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Bike thousands of miles

By Dave Brown

Did you know you can bike thousands of miles for AVA credit?

Below is a partial list of Seasonal and Year Round Bike Events that are over 30k in distance.

Bike point of contacts should consider the following when planning a bike event.

- If you are Physical Start Box (PSB) only, add Online Start Box (OSB) option.
- If you are using a rail trail, canal towpath, or similar off-road bike path, sanction the entire length of the trail as an Extended Distance Bike Event. Give your participants the option to start where they want to, go as far as

they wish, and go the direction they wish. Provide a website that identifies the locations of trailheads.

- Include connecting trails to include trails that may have a different name.
- If you have an Extended Distance Bike Event, also provide detailed directions for a bike ride. The minimum distance is 10k but we recommend 25k. If you are providing directions for a 25k ride, we recommend you also provide the detailed directions for a shorter ride of about 10-13k.
- If OSB only you do not need a physical address, pick a major city on the trail as start point.

When biking always wear a helmet. See you the trails.



Bike continued on page 4

Call to 2023 Regular Membership Meeting

(Replaces Call to Convention for 2023)

By Cecilia Miner, AVA Secretary

I hereby notify all AVA National Officers, Regional Directors, State Organizations, and AVA Member Clubs of the 2023 American Volkssport Association Regular Membership Meeting and invite you to participate.

On **June 14, 2023, 5 p.m. to 8 p.m.** Central Daylight Time, the AVA will hold the Regular Membership Meeting required by AVA Bylaws. The meeting will be held remotely, and the purpose will be to elect officers, to receive reports of officers and

committees, and to conduct other business that may arise. Each club will appoint a delegate and an alternate.

Voting Privileges: Each National Officer, Regional Director, State Organization, and Regular Member Club in good standing forty-five days before the Regular Membership Meeting (April 30, 2023) is entitled to one vote in each election and on each matter submitted to a vote of the members. The Executive Director shall have no vote. Because there is

only one candidate for each office, voting for officers shall be by acclamation.

Delegates and Alternates: A delegate or designated alternate normally represents each State Organization and Regular Member Club. Because this membership meeting is virtual, the precise means of appointing delegates and alternates will appear in subsequent Checkpoints.

Call to meeting continued on page 3

U.S. FreedomWalk Festival

complete 2023's year of international events in the USA

By Tim Miner

The 22nd U.S. FreedomWalk Festival, the hemisphere's longest active International popular sport festival, will complete the "trifecta" of premier international events during 2023. This year's event takes place in Arlington, Virginia, from Friday, October 20 through Sunday, October 23. What will make this year special is that the leadership from the International Marching League's (IML) 27 walking events will arrive a few days earlier to complete its annual meeting. The U.S. FreedomWalk will join February's IVV Olympiad and Texas Trail Roundup as the hemisphere's first threesome of international events on the hemisphere in one year which hasn't happened in over a decade.



FreedomWalk continued on page 4

MESSAGE FROM THE BOARD CHAIR



Thank you, all of you, who came and enjoyed the 18th IVV Olympiad and the Texas Trail Roundup IML event in February. This was a unique

event. The only IVV Olympiad ever held in the Americas. And, with the combination of the IML TTR, truly a walking/biking/swimming extravaganza. Countless hours were spent by the entire Olympiad Committee, led by its three main chairs: CEO Henry Rosales, Holly Pelking and Susan Medlin. Many of the chairs of the many committees needed for this effort were engaged for nearly two full years. Our IVV Ambassador, David Bonewitz, led the way internationally, making sure everyone in the international community heard about and were encouraged to come. As I write this article in late January, we have over 340 international preregistered individuals coming and about

510 from the US.

Now, our focus must shift internally. Without a convention this year, we will have an online biennial meeting, required by our bylaws. It will be held on Wednesday, June 14. Please keep up through the *Checkpoint* with what is required so your club can participate.

What's in the future? A deep look into all types of membership; discussion and review of finances and changes needed; keeping track of what is happening internationally; and, lots of walking – festivals around the country, engaging with our communities in whatever ways we can. And, much more. What do we need to do to keep relevant?

I look forward to seeing many of you at events all around the country. Keep walking!

Nancy Wittenberg, Board Chair 



AMERICA'S WALKING CLUB
— ESTABLISHED 1976 —



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AVA: America's Walking Club.

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

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Fun, Fitness, Friendship

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NATIONAL OFFICE NEWS

Looking back, AVA leaders were looking forward

Henry Rosales, President and CEO

Six years ago, a handful of Volkssporters had a vision to one day host the IVV International Olympiad in the United States, something that had never been accomplished. Many of these visionary Volkssporters were AVA presidents, vice presidents, or club officer at one point. We recently honored all AVA presidents and rightfully so. It was their leadership and persistency that made the 18th Olympiad a reality and big success! Hosting the Olympiad is something we can all be proud of because we all made it happen with our commitment to brand the AVA as the prominent walking organization in the USA. I think we have accomplished this. Special thanks to the Olympiad Committee Chairs, Holly Pelking and Susan Medlin and all committee members for working as a team on this event for over a year. More important, thank you to all our volunteers and those who attended the Olympiad, because without your support and attendance this could not have been a success. Perhaps a good question for the visionary leaders of the AVA is, will there be another Olympiad in 2029?



Update and sample forms for clubs changing their fiscal year

By Erin Grosso

An organization may change its accounting period by filing a return for the short tax period that results from the change. A “short tax period” is an accounting period of less than 12 months. In the case of the AVA and our clubs, this “short tax period” will be July 1 through December 31.

For those AVA clubs that have made the decision to change their fiscal year end from June 30 to December 31, the following steps that need to be taken.

1. Prepare an Annual Financial Report for the period July 1-December 31, and submit a copy to the AVA no later than May 15.
2. File and MAIL a short tax period return for the period July 1-December 31.

However, you may not file the 990 e-postcard. The club must file a Form 990-EZ along with the Schedule A for the Form 990-EZ. You must write “Change in Accounting Period” at the top of the Form 990-EZ IRS Tax Form. This short year return must be filed and mailed to the IRS no later than May 15.

I realize how complicated and difficult the IRS instructions are to understand. I have had more than a few phone calls from club treasurers who are understandably frustrated. I have read through the IRS instructions for both forms and consulted with our CPA firm to provide a highlighted sample for clubs to follow. I’ve spoken with several club treasurers and we’ve walked through the process together. It seems to have really helped in understanding and completing the tax form. I am providing a sample of both the 990 EZ and the Schedule A and I have highlighted the sections that, in most cases, will need to be completed.

990-EZ - For the most part, all the 990-EZ form will need to be completed. Page 3 of the 990-EZ is a list of Yes/No questions that are fairly straight forward. Line number 52; the “yes” box should be checked because your club must file the Schedule A.

Schedule A - You should only need to complete page 1 and page 3. On page one, box 10 should be checked and then you can move on to Part III. I have highlighted the lines that I believe will apply to most clubs. However, please read through all the lines and enter information as it applies to your club. I don’t believe any of the clubs will need to complete Part IV, V or VI.

**Please realize that this is a sample of what I believe will apply to most of our clubs. Review the forms and if you have any questions, email or give me a call. I am happy to help.

- **Sample 990-EZ and Schedule A**
- **Links to the IRS Form 990-EZ and Schedule A:**
<https://www.irs.gov/pub/irs-pdf/f990ez.pdf> — 990 – EZ Form
<https://www.irs.gov/pub/irs-pdf/f990sa.pdf> — Schedule A for the Form 990-EZ

Mail return to: Department of the Treasury, Internal Revenue Service Center Ogden, UT 84201-0027.

A copy of this return must also be sent to the AVA National Office to Erin Grosso, erin@ava.org.

If you have any questions or concerns, contact Erin Grosso, Finance Director, at 210-659-2112 or erin@ava.org.

Call to meeting *continued from page 1*

Proxies: State Organizations and Regular Member Clubs in good standing may vote by proxy by using a mail ballot option.

Responsibilities: AVA will track delegates, alternates, and proxies and provide the list to the AVA Secretary for credentialing. A club may transfer voting privileges to an alternate only in an emergency. The club should advise the delegate and alternate on voting positions for elections and other business upon which the membership might vote. Delegates should report back to the club they represent on the Regular Membership Meeting.

CVF/FCV Festival



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.

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. 302-233-6615.



FreedomWalk *continued from page 1*

2022 was the warmup year

From October 14 to 16, 2022, walkers and cyclists from around the world came to Virginia for the “warm up” global event. There were participants from 14 countries and 22 states who joined the top three elected officers from the America’s Walking Club’s board of directors and several AVA region and deputy region directors.

Friday’s Arlington County (Virginia) Welcome 5 and 10 kilometer walking trail showcased the United States Coast Guard’s Lost Mariners memorial on the award patch. The trails showcased why Arlington has won numerous awards for its walkability and visitor attractiveness.



Saturday’s trails that ranged from 5-20 kilometers took walkers across the Potomac River to the heart of the nation’s capital city. With all three government branches and numerous memorials and museums along the trail there was something to see and a picture and capture around every corner.

Sunday’s trails went south to the hometown of George Washington, Alexandria, Virginia. Again, there was a lot of culture and history along the route. The George Washington Memorial Parkway’s multiuse trail made for fast times and great views of the Potomac River.

The 2022 event was one of the first kickoff events for America’s Walking Club special program on the Washington-Rochambeau Revolutionary Route. Participants walked and biked the legislated national trail through the heart of Arlington and the proposed tourist trail along the Washington Memorial Parkway. The Virginia Volkssport Association stood up its new state award prior to the weekend allowing participants to garner three event stamps for the three days of events.



2023 will be even better

While the 2022 event was a great success, 2023 will be even better. The hotel venue has moved to a larger facility across the street allowing the opportunity for bigger social events and gatherings.

For those who haven’t attended one of the previous years, the IML event bar for this festival joins the two IML bars from Texas this year to become a series that qualifies participants for higher level awards in the IML program.

For more info on the 22nd annual U.S. FreedomWalk Festival go to usfreedomwalk.org. Be sure to make hotel reservations soon as the block tends to fill up fast. Be sure to reach out to the organizers for any questions and follow the event on its own social media channels. Always remember that the commonwealth has the co-branded motto of “Virginia Is For Walking Lovers.” Come to Arlington and see why. 🇺🇸

Bike *continued from page 1*

For more info contact, Dave Brown, ocmd-breeze@aol.com or 610-906-6252.

California: Sacramento, 100k, American River.

Delaware: Delaware City, 31k, C&D Canal.

Florida: Palm Coast, 31k, St Joe’s and Lehigh.

Idaho: Plummer, 115k, Coeur d’Alenes.

Illinois: Maryville, 50k, Madison County.

Kansas: Overland Park, 63k, Indian Creek.

Maryland: Cockeysville, 76k, Northern Central; College Park, 50k, College Park; Williamsport, 300k, C&O Canal Towpath; Severna Park, 50k, Annapolis and Baltimore.

Nevada: Bolder City, 55k, River ; Henderson, 45k, Union Pacific RR; North Las Vegas, 47k, Lower Las Vegas Wash.

New York: Albany, 1829k, Helderberg; Pattersonville, 47k, Erie Canal; Schenectady, 34k, Schenectady.

Ohio: Columbus, 338k, Metro area; Xenia, 34k, Little Miami.



Pennsylvania: Bethlehem, 266k, Delaware & Lehigh; Columbia, 35k, NW Lancaster Co; Philadelphia, 288k, The Circuit; Pittsburgh, 241k, Great Allegheny Passage; Shippensburg, 40k, Cumberland Valley; York, 44k, Heritage Rail.

South Carolina: Travelers Rest, 37k, Swamp Rabbit.

Virginia: Leesburg, 72k, W&OD; Williamsburg, 83k, VA Capital.

Washington: Chehalis, 40k, Willapa; Cheney, 37k, Columbia Plateau; Lacey, 89k, SE Lacey; Orting, 65k, Mt Rainier; Yakima, 52k, Greenway; Sequim, 88k, Olympic Discovery; Spokane, 97k, Centennial. 🇺🇸

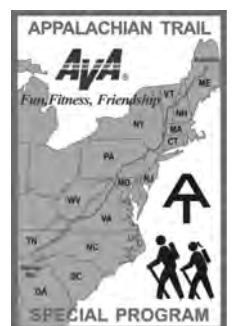
AVA Special Program – IVV-Americas

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 or call 703-583-2916.*



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.*



MILESTONES

Volksmarching Lifers

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

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

Jay Messenger— long-time member of First State Webfooters

By Margie MacLeish

The First State Webfooters (only club in Delaware) recently lost our long-time Trailmaster, Jay Messenger, when he moved to Massachusetts to live with his brother and sister-in-law.

Jay apprenticed with then-Trailmaster Jack French, and when Jack's job took him away from Delaware, Jay became our Trailmaster. That's been more than 30 years!

Jay joined the club while he was on active duty at Dover Air Force Base in the mid 1980s.



Jay Messenger.

Jay has also been a long-time volunteer at Bombay Hook National Wildlife Refuge here in Delaware. Before he left, he helped arrange a walk there for our 2024 Atlantic Region conference. The Refuge will be a great place to walk!

Jay's email address includes the word, JayWalker. No doubt this guy is a Volksmarmer!

Jay is very involved in every Traditional Event the club hosts. Of course, he develops the trail, but he's also there all day, helping with set up and tear down of the start/finish area and any checkpoints, as well as manning checkpoints, sometimes all day, if needed.

Chatting with some of our long-term members, we believe Jay's favorite walk was at Blackbird Forest. We

held a number of spring walks there. It's a wonderful natural setting. We also had our annual picnic there several times.

These same long-term club members described Jay as cheerful, helpful, and an all-around nice guy. Our current President, Karen Kaufman, said "Jay is kind, dedicated and supportive when it came to changes for the club. He is genuinely a great guy!"

Before Jay left, the First State Webfooters gave him a certificate of appreciation, along with the club's wooden boot, to thank him for over three decades as our Trailmaster.

Jay recently paid his 2023 dues to remain a member of the First State Webfooters. That's just the kind of guy he is, very loyal and supportive. We miss you, Jay! 🐾

The walking fool

By Sherry Sayers

I'd like to introduce you to my good friend, Dave Hooker, from Colorado. Before I got to know Dave well, I would refer to him as "The Walking Fool." After I got to know him better and discovered his lofty goal of doing a 10k Volksmarch in every county in every state, my opinion of him drastically changed, as I realized he was much more than that. He also had a personal goal of reaching 100,000 kilometers, which he achieved in 2022. Think about that, 100,000 kilometers – wow! I have been walking longer than he has, and I am nowhere near that number. In addition, his event book has over 7,000 entries.

Anyway, a little history on this walking fool: Dave did his first Volksmarch in 1975, the next walk not being until 1988 or 1989 in Berlin where he worked as a civilian. He purchased record books then and the rest is history! Once he decided to buy books, he did not just do 10k's, he was doing marathons (42k's and more) every weekend, wherever he could find an event. He has boxes and boxes of what he calls "badges," which can be anything from medals to patches. He also keeps copies of the directions/maps of all the Year Round Events (YREs) and Seasonal Events (SEs) he has done (okay, I do that for brochures!).



Dave Hooker.

and how much money he has spent to obtain his goal.

Now, some statistics: According to Wikipedia, there are 3,143 counties and county equivalents (called parishes in Louisiana and boroughs in Alaska) in the United States. Dave has completed 1,931 counties, so according to my calculations, he has around 1,212 to go. There are 254 counties in Texas, and he only needs two to complete that state. He has completed all the counties in Arizona, California, Colorado, Delaware, Maryland, Minnesota, Oklahoma, Oregon, Virginia, Washington and Wyoming.




Dave Hooker (r) walking a Minnesota county with Bonnie Johnson (l) and Nancy Stenger (c).

If you are responsible for putting on walks for your club, you may already know Dave. At any given time, he knows what counties he needs in what states, and is not shy about begging trailmeisters of a club to host a walk in a county that he needs. I wish I knew how many miles he has traveled

I am proud to call Dave my friend, and being the gentleman that he is, he will even slow down and walk with me for a few clicks before he takes off on his accelerated pace to get his 10k done. If you see Dave on the trail, be sure to congratulate him on a job well done. 🐾

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.

MILESTONES

continued from page 5

LBW honors three long time walkers

By Marion Parkinson

In 1990 (exact dates are not known) Pat Cristfulla and Dolores (Dee) McKnight were co-workers and friends at Bell of PA (now Verizon). They shared a love of walking and would attend every charity walk they could find in Philadelphia. At a charity walk taking place near the Philadelphia Museum of Art, they met Eugene Mayer, a then-active member of the Liberty Bell Wanderers (LBW) who suggested they look into the AVA and encouraged them to join LBW. They took his suggestion and became members.

