millersville, Maryland. There are options of a 5k/10k walk. The trails are on natural surfaces through KFP and sidewalks of surrounding residential areas. Start at the River Birch Pavilion between 9 a.m. to noon and finish by 3 p.m.



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

Walk fee is \$3 for IVV and non-IVV adults but kids are free. Correct change or checks appreciated. No charge to enter the KFP for this Volksmarch event. For more info go to [mdvolks.org/freestate/](http://mdvolks.org/freestate/) or email [wahasse1798@verizon.net](mailto:wahasse1798@verizon.net) for brochure.



Wildway samples registration bags at the Olympiad.

#### 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).



Ed Hainline, DRD  
[nw\\_drd@ava.org](mailto:nw_drd@ava.org)

Sharon Moats, Director  
[nw\\_rd@ava.org](mailto:nw_rd@ava.org)

### Willamette Wanderers return to Willamette Mission State Park

After an absence of three years, the Willamette Wanderers of Salem, Oregon, is again sponsoring their popular 5k and 10k walk at the Willamette Mission State Park. The event will be on Saturday, June 3. This date is Oregon State Parks Day with no entry fee. The park is located eight miles north of Salem and is close to Interstate 5. There are almost 15 miles of trails in its 1,300 acres of varied landscape of woods, wetlands, filbert grove, meadows and farmland. There is also the Wheatland Ferry, one of the few remaining pedestrian/vehicle ferries in Oregon.

The park's name is derived from the original Methodist mission established there in 1834. Known as Wilamet Station, the settlement by the Willamette River grew to two miles in length. Frequent flooding during winter and spring later led to its dissolving in 1841 with a move to the area now known as Salem (derived from the word Shalom meaning peace). The original settlement was washed away by a 1861 flood. A sign commemorating the founding site of Salem is featured on the club's Waterways 6k/10k walk.

The park is listed on the National Register of Historic Places. While there is no trace of the original settlement, walkers will see a "ghost structure" depicting the mission. The largest black cottonwood (155' in height) in the United States can be seen. Its beginning is estimated to have been around the year 1750. Also noteworthy are the descendants of the original rose brought by the wife of the mission's blacksmith.

Come to enjoy the wonders and beauty of this serene historic area. The event will be held by the Mission Lake Boat Ramp with restrooms nearby. There will be two 5k loops, rated 1A. While this is a guided walk for each route beginning at 10 a.m., walkers can choose not to walk in a group and instead follow the written directions and map. The routes will not be marked. Registration will be from 9:30-10 a.m. Stamping books will be done at registration.

Driving directions from I-5: Exit 263 – northbound left; southbound right onto Brooklake Road. Right on Wheatland Road. Left into the park. Follow signs to Mission Lake Boat Ramp and AVA walk signs. Park's address is 10991 Wheatland Road NE, Gervais, Oregon. For more park info go to [stateparks.oregon.gov/index.cfm?do=park.profile&parkId=99](http://stateparks.oregon.gov/index.cfm?do=park.profile&parkId=99).

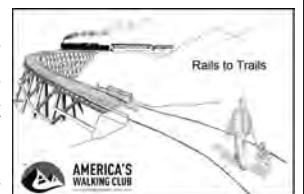
For more event info contact Lin Crimshaw, [linell49@q.com](mailto:linell49@q.com) or 971-599-0778. Consider also walking the club's 15 YRE walks in the Mid-Willamette Valley with four in Salem and one walk each in Independence, Monmouth, Dallas, McMinnville, Turner and Newberg (OSB only). There are coastal walks in Lincoln City and Depoe Bay. A club brochure detailing these walks can be found at [willwander.weebly.com/walk-wus.html](http://willwander.weebly.com/walk-wus.html). All club walks are also OSB's.

Check [my.ava.org/eventview.php?sn=123987](http://my.ava.org/eventview.php?sn=123987) for updated event information.

*Northwest Region continued on page 21*

#### 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).





## Northwest Region *continued from page 20*

### New Washington State coastline beach walks and hikes

By Joe Blazek

If you want to see nature up close and personal in all its wildness and beauty, consider walking/hiking our new events on the wild and beautiful northwest Washington coastline. The Evergreen State Volkssports Association (ESVA) sponsors six new Seasonal walk/hike events in the OSB under the Olympic National Park heading that have something for just about everyone. On some of the events, you'll walk/hike on forested trails to the beach, and on all the events you'll walk on sandy and gravelly beaches along the ocean coastline. There are big ocean waves and tide pools with sea life and on all six events there are scenic rock formations and headlands with off-shore rocky islands and sea stacks. Two of the events have views of an off-shore lighthouse. At some times of the year, you may even see some wildlife on the beach or just off shore.



Check each of the six events' ratings as some events are easier than others depending on your walking/hiking ability. Some of them start right at a parking lot near the beach with virtually no elevation change while others involve short or long hiking trails and some elevation loss (usually not too much) to get to the beach. Event distances range from as low as 5k to as much as 15k with many intermediate 7k and 10k distances as well.

A national lands pass is required for these events. Checking local ocean tide tables in order to walk on low or outgoing tides ensures you won't have your hike stopped by high tides. The beach, tide pools and rock formations are much more accessible and scenic when the tide is low.

Along with the Capitol Volkssport Club and Vancouver USA Volkssporters, who sponsor walking events on the southwest Washington coastline, and the Olympic Peninsula Explorers who have walks in the area, our new events give you additional options for walking all along the ocean in this beautiful part of Washington State. See you on the beach! 🌊

## Next TAW deadline

### July 25

for September, October and November

#### 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.*



## Bend(ing) over backwards

By Klaus and Gale Waibel

In travels to various Volkssporting events our experiences have varied from excellent to okay. What we look for is a warm welcome from the organizers, interesting walks, clear walk directions and well planned social events. For two decades the Columbia River Volkssport Club (CRVC) sponsored a quality event—

Another favorite is the 3B-rated 15k Green Lakes trail winding through the Three Sisters Wilderness. The uphill trail follows rushing Falls Creek through the forest, opens to views of a glacial moraine of obsidian rocks and boulders and your first view of South Sister. Cresting a small hill reveals jade-colored lakes below, South



*Green Lakes Trail with the Waibels.*

the Columbia Gorge Biennial Classic—every two years at Cascade Locks. Due to several factors including a desire to feature another area of Oregon and a massive destructive gorge wildfire in 2017 this event was finally retired after 2016. The club did not rest on its laurels but created a new event in 2019—Salute to Central Oregon – in Bend, Oregon. We attended both the inaugural event in 2019 and a second time in 2021 and have our plans firmed up for attending in 2023. The club's plan is to sponsor this event every other year, alternating years with another event—Winthrop, Washington—but that's a story for the Washington clubs to tell.

Much like last time, this year's event from September 14-17 (Thursday-Sunday) will feature 13 walks (ranging in difficulty from 1A to 3C), three bikes, one swim and one optional rafting trip. Our favorite is the challenging 3C-rated Terrebone (Smith Rock State Park – monkey see monkey do!) trail. This is an international climbing destination located in a high desert plateau where you can watch rock climbers scale vertical cliffs while you keep your feet on the ground. Smith Rock State Park has been designated one of the Seven Wonders of Oregon and on this walk you have the option to stay at the base of Smith Rock and follow the meandering Crooked River with opportunities to see abundant wildlife or take a series of switchbacks to the top of Smith Rock for sweeping views of the desert below and Cascade Mountains in the distance.

Sister on your left and jagged Broken Top on your right. Breathe in that view and descend for a closer look at Green Lakes. For less of a challenge there are plenty of 2B-rated walks and shorter distances available. When you are ready for sidewalks or macadam paths, the walk in downtown Bend is along a section of the flat and scenic Deschutes River Trail as well as the downtown area with a variety of unique shops and enticing restaurants. Central Oregon is a large area and some of the driving distances to events range from 15 to 40 miles. Therefore, the CRVC has pre-registration and walk directions available for walks that might be on your route driving to Bend. The CRVC will in fact “bend over backwards” to accommodate participants. When you finally arrive, rest assured the club members will warmly welcome you.

