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Developments on the AVA Horizon Membership, Mobile Walk Application, and The Big Give

By Henry Rosales, President and CEO

Congratulations to all new and returning AVA Officers, Board Members, Deputy Directors, Committee Chairs, and Club Officers! I look forward to working with everyone as we charter the course for new initiatives that will enhance and grow individual membership for clubs and the AVA.

The AVA will also continue to pursue the development of a mobile walk application and a new and improved TAW, which are also membership enhancements. Look for a membership survey to be emailed and posted on the AVA website sometime in the late fall and send us your input by responding to the survey by the deadline.

Also please do not forget the **Big Give this September 1 – October 31**. This is the ninth year of our individual donor campaign, which happens only once a year and was started by one of our own club members (see article below). Our goal this year is to raise \$90,000. If every member gave just \$15 that would generate over \$97,000! Contributions help the AVA

AVA developments continued on page 3

The 2015 Big Give – How it all started

In 2015, I (Henry Rosales) was approached by Joanne Forinash who was a former Southwest Regional Director, AVA employee and office volunteer. Joanne was a trailblazer ahead of her times because she was always seeking creative ways to increase revenues for the AVA. One day she approached me with the name of a donor friend who wanted to contribute a substantial amount to the AVA. The only stipulation was that the donor wanted her contribution to be meaningful and have a long-term impact on the AVA. The name of the donor was Charlotte Phillips.

Joanne and I frenziedly brainstormed ideas on how we could best make use of the donor funds. Should we pay all club dues for a couple of years? Should we give all members several free walk vouchers and books, or should we reinvest the funds somehow?

The Big Give continued on page 4




New and improved TAW in the works!

As AVA: America's Walking Club evolves to meet the needs of current and future members, we will be moving to a quarterly, digital version of *The American Wanderer* in 2024. This will be our outward facing email that you can share with current and prospective members. It will be a great way to encourage participation in our mission of fun, fitness, and friendship.

This digital edition will contain news from the Board of Directors, regions, clubs and information about upcoming events. The Publicity Committee is working out details, including format, potential partnerships and sponsorships and other features. If you have ideas that could make this product better, please send them to Susan Fine, Publicity Committee Chair at publicity@ava.org. I thank the Publicity Committee for their recommendations and support.

Also in 2024, we'll be launching a yearbook that will contain members' event and distance milestones, member features, photos and more. It's an exciting time to be a member of

TAW continued on page 3

MESSAGE FROM THE BOARD CHAIR



Hello, everyone,

I hope your weather isn't so hot you can't get out and walk. I'm sure you are trying to walk early in the morning and doing the rest of the things you need to do in hot weather.

This is the beginning of my second term as your board chair. We have done some online training for regional directors, deputy regional directors and all board members on what is a strategic board, and the board's responsibility in funding the organization. The latter is a dual responsibility of the national office and the board.

That dual responsibility leads me, of course, to **The Big Give**, coming up soon online on Wednesday, September 20 from 6 p.m. to Thursday, September 21, at 6 p.m. You will have received more information in the August and September *Checkpoints*. Your regional director will, I'm sure, encourage your club to make a contribution if you can, and also each of you individually. Please join with me to contribute to The Big Give, if at all possible. The online date isn't the end. You and your club can give after this date.

So, what's happening? A Special Committee is reviewing the current and potential sources of revenue generated by clubs for the national office and its sufficiency to cover its budgeted expenses. How can an organization keep charging what was charged in the early 2000's, when all costs have risen so much? This committee will have at least given the board an interim report at the August board meeting.

The Membership Committee is working on what needs to be done to enhance and encourage membership in AVA and what the role should be for individuals.

We are also looking at what would be required to develop an app for phones to give directions in real time. More about this at a later time.

I listened to something on the radio talking about moving and not sitting for long periods. Your body needs to move. Even strolling around the supermarket, walking to the mailbox, and getting up to do small tasks can have a positive effect on health, rather than sitting in front of the TV (or my computer) for hours at a time. So, get up, get moving and walk around, even if it is too hot right now to get an AVA walk in! Have fun, enjoy the others around you and keep your body moving! See you at future walking events!

Nancy Wittenberg 



AMERICA'S WALKING CLUB
ESTABLISHED 1976



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AVA: America's Walking Club.

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Renewals and address changes are due to

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

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Quarter 3: September issue – July 25
Quarter 4: December issue – Oct. 25

Fun, Fitness, Friendship

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NATIONAL OFFICE NEWS

AVA developments *continued from page 1*

pay for program expenses, special events and new initiatives. You can also earmark your contribution to support new membership initiatives by making a note in the comment section of the online giving form or by writing membership on the memo line of your check. Please make all checks payable to The American Volkssport Association.

Online giving starts on Wednesday, September 20 at 6 p.m. and goes on through Thursday, September 21 at 6 p.m. Check the September *Checkpoint* for full details on The Big Give and don't forget to ask your family and friends to contribute! 🌳

TAW *continued from page 1*

America's Walking Club and a good time to recruit your friends, neighbors, and community members.

Please join us in extending our gratitude and appreciation of Donna Seline, AVA Hall of Fame recipient and publisher of the *TAW*, for her many years of service to the AVA. Send us your stories and photos of Donna to publicity@ava.org. The December issue will be dedicated to her.

In Summation:

◆ The *TAW* will be an outward-facing, digital communication produced quarterly.

◆ The yearbook will be a membership benefit and include members' event and distance milestones, member features and more.