Ellie Kuntz also worked for Bell and was acquainted with Pat and Dee. At the time, Ellie was a member of the Valley Forge Troopers, a hiking club at Valley Forge National Historic Park. Pat and Dee joined the troopers and Ellie joined AVA and LBW.

Together, the three began a long tradition of searching out and participating in every walk they could find, near and far. They went on bus trips and walked locally. When Eugene Mayer decided to step down, Pat accepted the responsibility of becoming the point of contact for the three YRE's that originate in Philadelphia's historic district. She continues in that role.

Although Dee has needed to slow down for medical reasons, Pat and Ellie continue their walking habit. Ellie sets a goal for herself yearly to do three walks per week in addition to playing golf in good weather.

All of us at Liberty Bell Wanderers would like to congratulate Pat, Dee and Ellie on reaching the 30 year milestone of walking with the AVA. 🌟

Keep on trucking

By Reta Thovson

Two 10k's in one day! But three with one being 12k. It was a four-day Traditional event weekend at Nemo, South Dakota, in June 1993. My first Volksmarch was July 1990 at Custer State Park in South Dakota. Nemo is a wooden area with trees and dirt trails up and down hills. A fellow Volksmarcher and I did the 12k hike first followed by the 10k.

I was going to come back the next day and do the other two 10k's but my friend decided to do the third walk. I thought if she can, I can. By the end of the walk I was nearly crawling back to finish. I got back to Hot Springs and went into Evans Plunge to sit in the hot tub. I could hardly get out of my vehicle. Someone heard me tell of doing all the walking and suggested I go in the steam room.

I came out, sat on the bench and fainted. The next day I went back to do the fourth 10k hike. I felt I needed a treat after doing the walks so I went to a movie in Rapid City. It was a funny movie about cats and dogs.

My late husband, Larry, and I did several weekend events over the Memorial Day holiday with a Colorado club that put on six walks in three days in six different counties. What we once did is now about a 5k? Carry on, but don't stop walking at least a 3k! Maybe after three Volksmarches in one day, the bar would seem like a great idea! 🌟

Emily Kinney

Emily Kinney is one of the early members of the Hood County Hummers Volksmarch Walking Club. She joined the club in 1999.



She has continually held leadership positions in our club, including president and vice president. No matter the titled position Emily holds, she is a tireless advocate for our club and the AVA. She is well known to always carry club and AVA literature with her as we conduct walks. If we meet other people out walking, she will ply them with club and AVA literature. Many new members have joined our club due to her persuasive powers. As a testament to her advocacy, our club participation has been between 200 and 300 walkers in recent years.

Another marketing technique Emily uses is the local *Hood County News*. She makes sure that our standard walk time on Saturday is always included under the activities column.

Emily, being an active community member, also recruits from her many social clubs and connections. Once a potential new member arrives for a walk, Emily is one of the first to greet them and help familiarize them with the AVA procedures.

Emily's commitment to the AVA includes walking with other AVA clubs such as the West Texas Walkers Club, and attending the national AVA Convention in Colorado in her younger days. She received the Meritorious Service Award in 2021.

Emily, ever the event planner, has organized our Christmas party for many years. She also makes sure snacks, water, etc. are available. In short, Emily has been a tireless advocate for our club and the AVA for the past 23 years. 🌟

Walk A Mile A Day

Small habits repeated daily can go a very long way. For example, **walking for just a mile a day** may not seem much at first, but if you walked a mile every day for a year, **by the end of the year you would have walked 365 miles** — in ten years you would have walked 3,650 miles.

Imagine the benefits to your body, your respiratory system, your heart, your muscles, your joints and your weight, if you were to walk **just one mile a day**.

~ MotiveWeight.Blogspot.com

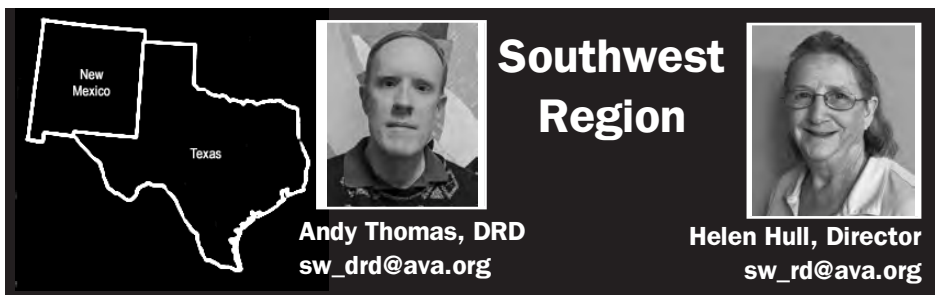
AVA National Program — Walking the USA A-Z

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



AVA'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

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Helen Hull, Director
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Guerrero Park and historic Montopolis Bridge

By Carol Obianwu

The Colorado River Walkers Volkssport Club of Austin, Texas, will start the New Year with a Traditional walk in the Montopolis area of South Austin on Saturday, March 4.

We will start at the Roy Guerrero Children's Pavilion in Guerrero Park, 400 Grove Blvd. Austin, between 8-11 a.m. and finish by 2 p.m.



Montopolis Bridge.

The Montopolis area of Austin has a long history. It was found to be a good place to ford the Colorado River by Native Americans and early settlers. A bridge was erected in 1880 but the devastating flood of 1935 washed it away along with four other bridges on the river. The present Montopolis Bridge is an historic "Parker through truss bridge" opened in 1938 for vehicles. In 1996 it was listed in the National Register of Historic Places and in 2018 this bridge was converted to a bicycle and pedestrian only bridge.

Guerrero Park is named after Roy G. Guerrero, who worked for 30 years with the Austin Parks and Recreation Dept. A flood in 2015 washed out the bridge across Country Club Creek which connected Guerrero Park with the Krieg Baseball Fields on Pleasant Valley Rd. A big restoration and stabilization project is now underway, and parts of the park trails are not accessible.

Circle Acres Nature Preserve is a 10 acre site adjacent to Guerrero Park. Ecology Action (ecology-action.org) stewards this natural area, working to restore a former landfill and EPA Brownfield.

Please join us to enjoy walking through these interesting areas of Austin. Go to coloradoriverwalkers.org for more information on this walk and our nine YREs.

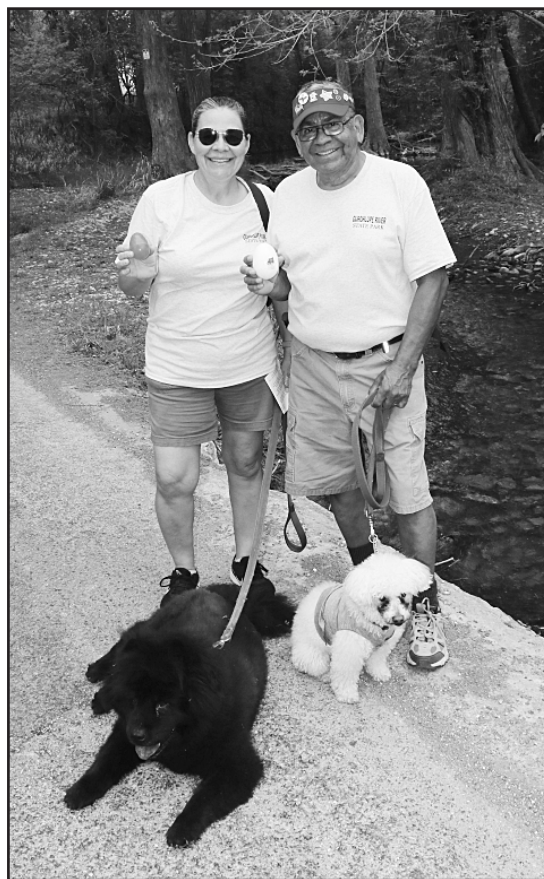
Southwest Region continued on page 8

Hill Country Volkssportsverein's Easter walk in Comfort, Texas

By Martin Callahan

On April 8, the Hill Country Volkssportsverein is hosting its popular Easter walk in Comfort, Texas. This event is best known for its Easter egg hunt along the walk route. Comfort is about a 45-minute drive northwest of San Antonio at the junction of State Highway 27, U.S. Highway 87 and Interstate Highway 10.

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



JoAnn and Johnie Laredo display the Easter eggs they found on the walk trail along Bartel Road, while posing for a picture with Dolly (left) and Rudy at a low water crossing over Cypress Creek along the 2022 Easter Walk trail in Comfort, Texas. Photo by Martin Callahan.

Volkssporters doing either the 5k or 10k trails will also have the opportunity shop in the numerous antique and handicraft shops in downtown Comfort. The 5K walk route is rated 1+ and attractive B-awards will be available for purchase. A limited number of large, colorful Easter eggs will be hidden on the left side of the walk trail. Volkssporters can exchange these eggs at the finish for a prize with a limit of one prize per participant.

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

Register at the Comfort Park, Highway 27, Comfort TX 78013. The traditional tasty breakfast and lunch will be available at family prices at the start point. Volkssporters doing the 5k route will follow the trail through town past the Treue de Union monument to the Comfort Cemetery and return back to the start point. Volkssporters doing the 10k trail will follow the 5k route and continue past the Comfort Cemetery on country roads along Cypress Creek and back to the start point.

AVA Special Program — Airports

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



AVA 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, 717-968-661.



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Southwest Region *continued from page 7*

The Randolph Roadrunners' Spring Walks

By Martin Callahan

The Randolph Roadrunners Volkssports club is hosting two walk events this spring in San Antonio, Texas. The first event will be celebration of National Pi Day at the Hardberger Park/Land Bridge and the second walk is the King William Historic District and Maifest Walk in downtown San Antonio.

The first event starts at the parking lot behind the Starbucks Coffee Company shop at, 12711 Blanco Road, San Antonio, on March 12 and 14. This is a featured 5k and 10k Year Round Event (YRE) that is rated 1B. March 14 is National Pi Day and Pi is the symbol used in mathematics

The second event will be the King William Historic District 5k and 10k trail in downtown San Antonio rated 1A, on Friday, May 19. The start time is between 3:30 and 6 p.m., finish by 9 p.m.

The walk start point is at the Beethoven Maennerchor Halle und Garten (Beethoven Men's Choir and Garden) at 422 Pereida Street, San Antonio. The choir was founded in 1867 and you can visit their website at southtownbeethoven.com.

The King William area was the residential center of the German community in San Antonio and comprises



The band plays German music on the grounds of the Beethoven Männerchor Halle und Garten during the Maifest which was the start and finish point for the 2022 King William Historic District walk in San Antonio, Texas. Photo by Martin Callahan.

which is the ratio of the circumference of a circle to its diameter. You can learn more about Pi Day at piday.org/. A delicious mini pie will be provided free in honor of National Pi Day after completing the walk as long as supplies last on both days.

Volkssporters will follow a trail through the beautiful 330 acre park to the Land Bridge that opened in December 2020. You will then follow the trail over the bridge which is elevated 25 feet above the parkway and 150 feet wide to the other side of the park. At the top of the bridge there are blinds to sit and rest or to look at wildlife and relax. You will return to the start/finish over the 1,000-foot long, six-foot wide sky walk that is gently elevated 18 feet off the ground offering seating at intervals to enjoy the spectacular views of the park. For more info on this unique walk go to philhardbergerpark.org/land-bridge.

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

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

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



Spend a week in the beautiful scenery of southwest New Mexico

By Susan Fine

Walk some of the most beautiful scenery in southwest New Mexico with fellow Volkswalkers, as the Sun Country Striders organize a week of five Seasonal walks and four Year Round walks in New Mexico, April 12–16. Based in Silver City, the walks will encompass national forests, historic cliff dwellings, a post-civil war fort, state parks and beautiful towns. A meet and greet and group dinner will be available for everyone.

Registration for all walks will be daily at the Comfort Inn Gila National Forest, 1060 Highway 180 E in Silver City. Just register, pay for each walk and stamp your books. All walks are available every day. Updated weather information will be available, along with driving directions, trail directions and maps.

Special room rates are available, too, at the Comfort Inn. Just phone 575-534-1883 and enter Option 2. Blocked rooms for this event are \$95 King, \$100 double-Queen, Breakfast included. Mention Sun Country Striders for your reduced rate. All visitors are invited to the Meet and Greet at the Comfort Inn, Thursday, April 13, with snacks provided (BYOB). There will also be a group dinner (more information to come).



Catwalks near Glenwood, New Mexico.

The five Seasonal walks range from five miles away to 65 miles away, and will be easy to drive and plan. The farthest walks are 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. On another day, we suggest you travel about 60 miles to the Catwalk Recreation Area near Glenwood, featuring the steel catwalks installed along canyon walls above the river; plus the San Francisco Hot Springs walk in the same area.

Other walks much closer include 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, you can walk the Dragonfly Trail, with 1,000 year-old petroglyphs; then Fort Bayard, an 1866 fort garrisoned by the Buffalo Soldiers, and later served as the army's first tuberculous sanatorium. The National Cemetery is next to the fort.

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.

Be sure to bring plenty of water on your walks. There are no checkpoints. Hiking boots and poles are recommended for all walks (except the three city walks).

Several more YREs are in southern New Mexico including Las Cruces, Mesilla, Lordsburg, Roswell, San Antonio (New Mexico), and Carlsbad Caverns National Park. Check the AVA website for information.

We hope you can join the Sun Country Striders of New Mexico for this multi-event week. For more info, go to suncountrystriders.wordpress.com. Check the AVA website for these walks and YRE walks in our beautiful state. 🌄

Southwest Region continued on page 9

Event Sanction Requests ...

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

Southwest Region

continued from page 8

San Antonio Pathfinders' 12th Annual Tour de Castroville Walk

By Martin Callahan

The San Antonio Pathfinders is hosting its annual Volksmarch on April 1, which is an adjunct of the 12th annual Tour de Castroville walk, run and ride family events in Castroville, Texas. Registration for the Volksmarch is separate from the Tour de Castroville registration, though Volkssporters will follow the same Tour de Castroville marked trails.

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



(l-r) John King, Gary Klein, Jean Ruffini, Harold Yu, Steven Stechschulte, Jimmy Young with Rudy, Jeanie King, Mike Linnebur and Gayle Weinraub with Dolly stop for a picture in front of the Old Landmark Inn along the 2022 Tour de Castroville, Texas Walk trail. The inn was built in 1849 as a one story home and store and in 1870 a second floor was added allowing the owner to rent the additional rooms to travelers passing along the El Paso-San Antonio Road. Photo by Martin Callahan.

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

The 5k and 10k walk routes are rated 1A and begin at the event tent at the Castroville Regional Park, 816 Alsace Street, Castroville. The start time is from 7:30 a.m. to 11 a.m., finish by 2 p.m. For info on the 12th Annual Tour de Castroville go to castrovilletx.gov/tourdecastroville but do not register on this website — register at the event tent.

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



DRD TBA
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South Central Region



Teresa Arnold, Director
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Louisiana Explorers still walking

By Helen Hull

Our 2023 Louisiana Explorers kicked off over the MLK weekend with 30 walkers participating. This year we featured eight parishes in the South Central region of the state which followed a 250 mile route over a period of six days. Although the early forecast had called for rain on Thursday and Monday, we lucked out with dry weather and temperatures in the 50-60s although Denham Springs was in the 70s, perfect walking weather.

We started our walks in Denham Springs east of Baton Rouge on Thursday afternoon. The town was established in the early 1800's and grew up around a mineral spring.

Friday we walked in Port Allen, located on the west bank of the Mississippi River across from Baton Rouge. Afterward, we headed 15 miles south to Plaquemine and the Plaquemine Lock Historic Site where we toured the lock house.

Saturday morning, we continued to Donaldsonville, another river town on the



Port Allen with Baton Rouge capitol in background.

west bank of the Mississippi. The town is known for its many historic buildings dating from antebellum days to the 1930's. Then we continued down the river to Napoleonville. Afterward we stayed overnight in Morgan City and ate a great dinner at the Atchafalaya Café where we enjoyed Cajun and Creole Seafood.


Sunday it was on to Franklin on Bayou Teche and then north to Opelousas, a center for zydeco music, a unique blend of rhythm and blues incorporating the area's French Creole heritage.

Our last walk was in Marksville on Monday morning, home of the Louisiana's first land-based casino where we visited the Tunica-Biloxi tribe's hotel with alligators swimming in the lobby's pools.

All in all, a great week of walks and now we look forward to 2024 when we hope to complete the last eight parishes in Louisiana.