There will be a Meet & Mingle Friday evening featuring desserts, and a Saturday evening BBQ banquet. For further details check out the club's website at [walking4fun.org](http://walking4fun.org) for registration and lodging information and explore the event options under the Central Oregon 2023 menu. You may also contact Annette St-Pierre, events coordinator, at [walking\\_the\\_world@yahoo.com](mailto:walking_the_world@yahoo.com). Salute to Central Oregon has you covered for fun, fitness, friendship and food – the 4 Fs that make an event memorable. We are excited to be going again and invite you to add Salute to Central Oregon to your walking calendar. 🌊

## AVA: America's Walking Club!





**Pacific Region**



**Suzi Glass, DRD**  
pa\_drd@ava.org



**Carl Cordes, Director**  
pa\_rd@ava.org

## National parks Seasonal hikes

By Carl Cordes

There are four Seasonal AVA walks (hikes) sanctioned by the Pacific Region Director in national parks. Two of them are on the North Rim of the Grand Canyon in Arizona. The other two are in Yosemite National Park in California. You must register for them via the Online Start Box on my.ava.org.

While the South Rim gets more tourists and press, don't miss out on

events available in Yosemite National Park May 1 to October 31. As with the Grand Canyon walks, carry plenty of water and food. Hiking shoes and walking sticks/poles are recommended. Those who are up for the challenge will be treated to some awesome views. The Clouds Rest 13 and 22k walk is rated 4C and one of the most recommended hikes for viewing the valley. Geographically, it lies in the center of nearly every interesting

## Second Annual Hot Wheels in the Summertime

By Carl Cordes

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

All three qualify for the Rails-to-Trails AVA Special Program.



*Craig Ranch Park in North Las Vegas, adjacent to the Lower Las Vegas Wash Trail*

June 3 – River Mountains Loop Trail (Y1398) ride will start at the Equestrian Park Trailhead, mile marker 3.5. The River Mountains Loop Trail is a 34-mile (55k) 12-foot-wide paved path with mile makers every half mile. Difficulty is dependent on elevation change of section you choose to bike. Our group bike will feature a ride south to Railroad Pass Hotel & Casino Trailhead and return for 11k. Or keep going to Bootleg Canyon and return for 22k. A city park at the Bootleg Canyon Trailhead features larger-than-life wildlife sculptures.

July 8 – Lower Las Vegas Wash (LLVW) Trail (Y3002) ride will start in Craig Ranch Park. Easy paved trail follows an urban river that carries excess flood water from the region to Lake Mead. You may choose to ride north to the beginning of the LLVW Trail and return for 11k. Or ride south on the Lower Las Vegas Wash Trail to cross over I-15 and return for 10k. Optional to continue past I-15 for more distance if you wish. The south route is 17.5k one way.

August 5 – Union Pacific Trail (Y3001) follows the Union Pacific Railway from Acacia Park in Henderson and continues southeast to I-11 where an overpass connects you to the River Mountains Loop Trail. Our route continues a short distance toward Boulder City on the Loop Trail to the Railroad Pass trailhead, mile marker 0. Return to Acacia Park for total of 26k. A shorter option goes northwest from Acacia Park. If you choose this option the out and back distance is 18k. There are four qualifiers on the Union Pacific Trail for the Walking with America's Veterans AVA Special Program.

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

### AVA Special Program – Lighthouses II

Program runs January 1, 2023 - December 31, 2025. Redeem completed books by December 31, 2026. Beacons from coast to coast, lighthouses are linked historically to the development of maritime expertise and used to warn of dangerous conditions so as to secure safe passage. With approximately 700 lighthouses in the United States the Qualifier must include any sanctioned IVV event (Traditional, Seasonal or YRE) that passes or is in view of a lighthouse. One stamp per event per year. IVV participants outside of the United States are welcome to register and participate while logging lighthouses along any IVV event. Cost of book is \$12 USD. Complete 12 walks to receive a patch featuring a lighthouse and also a completion certificate. Make checks payable to the Baltimore Walking Club. Books can be ordered from Sue Capp, 100 Grace Manor Drive, Havre de Grace MD 21078. Phone, 717-968-6611.



*Grand Canyon North Rim view from Widforss Point.*

the tranquility of the North Rim and two different trails available June 1 to September 30. Due to the altitude, 8,000 feet, the North Rim can be very hot during the height of summer and chilly at night. Ample water, food, appropriate dress, hiking shoes and walking stick/poles are recommended. The Widforss Trail is a pure nature walk starting three miles from the lodge. Rated 2C you will experience magnificent views of Transept Canyon, an arm of the main canyon to the 4k turnaround point. Continue through the forest another 4k communing with Aspen and Ponderosa Pines to reach Widforss Point and a panoramic view of the Grand Canyon.

If some semblance of civilization is more to your liking, then the Uncle Jim route fits the bill. (Hint: You don't actually walk on the Uncle Jim Trail loop unless you choose the 15k.) This walk begins at the Grand Canyon Lodge and out to the Bright Angel Viewpoint. Then along asphalt and natural trails to the mule corral. Turn around for 7k or continue on the Ken Patrick Trail for 11k. If you take the Uncle Jim Trail Loop you will be rewarded with the view at the Uncle Jim Canyon observation point. This walk is rated 2B with some ups and downs but not difficult. By the way, "Uncle" Jim was game warden James T. Owens, hired in 1906 after President Theodore Roosevelt established the Grand Canyon Game Preserve.

For those who like more challenging trails, consider the two Seasonal

feature in Yosemite National Park. If you want to enjoy nature without as much exertion then the 5k route walking around Tenaya Lake is only rated 2B. Note that it is a bit of a drive in the park to get to the start point. Begin and finish your walk during daylight hours only.

Considered one of the top hikes in the country, Half Dome is rated 4E for 5k and 11k, or 5E for 27k. An advance permit is required to ascend the last 400 feet up the face of Half Dome. Two metal cables installed after snow melt allow hikers to climb to the summit without rock climbing equipment. Due to the heavy snow this winter access and cable installation may be delayed past May 1. And those permits go fast with very limited daily lottery slots two days before your hike. Your odds are much better during weekdays than weekends. The summit elevation is 8842 feet. Ensure you are only walking during daylight hours on any of the Half Dome distances. And if you are doing the 27k it will take all day. Start out at first light!

Pre-planning for national park visits is a must. Things happen, things change, capacity limits may require advance reservations. For the Grand Canyon, go to [nps.gov/grca/plan-your-visit/north-rim.htm](https://nps.gov/grca/plan-your-visit/north-rim.htm) and for Yosemite go to [nps.gov/yose/plan-your-visit/index.htm](https://nps.gov/yose/plan-your-visit/index.htm). Of course, there is a fee to enter our national parks unless you have an annual, senior or veterans pass. 🌳

*Pacific Region continued on page 23*



# Pacific Region *continued from page 22*

## Seas The Day at Pebble Beach, California

By Suzi Glass

For a walk around one of golf's most famous areas and along a world renowned beach, come join the South Bay Striders on Saturday, July 15, for a Traditional 10k or 5k walk. You'll see wonderful views of the Spanish Bay golf course, part of the Pebble Beach golf complex, pass by fabulous houses along 17 Mile Dr., and follow trails through the woods. As you crest the sand dunes, you will have a grand view of the links and the surf beyond. Returning to the start at George Washington Park along the road by the beach. Due to sand, the trail ratings are 1C for the 10k and 1B for the 5k. The start point is open from 9 a.m. to noon. For more details, check out the SBStriders.org website or email POC Suzi Glass at glass2walk@gmail.com.




Complete your weekend with a guided group walk in nearby Carmel, California, on Sunday, July 16. The 10 a.m. start by San Carlos Borromeo de Carmelo Mission, better known as the Carmel Mission, gives walkers time for visiting the town, forays along the beach and touring the 253-year-old Mission. This was the second of the Upper California Spanish Missions established by Father Junipero Serra. He created nine missions in all and is interred at the Carmel Mission. The Mission's history is intertwined with California's since the Mission continued through Spanish, Mexican and American governments. The Mission is still an active Catholic parish.

Seas the day to walk two of the most beautiful places on the California coast!

**TAW email: [taw@ava.org](mailto:taw@ava.org)**

**Note: TAW email address will only accept pictures or articles.**

**Advertisers must go through Karen Winkle, [karen@ava.org](mailto:karen@ava.org), to sign an advertising contract and adhere to the deadline for changes to existing contracts.**



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To give online on September 20-21, visit [thebiggivesa.org](http://thebiggivesa.org) and search for AVA: America's Walking Club. Donate by check now through October 31, 2023, by mailing your donation to the American Volkssport Association: 1008 S Alamo St, San Antonio, TX 78210.

**Tips for TAW !**

In text, the prefix for a website URL is no longer needed. Only the critical info to link to your URL is necessary.