◆ The *Checkpoint* will continue to be issued monthly and include more business and administrative information.

◆ The AVA will continue to provide a printed version of the *TAW* to those who request it, but subscribers will be responsible for postage.

◆ Going digital gives us the opportunity to seek advertisers and sponsors and bypass strict and arcane postal

regulations related to the percentage of advertising.

Q&As:

Was the decision to go digital based on cost?

Cost was one factor in the decision to go digital. There are also considerations, such as saving trees and production time. The biggest factor is the ease of sharing the information with prospective members and other interested parties.

I used the *TAW* to schedule my travel. What will I do now?

The *TAW* will be produced on the same timeline and contain information about upcoming walks just like the paper copy.

I enjoyed seeing my event milestones in print. Why are you taking that out of the *TAW*?

Those achievements will now be listed in the yearbook, which will be a nice keepsake.

The *TAW* was one of the few benefits of membership. Why are you taking it away?

We're not taking the *TAW* away—we're just revising it. We're also providing a new membership benefit with the yearbook. 🌳

Graphic design help for AVA clubs

— Austin Peay State University

Service Learning Course (Respond quickly because the client slots fill up fast!)

Once again, the AVA is happy to partner with Austin Peay State University to provide graphic design support for our clubs. If you are looking to design a new club logo, update your website banners, brochures, flyers, or t-shirt designs, this may be your opportunity! Should your club need support with the \$150 flat fee, contact Henry at henry@ava.org. For more information see below.

Hello,

My name is Rachel Bush. I am reaching out to see if you want to be a part of one of our courses this fall. I will be teaching a graphic design course that is comprised of only seniors. The course is called "Design Center" and is a Service-Learning course designed to allow our seniors to work with actual clients. This is where you possibly come in. If you are interested in this opportunity and would like to work with one of our students, below are the details. (NOTE – If you have worked with me in the past, there have been a couple of changes):

How the class works? We partner each student with three separate clients. Therefore we are in need of over 50 clients.

What do they design? Our students have designed everything from logos and brochures to social media graphics and stickers. The only stipulation is that we ask that the student design something that will take about 3-4 weeks. We do not create websites as this is too intensive of a project.

What is the timeframe? Each student will work with each client for a total of 3-4 weeks. The student will complete one job in this time frame. The class starts in August and runs until December. Each student will have one client for the month of September, one for October, and one for November.

Agreement: If you decide you would like to be a client, please email me back and I will let you know how to get the process started and what would need to be signed.

Payment: this is new! I truly hope this doesn't deter you as I know you may be pushed for money, but we are now charging our clients. I know this probably seems ironic, me asking you for help, and simultaneously asking you to pay for the help, so let me explain a little bit. We have run this course for eight years now and helped so many wonderful organizations. But part of the "real-world" process in graphic design is obtaining payment for services and sending invoices. We have now been given permission to add this to the course to help these students. Many of them are working, have children, etc. and really could use the money. So, we are asking our clients to pay a one-time flat fee of \$150 for the graphic design job; \$75 up front and then \$75 when finished. This small amount would tremendously help these students out, both professionally, and personally.

If you have any questions, please email me.

Rachel Bush, Associate Professor,
Graphic Design
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Windy City Walkers walk with *Good Morning America*

By Irena Paronis

On Wednesday, May 10, Windy City Walkers gathered with DuPage County Forest Preserve volunteers to walk with *Good Morning America* (GMA) as a part of *Good Morning America's* National Walking Month (not to be confused with AVA's National Walking Week or National Walking Day). Club members, family and friends, MidAmerica Regional Director Bob Buzolich, Wisconsin walking visitors, Forest Preserve staff and volunteers joined about 50 walkers, smartly attired in AVA gear or Forest Preserve shirts. We gathered to appear nationally on ABC's *Good Morning America* and locally on *ABC7 News* as we walked a 6k walk in Fullersburg Woods in Oak Brook, Illinois, site of one of Windy City Walkers' Year Round events. Despite the early hour – meeting at 5:45 a.m. – the walkers conveyed enthusiasm and a sense of fun and friendship as we walked and talked, were interviewed by ABC7's weatherman Greg Dutra, and waved to the GMA hosts and audience as they gave us a national shout out.

A GMA producer contacted us in mid-April to invite us to be featured on their news coverage. We decided that most walkers were enthusiastic about the opportunity, and planning began. GMA was hoping for 25-30 walkers, which exceeds the active participation in the club. We reached out to the Dupage Forest Preserves volunteers, friends and families and posted an invite on the club Facebook page. Fullersburg Woods' Campus Coordinator Dave Andrusyk was, in large part, responsible for the success of the walk, providing early access to the preserve, coordinating logistics, and having a couple of extra cell phones to make sure our broadcast wasn't interrupted by lack of cell service. The Forest Preserve sent out a call to volunteers, including Trail Watch and gardeners, to join in the fun. The response was gratifying – we got over 50 participants! Subsequently, some of them have attended group walks and expressed interest in joining the club.



The sun coming up at Fullersburg Woods for Windy City Walkers walk with GMA.