AVA Special Program – Walk Like An Olympian

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



South Central Region continued on page 10

Next TAW deadline

April 25

for June, July and August

South Central Region *continued from page 9*

Huffin' and puffin' in central Kansas

By Terri Tyler

The Sunflower Sod Stompers are once again continuing to pursue their goal to provide sanctioned walking events in most of the 105 counties in the Sunflower State. This year the Sod Stompers are featuring five new Kansas counties for most Volkssporters who are seeking that stamp in their Kansas Counties booklet. This busy, extended, walking weekend will take place May 11-14. Circle those dates on your calendar! Mid-May is usually good walking weather in Kansas but weather conditions can change quickly so come prepared.


The Sod Stompers will be sponsoring Traditional walks in Lyons, Rice County; Ellsworth and Wilson, Ellsworth County; Russell, Russell County; Larned/Fort Larned, Pawnee County; Great Bend, Ellinwood and Cheyenne Bottoms, all located in Barton County. The events in Russell, Wilson and Ellsworth will once again feature "Post Rock Country." The town of Russell is also known for being Robert Dole's hometown. Wilson is known for their Czech heritage. And Ellinwood will be a surprise! Most of the above events are in towns based primarily around government, farming and ranching, mining, oil, railroading and associated businesses. Although our walking communities are not heavy populated, all of them have some interesting sites, histories and charm for participants. Walkers are invited to participate and enjoy the small towns located in America's heartland. These sanctioned events will have qualifiers for current AVA Special Programs connected to Veterans, Town/City Halls

and Par for the Course, along with a few Airports. A few sanctioned swims will be available for those who enjoy that aspect of Volkssporting.

These Kansas events are located west of I35 and along, or just south of I-70. Some of the event towns are located along U.S. 56, the "Old Historic Santa Fe Trail" route. Make sure you bring your parks passport book.

The walking routes will feature local business areas besides well-maintained residential sections. Courses are fairly flat but there are a few inclines in these communities. Fort Larned and Cheyenne Bottoms will most likely be on natural terrain. Town routes are on many streets that are tree-lined but be prepared to be walking in some full sun. The low humidity and the ever-blowing winds in Kansas can also dehydrate the body while on the trails. Of course, the Sod Stompers will have water stops along the way but bring your water containers if you so choose. Conveniences can be rather limited in these communities so take advantage when available.

The Sunflower Sod Stompers would appreciate your support for their efforts. Motels and group meals have been arranged for participants who are attending this May walking weekend.

If you have any questions regarding these Kansas events, contact Terri Tyler at tltyler50@gmail.com. Sarah Long, solong@att.net, can also provide information for these events. 


Ten Arkansas counties down and 65 to go

By Pat Golden

The Arkansas county countdown has begun with the addition of five new counties: Clay, Fulton, Greene, Randolph and Sharp. Walks in these counties will be available until the end of 2023. Registration can be done with either the Online Start Box or the physical start box located in Paragould, Arkansas. All five walks are in this box.

The club also has walks in Benton, Carroll, Pulaski, Sebastian and Washinton counties. So, only 65 more to go!

County books are available for \$5 by sending a stamped, self-addressed envelope with payment to Ozark Hill Hikers, PO Box 5131, Bella Vista, AR 72714. Books will also be available on the afternoon of March 24 at the Holiday Inn Express in West Plains, Missouri. Walk and map directions for the walks in the five new counties will also be available.

So, come to Arkansas and begin exploring the Natural State. 

Visit Green County this spring


Tulsa Walking Club kicks off its 2023 Traditional walk schedule with its first Traditional event of the year, on March 18, by walking the trails of Oxley Nature Center, which is located inside Mohawk Park in Tulsa. We are walking a month later than usual to not conflict with the Olympiad being held in San Antonio, Texas, in February.

The nature trails are a club favorite with wildlife often spotted. The walk is in memory of deceased members, Bob Pugh and John Hanlan, who both spent many hours here. We will be having a Cookie Walk in memory of our "Cookie Man" John Hanlan, as well as a food drive to benefit those in need.

Cleveland, Oklahoma, will be the site of our second Traditional event on April 15. This walk qualifies for AVA Special Programs City Hall, Rock Around the Clock and Rails-to-Trails, and is in Pawnee County.

May 20 finds us at Elm Creek Park in Owasso, which is a short distance north of Tulsa on Highway 169. This is a great park with a fishing lake, and walkers will also discover a hidden neighborhood pond to explore.

This is a great time of year to explore Green Country. Be sure and make plans to attend.

Download event flyers @ava.org. We look forward to seeing you on the trails in 2023! 

How to format your article for TAW

DON'T!

Submissions come in to TAW with all kinds of formatting ... all of which are totally unneeded!

Every submission to TAW is reformatted into two type styles ... the headlines and the text. Any other styles are not used except possibly in special "ads" to get your attention.

When you type your submission to TAW, do this:


- Type in Times font
- Single space between lines
- Only hit the return key between paragraphs.
 - No tabs or indents.
- Don't double space between paragraphs.
 - Do only one space between a period and the next sentence.
- Do keep your submissions to 600 words.
- **Do not put your photo** in the document — attach it separately to your email.


April in Springdale, Arkansas


By Pat Golden

April 29 is the date for the Traditional walk in Springdale, Arkansas. Not only is spring in the air but so are some changes. The start point, as stated in the December 22 TAW, has changed to the Ozark Highlands Nature Center at 3400 N. 40th St. The start and finish times for the walk have been changed to 9 a.m. to 3 p.m. What hasn't changed are the scenic walks along the paths of the Razorback Greenway and the trails in JB Hunt Park. Come and enjoy the wooded and rolling hills landscapes and the walk around Lake Springdale. All trails are paved.

Be sure to take some time to explore the gorgeous Nature Center building before or after your walk. Admission is free.


If you have time, try out one of the Ozark Hill Hikers Year Round walks in Bentonville, Fayetteville or Rogers as all are a short drive from Springdale. If you would like a brochure for the Springdale walk, email bvvohh@gmail.com. 





Ken Johnson, DRD
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**North
Central
Region**



Susan Pinneke, Director
nc_rd@ava.org

North Central Round Up

By Susan Pinneke

Greetings from the North Central Region! I hope you have all enjoyed a week of superb walking in San Antonio at the 18th Olympiad. Since the year has started with such an exciting, fun event, the North Central Region has planned some great events to keep the fun going all year long.

During the cold and snow here, we've mostly been walking in skywalks and malls, but the hardy NorthStar Trail Travelers ventured out for a snowshoe event in February to kick off their 25th anniversary year. As March arrives, our clubs return to outside events. The Nebraska Trailblazers are embracing the German Volkswalking tradition with Bockfest on April 1. Several local breweries are sponsoring the festival and there will be authentic Bock beer on tap. Iowa's Walking Club is venturing outside on March 18 to celebrate St. Patrick's Day with a walk in a quaint Des Moines neighborhood. Farther north, The Twin City Volkssports is playing it safe by sponsoring an event in the St. Paul Skyway on March 18. All fun events to get back in action on the trail!

Besides St. Patrick's Day, we are celebrating other holidays with walks here in the North Central Region. The Twin City Volkssports are celebrating Earth Day with a walk at Phalen Lake on April 22. The Nebraska Trailblazers are celebrating Mother's Day with a walk at Lake Cunningham on May 20. The Dairyland Walkers are celebrating barn quilts with a walk in Evansville on May 20. That's definitely something for mom! And the NorthStar Trail Travelers are hosting a Spring Fun Walking Weekend at Camden State Park and Lake Shetek State Park that same weekend. You know mom loves park trails in the spring.

Minnesota lost two long time Volkswalkers this past year; they have a couple of memorial walks planned this spring to honor them. Join the Lake County Wanderers in remembering Chuck Head on April 19 and Earl von Holt on May 6. Beautiful walks are planned for each.

In addition to these great Traditional events, a host of new county walks open this spring in Iowa, Minnesota and South Dakota. Iowa's Walking Club is planning a walking weekend April 15 and May 20-21 (boy, that's a busy weekend in the region) to feature some of the new county walks.

There are many fun new trails to traverse in the North Central Region. Make plans to visit us this spring for some awesome, new walking adventures. We hope to see you soon. 🍄

NSTT walks Camden and Lake Shetek State Parks in May

By Wayne Heath

Saturday, May 20, we are heading to Camden State Park, located in the Southwest corner of Minnesota. With the Redwood River flowing through the park and its many springs and creeks, it's one of the most picturesque areas in this part of the state.

We will register at the Rustic Group Camp between 9 a.m. and 2 p.m., finish by 4 p.m. The first trail, the River Trail, follows the Redwood River out, around a peninsula and back again, crossing many springs and creeks. There will be a special surprise for the more observant walkers. The second trail follows the Hiking Club Trail which partly follows a spring fed creek. During the drought of the 1920s and 30s, this was one of the only springs still flowing and people from miles around would come here to collect water. This trail goes up and over a couple of hills that aren't steep but do have the rocks and roots that make Minnesota trails famous, so, if inclined bring your walking sticks.



Eastern Bluebird leather pin award.

There are a few places for small campers and plenty of room for tents at the Group Camp. There is a shelter with electricity but no electrical outlets throughout the campsite area, and

great chance to catch up with old friends and meet new ones. We will supply the plates, bowls, napkins, and flatware. We ask that you bring serving utensils for your dish. So, grab your chair, beverage, come on out and enjoy the fun.



Bur oak acorn and leaf leather pin award.

Sunday, May 21 we head over to Lake Shetek State Park. The word "Shetek" is Ojibwe for pelican, which visit this lake throughout the summer and fall. We will register at the picnic shelter by the swimming beach between 9 a.m. and noon, finish by 3 p.m. Lake Shetek has been inhabited by Native Americans for hundreds of years in pursuit of bison. White settlers started moving into the area in 1856 and were caught in the US-Dakota War of 1862. The park has a monument memorializing the pioneer settlers who lost their lives during the conflict and are buried here. Make sure you explore the buildings and structures built here in the 1920s and 30s by the WPA.

The first trail follows the Hiking Club Trail out and around Loon Island on a causeway built by the WPA, then back to the mainland, along the lake and



Pioneer cabin at Lake Shetek State Park.

two vault toilets. The cost of the group camp will be divided equally among campers. Contact Wayne Heath at wvheath76@gmail.com or 651-249-8886 if you are planning on camping here so we have a rough idea how many will be camping.

We will be having our hobo soup potluck supper following the Camden event at the Group Camp facility. Bring a dish to share and join the fun and camaraderie with other walkers. It's a

around a fish rearing pond. The other trail follows the Monument Trail and the Casey Jones Regional Trail. Both trails are relatively flat with dirt or crushed rock, and the paved section that follows the Casey Jones Trail. So, bring your bikes and spend an extra day exploring the Casey Jones Trail.

For more info contact Wayne Heath, wvheath76@gmail.com, 651-249-8886, or go to nstt.org. 🍄

75TH



ANNIVERSARY



**CRAZY HORSE
MEMORIAL**

Next TAW deadline

April 25

for June, July and August

North Central Region *continued from page 11*

Prairie Wanderers are sponsoring a County Walking Weekend

By Gary Lofswold

The Prairie Wanderers are again sponsoring six county walks in September. The walks will take place on September 22-24. On the September 22, the walks will be in Edmonds County (city of Ipswich) and Walworth County (city of Selby). On the September 23 the walks are in Campbell County (city of Herreid) and McPherson County (city of Leola). On the September 24 walks are in Faulk County (city of Faulkton) and Potter County (city of Gettysburg). Any of the six walks may be walked on any of the days during the three-day weekend. However logistical support will be provided only on a set schedule for each of the walks. We ask that you follow the schedule for the three days if at all possible. If you are unable to walk on the schedule set for each event, we are willing to work with you to set up alternatives that may better fit your schedule.

The Prairie Wanderers are planning a group social the evening of September 22, location to be determined. The recommended lodging location for the weekend is in Aberdeen, which has many lodging choices to select from.

All of the walks are in small agricultural towns with populations ranging from about 400 to 1,100. All of the towns are county seats except for the Herreid walk. This will be the first time sanctioned walks will be held in these six counties. All of the walks will start within the town's limits.

At this time, we are planning to hold these events as planned. If there are any changes due to COVID-19, the updates are going to be made in the AVA website. So please check my.ava.org often to ensure that you have the latest information.

For more info about the events, contact Gary Lofswold at gel_601@hotmail.com. 🌲

Choose Your Own Adventure

By Phyllis Olson

Are you making plans for your 2023 summer walking adventure? The North Central Region Adventure Weekend will fill the bill. On September 15-17, the North Central Region is holding a weekend of walking, socializing, meeting and fun. The northwest Iowa small town of Rock Valley will host the event. Nine walking events are available for each participant to choose their own adventure, with five of them featured with start tables in the three days. In addition, there is a pizza party with games, a plated dinner with a meeting and a multitude of prizes.



This is a multi-state adventure; walks are in Iowa, Minnesota and South Dakota. The walk events are within a 50-mile radius of Rock Valley. The Grand Stay Hotel & Suites in Rock Valley is the headquarters, but camping is also available.

Your adventure is waiting! Come to the North Central Region this fall to walk and socialize with your Midwest Volkssport friends. For details go to iowawalkingclub.org or contact North Central Regional Director, Susan Pinneke at susanpinneke@gmail.com. 🌲

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.



Chuck Head Memorial Volksmarch

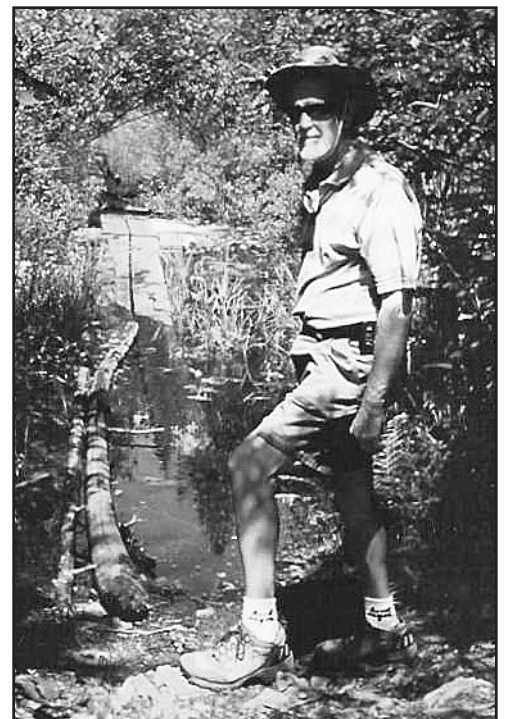
On Wednesday, April 19, Lake Country Wanderers will be sponsoring a Chuck Head Memorial Volksmarch at the Town Hall on Camp Ripley north of Little Falls, Minnesota. Distances of 5k and 10k will be available with routes on the base and along the Mississippi River. This event in Morrison County will qualify for the AVA Special Programs of Town Halls/City Halls as well as Walking with America's Veterans.

Starting at 9 a.m., Lois Head will provide juice and pastries. The walk registration table will be open from 9 a.m.- noon. At 11:30 a.m., Lois will provide lunch from the famous Little Falls Black and White Café. At 1 p.m. at the Minnesota State Veterans Cemetery, a mile away from the Camp Ripley Main Gate, the Commitment Service will take place in the Committal Hall with full military honors. More information about this Memorial Walk can be found at AVA.org.

Chuck Head helped develop the Central Minnesota Volkssports club from its early days and served as vice president and president along the way in its 30 year existence. He was a Lifetime Associate member of the AVA and he maintained active membership in three Minnesota Volkssporting clubs: Lake Country Wanderers, NorthStar Trail Travelers and Twin Cities Volksmarchers.

He was a helicopter pilot during the Viet Nam era, and then, after a major surgery, served as a CW2 Warrant Officer Platform Instructor until his Honorable Discharge in 1970. He also served in the Minnesota National Guard. He was awarded the following medals: Good Conduct, National Defense Service, Vietnam Service (with single Bronze Star Attachment), Republic of Vietnam Campaign Ribbon (with 1960 Device), Expert Badge and Pistol Bar, Marksman Badge and Auto Rifle Bar and Army Aviator Basic Badge.

After his honorable discharge from the army, Chuck was able to resume his career in the printing industry. He worked as a pressman, an estimator and, ultimately, as a sales consultant in the printing industry for Horner-Waldorf, May Printing Company, Crepeau Graphics, Palmer Printing



Wearing his AVA hiking socks, Chuck Head pauses at Whale Lake on his way to the top of Eagle Mountain, Minnesota's highest point at 2,301, feet near Grand Marias.