~~www.walkgdmva~~ **YES!**  
[sites.google.com/site/walkgdmva](http://sites.google.com/site/walkgdmva)

<http://sites.google.com/site/walkgdmva>

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June 2023



# AVA: America's Walking Club!



*Volksmarchers walk up from a veterans' memorial in Burke, Virginia as part of the Northern Virginia Volksmarchers 40th Anniversary walk April 22.*



*Volksmarchers walk through a wooded portion of the Burke, Virginia, Volksmarch celebrating the Northern Virginia Volksmarch Club's 40th Anniversary.*



*A banner crowd of 30 bikers all set to ride the Zim Smith trail to Mechanicville.*



*Walk With Our Heroes at Jefferson Barracks YRE.*



*Silver Springs Visitor Center.*



*Gayle Weinraub and Mike Schwencke pose for a picture in front of some colorful posters along the North Star Mall YRE Walk trail in San Antonio, Texas. Photo by Martin Callahan.*



*Daily schedules and passports at Olympiad.*

## Member Clubs, Events and IVV



# AVA SANCTIONED EVENTS CALENDAR

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

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

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

A box around a listing indicates a multiple event weekend.

## CALIFORNIA

6/10/23	W	Lafayette Bay Bandits Volksmarch Club	Patricia Thomas 925-405-7398 concordpat@yahoo.com
7/1/23	W	Arnold Delta Tule Trekkers	Joan Sykes 412-337-2538 deltatuletrekkers@inreach.com
7/8/23	W	S. Lake Tahoe Tahoe Trail Trekkers	Betsy McDevitt 530-412-4453 betsywalks@gmail.com
7/15/23	W	Pacific Grove South Bay Striders	Suzi Glass 408-592-3935 glass2walk@gmail.com

## COLORADO

7/1/23	W	Colorado Springs Falcon Wanderers	Carol Kinate 719-648-9015 kinatec@aol.com
7/22/23	W	Widfield Woodland Wanderers	Frank Sayers 719-640-6744 walking@woodlandwanderers.org
8/12/23	W	Woodland Park Falcon Wanderers	Felicia Stanton 303-807-4973 feliciastanton@comcast.net
9/9/23	W	Peyton Falcon Wanderers	Bev Watry 719-359-7233 yellowrosesnov@msn.com

## DELAWARE

10/28/23	B	Rehoboth Beach	Karen Kaufman 302-233-6615
10/28/23	S	Rehoboth Beach	karen@dekrittersitter.com
10/28/23	W	Rehoboth Beach First State Webfooters	Tom Sunde 302-233-6615 tesunde@verizon.net

## FLORIDA

6/3/23	GW	Jacksonville First Coast Trail Forgers Walking	Diana J Sherrill 904-608-4689 Clubdiana.sherrill3@gmail.com
7/1/23	W	Jacksonville First Coast Trail Forgers Walking	Diana J Sherrill 904-608-4689 Clubdiana.sherrill3@gmail.com

## GEORGIA

6/24/23	TGW	Milledgeville Georgia Walkers	Connie Clark 469-713-4712 georgiawalkers178@gmail.com
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## IOWA

9/15-17/23	W	Le Mars Nebraska Wander Freunde Trailblazers	Butch Spaulding 712-435-0815 bs1preznwft@aol.com
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## ILLINOIS

9/9/23	W	Genoa Kishwaukee Valley Wanderers	Carolyn Tobinon 815-761-4660 kvwanderers@gmail.com
10/14/23	W	Pere Marquette Park Gateway Milers NFP	William Badger 618-692-4337 Wbadger@sbcglobal.net

## INDIANA

6/10/23	W	Fort Wayne Three Rivers Strollers	Liz Winsley 260-348-5922 lizardw13@gmail.com
6/17/23	TGW	Peru Indiana Volkssport Assn.	Cliff Terry 317-776-1848 clifferry@sbcglobal.net
7/1/23	TGW	Indianapolis Indy 'G' Walkers	Cliff Terry 317-776-1848 clifferry@sbcglobal.net
7/15/23	W	St. Joe Three Rivers Strollers	Willa Thompson 260-312-3312 lizardw13@gmail.com
7/22/23	TGW	Nashville Indiana Volkssport Assn.	Terry Elser 260-438-8975 elserfam@frontier.com
8/5/23	B	North Liberty Hoosier Hikers	Bob Buzolich 574-339-9140 sonofbuzz@prodigy.net
8/5/23	W	North Liberty Hoosier Hikers	Bob Buzolich 574-339-9140 sonofbuzz@prodigy.net
9/2/23	W	Auburn Three Rivers Strollers	Liz Winsley 260-348-5922 lizardw13@gmail.com
10/14/23	TGW	Winamac Indiana Volkssport Assn.	Terry Elser 260-438-8975 elserfam@frontier.com

## MARYLAND

6/3/23	W	Columbia Columbia Volksmarch Club	JOHN DYE 410-804-8053 johndye@comcast.net
6/10/23	W	Millersville Freestate Happy Wanderers	Bill Hassell 410-437-2164 wahasse1798@verizon.net

6/21/23	NW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Yvonne Astill 301-431-6668 GreenbeltMVA@gmail.com
6/24/23	W	Silver Spring Seneca Valley Sugarloafers	Darla Fera 301-651-1875 dmfera@starpower.net
7/19/23	NW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Yvonne Astill 301-431-6668 GreenbeltMVA@gmail.com
8/12/23	W	Columbia Columbia Volksmarch Club	John Dye 410-290-6510 johndye1@gmail.com
8/16/23	NW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Yvonne Astill 301-431-6668 GreenbeltMVA@gmail.com
8/19/23	W	Hagerstown Antietam Pathfinders Volksmarch Club, Inc.	Kat Dittrich 240-675-1028 kdballou@gmail.com
9/20/23	NW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Yvonne Astill 301-431-6668 GreenbeltMVA@gmail.com
9/23/23	W	Brandywine Annapolis Amblers	Thomas DeHetre 301-645-3195 thomasdehete@aol.com
9/30/23	W	Frederick Seneca Valley Sugarloafers	Jone Parr 301-385-0054 jone.p@comcast.net
10/7/23	W	Elkridge Columbia Volksmarch Club	John Dye 410-290-6510 johndye@comcast.net
10/8/23	GW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Y. Pennington 301-431-6668 greenbeltmva@gmail.com
10/21/23	W	Kentlands Seneca Valley Sugarloafers	Dave Fenster 301-520-6507 rockpic001@gmail.com
11/4/23	W	Patuxent Research Refuge Great Greenbelt Volksmarchers, Inc.	Y. Pennington 301-431-6668 greenbeltmva@gmail.com
12/9/23	W	Annapolis Annapolis Amblers	Marie Wiser 301-509-6748 littlewalker1@comcast.net
12/31/23	W	Savage	Linda D Hassell 410-437-2164
12/31/23	W	Savage	wahasse1798@verizon.net
1/1/24	W	Savage	Bill Hassell 410-437-2164
1/1/24	W	Savage Freestate Happy Wanderers	wahasse1798@verizon.net

## MICHIGAN

6/3/23	TGW	Adrian Washtenaw Wanderers Volkssporting	Nancy Howard 734-754-6135 nancy.howard@comcast.net
6/24/23	W	Sturgis Michigan Pathfinders	Tom Crabill 260-409-1659 tjcrabill@gmail.com
8/12/23	TGW	Richester Washtenaw Wanderers Volkssporting	Robin Weaver 616-745-9627 gone2run@gmail.com
9/4/23	W	Mackinaw City Michigan Pathfinders	Tom Crabill 260-409-1659 tjcrabill@gmail.com

## MINNESOTA

6/24/23	W	Woodbury Twin Cities Volkssport	Ken Johnson 651-774-9607 johnsonck@centurylink.net
7/15/23	W	Caledonia-Beaver Crk Va SP	Wally Swanson 507-380-4106
7/16/23	W	Winona-Great River Bluffs SP NorthStar Trail Travelers	dendroica55@gmail.com
9/9/23	W	Maplewood Twin Cities Volkssport	Wayne Heath 651-249-8886 wvheath76@gmail.com
9/23/23	W	Sunrise-Wild River St Pk	Donna Seline 612-402-5016
9/24/23	W	Almelund-Wild River St Pk NorthStar Trail Travelers	mnvolksmarcher@earthlink.net
10/7/23	GW	St Paul Twin Cities Volkssport	Paul Stachour 952-884-5977 PStachour@acm.org
10/21/23	GW	Bloomington NorthStar Trail Travelers	Peter Cartwright 612-850-4700 peterscartwright@gmail.com