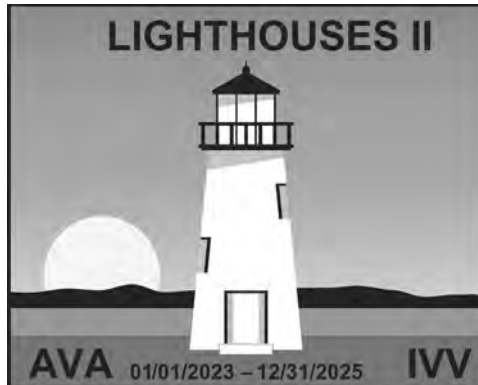
AVA leadership was very supportive of our club. Our RD Bob Buzolich arrived with the earliest of walkers with walk brochures and other AVA materials to share. AVA Headquarters provided t-shirts, caps, buttons and more AVA materials to pass out to our new walkers. With our t-shirts and hats, we looked great on camera. Thanks to Henry and the office staff for responding so well and so quickly. 🌳

AVA SPECIAL PROGRAMS

AVA Special Program — Lighthouses II

By Sue Capp

Come join us and seek the light! The AVA Lighthouses II Special Program (hosted by the Baltimore Walking Club of Maryland) began January 1, 2023, and runs to December 31, 2025. Thus far we have connected folks from all over the United States with their booklets as they look out for those special beacons of light (either active or inactive).



While the referenced guide on the back of the booklet is what was used as a basis for this special program, inquiries as to whether a specific lighthouse may qualify are most welcome. Recently a reference link to The Lighthouse Directory was provided to me listing a now inactive lighthouse located in Colorado. While it has been moved from its original location and placed nearby, it was once an aid in navigation; yes, that most definitely would be allowed as a qualifier! A Seasonal event was already in place for this area, so I notified the POC to make note and add this special program for her event.



Please consider joining in on the fun. The cost is \$12 per book with completed booklets earning participants a special patch and certificate. Requests can be sent to The Baltimore Walking Club, c/o Sue Capp, 100 Grace Manor Drive, Havre de Grace, MD 20178. 🌿

The Big Give *continued from page 1*

During this time, the San Antonio Nonprofit Council invited the AVA to participate in a new fundraising initiative called The Big Give. This individual donor campaign provided an opportunity for large donors to contribute matching funds so individual donor gifts could get doubled when one gave. What if we were able to advise Charlotte that we could double her contribution in just one year and continue the effort for many years?

When Joanne and I met with Charlotte this is exactly what we proposed. Of course, we presented a menu of ideas. She did not like any idea where her funds would be spent and diminish within a year or two. However, she did like the Big Give idea because she could see how her initial investment would grow and have a long-term impact on the organization. The rest was history!

Since 2015, Charlotte's contribution of \$30,000 has yielded \$627,853 for the AVA! Help us keep Charlotte's legacy alive by contributing to The Big Give! You can give online September 20, 6 p.m. through September 21, 6 p.m. or mail your check to the AVA office through October 31, 2023. To donate online, simply go to the AVA website and click on the donate button. 🌿





**Mid-America
Region**

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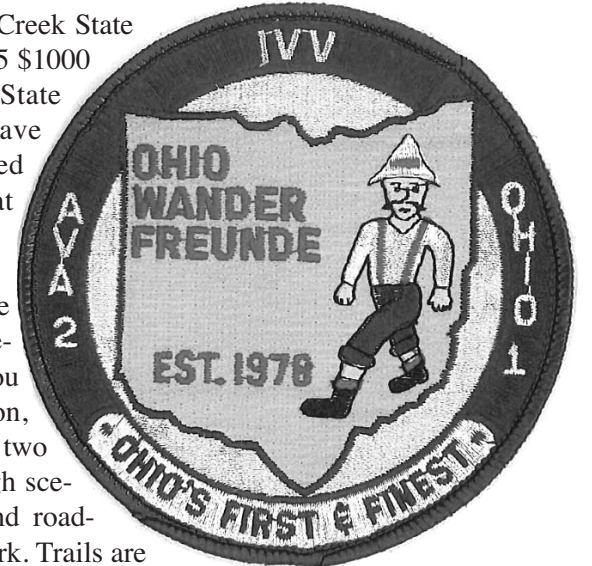


Craig Guager, Director
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Ohio Wander Freunde Celebrates 45 Years

Ohio Wander Freunde (OWF), AVA002/OH1, will celebrate 45 years of Volkssporting in Ohio by hosting a Traditional event at Caesar Creek State Park, Waynesville, Ohio, on Saturday, October 21. Looking back at where we have been, OWF has held 284 walks, 20 bike events, 14 Triads (walk/bike/swim), hosted 23 years of Year Round events and four marathons, all held at Caesar Creek State Park. We have also awarded 25 \$1000 scholarships at Wright State University and currently have \$35,350 in an endowed Volkssport Scholarship at Wright State.

We will return to a favorite location, Caesar Creek, to celebrate our 45th anniversary. You may register from 9 a.m. to noon, finish by 3 p.m. There will be two separate 5k loops, both through scenic wooded areas, prairies and roadways in Caesar Creek State Park. Trails are rated 2B and 3C. For more info, go to ava.org or contact Dawn Gruber at dgruber333@aol.com.



We will celebrate with hotdogs, chips, snacks and cake. We encourage our "walking friends" to join us, whether to complete the walk or just hang out and talk about 45 years of walking with OWF. 🌿

October 7 Guardian Bridge walk in Cleveland

This is a fantastic opportunity to walk over the historic Guardian bridge, and see the various historic sites including the magnificent Heini's renovation of old Cleveland Trust buildings. Bring your cameras to photograph the crooked river, lighthouse, Brown's Stadium baseball stadium and the historic flats. This walk qualifies for many AVA Special Programs. In addition, you can also do the Cleveland Year Round, which goes over some different territory, and get two credits in same day.