Company, Park Press, and Sunray Printing Solutions, retiring in 2018. He also was a founder of Midwest Collection Service. His success as a printing sales consultant resulted in his winning sales contests with rewards such as week-long vacations to Sanibel Island, Florida, and the Hawaiian Islands, where he was able to enjoy doing many Volksmarches before returning to the mainland.

He has also walked in about half of the Canadian provinces and on every continent except Australia where he was headed when he died of pneumonia in New Zealand. Chuck participated in almost 1,300 Volksmarch events and logged over 11,000 kilometers.

On Saturday, April 15, a Celebration of Life service for Charles ("Chuck") Wayne Head will be held on Saturday, April 15, at 3 p.m. at the Calvary Community Church at 1200 Roosevelt Rd. St. Cloud, Minnesota, followed by a dinner at the St. Cloud Country Club at 301 Montrose Rd. St. Cloud. More information about this service can be found at the Miller-Carlin Funeral Home website.

His widow of 40+ years of marriage, Lois Head, can be reached at 2810 Island View Ct. St. Cloud, MN 56301 or lmhead@stcloudstate.edu. 🌲

North Central Region continued on page 13

AVA National Program — Centurion Achievement Challenge

The **Centurion Achievement Challenge** encourages and recognizes those who make a special, serious commitment to the "Fitness" aspect of our Fun Fitness Friendship slogan. Participate in 100 events in a single calendar year. AVA will recognize your accomplishment with a distinctive patch. A lifetime of fitness begins with a single stride. You must be an AVA Associate Member (annual or lifetime) to participate. AVA membership is separate from local club membership. For info contact Karen at AVA HQ, 210-659-2112 or email Karen@ava.org. Submit payment with a completed Centurion registration form to: AVA Centurion Achievement Challenge, 108 S. Alamo Street, San Antonio, TX 78210.



North Central Region *continued from page 12*

Thank you for your service

By Deb Gaskins

Ethel Percy Andrus was a long time educator and first woman high school principal in California. She was also an elder rights activist and founder of AARP in 1958. Last fall, Phyllis Olson, GDMVA, dba Iowa's Walking Club, member and past AVA North Central Regional Director, was Iowa's AARP Andrus award winner for 2022. This prestigious award is for some-



Phyllis Olson (right hand corner) wrapping burritos.

one who embodies the spirit of volunteerism by sharing their experience, talents and skills to enrich their community. Another member of our club, Don Corrigan, also received this award in 2016 and donated his \$1000 to Friends of Des Moines Parks.

Phyllis donated the \$1000 prize money to the Urban Bicycle Food Ministry (UBFM), an organization that is headquartered at Capitol Hill Lutheran Church where GDMVA has its monthly meetings. Every Thursday, the "Burrito Slingers" meet at the church and make 600-700 burritos and 300 sandwiches. The bicycle people arrive around 5 p.m. and help finish wrapping the burritos and gather together the food, water, fruit, blankets, hats, gloves, batteries, blessing bags (toiletries, etc) and other items the houseless need and deliver all these items on eight bicycle routes, or car routes when the weather is bad. Several members of our club are part of the "Burrito Slingers" and help out on a regular basis. Corrine Nelson, Barb John, Deb Gaskins, Kim Young, and Gail Meyer are all part of this great organization. At our holiday party, GDMVA members also donate winter items to UBFM.

We have all heard the expression "if you want a job done right and on time, give it to a busy person." Well, Phyllis is that person you can always count on. Her award touched on three major areas of her life, professional, spiritual and recreational. In her professional life, Phyllis was a pharmacist and director of pharmacy at Mercy Hospital. After retirement, she remained active serving in leadership roles and on committees of the Iowa Board of Pharmacy. Phyllis is an active member of St. John's Lutheran

Church. She has been the head of the church's Global Missions group for several years, leading several projects to support the overseas missions, and traveled to Tanzania to visit the church's mission there. She is also a member of the Altar Guild and the quilting group.

Phyllis and her cohort, Norma Wessel (who deserves this award as well), have been all in from the very beginning of their Volkssporting activities. At their first walk they attended they bought New Walker Packets, joined GDMVA and signed up for an overseas trip the club was sponsoring. It wasn't long before she was president of the club for multiple years, scouting out and establishing walk routes, organizing events, organizing bus trips to AVA conventions, creating the annual booklet of activities and setting a high bar and inspiring other members to "step up" and get involved. In a related role, she served on the Iowa DOT Federal Recreational Trails Advisory Committee and MPO Trails Advisory Committee. Both organizations work to create and maintain trails in Iowa. Part of her responsibilities was to read and score grants for trail projects in Iowa.

I could go on and tell you a lot more about Phyllis and many others in our club who give countless volunteer hours to their Volkssport clubs and various other volunteer activities. Most are not doing it for the awards and accolades (though they are nice), only the satisfaction of helping. Without volunteers, Volkssporting would probably cease to exist. So kudos to Phyllis and all of you out there doing your part to make sure Volkssporting grows and thrives.



Celebrate Spring in Nebraska

By Sandy Spaulding

Celebrate spring in Nebraska! May is a beautiful month after April Showers and before summer heat.

On Saturday, May 13, we will host a Mother's Day Eve celebration. All mother's will get a token of appreciation. So we are encouraging all mothers to bring their offspring. And all offspring to bring their mothers. This will be the first Traditional event we have held at the newly reopened Lake Cunningham, informally known as "The C."



Chadron State Park Views.

Lake Cunningham, named for a former Omaha mayor and U.S. congressman, is situated in a 1,050 acre park. It was built by the U.S. Corps of Engineers in 1977. It was drained in 2006. After extensive restoration, it reopened in 2010 but was closed and drained again in 2018. A major makeover has been done to the park and it is a thing of beauty. The walk is on paved trail with shaded areas around this picturesque lake. There are 13 benches positioned around the lake so you can take in the relaxing lake views. Check out the lighthouse! Easy trail for strollers and wheelchairs and leashed dogs are welcome.

May 20 is "Free Day" at Nebraska State Parks. The great group of walkers in the distant Chadron area are taking advantage and hosting a walk in Chadron State Park. Chadron State Park, Nebraska's first state park, is located within the Nebraska National Forest. Walk in the woods surrounded by ponderosa pine and cottonwood trees with views of distinctive buttes and canyons in Nebraska's Pine Ridge. Take advantage of camping or cabins in the park, hotels in Chadron, or camping or cabins in nearby Fort Robinson State Park.

Make it a full weekend by taking the extra time to visit the three area Year Rounds/Seasonal events in northwest Nebraska. These three walks will give you three counties in Nebraska.

The Chadron State College Trail goes through Chadron War Memorial Park, Chadron State College and along scenic paved and grass trails including the CSC Serpentine Trail. The White River Trail runs along a former rail with stunning views of tree-covered buttes, crossing the White River and connects Crawford City Park with Fort Robinson State Park. The Agate Fossil Bed Walk traverses high plains mixed grass prairie and views of fossil exhibits at Agate Fossil Bed National Monument. Leashed dogs are welcome on all of these trails. When you are done with these four events, add a few walks in the Black Hills of South Dakota and you have a great walking vacation! 🌲🌲🌲

AVA Special Program - Walking with America's Veterans

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





Pacific Region



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Julia Morgan Architecture Walk in Berkeley, California

By Priscilla Fife

If you are visiting the San Francisco area take a short drive to Berkeley, California, home of UC Berkeley and also, for many years, Architect Julia Morgan, for a fascinating walk. Come walk in South Berkeley and on UC Berkeley Campus to see some of the over 700 homes and buildings created by Architect Julia Morgan in her career from 1904 to 1947. Julia Morgan (1872-1957) is best known for creating a modern-day castle for millionaire William Randolph Hearst. We'll walk along a neighborhood route by many homes Morgan designed and built, and then pass by three UC Berkeley campus buildings she had key roles in building and completing: The Greek Theater, Hearst Memorial Mining Building and Hearst Memorial Women's Gymnasium, as well as a sorority house, a church (now a community arts center) and Berkeley Women's City Club. We'll also visit Berkeley's Old City Hall (1909) and 'new' City Hall, as well as the Veteran's Memorial Building (1928) in downtown Berkeley.

American Graffiti 50th Anniversary Walk

Mark your calendars for May 20 when the Sonoma County Stompers host a walk in Petaluma, California. It is the 50 year anniversary of the release of the movie, *American Graffiti*. Much of the film was shot in Petaluma. Each year this has been an excuse to have a celebration and parade of vintage cars. This year the planners are going all out. If you enjoy cars from the 30s to the 60s and early 70s, you will have a field day. Several of the cars were actually in the film. In the afternoon there will be a parade of vehicles looping around the downtown blocks. There are plans to have an actor(s) from the movie in attendance to sign autographs and sell souvenirs.



Petaluma has a downtown registered as a National Historic District and there are many Victorian homes in the surrounding neighborhoods. The 1906 San Francisco earthquake damaged nearby communities but Petaluma had little damage. Many of the buildings in the downtown neighborhoods predate 1906. The local area was an agricultural center that fed the Bay Area and gold seekers. Petaluma also was known as the egg capital of the world early in the 20th Century. Locals like to think that they are eggsentric.

There are two 5k loops. One will take you through some of the older neighborhoods and the other will take you to the downtown core and past the parked vintage cars. This loop generally is congested and would be difficult for strollers, wheelchairs and pets. This event qualifies for the following AVA Special Programs: Rockin' Around the Clock, Par for the Course, Town Hall/City Hall, Walk USA A-Z and Walking with America's Veterans.

Additional information will become available closer to the walk date. Contact Don Deal, 707-835-3798 or dandsdeal@yahoo.com. 🇺🇸



Berkeley Women's Club.

Julia Morgan was a woman of many firsts: one of the first female engineering majors at the University of California, Berkeley; the first woman to pass the entrance exam in architecture for the École Nationale Supérieure des Beaux-Arts (and the school's first female graduate); and the first licensed woman architect in California. And, more than a half century after her death, she became the first woman architect to be awarded the American Institute of Architects' Gold Medal in 2014.



Julia Morgan Berkeley Architecture Walk.

The date is Sunday, March 26, and starts at Willard Park, 2730 Hillegass Ave, Berkeley. Start between 9 a.m.-noon and finish by 3 p.m. Routes include a 11k and 6k, rated 2A, and are eligible for these AVA Special Programs: Clocks, City Hall, Par for the Course and Veterans. Sponsored by the San Francisco Bay Bandits.

For more info about the walk go to sfbaybandits@aol.com, call 916-616-6003 (leave a message), or visit facebook.com/SanFranciscoBayBandits/. 🇺🇸

Did you attend the Olympiad?

If you participated in the 18th Olympiad in San Antonio in February, and took photos, would you share them with TAW for the next issue? Pick a few of your best and email them to TAW, taw@ava.org, copy taw@earthlink.net. **Do not put them in Word** ... just attach each photo file to your email. **But do put the captions in Word** and make sure photo file and captions match so we can put the right captions with the correct photo. Thank you! 🇺🇸



**Next TAW
deadline is
April 25!**



Salute to central Oregon multi-day event returns in September

By Annette St-Pierre

Columbia River Volkssport Club (CRVC) is excited about welcoming walkers back to the Bend, Oregon, area for its biennial Salute to Central

to explore the walks and hikes, three bike rides and swim, and to download the mail-in registration form.



Smith's Rock.

Oregon. We love sharing the amazing scenery, great weather and a long September weekend of great events for you. Central Oregon is the perfect fall getaway.

Being at the base of the Cascades means there are lots of options for beautiful hikes, walks and bike rides. CRVC has selected a number of these that best showcase the area. From trails leading to a viewpoint with a 360-degree view of Bend and the mountain-studded horizon, demanding full day hikes through lush forests to cascading water, walking through a canyon between awe-inducing massive rock walls, or circling around a turquoise lake within the caldera of a volcano, every kilometer offers a different landscape.

Friday evening CRVC will treat you to a Meet and Mingle, an opportunity to catch up with friends or meet new ones, and on Saturday we'll gather for a no-host barbeque. Point your browser to walking4fun.org and click the Central Oregon 2023 tab at the top

One of the most fun activities in 2019 was the opportunity to take a white-water rafting trip down the Deschutes River. We have our fingers crossed that the water levels are high enough this year so we can go again. The rafting is not a sanctioned event, only the walk to the raft launch is sanctioned. This is only offered on Friday. There is a link on the website to register separately for the raft trip. The rafters will enjoy a whitewater experience on the Deschutes River with some great rapids. The less adventurous will walk back to the start. The walking route itself is offered as a self-guided walk each day.

Join us September 14-17, in Bend, Oregon. Country Inn and Suites by Radisson will be the event headquarters. For the group rate, call 541-617-9696, Monday through Friday, and ask for the Columbia River Volkssport Club rate.

For more info contact, Annette St-Pierre, Events Coordinator, 503-780-4568, or go to Walking4fun.org.

◆ Newcastle Y2052. This event includes two loops that are both worthy of the spring training list. Both walk on trails by creeks and on the slopes of Cougar Mountain.

◆ Issaquah Y 985. The downtown Issaquah walk has a lesser known second loop that picks up a trail to Tradition Lake at the foot of Tiger Mountain. Once on the trail, it's hard to believe you were just downtown.

Issaquah Y827. The 10k route through the Issaquah Highlands links parks, trails and viewpoints.

◆ North Bend Y1024. The 10k and 11k ascend to Cedar Butte and descend to Christmas Lake. This hike gives one practice with elevation gain and uneven footing. Hiking sticks are recommended.

If you will be in the area June 10, join us on Bainbridge Island for another walk to help you develop your trail legs. We will be exploring Fort Ward and Blakely Harbor on wooded trails. The 5k has little elevation gain, but the 7k and 10k routes will be hilly. This will be a scenic walk at all distances.

Whether you've set your sights on the PCT, or just want to add challenge to your walks, I hope you will give these six walks a try. Maybe I will see you on the trail. 🏃‍♂️

Hiking on the Pacific Crest Trail

By Nancy Wittenberg, AVA Board Chair

There are several hiking trails in the United States that have "walks" for IVV Credit. The most well known, perhaps, is the Appalachian National Scenic Trail (AT) on the east coast, spanning from the Canadian border in Maine to Georgia. But in the west, we have the Pacific Crest National Scenic Trail, the PCT. From the Mexican border to Canada, it wasn't officially completed until 1993, much younger than the AT and definitely not as worn. It is closely aligned with the highest portions of the Cascade and the Sierra Nevada mountain ranges, which lie 100-150 miles east of the U.S. Pacific coast. It is approximately 2650 miles long, is minimally marked and through hikers must register to walk its length.



But, if you are a hiker and enjoy getting up into the mountains, do we have something for you! The Evergreen State Volkssport Association and I have sponsored a challenge to hike 12 day hikes on the PCT. I've created a challenge booklet and, along with others in the Northwest region, we have entered at least 17 sections of the PCT in Oregon and Washington along with four in California in AVA's Online Start Box. These are not necessarily 10k hikes, as the goal is to get to some interesting places. But, they do vary in difficulty and length. Check out the hikes by searching for Pacific Crest Trail on the OSB.

You can purchase the challenge booklet anytime by sending \$10, your name, address, and email address. Mail to Nancy Wittenberg, 12626 129th St E, Puyallup, WA 98374 or email newittenberg@gmail.com. And, check out the Pacific Crest Trail Association, pcta.org, for safety and other information.

Perhaps someone will enter some hikes on that other trail – the Continental Divide National Scenic Trail? 🏃‍♂️

Six walks for spring training

By Katie Sell


When someone says "go to your happy place" my mind transports me to the alpine lakes and meadows of the Cascade Mountains. Imagine my excitement to see AVA sanction 14 hikes on the Pacific Crest Trail (PCT) in Washington and Oregon this summer. The PCT is a 2650+ mile continuous hiking trail from Mexico to Canada that is closely aligned with the Sierra Nevada and Cascade mountains. The Cascade section is 900 miles of happy places!


Due to weather related trail conditions, these routes are sanctioned only seasonally, July-October. Most are rated 3C-4D. In order to get in as many hikes as possible during these precious weeks (and enjoy them), I find it helpful to do some spring training. By incorporating walks that include elevation gain/loss and trails rather than paved surfaces, I can build endurance and practice the skills needed to get to these beautiful destinations.

Here are some of the routes east of Seattle I will be using for my spring training (listed west to east):

◆ Mercer Island Y3245. The 10k and 12k climb to the island's crest three times on wooded trails. It's close to cities, but it feels remote. The views are remarkable.


◆ Bellevue Botanical Y0991. Bellevue Botanical Garden and Kelsey Creek Park are both well worth the effort to visit. This walk uses trails to tour both in one 5k or 10k walk.