## MISSOURI

6/3/23	W	St. Louis Saint Louis Walkers	Scott Domasky 314-831-4287 drfea@yahoo.com
9/9/23	W	Joplin Dogwood Trailblazers	Glen Conyers 417-434-0977 glenconyers@sbcglobal.net
9/30/23	GW	Cuba International Wanderers	Tim Friesen 360-260-9393 tim@walkingadventures.com
10/29/23	W	St. Louis Bellefontaine Cemete Saint Louis Walkers	Leonard Wojtysiak 618-530-3211 lpw46@icloud.com

## NEBRASKA

10/7/23	W	Omaha Nebraska Wander Freunde Trailblazers	Dave Brown 402-590-7061 smackdb5@hotmail.com
11/4/23	W	Omaha Nebraska Wander Freunde Trailblazers	Jill Champley 402-681-6745 jillchampley@cox.net
12/9/23	NW	Omaha Nebraska Wander Freunde Trailblazers	Larry Boehm 402-393-5697 lboehm@cox.net

Events continued on page 26



# Events *continued from page 25*

## NEW YORK

6/3/23	W	Hoosick Falls	LaVerne Stiles	518-223-3750
		Empire State Capital Volkssporters	lavernestiles@msn.com	
6/7/23	GW	Amsterdam	Barbara Bilins	518-209-2541
		Empire State Capital Volkssporters	travlinbarb@hotmail.com	
6/10/23	W	Vestal	Doug Gausman	607-237-2525
		The Fingerlakes Region Volkssport Club	dgausman7@gmail.com	
6/14/23	W	Albany	Louise Remillard	518-496-1879
		Empire State Capital Volkssporters	louiseremillard3@gmail.com	
6/21/23	W	Schenectady	Beth Snyder	518-505-3525
		Empire State Capital Volkssporters	BethSnyder47@gmail.com	
6/28/23	W	Schenectady	Teresa Kennedy	518-852-8798
		Empire State Capital Volkssporters	forty6er3k@aol.com	
7/5/23	W	Northville	Linda Nowak	518-391-0830
		Empire State Capital Volkssporters	pklutheran@yahoo.com	
7/8/23	W	Whitney Point	Sue Connelly	607-423-0490
		The Fingerlakes Region Volkssport Club	sconnelly@aol.com	
7/12/23	W	Round Lake	Vera Weiss	518-399-1798
		Empire State Capital Volkssporters	vweiss@nycap.rr.com	
7/19/23	W	Ballston Spa	Sue Grey	518-281-8145
		Empire State Capital Volkssporters	susanbg2@yahoo.com	
7/26/23	W	Troy	Larry Godshalk	518-878-4596
		Empire State Capital Volkssporters	lgodshal@nycap.rr.com	
8/2/23	W	Niskayuna	Teresa Kennedy	518-852-8798
		Empire State Capital Volkssporters	Forty6er3k@aol.com	
8/9/23	W	Delmar	Wayne Knapp	518-469-7298
		Empire State Capital Volkssporters	wayneknapp@gmail.com	
8/16/23	W	Altamont	Dorothy Holt	518-496-6565
		Empire State Capital Volkssporters	djholt@gmail.com	
8/23/23	W	Saratoga Springs	Brenda Streed	518-316-1019
		Empire State Capital Volkssporters	brendastreed@gmail.com	
8/30/23	GW	Menands	Marion Averill	518-253-5891
		Empire State Capital Volkssporters	walkingaverills@aol.com	
9/9/23	TGW	Cohoes	Liz Walsh	518-265-8520
		Empire State Capital Volkssporters	lizwalsh48@gmail.com	
9/30/23	W	Coxsackie	Linda Ferrucci	518-775-3793
		Empire State Capital Volkssporters	jnferrucci@yahoo.com	
10/4/23	TGW	Waterford	Mary Sorell	518-331-7287
		Empire State Capital Volkssporters	xcmama3@aol.com	
11/8/23	TGW	Clifton Park	Jan Golden	518-496-2247
		Empire State Capital Volkssporters	janice_jaskolka@hotmail.com	

## OHIO

6/10/23	W	Brecksville	Deva Simon	440-915-0161
		Valley Vagabonds, Inc.	deval17@aol.com	
7/8/23	W	Groveport	Mary Gustafson	614-313-2113
		Heart of Ohio Hikers	mlgustafson@sbcglobal.net	
7/15/23	W	Huber Heights	James Medzviega	937-435-0469
		Wandering Wheels Volkssports Club	jmedz@aol.com	
8/5/23	W	Millersburg	Luanne Johnson	330-466-8799
		Valley Vagabonds, Inc.	luanne.i.johnson@gmail.com	
8/12/23	W	Xenia, Ohio	Tom Donaldson	937-470-9114
		Xenia Walking Club	tdonald557@Hotmail.com	
8/19/23	W	Germantown	Dawn Gruber	937-409-6975
		Ohio Wander Freunde	dgruber333@aol.com	
8/26/23	W	Battelle Darby Metro Park	Mary Gustafson	614-313-2113
		Heart of Ohio Hikers	mlgustafson@sbcglobal.net	
9/16/23	W	Urbana	Connie Bost	937-399-9204
		Tecumseh Trailblazers	beacon811@yahoo.com	
10/7/23	W	Cleveland downtown	Deva Simon	440-915-0161
		Valley Vagabonds, Inc.	deval17@aol.com	
10/21/23	W	Waynesville	Dawn Gruber	937-409-6975
		Ohio Wander Freunde	dgruber333@aol.com	
10/28/23	W	Cincinnati	Richard Carey	513-742-0060
		Germania Volksmarch Gruppe	rwcarey3@gmail.com	
11/11/23	W	Eaton	Dawn Gruber	937-409-6975
		Ohio Wander Freunde	dgruber333@aol.com	
12/2/23	W	Huber Heights	Dawn Gruber	937-409-6975
		Ohio Wander Freunde	dgruber333@aol.com	

## OKLAHOMA

6/17/23	W	Hulbert	Randy Woodard	918-245-2935
		Tulsa Walking Club	lw35818@gmail.com	

## OREGON

6/3/23	TGW	Gervais	Lin Crimshaw	971-599-0778
		Willamette Wanderers	linell49@q.com	
6/6/23	TGW	Alsea Falls	Donald Reed	541-974-5780
		Albany Fitwalkers	donreed1946@yahoo.com	
6/10/23	W	Portland	Ed Hainline	360-921-1909
		Rose City Roamers	opahainline49@gmail.com	
6/17/23	TGW	Cascade Locks	Diane S	503-266-5308
		Columbia River Volkssport Club	opahainline49@gmail.com	
6/20/23	TGW	McDowell Creek	Donald Reed	541-974-5780
		Albany Fitwalkers	donreed1946@yahoo.com	

6/21/23	TGW	Viento State Park	Dick Baker	360-991-8806
		Rose City Roamers	dickbkr@q.com	
6/29/23	TGW	Tigard	Betty Budzik	503-437-5508
		Willamette Wanderers	bgbudzik@gmail.com	
7/15/23	W	Portland	Dan Webster	971-221-4994
		Cedar Milers	cedarmilerswalkingclub@gmail.com	
7/18/23	TGW	Cape Perpetua Oregon Coast	Donald Reed	541-974-5780
		Albany Fitwalkers	donreed1946@yahoo.com	
7/21/23	TGW	Cape Meares State Scenic Viewp	Donald Reed	541-974-5780
7/22/23	TGW	Ecola State Park	donreed1946@yahoo.com	
		Albany Fitwalkers		
7/29/23	W	Shotgun Creek	Donald Reed	541-974-5780
		Albany Fitwalkers	donreed1946@yahoo.com	
8/5/23	GW	Boring	Teresa Meisner	503-422-2967
		East County Windwalkers	Teresame46@msn.com	
8/15/23	TGW	Clear Lake, Santiam	Donald Reed	541-974-5780
		Albany Fitwalkers	donreed1946@yahoo.com	
8/29/23	TGW	Corvallis	Donald Reed	541-974-5780
		Albany Fitwalkers	donreed1946@yahoo.com	
9/12/23	TGW	Philomath, City Park	Donald Reed	541-974-5780
		Albany Fitwalkers	donreed1946@yahoo.com	
9/14-17/23	S	Bend	M. Cecil-Gobble	503-943-9754
		Columbia River Volkssport Club	gobblemegan@gmail.com	
9/19/23	TGW	Corvallis	Donald Reed	541-974-5780
		Albany Fitwalkers	donreed1946@yahoo.com	
9/26/23	TGW	Avery Park, Corvallis	Donald Reed	541-974-5780
		Albany Fitwalkers	donreed1946@yahoo.com	
10/28/23	W	Yachats	Donald Reed	541-974-5780
		Albany Fitwalkers	donreed1946@yahoo.com	
11/24/23	GW	Cornelius	Dan Webster	971-221-4994
		Cedar Milers	cedarmilerswalkingclub@gmail.com	