The start is in The Eatery in Terminal towers. Exit off of I-71 on Ontario Street, make a left in front of the basketball stadium on Huron Road, go a couple of blocks and make a right at sign indicated to Tower Center City parking under the Terminal. Cost is \$10. Come up on the elevator to first floor to the Eatery and we'll be located at tables near the restroom.

Other walks in the area are the Cleveland Cultural and Berea city/park walk. In addition, the other Year Rounds are Steubenville (which is not being renewed next year), Orrville, Mansfield and Wooster. 🌿







Terri Tyler, DRD
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South
Central
Region

Tulsa Walking Club announces fall walks

Come to Oklahoma for the Tulsa Walking Club (TWC) Traditional walk events for this fall. First will be a Rails-to-Trails event in Sand Springs on the old Katy railroad on September 16. Sand Springs has an interesting history. The city was founded in 1911, by Oklahoma philanthropist Charles Page, who envisioned Sand Springs as a haven for orphans and wid-



Chickasaw Historic National Capitol Building. Photo by Joann Bergt.

ows. He helped found and develop Sand Springs as a model city that included all components of a total community. Sand Springs was incorporated as a city in 1912, with a population of 400. Page built the Sand Springs Power Plant in 1911 that provided electric power until 1947. Sand Springs has many quaint shops and restaurants downtown to enjoy! The Page Memorial building, now the Sand Springs Cultural & Historical Museum, is open on Saturday mornings and worth your time to drop in.

TWC is quite excited to invite you to participate in our Three-County Fall Fest to be held October 21-22. These walks take place in Johnson, Atoka and Coal Counties in south central Oklahoma. October is one of the best times to walk in Oklahoma, so you will want to be sure and mark your calendars now!

Tishomingo (Johnson County) will kick off the weekend of walks on Saturday morning. Tishomingo was named after the Chickasaw Indian chief who died of smallpox on the Trail of Tears after the Chickasaw had been removed from their original homelands around Tishomingo, Mississippi. It was the first capitol of the Chickasaw Nation, from 1856 until Oklahoma statehood in 1907. Plan to join us for lunch at Blake Shelton's Ole Red Restaurant!

Saturday afternoon TWC will host the walk at Atoka (Atoka County). Atoka was named for Captain Atoka, Choctaw Nation leader, who negotiated the Treaty of Dancing Rabbit Creek and led the relocation of the Choctaw people from Mississippi to Oklahoma Territory on the Trail of Tears. The oldest Catholic Church in Oklahoma, and the oldest Free Masons/Order of the Eastern Star in Oklahoma, built the building which now houses Reba's Place. Reba McEntire has opened a new restaurant that has garnered high praise. We plan to check it out ourselves Saturday

night! It promises to be a fun evening. A special treat of the walk will be exploring a tunnel under Highway 75. How many walks can claim that?

Sunday morning will find walkers in Coalgate, the county seat of Coal County. Coalgate was founded in 1889 as a coal mining camp named Liddle in Atoka County, a territorial-era county in the Pushmataha District of the Choctaw Nation, Indian Territory. It was named for William "Bill" Liddle, a superintendent for the Atoka Coal and Mining Company, who had arrived in 1888 to locate a site for a new coal mine. The town name changed to Coalgate, the new name taken from the steel gate or "coal gate" that separated the trains from the coal mines north of town.

A block of rooms has been reserved at the Comfort Inn Suites in Atoka for this weekend. Make reservations sooner rather than later, as the hotels fill up quickly due to Reba's Place. Call Ralph Axsom, 918-252-4752, for more information on rooms. This will be a weekend of fun, fitness, and friendship! If you lack these counties in Oklahoma, plan to attend.

In November we will have another Rails-to-Trails walk event. Meet us in Skiatook, Oklahoma, at the trailhead of the Osage Prairie Trail, for a delightful, level trail. This walk qualifies for a Border Crossing, as Skiatook is the gateway to the Osage Nation.

These walking events qualify for many AVA Special Programs. A listing of special programs will be featured at each start table.

For more info on these walks or POC information go to the AVA website under Events, and download a brochure.

Hope to see you on the trails! Come Celebrate Fall ya'll! 🍂

Hoofin' it on pre-Halloween weekend

By Terri Tyler

The Sunflower Sod Stompers of Topeka are once again sponsoring an extended weekend of walking events this fall and would like to invite Volkssporters to attend. The Sod Stompers' third annual "Hoofin' It on Halloween Weekend" will be October 26-29 in the northeast section of Kansas. Specifically the events will be located along the corridor of U.S. 36, also known as the "Pony Express Highway," in this area of Kansas. Over 160 years ago, young riders traversed this part of the state as the mail was carried by horse from St. Joseph, Missouri, to Sacramento, California. This National Historic Trail went through the town of Marysville, located in Marshall County. Signs of this historic trail are found throughout this community. One is the Pony Express rider statue located in the center of town, as well as the Original Barn and Museum located nearby. These sites will be on our town walking course. Besides the Pony Express, Marysville is known as "Black Squirrel City" as these black, bushy-tailed creatures are found throughout the town, especially in city park. Along with the living ones, there are 51 inanimate "Squirrels on Parade," sponsored by local businesses.