Karen Kaufman, DRD
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**Atlantic
Region**



Jeff Giddings, Director
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Northern Virginia Walkers mark 40 years

By Jim Garamone

On April 30, 1983, Ronald Reagan was president of the United States and conferred often with Margaret Thatcher, the prime minister of the United Kingdom. *Beat It* by Michael Jackson ruled the airwaves, and *Dallas* was the most watched TV show in the United States. On movie screens, Dustin Hoffman was showing the world how a lady should act in *Tootsie*.

In Burke, Virginia, a new type of walk for the Northern Virginia area debuted as 1,137 walkers ambled through the then-rural area of Fairfax



before broadening the location of events and changing the name of the club to the Northern Virginia Volksmarchers. The club's events were held mainly in Fairfax County, Virginia, until 1988, when it sponsored a walk in Winchester, Virginia, during the Apple Blossom Festival.



Burke Centre walk.

County. It was the first event by a group that eventually morphed into the Northern Virginia Volksmarchers. Two Army officers, Ralph Hibler and Tom Ogles, had recently returned from service in West Germany. There, they were exposed to Volksmarching and wanted to duplicate the experience in northern Virginia. Both lived in Burke, Virginia, and set up their first routes in that community. Originally called the Burke Centre Volksmarchers, the club's first walk was on the April 30 and May 1, 1983 weekend.

Spurred by the success, the club held three more Volksmarches in Burke

Since then, the club has held walks in the total northern Virginia area. Given the nature of the region, the routes of some of the walks go into the neighboring District of Columbia and Maryland. In the past, the club also sponsored walks in West Virginia.

The club continues to chug along with walks in Alexandria, Fairfax, Springfield and – yes – Burke, Virginia. In fact, NVV will mark the occasion of the 40th Anniversary with a walk in Burke on April 22. Come join one of the older clubs in the region as we celebrate. For more info contact Sandy Koontz at shkrk@gmail.com.

Sugarloafers are ready for 2023

By Anthony (Tony) Laing

The Seneca Valley Sugarloafers Volksmarch Club of Montgomery County, Maryland, have another exciting year planned with five varied and scenic Traditional Events scheduled throughout the four seasons of 2023.

- ❖ March 4 - Olney Manor Park Neighborhood - a brand new trail that starts at Oakdale Church in Olney, Maryland, and meanders through old and new neighborhoods. An added bonus is a country breakfast offered by the church between 7:30 and 9:30 a.m.
- ❖ April 15 - Glenview Mansion and Croydon Creek, Rockville – a view of an 18th Century mansion and gardens as well as a walk through the woods to see wildlife displays at a nature center.
- ❖ June 24 - Matthew Henson Park – lots of boardwalk trails with great views of parkland, forested areas and streams in Wheaton, Maryland
- ❖ September 30 - Oktoberfest in Frederick - a club tradition starting at the local fairgrounds and traversing through historic Frederick, Maryland, that ends with delicious German food, libation and other festivities at this annual Oktoberfest.
- ❖ October 21 - Kentlands East and West Halloween Walk - a neighborhood tour of an award winning designed neighborhood in Gaithersburg, Maryland, that is famously festooned with Halloween decorations. For more info go to Sugarloafers.org.

Also, like all clubs, the Sugarloafers are trying to boost their membership. One way to do this is to publicize our walks as an activity for folks getting ready to retire. The son of one of our new members signed him up as a retirement gift.

Lee Lepus Walking Club presents “Welcome to spring”

Lee Lepus Walking Club (Volkverband) invites you to a walking event on Saturday, April 8, as Bryan Park in Richmond welcomes spring. Registration is at Ginter Park Branch Richmond Public Library, 1200 Westbrook Ave, Richmond, between 10 a.m.-noon; finish by 4 p.m. The 5k is in Richmond; the 10k is in Richmond and Henrico County. Strollers are easy but wheelchairs will find the route difficult. Pets are welcome. Trail rating is 1A.

The fee for event credit is \$3. There is no “A” award for this event, participants may choose from several Richmond “B” awards or for credit. Donations are always welcome and appreciated. This event is open to everyone. Children under 12 must be accompanied by an adult. This event qualifies for the AVA Special Program Par-For-The-Course.

Joseph Bryan Park, usually referred to as Bryan Park, is a public park in Richmond. The park is a memorial to Joseph Bryan, the founder and publisher of *The Richmond Times-Dispatch* newspaper. In 1910 it was given to the city by Belle Stewart Bryan and her family. Bryan Park was a rural farm endowed with a wide variety of landscape features; two large ponds including a waterfall, three streams, rolling hills, grassy open spaces and trees.



Ginter Gate.

Ginter Park is a suburban neighborhood in Richmond built on land owned and developed by Lewis Ginter. In 1895 a large tract of land was purchased by Ginter; Ginter Park and other neighborhoods were developed from this purchase. The Ginter Park Historic District was listed on the National Register of Historic Places in 1986.

For more info, contact Chris Kelly, 804-909-9916, or ce_kelly@comcast.net.

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.



Atlantic Region *continued from page 16*

New walks in western Pennsylvania

By Mary Minderlein

The Mon Valley Trailblazers are adding five walks in 2023 bringing our total number of western Pennsylvania counties featuring our club's walks to 12. New YRE walks have been added in Cambria and Greene counties with Seasonal walks being developed in Indiana, Armstrong and Clearfield counties. When we add the Seasonal walks

later this year, the total number of counties will increase to 15.

The Johnstown Walk, located in Cambria County, consists of two 5k walks, downtown Johnstown and Westmont. The first goes along the Little Conemaugh, Stoneycreek, and Conemaugh Rivers where much of the destruction from the Johnstown Flood of 1889 took place, while the second 5k features the Westmont neighborhood, atop a hill with a scenic view of Johnstown and the rivers. The incline plane, built in the late 1800s and connecting downtown with Westmont, is currently closed for renovations but will be incorporated into our walk after it reopens later this year.

The Waynesburg walk, located in Greene County, will take you through the Waynesburg University campus, city parks, neighborhoods and downtown, highlighting historic sites, architecture and nature. Although a 5k walk, you can make it a 10k by walking it twice or in reverse.

Listed by county, these are the Mon Valley Trailblazers sponsored walks in western Pennsylvania:

Allegheny County: Three Rivers Heritage Trail walks in downtown Pittsburgh give three route options.

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

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

Cambria County: Johnstown Walk
Crawford County: Pymatuning Spillway Walk in Linesville leads you to the spillway where the carp are so plentiful that the ducks walk on the backs of fish to get to the bread



New western Pennsylvania tram.

thrown by visitors!

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

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

Greene County: Waynesburg Walk

Mercer County: M.K. Goddard State Park. The mostly-shaded paved off-road trails trace the northern and southern shores of Lake Wilhelm.

Somerset County: Stoystown-Flight 93 Memorial Walk takes you to the crash site of Flight 93 on September 11, 2001.

Confluence Walk is on town streets and the GAP. Although beginning in Somerset County, part of this walk is also in Fayette County.

Washington County: Mingo Creek County Park is a 2,600-acre park located near Finleyville with two covered bridges and an observatory. Westmoreland County

Cedar Creek Park: In this 479-acre park you will hike on wooded trails through Cedar Creek Gorge and along the GAP.

Twin Lakes Park, is a 467-acre park near Greensburg. The walk takes you on brick walkways, past bird watching stands and to Reflection Island on the Upper Lake.

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

Be sure to include these western Pennsylvania AVA events, all of which are OSB, in your 2023 plans!



Montpelier Mansion Herbs, Tea and Arts Festival

By Linda Hassell

On April 29 the Freestate Happy Wanderers is hosting a Volksmarch at the Montpelier Festival of Herbs, Tea and Arts, 9650 Muirkirk Rd., Laurel, Maryland. Start anytime between 10 a.m. to noon and finish walking by 3 p.m. The 5k and 10k trails are on natural surfaces through the grounds of Montpelier and sidewalks of surrounding residential area. Tours of the Montpelier Mansion will be available the day of the event. Celebrate spring at this whimsical festival with live music, stroll among vendors of fine arts, handmade items and see a variety of art exhibits. A formal tea will be offered in the Mansion. For information go to pparks.com.



Come and enjoy the friendly atmosphere at our walking events. For a brochure email Bob at rwolfe61@comcast.net.

Spring into history in April

By Kay Shoemaker

Spring into history, and get those AVA Special Program books stamped, with the Fredericksburg (VA) Walking Club. You'll be walking in America's most historic city on Sunday, April 23. Not only will you walk through a beautiful park but also through the downtown area where there are historic homes and buildings.

This walk qualifies for these AVA Special Programs: Mayflower - 400th Anniversary Walk; Par For the Course; Rockin' Around the Clock; Rails to Trails; Town Halls/City Halls; Walking with America's Veterans; Washington-Rochambeau National Historic Trail; and IVV-Americas. The walk also qualifies for the Virginia Find the Love program.

For more info go to walkfredericksburg.blog or on the Fredericksburg Walking Club Facebook page.

Walk on Maryland Day at historic St. Mary's City

By Linda Hassell

Join the Freestate Happy Wanderers on Maryland Day, March 25, between 10 a.m. and until 4 p.m. at Historic St. Mary's City, 18751 Hogaboom Ln. The trail is a 10k trail consisting of two 5k loops on natural paths along the beautiful St. Mary's River and through the historic Maryland's first capital founded in 1634 and on St. Mary's College campus. See the reconstructed State House of 1676. Archaeological excavations and the Godiah Spray Tobacco Plantation are part of an 800-acre outdoor living history museum. At the waterfront, see the replica of the 2022 reconstructed Dove tall ship that brought the first European settlers to Maryland from England in 1634. A gift shop and picnic area (bring along a picnic lunch) are on the grounds. Be sure to take time to tour the visitor center museum. Entry to Historic St. Mary's City is **free** on Maryland Day. St. Mary's City also has YRE1620 OLB. Hope to see you on the trail!

For a brochure email Rita at laurelvolsyre@gmail.com.

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, or 703-583-2916.*





Happy 40th Birthday To Southern Maine Volkssport Association

By Denise Macaronas

In November 1983, four faculty members from Westbrook High School founded Southern Maine Volkssport Association (SMVA). We will be celebrating the big **4-0** through the end of 2024!



Portland Head Light, Cape Elizabeth, is the oldest lighthouse in Maine. It was commissioned by George Washington in 1791.

In the early years, SMVA had the distinction of hosting a single event with the most walkers, a total of 3500 walkers for the Eastern Prom/Peaks Island walk in Portland, Maine. Co-sponsored by Blue Cross/Blue Shield, that walk put SMVA on the map. In 1996, SMVA was honored with having one of the top 10 walks in the United States — the Lighthouse Walk in south Portland. We are proud to say that people can still enjoy that route today. Get your Lighthouse II AVA Special Program book stamped in south Portland and enjoy breathtaking closeup views of the lighthouses at their picturesque locations. Lighthouses can also be seen in the distance from our new Falmouth walk and the Portland walk (10k routes).

The only AVA-sanctioned walking association in Maine is SMVA. Our walks are Augusta, Brunswick (new), Falmouth (new), Kennebunk, Portland, Saco, South Portland and the Appalachian Trail. If you come to Saco in late April/early May, you should see thousands of daffodils in bloom at the Laurel Hill Cemetery. The daffodils bloom gracefully from the hill to the Saco River, offering peaceful and magical views.

Join us on Saturday, April 29 for a group walk beginning at 11 a.m. Both the Brunswick and Saco walks start close to the train station, amtrakdowneaster.com, with free parking nearby. For more info about walks and activities sponsored by SMVA, or to pre-register for the group walk, email walkinginmaine@yahoo.com.

Happy walking to all of us and happy birthday SMVA! 🌿

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.

Lighthouses of the coastal towns of Cape Ann, Massachusetts

By Joseph Piffat

The coastline of Cape Ann stretches to the northeast of Boston. Since early colonial times these coastal towns have served as important ports. Storms caused numerous shipwrecks resulting in the building of lighthouses to guide vessels away from the rocky coastline. Visitors may wish to try at least one of the lighthouse walk trails or all four sponsored by the Two Town Walking Club.

Shoebert went across a large parking lot to the police station to get assistance to return to the sea and is cruising somewhere off the coast at last report.

Next is Gloucester, famous as a fishing port and home to Eastern Point Light, Dog Bar Light, and Ten Pound Island Light. Viewing is good from Stage Fort Park and to some extent



Two Lighthouses on Thacher Island.

From the west one can begin at Salem, where at the 1k mark there is the Custom House where Nathaniel Hawthorne once worked. Across the street from it is Derby Wharf with its replica of the Friendship that traveled to ports in Asia for spices, tea, silks and other products. At the end of the wharf is Derby Wharf Light. There are also several sites linked to the Salem Witchcraft Trials and the history of the city during the Revolutionary War to the invention of the telephone.

Next is Beverly, with two lighthouses seen from Lynch Park on the 10k trail. One should be able to see Marblehead Light and Hospital Point Light. The latter is currently the home of the U.S Coast Guard District One Commander. Beverly has some good views of the sea and provides a tour of the Cummings Center and its ponds. The ponds were temporarily visited by a gray seal nicknamed Shoebert because the buildings were formerly the United Shoe Machinery Company. After several days

from the Fisherman Statue. One may also see Hammond Castle with its two towers to the west. John Hays Hammond, Jr. had the second most patents in the USA. Only Thomas A. Edison had more. The walk also passes docks for fishing vessels, the Gorton Company, the downtown, and the homes of those in the fishing trade.

Our last lighthouse walk is the seasonal Rockport event beginning in April. The picture included with this article shows the twin lights at Thacher Island. Survivors of a shipwreck spent several days on the island before being found and rescued. The lighthouses were known as Cape Ann Lights. From the end of Bearskin Neck one can also see the Straitsmouth Island Light. The town itself has some great sea views, a music theater, numerous restaurants, and is home to an artist colony.

If you come, I wish you good weather and a good time walking these trails.



Northeast Region continued on page 19

“He could tell by the way animals walked that they were keeping time to some kind of music. Maybe it was the song in their own hearts that they walked to.”

~ Laura Adams Armer, Waterless Mountain

Northeast Region *continued from page 18*

Cape Cod Weekend, May 19-21

By Joseph LaPointe

Walk 'n Mass is excited for you to join us for a series of events on or near Cape Cod from Friday, May 19 through Sunday, May 21. This is a great time of year to visit as the Cape has opened up, the weather is warming and it is not too crowded, as it is prior to peak summer tourist season.

For walking, there will be a group walk in historic Provincetown on Saturday, May 20 at 10 a.m. Provincetown is the site of the Pilgrim's first landing and provides scenic views of the ocean. The town is currently home to a thriving arts community.



House in Oak Bluffs.

On Sunday, May 21, there will be a group walk in Hyannis at 10 a.m. This Hyannis walk will take you past the JFK Museum and Veteran's Park which overlooks Hyannis Harbor at Veteran's Beach. It will also take you past numerous dining and shopping options.

For additional walk options feel free to explore Hyannis on May 20 or May 21 with map guided walks that further explore the village with routes providing majestic harbor views from residential areas. There is a walk available in Oak Bluffs on Martha's Vineyard which is online stat box only. A list of ferry options can be found on our website. There are walk and bike routes available in the town of Sandwich. Just off the Cape there is a walk available in Plymouth, where the Pilgrim's landed after their pit stop in Provincetown. Information for all these walks is available on our website in the Cape Cod weekend brochure. Socially, there will be a meet and greet on Friday, May 19 from 6-8 p.m. at the Comfort Inn Hyannis, which is our host hotel. On Saturday, May 20, there will be a dinner buffet at Yarmouth House in West Yarmouth at 6:30 p.m.

Check out our website for registration info, costs, hotel information and contacts for any questions you may have. Pre-registration must be received by May 1 for the social events. We look forward to seeing friends old and new for our Cape Cod Weekend.

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 Special Program – Mayflower 400th Anniversary Walks

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



Walk all five Rhode Island counties

By Carol Endriss West

The Northeast Region's clubs are pulling together to bring out more walkers and support each other's efforts to put on appealing new events. Our regional director and deputy regional director have encouraged us to create incentives for exploring new areas of our region. A multi-event weekend took place last September in Buffalo/Niagara Falls. This year, there's a weekend on Cape Cod in May. (See article to left.)

And then there's Rhode Island, the smallest state in the country, which doesn't have a Volkssport club of its own. Over the years, Walk 'n Mass (WnM) and the Connecticut Valley Volkssport Club (CVVC) have separately hosted events in 14 of the 39 towns in the state. This year, the two clubs are partnering to introduce more walkers to the scenic beauty and historic interest of their neighboring state.

What is the Rhode Island County Program?