## PENNSYLVANIA

9/9/23	W	Manheim	David Barber	717-626-6103
		Penn-Dutch Pacers Volksmarch Club	dmtmbarber@comcast.net	
9/16/23	W	Lebanon	Pat Eby	717-379-8945
		Susquehanna Rovers Volksmarch Club	patriciaeby@verizon.net	
10/5-8/23	W	State College -Seven Mountains	Tom Jackson	717-309-6088
10/6-8/23	W	State College - Stone Valley	Keystone State Volkssport Assn.	
10/6-8/23	W	State College - Town & Gown	thomasjackson@embarqmail.com	
10/6-8/23	W	State College - Tudek Park		

## SOUTH DAKOTA

6/3/23	W	Crazy Horse	Anne Horst	605-209-8927
		Black Hills Volkssport Assn.	abaustian@aol.com	
6/17/23	W	Sturgis	Kadence Gleason	605-347-2556
		Black Hills Volkssport Assn.	events@sturgisareachamber.com	
6/24/23	W	Hot Springs	Reta Thovson	605-574-3278
		Black Hills Volkssport Assn.	retabhva@gwtc.net	
7/9/23	W	Silver City	MaryJayne Jordan	307-290-2349
		Black Hills Volkssport Assn.	mjjordan920@gmail.com	
7/22/23	W	Custer	Anne Horst	605-209-8927
		Black Hills Volkssport Assn.	abaustian@aol.com	
9/2/23	W	Custer	Duane Neugebaure	303-489-9313
		Black Hills Volkssport Assn.	donman1948@gmail.com	
9/22-24/23	W	Ipswich	Gary Lofswold	757-508-2537
9/22-24/23	W	Selby	Prairie Wanderers Volkssport	
9/22-24/23	W	Herreid	gel_601@hotmail.com	
9/22-24/23	W	Leola		
9/22-24/23	W	Faulkton		
9/22-24/23	W	Gettysburg		
10/1/23	W	Crazy Horse	Anne Horst	605-209-8927
		Black Hills Volkssport Assn.	abaustian@aol.com	
12/2/23	W	Spearfish	MaryJayne Jordan	307-290-2349
		Black Hills Volkssport Assn.	mjjordan920@gmail.com	

## TEXAS

6/10/23	W	Fredericksburg	David Roberts	410-693-9829
		Volkssportverein Friedrichsburg	dloberts34@hotmail.com	
7/8/23	W	San Antonio	ellen ott	210-723-8574
		Randolph Roadrunners	ellenott@sbcglobal.net	
8/12/23	W	Universal City	Ellen Ott	210-723-8574
		Randolph Roadrunners	ellenott@sbcglobal.net	
10/6/23	W	Palo Duro Canyon State Park	Susan Medlin	210-325-3523
		West Texas Trail Walkers	sueammed@aol.com	
10/7/23	W	Palo Duro Canyon State Park	Will Robinson	972-971-1379
		West Texas Trail Walkers	william.l.robinson@sbcglobal.net	
10/8/23	W	Palo Duro Canyon State Park	Helen Hull	972-530-1026
		West Texas Trail Walkers	helenthehun@yahoo.com	

## VIRGINIA

9/30/23	W	Fort Belvoir	Rob Grunewald	703-303-5543
		Northern Virginia Volksmarchers	grunewar@yahoo.com	
10/14/23	W	Powhatan State Park	Mary Guarnieri	443-803-3456
		Lee Lepus Volksverband	mtg1250@gmail.com	

*Events continued on page 27*



# Events continued from page 26

10/20-22/23	B	Arlington	Dolores Grenier 703-209-0174
10/20-22/23	S	Arlington	U.S. Freedom Walk Festival
10/20/23	W	Arlington	info@USFreedomWalk.org
10/21/23	W	Arlington	
10/22/23	W	Arlington	
12/8-9/23	NW	Williamsburg	Pam Bowers 757-869-6116
12/8-10/23	S	Williamsburg	Peninsula Pathfinders of Virginia
12/9-10/23	W	Williamsburg	pbb6116@gmail.com

## WASHINGTON

6/10/23	W	Bainbridge Island	Katie Sell 425-753-1772
		Interlaken Trailblazers Volkssport Club	aclayjar@gmail.com
6/13/23	TGW	Olympia	Cheryl Bush 303-548-0788
		Capitol Volkssport Club	bilkecb@aol.com
6/20/23	TGW	Lacey	Pam Davis 360-790-9733
		Capitol Volkssport Club	greigenterprises@msn.com
6/24/23	GW	Mountlake Terrace	Neil Smith 206-214-5274
		Sound Steppers Volkssport Club	neil.smith@comcast.net
7/4/23	GW	Seattle	Mike Nagan 206-851-2101
		Emerald City Wanderers	m.nagan@comcast.net
7/4/23	W	Vancouver	Burt Paynter 360-798-8485
		Vancouver USA Volkssporters	walkeriii@comcast.net
7/8/23	W	Fife	Frances Carson 206-788-7969
		Sea-Tac Volkssports Club	fran55carson@gmail.com
7/22/23	W	Renton	Sharon Moats 206-909-5176
		Interlaken Trailblazers Volkssport Club	s.moats@comcast.net
7/29/23	W	Puyallup / Grayland Park	Carolyn Warhol 253-845-6592
		Daffodil Valley Volkssport Association	jcwarhol@comcast.net
8/5/23	W	Anderson Island	Carol Froelich 360-929-20830
		Capitol Volkssport Club	cfroeli@gmail.com
8/10/23	TGW	Olympia	Cheryl Bush 303-548-0788
		Capitol Volkssport Club	bikecb@aol.com
8/12/23	W	Washougal	Janet Traweek 360-601-9534
		Vancouver USA Volkssporters	jltraweek@yahoo.com
8/15/23	TGW	Olympia	Cheryl Bush 303-548-0788
		Capitol Volkssport Club	bikecb@aol.com
8/22/23	TGW	Olympia	Julie Heath 360-556-5622
		Capitol Volkssport Club	ijheath@comcast.net

9/2/23	W	Seattle	David Madsen 206-789-1960
		Emerald City Wanderers	dmadsen@seattleu.edu
9/9/23	W	Hyak (Snoqualmie Pass)	J. Blazek 509-899-6535
		Central Washington Sun Striders	joeblazek1@gmail.com
9/12/23	TGW	Olympia	Cheryl Bush 303-548-0788
		Capitol Volkssport Club	bikecb@aol.com
9/19/23	TGW	Olympia	Julie Heath 360-556-5622
		Capitol Volkssport Club	ijheath@comcast.net
9/30/23	W	Bow	Bill Campbell 253-709-8444
		Four-Plus Foolhardy Folks	kayzeta@gmail.com
10/7/23	W	Port Angeles	Clay Baulch 210-204-9301
		Olympic Peninsula Explorers	cbaulch31@gmail.com
10/14/23	GW	Issaquah	Sharon Moats 206-909-5176
		Interlaken Trailblazers Volkssport Club	s.moats@comcast.net
10/28/23	W	Carnation	Fran Carson 206-788-7969
		Emerald City Wanderers	fran55carson@gmail.com
11/25/23	GW	Edmonds	Neil Smith 206-214-5274
		Sound Steppers Volkssport Club	neil.smith@comcast.net
12/31/23	NW	Seattle	Mike Nagan 206-851-2101
1/1/24	W	Seattle	Emerald City Wanderers
			m.nagan@comcast.net