Twenty-two miles west of Marysville, the Sod Stompers will be sponsoring a walk in Washington County, from the facilities of Kansas Specialty Dog Service (KSDS) Assistance Dogs, Inc. This organization has trained over 600 dogs that have been placed with special needs individuals in 36 states. We just might be able to visit some puppies in the welcome center! As we walk through the town of Washington, participants will see a variety of home styles and businesses centered around courthouse square. Walkers should not miss the newly-dedicated Mark Nutsch Horse Soldier Monument and 9-11 Memorial on the courthouse grounds.

Our events will take us east from Marysville for three additional counties in the communities of Seneca, Hiawatha and Highland. These smaller Kansas towns have some stately old homes, beautiful fall foliage, and of course, Halloween decorations. The Sod Stompers held events in these counties over six years ago and we need to walk them again with fall weather, indoor start areas and different AVA Special Programs. Remember, each town is unique with different histories and things to see. Group meals have been arranged for the evenings and motel rooms have been blocked for our Volkssporting participants. A limited number of National Volkssport Month patches will be available as an award.

If you need further information than what is provided on the AVA website, contact Terri Tyler at, tlyler50@gmail.com. A printed brochure will be available in August. Come enjoy northeast Kansas this fall. Regardless of where you walk, enjoy America's many trails with safe travels. 🍂

South Central continued on page 6

South Central Region *continued from page 5*

Save the dates - kick off to walks in five new Arkansas counties

By pat golden

On March 24-26, 2024, the Ozark Hill Hikers will host an event in Jonesboro, Arkansas, to introduce five new county walks in northeast Arkansas. The new walks will be in Craighead County, Jackson County, Lawrence County, Mississippi County and Poinsett County — all beautiful places in the spring. The five northeast Arkansas counties introduced last year are still Year Round events on the schedule for 2024.

In addition to registering for the new walks, you may register for the five walks from last year at the Jonesboro location on March 24. The Ozark Hill Hikers look forward to seeing you next March for a fun three days.

Further details and information will be available soon on the AVA website and in future issues of TAW. 🌿

Missouri Kickoff for County Program 2024 change

By Glen Conyers

“Best laid plans.....” or however that old saying goes, the fact is that the plans for our kickoff to complete the Missouri County Program in April of 2024 is no longer possible. Competition with the eclipse on April 8 next year caused a real problem for accommodation at motels the week before. So, we have decided to move our kickoff event up to March 20-24, 2024.

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

Please notify your membership of this change. Walkers may register at 11 a.m. for all eight county walks Wednesday, March 20, in Doniphan, Missouri, at the Current River Heritage Museum, 101 Washington. The first walk will be in Doniphan/Ripley County the day of registration.

Clubs recommend finding motel accommodations in Poplar Bluff, Missouri. 🌿

South Central Regional Roundup 2024

By Terri Tyler

This is an advance announcement that the Sunflower Sod Stompers, of Topeka, will be hosting the South Central Regional Roundup in 2024. The club is planning to sponsor at least six walking events, swims and social activities from October 23- 27.

Tentatively, the walks will be located in Harvey, Marion, Reno, Rice and Saline Counties in Kansas. The Sod Stompers have hosted the Roundup in previous years but never in this part of the Sunflower State. The Volkssporting activities will be located near the Interstate 70 and 135 corridors. Besides the Traditional events that are scheduled, participants will be able to find Year Round walks near these same transportation routes.

The club is planning to set up some special tours of the area along with nightly meals. Motel rooms will also be arranged for our Volkssporting friends.

Block off your calendar now and make plans to Volkssport in the Sunflower State next fall for fun, fitness, friendship and of course, food.

Questions, contact Terri Tyler at ttyler50@gmail.com. Additional information will become available as activities are finalized. 🌿



Coxsackie ... A Lovely Fall Walk

By Linda Ferrucci

Join the Empire State Capital Volkssporters on Saturday, September 30, when a new Traditional walk in the Village of Coxsackie will take place.

The Village of Coxsackie is located on the west side of the Hudson River in Greene County, New York. Originally inhabited by the Mohican Indians, Kockshackie or Caniskeek, as it was called, means the “Place of Owls.” Walkers will see many colorful owls displayed along the walk route.



Coxsackie means “Place of Owls.” How many owls will you pass on the walk? Photos by Chris Yost.

In the mid-1600’s, European settlers moved southwest from Beverwyck (Albany) and a land patent was purchased from the Mohicans for “a cloth of duffel.” One of the settlers, Pieter Bronck, worked for Holland’s Dutch West India Company. He emigrated to New Netherlands where, with his brother Jonas Bronck, they built a homestead in 1662. The homestead was located just west of the village on Route 9W. The brothers set up a fur trading business with the native Mohicans. Pieter’s home, the Bronck Museum, still stands and is open to the public.

In the 1800’s, the Village of Coxsackie was purchased by Eliakim Reed. He established a small wharf on the Hudson River where he shipped farms goods and ice to New York City.



Gazebo in Coxsackie Riverside Park. Photo by Chris Yost.

In 1864 the “Landing” endured a fire which destroyed most of the Reed Street Business District. It was rebuilt and prospered. Recently there has been a revitalization in this historic area where a hotel and wedding venue are being built on the Hudson River. In addition, an upgrade to the Village’s Riverside Park and boat launch is taking place.

The Coxsackie Walk will take you down into the historic district and along the scenic Hudson River during the autumn’s colorful beauty. Come walk with us to enjoy this beauty! 🌿

Northeast Region continued on page 7

Northeast Region *continued from page 6*

New York State Hudson Valley Ramble

On September 30, the Volkssport Club at West Point (VCWP) will again be participating in the annual New York State Hudson Valley Ramble. The Ramble is an annual event series that celebrates the history, culture and natural resources of the Hudson River Valley National Heritage Area. Many clubs and organizations sponsor walks, hikes, river activities, and so on, during the weekends of each September surrounding the Hudson River from New York City north to the state capital in Albany.