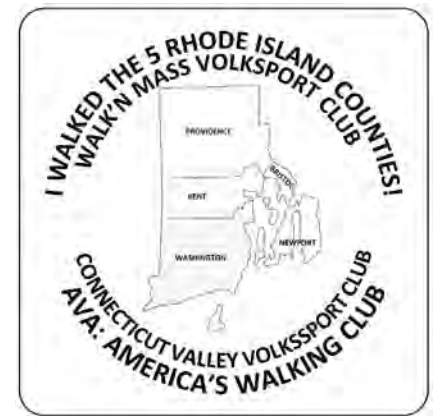
First, it is not an AVA Special Program, but rather a program co-sponsored by two clubs, WnM and CVVC. To complete the program, walkers must walk in each of the five counties, stamping (or pasting OSB stamp images) in their record books. The program fee is \$10, which includes the record book and an attractive, practical award that every walker could use: a blue lightweight cooling towel/scarf. The program starts April 1 and runs through December 31, 2024.

Why walk in such a wee state?

In his recent guidebook, *Rhode Island 39 Club*, Martin Podskoch notes Rhode Island's "incredible scope of history..., starting with the times before white settlers arrived in the 16th Century, when the Narragansett and other tribes dominated the lands, through to the state's great contributions in World War II." He touts the variety of restaurants that reflect the diversity of the state's immigrants. First to declare its independence from the Crown and the last colony to ratify the Constitution, Rhode Island is a fascinating place to explore. Here are just a few highlights of our Volkswalks in each county:

Providence (Providence County): historic homes, an impressive State House, Brown University, a delightful river walk, revitalized downtown, many fine restaurants.

Bristol (Bristol County): tree-lined streets laid out in the 1680s with red, white and blue stripes marking the country's oldest July 4th parade route, waterfront vista along a scenic recreation trail.



Rhode Island County Program: This program logo will be imprinted on the cooling towel/scarf award earned by those walking in all five counties of Rhode Island.

East Greenwich (Kent County): quaint historic village known for fishing and ship building, home of the western hemisphere's first Navy, with lots of eateries, plus a wooded walk through a state park.

Newport (Newport County): long history as a seafaring community, yacht-filled harbor, spectacular Gilded Age mansions, the famous Cliff Walk with its fabulous ocean vistas.

Block Island (Washington County): a three mile by seven mile pork chop-shaped island 12 miles (45 minutes by ferry) from the Rhode Island coast, full of old inns, ocean views, bluffs and a nature preserve.

Those working on AVA's Special Programs should note that lighthouses abound in the Ocean State, along both the Narragansett Sound and the Atlantic Ocean, and can be seen on all but the Providence walks. Not so visible are the places in Newport, Bristol, Providence and East Greenwich where George Washington and his French ally, the Comte de Rochambeau, left their imprints in the late 1700s (Washington-Rochambeau National Historic Trail).

For details on walks in Bristol, Newport and Providence, see WnM's website, walknmass.org; for information on East Greenwich and Block Island walks, go to ava.org/clubs/cvvc. For information on the Rhode Island County Program, contact Carol West at carol.west@sbcglobal.net.

If you prefer walking with others, check out CVVC's Saturday group walk schedule at avaclubs.org/cvvc/walkhome.html. We will walk East Greenwich as a group on May 27 at 9 a.m. and Block Island on June 3 at 1 p.m. (And if you would like to cross a tri-state border into Rhode Island and Massachusetts from Connecticut, join our group walk for the Thompson, Connecticut Seasonal walk on Saturday, October 14 at 9 a.m.). WnM also sponsors many group walks throughout the year; check their website.

Northeast Region *continued from page 19*

Special programs – Is it for you?

By Chris Yost

Many of the longer termed members of the Empire State Capital Volkssporters (ESCV) are quite familiar with special programs. I look at them as a way to explore walks from a different perspective which can take you to new areas whether local or across the country. Some special programs are sponsored by AVA: Appalachian Trail, Centurion (100 walks in a year), Walking in All 50 States/Capitals, Walking the USA A-Z. Others are sponsored by an individual Volkssporting clubs: Border Crossings (Michigan Pathfinders); Great Lakes, Great Fun, Great Fitness, Great Friendships (Washtenaw Wanderers); Rails-to-Trails (Colorado Springs Walking Club); Town Halls/City Halls (Peninsula Pathfinders); or Walking With America's Veterans (US Freedom Walk Festival Club), to name a few.



Rose Marie McLean was honored at the annual pizza party for completing the Walking in the United States (50 States/51 Capitals) Special Program during 2022. Photo by Chris Yost.

Many ESCV members have completed Walking in All 50 States and/or 51 Capitals, which can take many years to achieve and is a great accomplishment. These members are recognized each year at our annual pizza party. What a way to see the USA while getting fit too!

Some members join walking tour groups (i.e. Tater Tours, Walking Adventures International) to help complete a program. Others plan their vacations to certain locations to achieve completion or plan day trips or multi-day trips with friends who are working on the same special program. However you complete your program goal is up to you.

How do I change the name of a picture file?

Do you wonder what it means when the TAW editor sends you an email and asks you to rename your photo file? And why? Titling your photo file to match the title of your article makes it much easier for us to match them when importing them in the TAW layout. Here's how to rename a photo image.




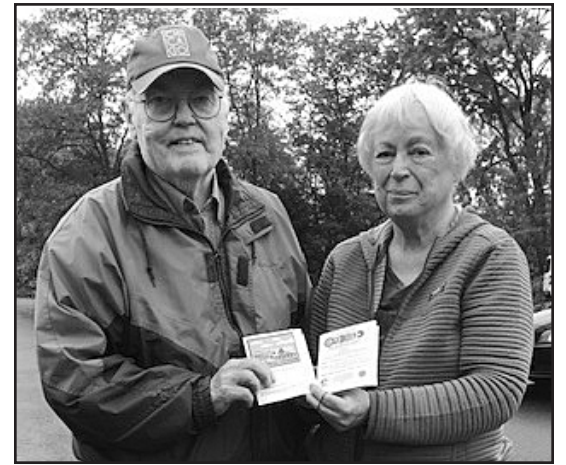
To rename an image:

Select a photo in your photo folder. Click any thumbnail or image from the list.
Right-click the first photo, and select Rename from the drop-down menu.
Type the new name for the file in the text box.
Click outside the text box (or press the Enter key) to lock in your change.

If your photos are on your phone, here's how to rename files:

How do I rename a photo on my phone?

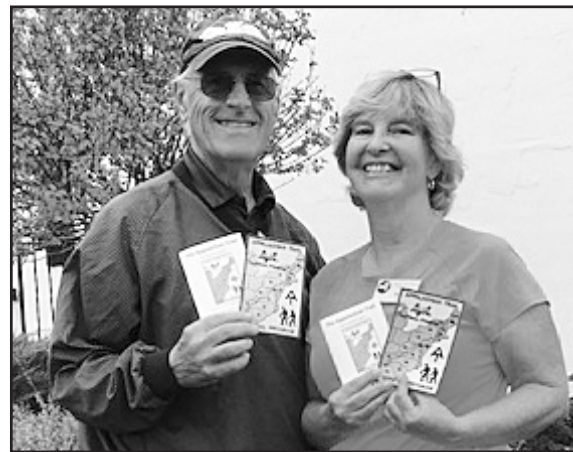
Open your File manager app, and find the Photo you just downloaded in the Downloads folder (Files by Google is the best option for this). Long press the image or video to select it (don't open it). Tap the three-dot menu, and choose Rename. 



Father Jack Cairns is working on the Town Halls/City Halls Special Program and Eileen Skinner is finding a great number of Walking With America's Veterans - enough for at least six books! Photo by Chris Yost.

Please refer to ava.org and look under Events to find special programs. You will see how each program is defined, the length of the program, and who to contact to obtain a book. By using my.ava.org and defining your sort criteria you can find walks which have been sanctioned for the program you wish to do, and where they are, to help you get started.

One of the newest AVA Special



Wayne Knapp and Kathy Mack are Walking the Appalachian Trail. Photo by Chris Yost.

sponsored programs as well. If you find a special program you would like to do, you may seek out people who do them to help you get started.

Set yourself a goal for 2023 if you wish, and try out a special program as a self-challenge. See walking in a new light. My goal for 2023 is to start the Lighthouse Special Program which began 1/1/23. I am hoping to take advantage of the Northeast Weekend in 2023 to get me started because it may include walks with lighthouses. Anyone else wanting to try this or another special program?

Programs is IVV-Americas. It began on December 1, 2022 and there is no ending date. Every single walk sanctioned with AVA qualifies. Details for this program are on the AVA website listed along with the other AVA Special Programs

The champions of Special Programs in ESCV are John (Father Jack) Cairns and Eileen Skinner as they frequently have done, not only AVA sponsored programs, but the individual club sponsored programs as well.



Linda Dunn recently completed the Walking the USA A-Z Special Program. Photo by Chris Yost.



Louise Remillard is working on the Centurion Achievement Challenge. Photo by Chris Yost.

TAW email: taw@ava.org

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

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Walk Around Florida 32: The Spirit of St. Pete

By Alice Lawrence, John McClellan, Catherine Metherell

Each fall, three central Florida clubs, the Happy Wanderers, Mid-Florida Milers and Suncoast Sandpipers, gather to hold a multi-event weekend, Walk Around Florida. This year, they will celebrate the 32nd Volkssport salute in spirited St. Petersburg during the weekend of October 27-29.

Once considered a part of “God’s Waiting Room,” a mocking if somewhat accurate perception of the area in the past, St. Petersburg has established itself as an art and restaurant destination not far from the Gulf of Mexico coast. Unlike other Florida metropolitan areas, city planners had laid out a series of beautiful waterfront parks unblocked by towering structures. Now the stunning Tampa Bay scenery is complemented by streets full of glittering sidewalk cafes, world famous museums featuring works of influential artists from Dali to Chihuly, and seven art districts — embellished with over 600 murals. Also within city boundaries are Sawgrass Lake Park, a swamp conservation area, and Boyd Hill Nature Preserve, a protected lake spot in the city’s heart.



Artist James Bullough at work during St. Petersburg’s SHINE® Mural Festival. The event takes place every October. Photo by Michelle Devlin.

The challenge to WAF32’s host club, the Sandpipers, will be to limit itself to four walks!

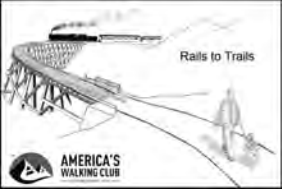
Accommodation and dining negotiations are underway. Look for the registration brochure July 1, posted on suncoastsandpipers.org and facebook.com/WAF32. For more info, contact Alice Lawrence at 727-542-9742, pipers@tampabay.rr.com.

*There comes . . . a longing never to travel again
except on foot.*

~ Wendell Berry, Remembering

AVA Special Program – Rails-to-Trails

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



Come to Cleveland

There’s an exciting new walk on October 14 walking over the Guardian Bridge, which is the new name of the baseball team. This walk starts at Renaissance Hotel and will be a different route from the Year Round that starts at the same location. This Saturday walk will take you over the bridge for some fantastic views and by historic Westside Market, market district and the flats. Bring those cameras plus get a great shot of the lighthouse!

While there spend the weekend and do the Cleveland Cultural walk with three options. The cemetery option takes you by fantastic history including the latest statue made into a jukebox in memory of Rock and Roll Friedman. The \$7 million dollar mosaic by Tiffany in the mausoleum is a must see. The President Garfield monument at this site is also a fantastic display of mosaics.

If you are driving in from the east, stop at Conneaut at the Truck World to pick up the information for the walk and drive a few miles to start. There you can get credit for the new AVA Lighthouse Special Program, Veterans, and Par for the Course.

In addition there are walks in Wooster, Berea, Kent, Orrville and Mansfield to get those special programs. One hotel reservation for a few days to obtain eight walks. Valley Vagabonds hope to see you soon!

Rivers, mountains and school

By Dennis Michele

Mark your calendars now so you won’t miss the Asheville Amblers Traditional events October 7-9, in the beautiful mountains of western North Carolina. The walks will center on the town of Murphy with its quaint downtown and the two rivers which meet there. The Valley and Hiwassee Rivers converge there to form a quiet and peaceful area to walk and enjoy nature especially the fall colors which should be in full force. A well-marked trail including natural surfaces and wooden boardwalks with scenic overviews follows the rivers. A short portion includes the shops and sights of downtown Murphy. Both a 5k and 10k option will be available.

arts and crafts. You can actually go into the classrooms and observe what is being taught. Who knows, you may even take part. But it’s not just a walk through the school. It also includes scenic trails where you will see wooden carvings, a gently flowing river and, again, the delightful colors of fall foliage.

Murphy will act as the start location for all walks with driving instructions provided to Pine Knob and Campbell. For more details, check out the downloadable brochure at the Ambler website, ashevilleamblers.com.

Want a more woody nature trek to enjoy the surrounding mountains resplendent on fall colors, then you’ll be able to enjoy the mountain trails of the Piney Knob Trails. Enjoy the solitude and peace as you walk along these two distinct trails, one for the 5k option and the other for the 10k option. It’s an easy drive from Murphy.

While not part of this weekend, the Amblers want to announce the opening of a new bike YRE in Morganton, North Carolina. The ride follows the Catawba River as it winds its way to an ultimate merge with the ocean. The route has only a few minor hills and is an easy ride. Carry peanuts to pay ransom to the squirrels you meet in the route. Bike rentals are available at the start point, Miracle on the Greenway, 351 Sanford Drive, Morganton, North Carolina.

Finally, you will walk the Campbell Folk School with its many classrooms featuring the instruction of traditional

AVA: America’s Walking Club!

March 2023



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

AVA: America's Walking Club!



Linda Goodman with Dolly and Michael Marke with Rudy stop for a picture in front of the Joseph Zimmerman Hiis (house) built in 1848 and along the 2022 Tour de Castroville, Texas Walk trail. Photo by Martin Callahan.



Gila Cliffs National Monument, New Mexico.



Lake Cunningham, Nebraska.



Green Lakes near Bend, Oregon.



Louisiana Explorers enjoy dinner in Morgan City, Louisiana.



Log courthouse built in 1796 in Waynesburg, Pennsylvania.