## WISCONSIN

6/24/23	W	Sun Prairie	Mary Liebig 608-846-2299
		Madison Area Volkssport Assn.	mbliebig@tds.net
7/15/23	W	Greendale	Kim Rieff 608-728-7313
		Madison Area Volkssport Assn.	krieff@gmail.com
10/7/23	W	Madison	Russell Crane 608-244-6583
		Madison Area Volkssport Assn.	rwcane1926@charter.net
11/4/23	W	Madison	Jerry Wilson 608-695-6449
		Madison Area Volkssport Assn.	jpatw4@gmail.com

## WYOMING

8/19/23	W	Beulah	Diane Johannesen 307-290-0746
		Black Hills Volkssport Assn.	dianejohannesen@hotmail.com
9/9/23	W	Newcastle	Irene Ward 307-283-3733
9/9/23	W	Newcastle	Allan Ward 307-283-3733
		Black Hills Volkssport Assn.	arward44@gmail.com

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



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



## 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 \_\_\_\_  
*(on back of card)*

Signature \_\_\_\_\_

GroupWorks referral/Name of club \_\_\_\_\_ Club # \_\_\_\_\_

**Please send my membership packet to:**

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

Spouse/Friend's Name \_\_\_\_\_  
*(for Family/Friend membership or paid Lifetime Spouse/Friend membership only)*

Family/Friend Members \_\_\_\_\_  
*(for Family/Friend membership only)*

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email Address \_\_\_\_\_

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



# IVV EVENT AWARDS

## 30 Events

Beckler	Angie	Ripon	CA
Denmon	Byron	San Antonio	TX
Denmon	Machielle	San Antonio	TX
Diers	Ann	White Bear	MN
Hulce	Jonathan	Fair Oaks Ranch	TX
Taylor	Patty	Millstadt	IL
Thon	Jamie	Clever	MO

## 50 Events

McMahon	Kathleen	Kansas City	MO
Nauschuetz	Daniel	Alexandria	VA
Young	Jane	Conway	SC

## 75 Events

Heath	Val	Woodbuty	MN
Olsen	Kathryn	Tigard	OR
Peeck	Robert	Ewing	NJ
Ranieri	Carolyn	Jacksonville	FL

## 100 Events

Christensen	Karin	Williamsport	MD
Corey	Debby	Turner	OR
Jette	Leslie	Dupont	WA
Lardizabal	Ben	Newville	PA
Ranieri	Carolyn	Jacksonville	FL

## 125 Events

Christensen	Karin	Williamsport	MD
Corey	Debby	Turner	OR
Hart	Karen	Williamsburg	VA
Lardizabal	Ben	Newville	PA
McRoberts	Nancy	Stewartstown	PA
McRoberts	Rex	Stewartstown	PA
Mullins	Nancy	Marysville	WA
Ranieri	Carolyn	Jacksonville	FL
Schmidt	Karl	Xenia	OH

## 150 Events

Baulch	Kathryn	Sequim	WA
Christensen	Karin	Williamsport	MD
Corey	Debby	Turner	OR
Diaz	Nicolas	San Jose	CA
Fisher	Timothy	Mount Vernon	WA
Hart	Karen	Williamsburg	VA
Laity	Sandra	Schenectady	NY
Lardizabal	Ben	Newville	PA
Schmidt	Lori	Xenia	OH
Stachour	Valerie	Eden Prairie	MN
Stumph	Susan	Boise	ID

## 175 Events

Bollen	Grant	Harrisburg	PA
Donhiser	Liam	Rapid City	SD
Everly	Dale	Panama City Bch	FL
Fisher	Timothy	Mount Vernon	WA
Hart	Karen	Williamsburg	VA
Palm	Robert	Columbia	MD

## 200 Events

Bollen	Grant	Harrisburg	PA
Diaz	Jennifer	San Jose	CA
Fine	Kenneth	Granbury	TX
Fisher	Timothy	Mount Vernon	WA
Hart	Karen	Williamsburg	VA
Miyamasu	Faye	Honolulu	HI
Palm	Robert	Columbia	MD
Szczesiak	Kathy	Wilmington	DE
Tallyn	Nick	Jacksonville	FL

## 225 Events

Bechtholdt	Dick	Beaumont	CA
Cornelius	Shirley	Colfax	WA
Diaz	William	San Jose	CA
Fine	Kenneth	Granbury	TX
Fredriks	Ty	Santa Maria	CA
Fredriks	Ginger	Santa Maria	CA

Hart	Karen	Williamsburg	VA
Hart	Karen	Williamsburg	VA
Minderlein	Mary	Eighty Four	PA
Szczesiak	Kathy	Wilmington	DE

## 250 Events

Barnett	Nancy	Merritt Is	FL
Bechtholdt	Dick	Beaumont	CA
Cornelius	Shirley	Colfax	WA
Diaz	William	San Jose	CA
Donhiser	Kathleen	Rapid City	SD
Fine	Kenneth	Granbury	TX
Fredriks	Ty	Santa Maria	CA
Fredriks	Ginger	Santa Maria	CA
Grabiner	David	Columbia	MD
Szczesiak	Kathy	Wilmington	DE
Tallyn	Nancy	Jacksonville	FL
Thon	Patricia	Kansas City	MO

## 275 Events

Donhiser	Kathleen	Rapid City	SD
Fine	Kenneth	Granbury	TX
Ingardia	Teddy	Overland Park	KS
Jamison	Diane	Las Cruces	NM
Steele	Donna	Hillsboro	OR
Szczesiak	Kathy	Wilmington	DE
Tellefson	Nancy	Auburn	CA
Tellefson	Warren	Auburn	CA

## 300 Events

Fine	Kenneth	Granbury	TX
Gruber	Kellie	New Carlisle	OH
Hlaban	Thomas	Beaufort	SC
Ingardia	Teddy	Overland Park	KS
Szczesiak	Kathy	Wilmington	DE
Tellefson	Nancy	Auburn	CA

## 325 Events

Barnes	Susan	San Antonio	TX
Fine	Kenneth	Granbury	TX
Froelich	Carol	Tumwater	WA
Giesecke	Carol	Cambridge	MA
Heath	Wayne	Woodbury	MN
Schaeckermann	Stephanie	Mobile	AL
Stanford	Irene	Maple Valley	WA
Wallace	Susan	Sedro Woolley	WA

## 350 Events

Barnes	Susan	San Antonio	TX
Cieslak	Christine	Portland	OR
Froelich	Carol	Tumwater	WA
Heath	Wayne	Woodbury	MN
LeDeuc	Susan	Everett	WA
Schweikhard	Joe	Pocola	OK
Wallace	Susan	Sedro Woolley	WA
Witzel	Carrie	Quartzite	AZ

## 375 Events

Grenier	Louise	Norman	OK
LeDeuc	Susan	Everett	WA
Merrick	Teresa	Bellevue	NE
Schweikhard	Joe	Pocola	OK
Strachan	Steven	Bremerton	WA

## 400 Events

Bergt	Joann	Tulsa	OK
Eaton	Daniel	Vancouver	WA
Eaton	Julie	Vancouver	WA
Schweikhard	Joe	Pocola	OK
Strachan	Susan	Bremerton	WA
Strachan	Steven	Bremerton	WA

## 425 Events

Ann	Leslie	Norfolk	VA
Brown	Mark	North Ogden	UT
Eaton	Julie	Vancouver	WA
Eaton	Daniel	Vancouver	WA
Goerling	Rita	Laurel	MD

Hinkle	Rebecca	Molino	FL
Strachan	Susan	Bremerton	WA

## 450 Events

Brown	Mark	North Ogden	UT
Dunn	Linda	Clifton Park	NY
Eaton	Daniel	Vancouver	WA
Goerling	Rita	Laurel	MD

## 475 Events

Betar	Jennifer	Newville	PA
Devlin	Michelle	Lutz	FL
Dunn	Linda	Clifton Park	NY
Goerling	Rita	Laurel	MD
Ohl	Mark	Belleville	IL
Suchodolski	Jack	Seminole	FL
Switalski	Diane	Seminole	FL

## 500 Events

Betar	Jennifer	Newville	PA
Cieslak	Paul	Portland	OR
Kenyon	Kristina	Cross Plains	WI
Kugel	Peggy	Anchorage	AK
Potter	Pamela	Millersville	MD
Schwencke	Kathy	San Antonio	TX

## 525 Events

Brown	Gordon	Maryland Hts	MO
Cornelius	Brian	Colfax	WA
Fine	Susan	Granbury	TX
Gruber	William	New Carlisle	OH
Kenyon	Kristina	Cross Plains	WI
Saratora	Mary	Danvers	MA