The VCWP has been sanctioning both Traditional and group walks of our Year Round events since the early 2000s for the Ramble. This year, we've sanctioned an event in the village of New Paltz on the west side of the Hudson River. Former club members, Cora Lea Seats and Gail Vorbach, organized events in New Paltz in years past. This year we will again be holding a New Paltz event. This year also marks our 35th year as a New York State incorporated non-profit club.

Our 10k trail starts in the village of New Paltz, our "Gail Vorbach Memorial Trail" (sadly, she passed in 2015) walks down the historic Huguenot Street, along a portion of the Wallkill Valley Rail Trail (which is part of the newly created Empire

State Trail), through the campus of the State University at New Paltz, through the charming village of New Paltz, and into some of the residential areas in the village. A shorter 5k trail is also offered. We're also listed in the Ramble hardcopy booklet, so we attract non-Volkssporters as well. It has been a great public relations draw for the club. In fact, former AVA directors of both the Atlantic and Northeast Regions have been introduced to Volkssporting by participating with us originally from our Ramble walks before they became Volkssporters!

New Paltz is a wonderful location to walk, nestled between the Hudson River and the Shawangunk Mountains, world-renowned for its attraction for rock climbers. Huguenot Street, established in 1678, is often referred to as America's oldest street. It contains many stone homes from the original Huguenot settlers from France escaping religion persecution. A Visitor Center and Burial Ground is part of the 10-acre site, also a National Historic Landmark District.

For more info go to the AVA event website at my.ava.org/event-view.php?sn=124450. Registration starts early at 9-11 a.m. Come walk with us on September 30! 🍂

Potluck & Pie

By Joseph LaPointe

As autumn rolls in and the temperatures start to drop, my mind wanders back to days spent down on the Cape at my grandparents' house. Among many fond memories, autumn was always pie season and my grandmother would have the house full of apple, pumpkin, pecan, cherry and chocolate cream pies. Needless to say, some winter weight was packed on early each year.



Chocolate coconut cheese pie.

The Walk 'n Mass Volkssport Club is hosting a Potluck & Pie Traditional Volkswalk in Milford, Massachusetts, on October 14. Milford is famous for their Milford pink granite, which was mined from 1870 to 1940, and used in famous buildings such as the Boston Public Library and the original Pennsylvania Station in New York City.

Join us on our walk as we explore the wildlife of Milford on the Upper Charles Rail Trail, home to blue herons, wild turkeys, turtles and much more. The 10k walkers will also get to explore the downtown area.

Following your walk, join us for our Potluck & Pie event. Enjoy a nice potluck lunch followed by a variety of fresh baked pies. Unlike my autumns past, you will have already exercised off your sweet treat.

The Milford Traditional Volkswalk will start at the Italian American Vets Post 40, 4 Hayward Field. The 10k start window is 9-10 a.m. and the 5k start window is 10-10:45 a.m. Food will be served at noon.

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. 🍂

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 – Mayflower 400th Anniversary Walks


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

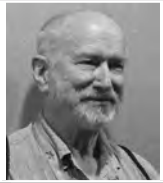


AVA Special Program – Airports

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.








Ken Johnson, DRD
nc_drd@ava.org

**North
Central
Region**



Susan Pinneke, Director
nc_rd@ava.org

What's up in the North Central Region

The big event this fall is the North Central Regional Choose Your Own Adventure Weekend, September 17-19. We're featuring 10 walks to choose from in Iowa, Minnesota and/or South Dakota. The epicenter of the adventure is Rock Valley in northwest Iowa. For a bit of fun, some walks will feature games and prizes. We have scavenger hunts, treasure hunts, geocaching, poetry and community events. Besides walking, we'll be eating! We have a pizza party scheduled for Friday, a dinner for Saturday and we are walking in the ice cream capital of the U.S., Le Mars, Iowa. Join us for the fun and games and food! For a brochure go to Iowawalkingclub.org or contact me.

If you can't make it for the Adventure Weekend, there's plenty of other fun around the region. Minnesota has some great state park walks featuring a bit of ruggedness and some great fall foliage. South Dakota has six new county walks for this fall. They will make for a great walking weekend, September 22-24. Mark your calendars, first Sunday in October, for the fall Crazy Horse event. Nothing beats the feeling you get when you walk out on Crazy Horse's arm. It's amazing, makes the walk seem not so steep. Nebraska sure knows how to make walking fun on November 4, with their annual pie walk. Enjoy a slice or two of pie after your walk — you earned it. Wisconsin won't be left out of the fun; they've got a couple of interesting events planned this fall in Madison.

All in all, the North Central Region is a destination for awesome fall walking! See you on the trail! 🍂

South Dakota county walks, September 22-24

Do not miss the South Dakota county walks sponsored by The Prairie Wanderers Volkssport Club on September 22, 23 and 24. Please check "My AVA" website for locations, scheduled dates and times for these events.

In addition to the scheduled walks, we would like to invite walkers to a meet and greet dinner on Friday night, September 22, at a place to be determined in Aberdeen. People wishing to attend the meet and greet should notify the registration table volunteers at the Ipswich walk on Friday morning, or email me at the address below.