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

4/1/23 GW Fair Oaks Myrna Jackson 916-481-6714
Sacramento Walking Sticks mjacks01940@yahoo.com

COLORADO

4/1/23 W Pueblo Russ Kester 719-641-9107
Falcon Wanderers Ruke1156@comcast.net
4/22/23 W Colorado Springs Carol Kinate 719-648-9015
Falcon Wanderers kinatec@aol.com
8/5/23 W Woodland Park Felicia Stanton 303-807-4973
Falcon Wanderers feliciastanton@comcast.net
9/9/23 W Peyton Bev Watry 719-359-7233
Falcon Wanderers yellowrosesnov@msn.com

DISTRICT OF COLUMBIA

5/13/23 W Washington, D.C. Dolores Grenier 703-209-0174
U.S. Freedom Walk Festival Club info@USFreedomWalk.org

FLORIDA

4/22/23 GW Jacksonville Diana Sherrill 904-608-4689
First Coast Trail Forgers Walking Club diana.sherrill3@gmail.com
5/13/23 GW Jacksonville Diana Sherrill 904-608-4689
First Coast Trail Forgers Walking Club diana.sherrill3@gmail.com
6/3/23 GW Jacksonville Diana Sherrill 904-608-4689
First Coast Trail Forgers Walking Club diana.sherrill3@gmail.com

GEORGIA

4/22/23 W Helen Rod Powell 850-637-1876
Perdido Key Volksmarch Club roderick.2002@yahoo.com

IOWA

4/22/23 TGW Neola Tressa Brooner 712-314-0921
Nebraska Wander Freunde Trailblazers treerb@yahoo.com
9/15-17/23 W Le Mars Butch Spaulding 712-435-0815
Nebraska Wander Freunde Trailblazers bs1preznwft@aol.com

ILLINOIS

4/1/23 GW Oakwood Kimberly Bradley 217-778-1718
Ridgewalkers Walking Club kimibradley@comcast.net
4/30/23 W Belleville Diane Prost 256-527-3377
Illinois Trekkers Volkssport Club diaprost@sisna.com
9/9/23 W Genoa Carolyn Tobinon 815-761-4660
Kishwaukee Valley Wanderers kvwanderers@gmail.com

INDIANA

4/15/23 W Martinsville Teena Ligman 812-279-5547
Bedford Hiking Club tdligman@att.net
4/29/23 TGW Versailles Terry Elser 260-438-8975
Indiana Volkssport Assn. elserfam@frontier.com
5/6/23 TGW Carmel Jim Blessing 317-848-7278
Indy 'G' Walkers jasbless@gmail.com
6/17/23 TGW Peru Cliff Terry 317-776-1848
Indiana Volkssport Assn. cfferry@sbcglobal.net
7/1/23 TGW Indianapolis Cliff Terry 317-776-1848
Indy 'G' Walkers clifferry@sbcglobal.net
7/22/23 TGW Nashville Terry Elser 260-438-8975
Indiana Volkssport Assn. elserfam@frontier.com
10/14/23 TGW Winamac Terry Elser 260-438-8975
Indiana Volkssport Assn. elserfam@frontier.com

KANSAS

5/6/23 W Leavenworth Rick Dodson 913-240-5302
Kansas JayWalkers rdodson@kc.rr.com

MASSACHUSETTS

4/1/23 GW Holliston Beate Hait 508-429-3564
Walk 'N Mass Volkssport Club beateh1@aol.com
5/20-21/23 GW Hyannis Beate Hait 508-429-3564
Walk 'N Mass Volkssport Club beateh1@aol.com

MARYLAND

4/1/23 W Fulton John Dye 410-290-6510
Columbia Volksmarch Club johndye@comcast.net
4/15/23 W Rockville Jeff Giddings 240-753-0119
Seneca Valley Sugarloafers jhgiddings@gmail.com
4/29/23 W Laurel Robert Wolfe 301-523-6098
Freestate Happy Wanderers rwwolfe61@comcast.net
5/17/23 NW Greenbelt Y. Pennington 301-431-6668
Great Greenbelt Volksmarchers, Inc. yastill@comcast.net
6/3/23 W Columbia John Dye 410-804-8053
Columbia Volksmarch Club johndye@comcast.net
6/10/23 W Millersville Bill Hassell 410-437-2164
Freestate Happy Wanderers wahasse1798@verizon.net
6/21/23 NW Greenbelt Yvonne Astill 301-431-6668
Great Greenbelt Volksmarchers, Inc. GreenbeltMVA@gmail.com
6/24/23 W Silver Spring Darla Fera 301-651-1875
Seneca Valley Sugarloafers dmfera@starpower.net
7/19/23 NW Greenbelt Yvonne Astill 301-431-6668
Great Greenbelt Volksmarchers, Inc. GreenbeltMVA@gmail.com
8/16/23 NW Greenbelt Yvonne Astill 301-431-6668
Great Greenbelt Volksmarchers, Inc. GreenbeltMVA@gmail.com
9/20/23 NW Greenbelt Yvonne Astill 301-431-6668
Great Greenbelt Volksmarchers, Inc. GreenbeltMVA@gmail.com
9/30/23 W Frederick Jone Parr 301-385-0054
Seneca Valley Sugarloafers jone.p@comcast.net
10/7/23 W Elkridge John Dye 410-290-6510
Columbia Volksmarch Club johndye@comcast.net
10/8/23 GW Greenbelt Y Pennington 301-431-6668
Great Greenbelt Volksmarchers, Inc. greenbeltmva@gmail.com
10/21/23 W Kentlands Dave Fenster 301-520-6507
Seneca Valley Sugarloafers rockpic001@gmail.com
11/4/23 W Patuxent Res Refuge Y Pennington 301-431-6668
Great Greenbelt Volksmarchers, Inc. greenbeltmva@gmail.com

MICHIGAN

4/22/23 TGW Northville Rob Weaver 616-745-9627
Washtenaw Wanderers Volkssporting Club gone2run@gmail.com
9/4/23 W Mackinaw City Tom Crabill 260-409-1659
Michigan Pathfinders tjcrabill@gmail.com

MINNESOTA

4/19/23 W Camp Ripley Bonita Johnson 763-229-3584
Lake Country Wanderers bonjohn@comcast.net
4/22/23 W St Paul Rita Holland 763-232-9878
Twin Cities Volkssport 10ritaholland@gmail.com
5/6/23 W Mankato Bonnie Johnson 763-229-3584
Lake Country Wanderers bonjohn@comcast.net
5/13/23 W Little Canada Ken Johnson 651-774-9607
Twin Cities Volkssport johnsonck@centurylink.net
5/20/23 W Lynd, Camden State Park Wayne Heath 651-249-8886
5/21/23 W Curri, Lake Shetek State Park NorthStar Trail Travelers
wvheath76@gmail.com
6/24/23 W Woodbury Ken Johnson 651-774-9607
Twin Cities Volkssport johnsonck@centurylink.net
7/15/23 W Caledonia, Beaver Crk Val SP Wally Swanson 507-380-4106
7/16/23 W Winona, Great Riv Bluffs SP NorthStar Trail Travelers
dendroica55@gmail.com
9/9/23 W Maplewood Wayne Heath 651-249-8886
Twin Cities Volkssport wvheath76@gmail.com
9/23/23 W Sunrise, Wild River State Park Donna Seline 612-402-5016
9/24/23 W Almelund, Wild River St Pk NorthStar Trail Travelers
mnavolksmarcher@earthlink.net
10/7/23 GW St Paul Paul Stachour 952-884-5977
Twin Cities Volkssport PStachour@acm.org
10/21/23 GW Bloomington Peter Cartwright 612-850-4700
NorthStar Trail Travelers peterscartwright@gmail.com

MISSOURI

4/22/23 W Aurora Glen Conyers 417-434-0977
Dogwood Trailblazers glenconyers@sbcglobal.net
5/20/23 W St Louis Cindy Stucky 636-208-3425
Gateway Milers NFP clstucky8890@gmail.com
9/9/23 W Joplin Glen Conyers 417-434-0977
Dogwood Trailblazers glenconyers@sbcglobal.net

Events *continued from page 23*

NEBRASKA

4/1/23	W	Omaha	Lori Anderson	402-590-7061
		Nebraska Wander Freunde Trailblazers	sandyspauld@yahoo.com	
5/13/23	W	Lake Cunningham	Joyce Sobczyk	712-435-0815
		Nebraska Wander Freunde Trailblazers	jasobczyk@yahoo.com	
5/20/23	W	Chadron	Kerri Rempp	308-432-3006
		Nebraska Wander Freunde Trailblazers	director@discoverwnebraska.com	
10/7/23	W	Omaha	Dave Brown	402-590-7061
		Nebraska Wander Freunde Trailblazers	smackdb5@hotmail.com	
11/4/23	W	Omaha	Jill Champley	402-681-6745
		Nebraska Wander Freunde Trailblazers	jillchampley@cox.net	
12/9/23	NW	Omaha	Larry Boehm	402-393-5697
		Nebraska Wander Freunde Trailblazers	lboehm@cox.net	

NEW YORK

5/3/23	W	Saratoga Springs	Linda Morzillo	518-584-7762
		Empire State Capital Volkssporters	morzillolinda@gmail.com	
5/10/23	W	Albany	Linda Dunn	518-541-3802
		Empire State Capital Volkssporters	lindatdunn@gmail.com	
5/17/23	GW	Greenwich	Karin Berzins	719-510-2707
		Empire State Capital Volkssporters	karin3246@yahoo.com	
5/24/23	GW	Troy	Lynne Ross	518-268-0373
		Empire State Capital Volkssporters	rlynn097@gmail.com	
5/31/23	W	Colonie	Deborah Artcangelis	514-239-248
		Empire State Capital Volkssporters	dmdarcang@gmail.com	
6/7/23	GW	Amsterdam	Barbara Bilins	518-209-2541
		Empire State Capital Volkssporters	travlinbarb@hotmail.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	
7/12/23	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	2-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	

OHIO

4/1/23	W	New Carlisle	Connie Bost	937-399-9204
		Tecumseh Trailblazers	beacon811@yahoo.com	
5/13/23	W	Strongsville	Deva Simon	440-915-0161
		Valley Vagabonds, Inc.	deval17@aol.com	
5/27/23	W	Cedarville	Carol Yegerlehner	937-878-8381
		Xenia Walking Club	klockhaus@aol.com	
5/29/23	W	New Bremen	Dawn Gruber	937-409-6975
		Ohio Wander Freunde	dgruber333@aol.com	
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	
8/19/23	W	Huber Heights	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	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	
12/2/23	W	Dayton	Dawn Gruber	937-409-6975
		Ohio Wander Freunde	dgruber333@aol.com	

OKLAHOMA

4/15/23	W	Cleveland	Teresa Arnold	918-630-3206
		Tulsa Walking Club	arnoldtea@hotmail.com	
5/20/23	W	Owasso	Teresa Arnold	918-630-3206
		Tulsa Walking Club	arnoldtea@hotmail.com	

OREGON

4/2/23	GW	Beaverton	Carolyn Smith	971-340-6049
		Cedar Milers	carolyn.j.smith@comcast.net	
4/15/23	W	Jefferson	Donald Reed	541-974-5780
		Albany Fitwalkers	donreed1946@yahoo.com	
5/16/23	TGW	Albany	Donald Reed	541-974-5780
		Albany Fitwalkers	donreed1946@yahoo.com	
5/30/23	TGW	Thompsons Mill	Donald Reed	541-974-5780
		Albany Fitwalkers	donreed1946@yahoo.com	
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	
6/20/23	TGW	McDowell Creek	Donald Reed	541-974-5780
		Albany Fitwalkers	donreed1946@yahoo.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	Albany Fitwalkers	
		donreed1946@yahoo.com		

7/29/23	W	Shotgun Creek	Donald Reed	541-974-5780
		Albany Fitwalkers	donreed1946@yahoo.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	
9/19/23	TGW	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

4/6/23	TGW	Bristol	Bill Ridge	215-767-5079
		Liberty Bell Wanderers	billri12@yahoo.com	
4/22/23	W	New Freedom	James Farley	410-638-7043
		Baltimore Walking Club	farleyfam@comcast.net	
5/13/23	W	Newport	Marcy Lucas	717-979-3960
		Susquehanna Rovers Volksmarch Club	lucas_mj@hotmail.com	

SOUTH CAROLINA

4/7/23	W	Greenville	Robert McDaniel	864-505-5051
		The Upstate Pathfinders	mcdanielr99@yahoo.com	

SOUTH DAKOTA

9/22-24/23	W	Ipswich	Gary Lofswold	757-508-2537
9/22-24/23	W	Selby	Prairie Wanderers Volkssport Club	
9/22-24/23	W	Herreid	gel_601@hotmail.com	
9/2-24/23	W	Leola		
9/22-24/23	W	Faulkton		
9/22-24/23	W	Gettysburg		

TEXAS

4/1/23	W	Castroville	Mike Schwencke	210-382-0367
		San Antonio Pathfinders	mike.schwencke@outlook.com	
4/8/23	W	Westworth Village	Brooke Hudson	817-944-5191
		Tarrant County Walkers	brooke_hudson@hotmail.com	
4/22/23	W	Lewisville	Helen Hull	972-530-1026
		Dallas Trekkers, Inc.	helenthehun@yahoo.com	

VIRGINIA

4/8/23	W	Richmond	Chris Kelly	804-909-9916
		Lee Lepus Volksverband	ce_kelly@comcast.net	
4/22/23	W	Burke	Sandy Koontz	703-867-1073
		Northern Virginia Volksmarchers	shkrkg@gmail.com	
10/20-22/23	B	Arlington	Dolores Grenier	703-209-0174
10/20-22/23	S	Arlington	U.S. Freedom Walk Festival Club	
10/20-20/23	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	Pam Bowers	757-869-6116
12/9-10/23	W	Peninsula Pathfinders of Virginia	pbb6116@gmail.com	

Events continued from page 24

WASHINGTON

4/8/23	W	Seattle Emerald City Wanderers	Jane Clark jane3883@gmail.com	206-920-2544
4/15/23	W	Tacoma Evergreen Wanderers	Elis Wittenberg ewittenberg@wamail.net	253-208-1868
4/21-23/23	W	Columbia National Wildlife Ref Four-Plus Foolhardy Folks	Cheri Overman cgeosite@gmail.com	253-709-7835
4/25/23	TGW	Tumwater Capitol Volkssport Club	Cheryl Bush bikecb@aol.com	303-548-0788
4/29/23	W	Lacey Capitol Volkssport Club	Pam Davis greigenterprises@msn.com	360-790-9733
4/30/23	W	Eatonville Capitol Volkssport Club	Pamela Gr-Davis greigenterprises@msn.com	360-790-9733
5/7/23	W	Spokane Lilac City Volkssport Assn.	Allan Heritage agheritage@hotmail.com	360-904-7236
5/20/23	W	Seattle FS Family Wanderers	Michelle Roberts michellero1956@gmail.com	206-552-1775
6/10/23	W	Bainbridge Island Interlaken Trailblazers Volkssport Club	Katie Sell aclayjar@gmail.com	425-753-1772
6/24/23	GW	Mountlake Terrace Sound Steppers Volkssport Club	Neil Smith neil.smith@comcast.net	206-214-5274

7/4/23	GW	Seattle Emerald City Wanderers	Mike Nagan m.nagan@comcast.net	206-851-2101
7/4/23	W	Vancouver Vancouver USA Volkssporters	Burt Paynter walkeriii@comcast.net	360-798-8485
7/15/23	W	Milton Sea-Tac Volkssports Club	Frances Carson fran55carson@gmail.com	206-788-7969
9/2/23	W	Seattle Emerald City Wanderers	David Madsen dmadsen@seattleu.edu	206-789-1960
9/30/23	W	Bow Four-Plus Foolhardy Folks	Bill Campbell kayzeta@gmail.com	253-709-8444
10/28/23	W	Carnation Emerald City Wanderers	Fran Carson fran55carson@gmail.com	206-788-7969
12/31/23	NW	Seattle Emerald City Wanderers	Mike Nagan m.nagan@comcast.net	206-851-2101
1/1/24	W	Seattle Emerald City Wanderers	Mike Nagan m.nagan@comcast.net	206-851-2101

WISCONSIN

10/7/23	W	Madison Madison Area Volkssport Assn.	Russell Crane rwcra1926@charter.net	608-244-6583
11/4/23	W	Madison Madison Area Volkssport Assn.	Jerry Wilson jpatw4@gmail.com	608-695-6449

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.

IVV EVENT AWARDS

30 Events

Milburn	Ruth	Houston	TX
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50 Events

Gage	Dennis	Longview	TX
Hecox	Tom	Fayetteville	AR
Roe	Loretta	Colo Springs	CO

75 Events

Anderson	Curtis	Clarksville	TN
Anderson	Teresa	Clarksville	TN
Boy	Sheri	Whitewood	SD
Cato	Judy	Richardson	TX
Paulson	Kimberly	Bainbridge Isl	WA
Ramsey	David	Houston	TX

100 Events

Cieslak	Rebecca	Portland	OR
Ice	Jonathan	Cedar Rapids	IA
Music	Cynthia	Lafayette	IN
Smart	Diana	Midland	TX

125 Events

Blankenship	Harold	McMinnville	OR
Howard	Nancy	Ypsalanti	MI
Klimaszewski	Richard	Anderson	SC
Klimaszewski	Pat	Anderson	SC

150 Events

Boyce	Sally	Seattle	WA
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175 Events

Leshner	Marcella	Hendersonville	NC
Leshner	Mark	Hendersonville	NC

200 Events

Aguirre	Nelli	Kyle	TX
Kaufman	Karen	Camden	WY
Leshner	Mark	Hendersonville	NC
Leshner	Marcella	Hendersonville	NC

225 Events

Leshner	Marcella	Hendersonville	NC
Leshner	Mark	Hendersonville	NC

Overman	Cheryl	Lawton	OK
Parr	Donna	Gaithersburg	MD
Thon	Patricia	Kansas City	MO
Watson	John	Slingerlands	NY

250 Events

Partlow	Alice	DeLand	FL
Steele	Donna	Hillsboro	OR

275 Events

Hiatt	Janice	Tulsa	OK
Miller	Ila	Aladdin	WY
VanSant	Karen	Huntsville	AL
Williams	Christine	Elk Grove	CA

300 Events

Beisser	Robert	Toledo	OH
Dieterich	William	San Antonio	TX
Hiatt	Janice	Tulsa	OK
Howle	Elaine	China Grove	NC
Manfredi	John	Belleville	IL
Miller	Ila	Aladdin	WY
Prost-Domasky	Janine	Florissant	MO
Schultz	Kathleen	Janesville	WI
VanSant	Karen	Huntsville	AL

325 Events

Dieterich	William	San Antonio	TX
Howle	Elaine	China Grove	NC
Linnebur	Michael	San Antonio	TX
Manfredi	John	Belleville	IL
Miller	Ila	Aladdin	WY
Witzel	Carrie	Quartzite	AZ