## 550 Events

Brown	Gordon	Maryland Hts	MO
Fine	Susan	Granbury	TX
Kenyon	Kristina	Cross Plains	WI
Perkins	Trudy	Severn	MD
Prince	Micky	Broken Arrow	OK
Remillard	Louise	Scotia	NY
Saratora	Mary	Danvers	MA
Schopf	Jeanne	Lititz	PA

## 575 Events

Brown	Gordon	Maryland Hts	MO
Budzin	John	South River	NJ
Fine	Susan	Granbury	TX
Kenyon	Kristina	Cross Plains	WI
Prince	Micky	Broken Arrow	OK
Remillard	Louise	Scotia	NY
Suchodolski	Mary	Seminole	FL
Wells	Thomas	Snohomish	WA

## 600 Events

Auerbach	Margery	Silver Spring	MD
Brown	Gordon	Maryland Hts	MO
Bryant	Franja	Bellevue	WA
Dollar	Andrea	Alexandria	VA
Extine	Mike	Olympia	WA
Fine	Susan	Granbury	TX
Hendricks	Jeffrey	Rapid City	SD
Johnson	Janet	Richmond	TX
Kenyon	Kristina	Cross Plains	WI
Krow	Timothy	Port Royal	PA
Remillard	Louise	Scotia	NY

## 650 Events

Brown	Gordon	Maryland Hts	MO
Bryant	Franja	Bellevue	WA
Dollar	Andrea	Alexandria	VA
Erickson	R Paul	Maitland	FL
Fine	Susan	Granbury	TX
Gierlak	James	Gloucester	VA
Kenyon	Kristina	Cross Plains	WI
Smith	Carolyn	Portland	OR

## 700 Events

Brown	Gordon	Maryland Hts	MO
Glanzer	Jay	Rapid City	SD
Kenyon	Kristina	Cross Plains	WI
Krow	Joyce	Port Royal	PA

## 750 Events

Brown	Gordon	Maryland Hts	MO
Peak	Debra	Georgetown	TX
Yost	Chris	Scotia	NY

## 800 Events

Adelman	Joseph	Springfield	VA
Brown	Gordon	Maryland Hts	MO
Green	Jesse	Greenville	OH

## 850 Events

Conner	Theresa	Bothell	WA
Lardizabal	Jan	Newville	PA

## 900 Events

Brown	DeAnne	Maryland Hts	MO
Cockrell	Kathleen	Knightdale	NC
Conner	Theresa	Bothell	WA
Creamer	Rosemary	Friendswood	TX
Klein	Barbara	Oklahoma City	OK
Pavlovsky	John	San Antonio	TX
Snodgrass	Cheryl	Vancouver	WA

## 950 Events

Brown	DeAnne	Maryland Hts	MO
Creamer	Rosemary	Friendswood	TX
Klein	Barbara	Oklahoma City	OK
Korejwo	Henry	Henderson	NV
Rubeck	Mark	Renton	WA
Rubeck	Laurie	Renton	WA
Snodgrass	Cheryl	Vancouver	WA

## 1000 Events

Bonewitz	Mindy	Louisville	TN
Brown	DeAnne	Maryland Hts	MO
Lange	Brenda	Mesa	AZ
Ridge	William	Harleysville	PA
Snodgrass	Cheryl	Vancouver	WA

## 1050 Events

Bonewitz	Joel	Louisville	TN
Brown	Annette	Issaquah	WA
Brown	DeAnne	Maryland Hts	MO

## 1100 Events

Brown	DeAnne	Maryland Hts	MO
Brown	Annette	Issaquah	WA
Carter	William	Winterpark	FL
Payton	Bob	Coupsville	WA

## 1150 Events

Brown	DeAnne	Maryland Hts	MO
LaMear	Arline	Astoria	OR
Nelson	Ken	Happy Valley	OR

## 1200 Events

Brown	DeAnne	Maryland Hts	MO
Johnson	Luanne	Orville	OH
Moisant	Lee	Minneapolis	MN
Ohl	James	Vancouver	WA
Patrick	Nancy	Pompano Bch	FL
Stone	Cheri	Clackamas	OR
Wilson	Pam	Madison	WI



# IVV Event Awards

*continued from page 28*

## 1250 Events

Cooper	Robert	Clyde	NC
Payton	Sue	Coupeville	WA
Stone	Cheri	Clackamas	OR
Wilson	Pam	Madison	WI

## 1300 Events

Cooper	Robert	Clyde	NC
Glass	John	San Jose	CA
Grenier	Dolores	Longs	SC
Head	Lois	St Cloud	MN
Sheets	Fredrick	Palm Bay	FL

## 1350 Events

Barkley	Bobbi	Des Moines	WA
Dumas	Evalee	Darion	IL
Glass	John	San Jose	CA
Severtsen	Sandi	Shoreline	WA

## 1400 Events

Bergman	Susan	New Hope	MN
Green	Betty	Souderton	PA
Green	Michael	Souderton	PA

## 1450 Events

Beales	Dana	San Ramon	CA
Church	Bonnie	Gladstone	OR
Hines	Cynthia	Tulsa	OK

## 1500 Events

Beales	Dana	San Ramon	CA
Hart	Karen	Williamsburg	VA
Wilson	Jerry	Madison	WI

## 1700 Events

Barnes	Ralph	Greensboro	NC
Barnes	Sandra	Greensboro	NC
Medlin	Susan	San Antonio	TX
Paige	Janet	Federal Way	WA

## 1800 Events

Glass	Suzi	San Jose	CA
Hedges	John	Tucson	AZ
Paige	Janet	Federal Way	WA

## 1900 Events

Barnett	Daniel	Merritt Is	FL
Dodson	Ricky	Lansing	KS
Ohl	Jean	Vancouver	WA
Paige	Janet	Federal Way	WA

## 2000 Events

Ratliff	Marilyn	Newcastle	CA
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## 2100 Events

Dehetre	Susan	Waldorf	MD
Garamone	Helen	Alexandria	VA
Ratliff	Donald	Newcastle	CA

## 2500 Events

Skinner	Eileen	Clifton Park	NY
Westcott	Debra	Salem	OR
Westcott	James	Salem	OR

## 2600 Events

Beamer	Linda	Cascade	CO
Morrison	Robert	Olympia	WA
Morrison	Sheila	Olympia	WA
Pritchard	Marietta	Huntsville	AL
Thorne	William	Marion	IN
Westcott	James	Salem	OR
Westcott	Debra	Salem	OR

## 2700 Events

Dye	John	Columbia	MD
Miner	Cecilia	Woodbridge	VA
White	John	Windcrest	TX

## 2800 Events

Miner	Cecilia	Woodbridge	VA
Pritchard	Gary	Huntsville	AL
Ray	Sara	York	PA
Schwieger	Dorothy	Corona	CA

## 2900 Events

Miner	Cecilia	Woodbridge	VA
Ott	Ellen	San Antonio	TX

## 3000 Events

Lamb	Paul	Bisbee	AZ
Ptacek	Mary	Henderson	NV

## 3100 Events

Boone	Dale	Pueblo	CO
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## 3400 Events

Wittenberg	Nancy	Puyallup	WA
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## 3900 Events

Ray	Lynn	Kingsport	TN
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## 4000 Events

Goerling	Rita	Laurel	MD
Ray	Lynn	Kingsport	TN

## 4200 Events

Wood	Ethel	Portland	OR
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## 4500 Events

Tucker	Bonnie	Olympia	WA
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## 4700 Events

Kaiser	Charles	Brick	NJ
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## 4800 Events

Hamper	John	Little Canada	MN
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## 6400 Events

Haseloff	Robert	Seguin	TX
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## 7200 Events

Hooker	David	Colo Springs	CO
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**AVA Special Program — Border Crossings**

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

**AVA Special Program — The Appalachian Trail**

Runs January 1, 2018 through December 31, 2028. Redeem books by December 31, 2029. The Appalachian National Scenic Trail is roughly 3,500 km long and goes through 14 states from Springer Mountain in Georgia to Mount Katahdin in Maine. Walkers must hike/walk a section of the trail in each state. A qualifying AVA walk is one that goes on the AT or a blue-blazed trail for at least 4k and will count for only one state; the sponsoring club will determine which one. Complete 14 required events. Each AVA stamp can only appear once in the book. Due to the unique nature of this program, participants have space in the program book to add a picture, notes, and other local stamps such as the park or AT Passport stamp. The patch is 4x6". *For details and books, contact Susan Medlin, 12527 Fern Creek, San Antonio, Texas, 78253, 210-325-3523 or email sueammed@aol.com.*