We are not recommending any particular hotel to stay at during our events. There are several hotel choices in the central location of Aberdeen. Also, there are many other local hotels in the towns we are walking in. Aberdeen is the most central location for our walks and Friday get together.

We invite everyone to join us for these weekend events. This is the first time we have ever held walking events in these counties. All of the towns we are walking in are county seats except Herreid. If you have any questions about the weekend events, email Gary Lofswold at GEL_601@hotmail.com. 🍂

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.



The Cowboy Trail — seven new counties in Nebraska

By Sandy Spaulding

The entire Cowboy Trail in Nebraska will be sanctioned as a walk and bike for one season only in 2024. The Cowboy Trail follows the former railbed of the old Chicago and Northwestern Railroad. This trail is 187 miles long running from Norfolk to Valentine and from Gordon to Rushville. It currently traverses seven counties in Nebraska. When complete it will be 321 miles long — the

to its former glory. It now serves as a trailhead and is the home to the Circle G Western Wear store. The Long Pine depot, a wooden building, is also restored and the crew quarters next to it is available to rent for overnight visitors.

For more info about The Cowboy Trail, go to <https://bikecowboytrail.com/>.



longest rails to trails conversion in the U.S. This is part of the Great American Rail-Trail which will provide a continuous trail from Washington, D.C. to Washington State.

Every trail has its high points. The Cowboy's signature sites are its long bridges offering spectacular views. East of Valentine, the former railroad bridge, a quarter-mile long and 148 feet high, spans the Niobrara River. Another bridge at Long Pine stretches 595 feet long and stands 145 feet high over Long Pine Creek.

Along the Cowboy Trail, you will also discover many elements from the trail's railroad past. Some old mileposts, originally telegraph poles, still mark the distance to Fremont, which was the eastern terminus. A must see is Neligh Mills, a water-powered grist-mill which still has its original 1880s equipment inside. There is only brick depot left and is at O'Neill. This historical building has been restored

Here are a couple of 2023 events you don't want to miss:

Important, date change: Our annual Christmas Lights Walk date has been changed from December 9 to December 2. This walk will include the Holly Days on The RiverFront, featuring the newly opened Heartland of America Park and Lewis and Clark Landing. This 72-acre park was a \$375 million dollar project connecting three parks, transforming them into an extraordinary destination. Join us as they light up the night with lots of fun activities.

And don't miss our 500th walk on November 4. All walkers get a beautiful commemorative patch for free. Bring a friend and the friend walks free. After walking the Field Club Trail and the Hanscom Park Historic Neighborhood, we will all enjoy some delicious pie! 🍂

North Central Region continued on page 9

AVA Special Program – IVV-Americas

Program starts on December 1, 2022 with no end at. 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.*



North Central Region *continued from page 8*

Why come to the NC Region Walking Adventure Weekend

By Phyllis Olson

Why come to the North Central Region Walking Adventure Weekend? Because you want to have fun! September 15-17 we will visit the interesting small town rural communities in northwest Iowa and southwest Minnesota. The nine walks available in the area also include two in Sioux Falls, South Dakota. Five of the walks will have featured start windows, that will include fun activities during that time. But all the walks may be done anytime throughout the weekend by registering on OSB prior, or at the host hotel during the event.

Your North Central Walking adventure begins on Friday September 15. The adventure starts in Le Mars, Iowa, Ice Cream Capitol of the world, home of Blue Bunny Ice Cream. You don't want to miss a tasty treat from the Blue Bunny Museum and ice cream parlor while you are there. Test your observation skills along this walk with an "I Spy" scavenger hunt game. The registration table will be open from 10 a.m. until noon. The fun continues that afternoon in Rock Rapids, Iowa, a featured walk with the start table open 2-4 pm. Rock Rapids is a small town, but wow! At last count it had 36 murals and plans to add three more each year. There is truly lots to see along this trail. Look for patches along the trail and redeem them for fabulous prizes!

That evening, pizza and games will be offered at the Grand Stay Hotel & Suites in Rock Valley, Iowa. There will be a regional leadership team activity that Susan says does not involve pies in the face. This relaxing evening will be a good time to catch up with old friends or make some new ones.

On Saturday morning, our adventure continues with the featured walk in Sibley, Iowa, with registration from 9



a.m.-noon. We are partnering with the local hospital physical therapy department on this walk. Besides the sanctioned Volkswalk, a shorter community walk will also be offered, and a tour of the rehab center is planned. The afternoon fea-

tured walk is Rock Valley, Iowa, the center of all the weekend social activities. The registration table will be open from 1-3 p.m. in the City Park. Rock Valley offers a great trail system and campground. Afterwards we are planning a happy hour from 5-6 p.m. with appetizers provided by GDMVA and a sumptuous dinner at a local restaurant. Come up with your best limericks that will be read during dinner.

On Sunday, we'll wind up our adventure. That morning, we will feature a walk in Sheldon, Iowa, from 9-11 am. Sheldon is a thriving rural town where agriculture is the primary industry.

Your adventure could also include two walks in southwestern Minnesota, Lake Benton or Pipestone. Lake Benton is home to the world's largest Wind Power Project. In Pipestone you will walk to the Pipestone National Monument. Bring your Senior National Park Pass or pay the National Park fee to enter the Circle Trail. Or your adventure could include two walks in Sioux Falls, South Dakota. Yes, there really are falls in Sioux Falls! Viewing the falls is a spectacular sight, especially in times of high waters.

I think you will find the North Central Region Walking Adventure Weekend in September provides the three F's of Volkssporting fun, fitness and friendship. For details go to iowawalkingclub.org or contact North Central Regional Director, Susan Pinneke, susanpinneke@gmail.com.