350 Events

Dieterich	William	San Antonio	TX
Hosler	Barbara	Littleton	CO
Manfredi	John	Belleville	IL
Miller	Ila	Aladdin	WY
Tucker	Jeanne	Arvada	CO

375 Events

Bergt	Joann	Tulsa	OK
MacLeish	Margie	Wyoming	DE
Winton	Leslie	Tualatin	OR

400 Events

Hinkle	Rebecca	Molino	FL
MacLeish	Margie	Wyoming	DE
Winton	Leslie	Tualatin	OR

425 Events

Kresnicka	Ronald	Green Valley	AZ
MacLeish	Margie	Wyoming	DE
Otto	Catherine	Vancouver	WA

450 Events

Brown	James	Latham	NY
MacLeish	Margie	Wyoming	DE
Otto	Catherine	Vancouver	WA
Price, Jr.	Scott	Perrysburg	OH
Romay	Ronald	Washington	MO
Suchodolski	Jack	Seminole	FL

475 Events

Andrews	Alison	Laytonsville	MD
Brown	James	Latham	NY
MacLeish	Margie	Wyoming	DE
Masterson	William	Dayton	OH

500 Events

MacLeish	Margie	Wyoming	DE
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525 Events

Damiani	Roy	Sagamore Bch	MA
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550 Events

Damiani	Roy	Sagamore Bch	MA
Gillette	Terri	Waynesville	MO
McDaniel	Robert	Greenville	SC
Suchodolski	Mary	Seminole	FL

575 Events

Erickson	R Paul	Maitland	FL
Galloway	Debra	Austin	TX
Hendricks	Jeffrey	Rapid City	SD
Lawrence	Vernon	Lancaster	OH
Schwencke	Mike	San Antonio	TX

600 Events

Brown	Troy	Federal Way	WA
Erickson	Paul	Maitland	FL
Green	Tamara	Greenville	OH
Metherell	Cathy	Orlando	FL
Schwencke	Mike	San Antonio	TX
Watson	Karen	Slingerlands	NY

650 Events

Perkins	Jerry	Waring	TX
Talpey	Carol	Kerrville	TX

700 Events

Thiebes	George	New Port Richey	FL
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750 Events

Heidt	Deborah	Centerville	OH
Hilde	Bob	Kent	WA

800 Events

Bolander	Rebekah	Lebanon	MO
Merenda	Martha	Rockville	MD
Webert	Sue-Lon	Vashon	WA

850 Events

Webert	Sue-Lon	Vashon	WA
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900 Events

Damiani	Patricia	Sagamore Bch	MA
Messing	Kay	Bainbridge Isl	WA
Roberts	Michelle	Seattle	WA

950 Events

Alton	Susan	San Antonio	TX
Blazek	Lynn	Ellensburg	WA
Buller	Ann	Oswego	IL
Buzolich	Robert	S Bend	IN
Noonan	Susan	San Antonio	TX
Schneeman	Thomas	Oswego	IL
Sell	Katie	Bellevue	WA

IVV Event Awards

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1000 Events

Alton Susan San Antonio TX
 Bonewitz Joel Louisville TN
 Brinker Patricia Rock Island IL
 Buzolich Robert S Bend IN
 Crabill Tom Coldwater MI
 Crabill Sandy Coldwater MI
 Ives John San Antonio TX
 Schepps Elizabeth Alexandria VA
 Schepps Madison Alexandria VA

1050 Events

McClellan Sheila Port Orange FL
 Watts Peggy Ames IA

1100 Events

McClellan Sheila Port Orange FL
 Shrive Becky Seminole FL
 Vannienwenhove Gerald Lady Lake FL

1150 Events

Belts Tamara Bellingham WA
 Mighells Diana Anderson MO
 Shrive Becky Seminole FL
 Thomas Retha Joplin MO

1200 Events

Belts Tamara Bellingham WA
 McGregor Barbara Minneapolis MN

1250 Events

Banton Andrew Olathe KS
 Daskam Danielle Enumclaw WA
 Mongeon Thomas Sterling MA

1300 Events

Bope Harriet Dayton OH
 Daskam Danielle Enumclaw WA

1350 Events

Daskam Danielle Enumclaw WA

1400 Events

Hines Cynthia Tulsa OK

1450 Events

Giddings Jeffrey Rockville MD
 Gries Mary Ann Glen Allen VA

1500 Events

Ogur Sherry Mountlake Terrace WA

1600 Events

Parr Ward Rockville MD

1700 Events

Kuschke William Buda TX

1800 Events

Hirsch Rosemarie Lakewood WA
 Pollard John Fayetteville NC
 Ponse Hans Woodbridge VA
 Swab Donald Tacoma WA

1900 Events

Hirsch Rosemarie Lakewood WA
 Marlar Bart Oak Point TX
 Piffat Joseph Danvers MA
 Piffat Barbara Danvers MA

2000 Events

Brown Molly Honolulu HI
 Brown Mark Honolulu HI
 Hirsch Rosemarie Lakewood WA

2100 Events

Brown Mark Honolulu HI
 Brown Molly Honolulu HI
 Derheim David Columbia MD
 Nuss Barbara Sacramento CA

2200 Events

Cordes Carl N Las Vegas NV
 Mukasa Carol Seattle WA
 Thurber Carolyn Derwood MD

2500 Events

Buehrer Barbara Kansas City MO

2700 Events

Yother Leslie Leavenworth KS

2800 Events

Simmons Howard Vacaville CA

3000 Events

Goodman Linda Universal City TX

3300 Events

Vik Jean Corona CA

3400 Events

Heller Patricia Schertz TX
 Vik Jean Corona CA

3500 Events

Heller Patricia Schertz TX

3600 Events

Heller Patricia Schertz TX

3700 Events

Heller Patricia Schertz TX

3800 Events

Gowin Monica Prince George VA
 Heller Patricia Schertz TX

3900 Events

Heller Patricia Schertz TX

4000 Events

Heller Patricia Schertz TX

4200 Events

Chazen Martin Manassas VA
 Penta Maureen Long Branch NJ

4300 Events

Jackson Thomas Biglarville PA

4600 Events

Finnegan Steven Hillsboro OR
 Hendricks Beth Rapid City SD

4700 Events

Finnegan Steven Hillsboro OR
 McTaggart Marilyn Centerville OH

5299 Events

Beamer Raymond Cascade CO

5800 Events

Yother Lucy Leavenworth KS

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.



America's Walking Club - Associate Membership Form



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

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

Lifetime Member

Lifetime Membership Fees

Please check according to your age: 1-29/\$500 30-39/\$450 40-49/\$400
 50-59/\$350 60-69/\$300 70+/\$250

Includes 15% off convention package and most purchases.

Year of Birth (needed for pricing) _____

Lifetime Membership may be paid in two (2) monthly installments. Please check the option(s) below:

- Please add my spouse or friend for a one time fee of \$100 (same address)
- Enclosed is my first payment Enclosed is my payment in full
- Please charge my credit card In full In 2 installments

Individual and Family/Friend

Associate Membership Fees

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

Includes 10% off convention package and most purchases.

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

I would like to receive my TAW newspaper by:

_____ paper _____electronic _____I do not wish to receive the TAW

Do not share my information.

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

Card number _____ Expiration ____ / ____ CVC Code ____

Signature _____ (on back of card)

GroupWorks referral/Name of club _____ Club # _____

Please send my membership packet to:

Your Name _____

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

Spouse/Friend's Name _____

(for Family/Friend membership or paid Lifetime Spouse/Friend membership only)

Family/Friend Members _____

(for Family/Friend membership only)

Address _____

City _____ State ____ Zip _____

Phone _____

Email Address _____

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

IVV DISTANCE AWARDS

500 KM

Gage Dennis Longview TX
 Maffei Bill Carmichael CA
 Milburn Ruth Houston TX
 Warnock Doretta Frankford DE

1000 KM

Cieslak Rebecca Portland OR
 Hecox Tom Fayetteville AR
 Music Cynthia Lafayette IN
 Ramsey David Houston TX

1500 KM

Hlaban Lori Beaufort SC
 Johnson Keith Port Orchard WA
 Johnson Keith Port Orchard WA

2000 KM

Bergt Joann Tulsa OK
 Lesher Marcella Hendersonville NC
 Lesher Mark Hendersonville NC
 Overman Cheryl Lawton OK
 Steele Donna Hillsboro OR
 Sturgess John Independence MO
 Witzel Carrie Quartzite AZ

2500 KM

LeClair Susan Simpsonville SC

3000 KM

Erlenbush Linda Freeburg IL
 Hiatt Janice Tulsa OK
 MacLeish Margie Wyoming DE
 Miller Ila Aladdin WY
 Tucker Jeanne Arvada CO

3500 KM

Hinkle Rebecca Molino FL
 Hlaban Thomas Beaufort SC
 Howle Elaine China Grove NC
 Le Van Leon San Antonio TX
 Le Van Elizabeth San Antonio TX
 MacLeish Margie Wyoming DE
 Miller Ila Aladdin WY

4000 KM

Gross Jim La Crosse IN
 Heath Wayne Woodbury MN
 Price Scott Perrysburg OH
 Winton Leslie Tualatin OR

4500 KM

Otto Catherine Vancouver WA
 Schwencke Mike San Antonio TX

5000 KM

Dieterich William San Antonio TX
 Metherell Cathy Orlando FL

5500 KM

Bolander Rebekah Lebanon MO
 Cramer Elizabeth Brookville OH
 Dalle-Ave Margaret Bloomington IN
 Gately Christina Wilmington NC
 Lawrence Vernon Lancaster OH
 Penta Maureen Long Branch NJ

6000 KM

Damiani Roy Sagamore Beach MA
 Erickson Paul Maitland FL
 Extine Mike Olympia WA
 Romay Ronald Washington MO

6500 KM

Hendricks Jeffrey Rapid City SD

7000 KM

Ives John San Antonio TX

7500 KM

Hilde Bob Kent WA
 Jewett Patricia Portland OR
 Roberts Michelle Seattle WA
 Webert Sue-Lon Vashon WA

8000 KM

Jewett Patricia Portland OR
 Schmidt Andrew New York NY
 Webert Sue-Lon Vashon WA

9000 KM

Bonewitz Joel Louisville TN
 Thiebes George New Port Richey FL

10000 KM

Buller Ann Oswego IL
 Buzolich Robert S Bend IN
 Crabill Tom Coldwater MI
 Crabill Sandy Coidwater MI
 Damiani Patricia Sagamore Bch MA
 Schneeman Thomas Oswego IL

11000 KM

Church Bonnie Gladstone OR
 Shrive Becky Seminole FL

12000 KM

Belts Tamara Bellingham WA
 Giddings Jeffrey Rockville MD

13000 KM

Bope Harriet Dayton OH

14000 KM

Severtsen Sandi Shoreline WA

15000 KM

Gries Mary Ann Glen Allen VA
 Johannesen Diane Sundance WY

17000 KM

Pollard John Fayetteville NC
 Ponse Hans Woodbridge VA
 Silkworth Gary Euless TX

18000 KM

Hirsch Rosemarie Lakewood WA

19000 KM

Hirsch Rosemarie Lakewood WA
 Mukasa Carol Seattle WA

20000 KM

Dehetre Susan Waldorf MD

21000 KM

Cordes Carl N Las Vegas NV
 Garamone Helen Alexandria VA

22000 KM

Barton Fred Tucson AZ

30000 KM

Swab Donald Tacoma WA

40000 KM

Botula Susan Belleville IL
 Chazen Martin Manassas VA
 Meeks Dwight Beaverton OR
 Meeks Sheila Beaverton OR

50000 KM

Finnegan Steven Hillsboro OR
 Heller Patricia Schertz TX

55000 KM

Heller Patricia Schertz TX

60000 KM

Heller Patricia Schertz TX



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.

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.

AMERICA'S WALKING CLUB

ESTABLISHED 1976

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.




Rocky Mountain Region

DRD, TBA
rm_rd@ava.org



Steve Sandridge, Director
rm_rd@ava.org

Movers and shakers

By Frank Sayers

January 14 dawned cold and bright. Little did the day know it would be up to 60 by early afternoon. Twenty-two brave walkers would venture out into the bright Colorado sun, braving the snow on the ground and ice on the path to participate in a Falcon Wanderers/Rocky Mountain Wanderers Friendship Walk Event. Oh, and the bikers — packs of bikers.




In a single, historic move, all the presidents of all the clubs in Colorado were together in one place. In the picture from left to right: Terry Lunghofer, president of the Falcon Wanderers; Cecelia Lutz, president of the Rocky Mountain Wanderers; Frank Sayers, president of the Woodland Wanderers; and Sherry Sayers, president of the Colorado Springs Walking Club. Together, these four individuals have formed a significant bond to preserve Volksmarching in the Rocky Mountain Region.

We all work tirelessly hosting events in all areas of the state, conducting friendship walks at each other's YRE events, allowing the Falcon Wanderers' discount Blue Tickets to be used for all our events, planning events together so resources are combined, carefully resurrecting old trails that were always interesting and sharing our knowledge. These are the movers and shakers of Colorado.

The Rocky Mountain Region has much to offer for your walking pleasure in 2023. There are 99 events already sanctioned and more coming that are still in the planning stages, including the Tracy Vsetecka Memorial Event in July, a triumvirate of events in the south central mountains in the early fall, and a John Denver memorial in Aspen. We are making strides to make it happen — no pun intended!

Come visit Colorado and the Rocky Mountain Region this year. You will have the time of your life! 🚶🏻‍♂️



AMERICA'S WALKING CLUB
— ESTABLISHED 1976 —

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AVA SPECIAL PROGRAMS

a-maze-ing labyrinths

The a-maze-ing labyrinths is a new AVA Special Program starting in 2024. This program runs January 1, 2024 through December 31, 2026. Redeem completed books by December 31, 2027. A-maze-ing labyrinths is a play on words, as labyrinths are not mazes. Labyrinths are unicursal, meaning one walks in and out on the same path. A labyrinth is an ancient symbol of wholeness. The meditative properties of walking a labyrinth may help one to self-reflect, offer quieting of the mind and spirit, enhance creativity and reduce stress. Labyrinths are indeed a-maze-ing. This special program offers opportunities for meditative moments by walking labyrinths. An event must go by a labyrinth (or a maze) to qualify. Complete 14 qualifying events to receive an embroidered patch of a classic unicursal labyrinth. A qualifying stamp shall only be used once per year per qualifier but may be repeated in a different year. If an event has more than one labyrinth on the event route, the stamp may be used again, if paid for and walked a separate time for each qualifier.



For trail planning, labyrinths may be found on the labyrinth locator website at labyrinthlocator.com/locate-a-labyrinth. However, qualifiers are not required to be listed on this locator and not all labyrinths on this locator are found on AVA event routes.

This special program is hosted by the Liberty Bell Wanderers. The books will become available in April, 2023. Mail your book request and check for \$12 payable to Liberty Bell Wanderers, c/o Betty Green, 320 Melbourne Way, Souderton, PA 18964. Please include your mailing address and email address with your request. For more info, contact Betty at bettyg52@gmail.com or 845-774-5335. 🚶🏻‍♂️

Walk with the Buffalo Pathfinders

By Lois Peterson

The Buffalo Pathfinders Club, located in Buffalo, Wyoming, is few in members, but is getting more active each year. For the third year in a row, we welcomed the New Year in the Bighorn Mountains with a snowshoe event at Willow Park followed by lunch and our club's "group walk planning meeting" at Meadowlark Ski Lodge.

Club members regularly walk our in-town AVA sanctioned walks, but with the Bighorn Mountains in our backyard and several state parks not too far away, we are increasingly planning monthly group walks that involve road trips to scenic Wyoming trails we are interested in exploring.

- ❖ April 2 - Sheridan Walk (a club sanctioned walk through Sheridan's parks and city sights)
- ❖ May 7 - Castle Garden/Gooseberry (two parks with interesting rock formations)
- ❖ June 11 - Medicine Wheel (National Historic Landmark and ancient Native American spiritual site)
- ❖ July 15-16 - Sink's Canyon/Thermopolis (club sanctioned walks in two fascinating Wyoming state parks)
- ❖ August 5 - Klondike Rush (local club sanctioned event co-sponsored by our YMCA)
- ❖ August 13 - Coney Creek (in the Cloud Peak Wilderness with scenic mountain and lake views)
- ❖ September 10 - Tongue River Canyon (skirts the limestone cliffs following Tongue River)

Anyone interested in exploring the best of Wyoming's trails is invited to join us. For more details about our group walks, or to let us know you will be joining us on a particular walk, contact Lois Petersen, lois.petersen@gmail.com or visit our Facebook page, facebook.com/BufaloPathfindersAVA/. 🚶🏻‍♂️