**AVA Special Program — 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.*



# IVV DISTANCE AWARDS

## 500 KM

Diers Ann White Bear MN  
Goerling Sean Laurel MD  
Ranieri Carolyn Jacksonville FL

## 1000 KM

Christensen Karin Williamsport MD  
Corey Debby Turner OR  
Hart Karen Williamsburg VA  
Lee Cathy Gig Harbor WA  
McRoberts Nancy Stewartstown PA  
McRoberts Rex Stewartstown PA  
Ranieri Carolyn Jacksonville FL

## 1500 KM

Baulch Kathryn Sequim WA  
Christensen Karin Williamsport MD  
Corey Debby Turner OR  
Everly Dale Panama City Bch FL  
Fisher Timothy Mount Vernon WA  
Mullins Nancy Marysville WA  
Schmidt Lori Xenia OH

## 2000 KM

Bechtholdt Dick Beaumont CA  
Duffman Jerald O'Fallon IL  
Fine Kenneth Granbury TX  
Fisher Timothy Mount Vernon WA  
Giesecke Carol Cambridge MA  
Gruber Kellie New Carlisle OH  
Hart Karen Williamsburg VA  
Ingardia Teddy Overland Pk KS  
Le Compte Joyce Renton WA  
Szczeniak Kathy Wilmington DE  
Wood Robert Portland OR

## 2500 KM

Donhiser Kathleen Rapid City SD  
Fine Kenneth Granbury TX  
Grabiner David Columbia MD  
Schultz James Janesville WI  
Wallace Susan Sedro Woolley WA

## 3000 KM

Palm Robert Columbia MD

## 3500 KM

Barnes Susan San Antonio TX  
Cieslak Christine Portland OR  
Froelich Carol Tumwater WA  
LeDeuc Susan Everett WA  
Remillard Louise Scotia NY  
Schultz Kathleen Janesville WI  
Schwencke Kathy San Antonio TX  
Stoneback Gary Federal Way WA  
Strachan Susan Bremerton WA

## 4000 KM

Brown Steven Springfield VA  
Cornelius Shirley Colfax WA  
Dunn Linda Clifton Park NY  
Eaton Daniel Vancouver WA  
Eaton Daniel Vancouver WA  
Eaton Julie Vancouver WA  
Gruber Robyn New Carlisle OH

## 4500 KM

Cornelius Shirley Colfax WA  
Eaton Daniel Vancouver WA  
Eaton Daniel Vancouver WA  
Eaton Julie Vancouver WA  
Gruber William New Carlisle OH  
Kenyon Kristina Cross Plains WI  
Switalski Diane Seminole FL  
Yost Chris Scotia NY

## 5000 KM

Brown Gordon Maryland Hts MO  
Cieslak Paul Portland OR  
Fine Susan Granbury TX  
Kenyon Kristina Cross Plains WI  
Thorne William Marion IN

## 5500 KM

Brown Gordon Maryland Hts MO  
Fine Susan Granbury TX  
Kenyon Kristina Cross Plains WI

## 6000 KM

Brown Gordon Maryland Hts MO  
Fine Susan Granbury TX  
Heath Julie Olympia WA  
Kenyon Kristina Cross Plains WI  
Saratora Mary Danvers MA  
Suchodolski Mary Seminole FL

## 6500 KM

Brown Gordon Maryland Hts MO  
Duffman Trudy O'Fallon IL  
Erickson R Paul Maitland FL  
Heath Julie Olympia WA  
Lange Brenda Mesa AZ  
Lewis Elyn Surprise AZ  
Liebig Mary Windsor WI  
Perkins Jerry Waring TX  
Smith Carolyn Portland OR

## 7000 KM

Adelman Joseph Springfield VA  
Brown Gordon Maryland Hts MO  
Bryant Franja Bellevue WA  
Dollar Andrea Alexandria VA  
Heath Julie Olympia WA  
Prince Micky Broken Arrow OK  
Wells Thomas Snohomish WA

## 7500 KM

Brown Mark North Ogden UT  
Dollar Andrea Alexandria VA  
Prince Micky Broken Arrow OK

## 8000 KM

Dollar Andrea Alexandria VA  
Wilson Donna China Grove NC

## 9000 KM

Alton Susan San Antonio TX  
Brown DeAnne Maryland Hts MO  
Conner Theresa Bothell WA  
Creamer Rosemary Friendswood TX  
Snodgrass Cheryl Vancouver WA

## 10000 KM

Brown DeAnne Maryland Hts MO  
Paige Janet Federal Way WA  
Perras Robert Eatonville WA  
Rubeck Mark Renton WA  
Rubeck Laurie Renton WA  
Sell Katie Bellevue WA

## 11000 KM

Bowers Pamela Williamsburg VA  
Brown DeAnne Maryland Hts MO  
Glass John San Jose CA  
Glass John San Jose CA  
McClellan Sheila Port Orange FL  
Paige Janet Federal Way WA  
Payton Bob Coupville WA  
Sheldrake Rita Portland OR

## 11100 KM

Brown Annette Issaquah WA

## 12000 KM

Green Betty Souderton PA  
Green Michael Souderton PA  
Hines Cynthia Tulsa OK  
Moisant Lee Minneapolis MN  
Paige Janet Federal Way WA  
Stone Cheri Clackamas OR

## 13000 KM

Filemyr Alice Rockville MD  
Paige Janet Federal Way WA  
Payton Sue Coupeville WA  
Wilson Pam Madison WI

## 14000 KM

Bowers Francis Williamsburg VA  
Carter Deborah Mesquite TX

## 15000 KM

Bowers Francis Williamsburg VA  
Williamson Richard Kent WA

## 16000 KM

Hedges John Tucson AZ  
Medlin Susan San Antonio TX  
Wilson Jerry Madison WI

## 18000 KM

Connell Debbie Federal Way WA

## 19000 KM

Dodson Ricky Lansing KS  
Paige Janet Federal Way WA

## 20000 KM

Glass Suzi San Jose CA

## 21000 KM

Barnett Daniel Merritt Is FL

## 22000 KM

Grenier Anne Tuttle OK

## 25000 KM

Ray Sara York PA

## 26000 KM

Morrison Robert Olympia WA

## 27000 KM

Morrison Sheila Olympia WA

## 30000 KM

Cruz Loralie Surprise AZ  
Miner Cecilia Woodbridge VA  
Ptacek Mary Henderson NV

## 35000 KM

Ray Lynn Kingsport TN

## 39000 KM

Kuntz. Eleanor Plymouth Meeting PA

## 40000 KM

Botula Charles Belleville IL  
Kapaun Douglas Rapid City SD

## 50000 KM

Pritchard Gary Huntsville AL

## 55000 KM

Patterson Cheryl Graham WA

## 60000 KM

McTaggart Marilyn Centerville OH  
Ray Sara York PA

## 65000 KM

Haseloff Robert Seguin TX

## 80000 KM

Beamer Raymond Cascade CO

## 90000 KM

Hamper John Little Canada MN

## 120000 KM

Ray Lynn Kingsport TN

## BIKE DISTANCE AWARDS

### 5000 KM

Thorne William Marion IN

### 25000 KM

Ray Sara York PA

### 35000 KM

Ray Lynn Kingsport TN

## TAW Tips!

5 KM — 10 KM

5KM — 10KM

5k — 10k

5 km — 10 km

5km — 10km

For TAW purposes, we have chosen to indicate walk distances using a small "k" ... no "m" and no space between the number and the letter.





**Thank you for making the 2023 IVV Olympiad and IML Texas Trail Roundup a huge success!**

**People enjoying Olympiad**



*Olympiad continued on page 32*



**Thank you for making the 2023 IVV Olympiad and IML Texas Trail Roundup a huge success!**



**Olympiad swim and bike events**



**More socializing**



**JOIN OUR ONLINE GIVING DAY!**

**SUPPORT AMERICA'S WALKING CLUB AND GIVE ON SEPTEMBER 20-21, 2023 | 6PM - 6PM.**

**The Big Give** 10 YEAR ANNIVERSARY

To give online on September 20-21, visit [thebiggivesa.org](http://thebiggivesa.org) and search for AVA: America's Walking Club. Donate by check now through October 31, 2023, by mailing your donation to the American Volkssport Association: 1008 S Alamo St, San Antonio, TX 78210.