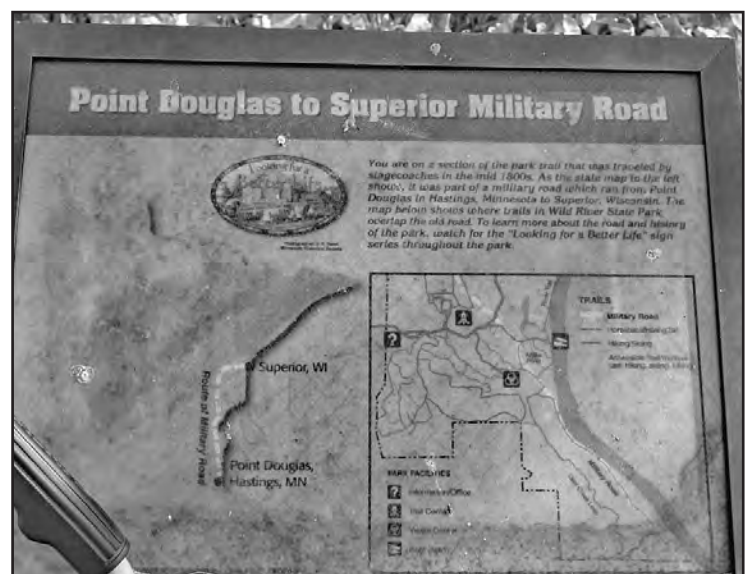
NSTT celebrates twin anniversaries

Minnesota's NorthStar Trail Travelers (NSTT) is celebrating the 25th anniversary of the club's formation at its two-event weekend on September 23-24. Two different events will be held at Wild River State Park near Almelund, Minnesota. Wild River is also celebrating an anniversary — their 50th since being established by the Minnesota Legislature. NSTT will honor both by offering two different events at the park, and with an anniversary cake honoring both!



Sunrise Picnic area on the St. Croix River.

On September 23, NSTT will sponsor an event at the Sunrise unit of the park, which is at the northern end of the park. This area has never hosted a Volkswalk before, so it will be all new to our walkers. The area has two loops that start and end at the picnic area near the St. Croix River. The St. Croix is a National Wild and Scenic River and is especially active in spring months when spring waters overtake the banks and literally close off parts of the two trails we are walking. So it became necessary to plan our event in the fall when floods are less likely. One loop is a rustic 3k and an easy route to walk though you need to watch for horses and riders on the trail. The other loop is a long 8k through hardwood forests, prairies and goes by the remnants of a railroad that was never completed. Our traditional brats/dogs lunch will be served for a suggested donation.



Walk along the Old Military Road on the St. Croix River.

On Sunday, September 24, we move to the main part of the park, near Almelund, Minnesota. Registration will be on the deck at the Visitor Center. Several trail options are available here with two 3k trails and a 4k or 6k option on the Old Military Road, another trail we've never walked at an event. The old road was once a thoroughfare for pioneers and commercial travel between Hastings, Minnesota, and Superior, Wisconsin. There is one long hill to navigate getting from the Visitor Center to most of the trails. Two options provide you with an additional 3k without a second walk up and down the hill.

After walking, stop for a sloppy joe lunch and sit in on our annual meeting. We'll cut the cake, give out volunteer awards and elect board members. NSTT has always prided itself in providing high quality Traditional events in Minnesota's state parks. Come and see for yourself!

For more info go to nstt.org or email mnvolksmarcher@earthlink.net.

AVA National Program — Walking the USA A-Z

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

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**.





Karen Kaufman, DRD
at_drd@ava.org

**Atlantic
Region**



Jeff Giddings, Director
at_rd@ava.org

Earth Day Walk in New Freedom, Pennsylvania

By Sue Capp

On April 22 (Earth Day!), the Baltimore Walking Club and the York White Rose Wanderers cohosted a walk that began in the town of New Freedom, Pennsylvania. Trail Meister Tom Jackson mapped out trails with 5k, 6k, 10k and 14k options that could take you through town and/or along the York Heritage Rail Trail (Pennsylvania) continuing down the Torrey C. Brown Rail Trail (Maryland) and back. The rail trails follow the path of the former North Central Railroad. A total of 42 fellow wanderers had the opportunity to set foot in two states at the same time!



Laura Haug and Sue Capp set foot at the same time in two states (Maryland and Pennsylvania) while participating in the Baltimore Walking Club and York White Rose Wanderers cohosted Earth Day Walk in New Freedom, Pennsylvania.

Between the two clubs there are nine walk and three bike segmented rail trail YREs. Check them out! For those railroad history buffs, a portion follows the railroad route President Lincoln used to reach Gettysburg, Pennsylvania, in 1863. 🚶🏻‍♀️

Happy Wanderers 40th anniversary

On June 10th the Freestate Happy Wanderers celebrated our 40th anniversary with an event at Kinder Farm Park in Millersville, Maryland. We had 103 walkers. It was good to see over a hundred participants again at our event. Fortunately, we also had good weather for this event.



Thanks to all of our volunteers over the 40 Years in Maryland Freestate's 40th Anniversary Walk at Kinder Farm Park.

A celebration cake, and Jeff Giddings, Atlantic Region Director, presented us with our official



Mark, Bob and Rita with 40th AVA award and for years of Volksmarching in Maryland.

anniversary ribbon and certificate from the AVA. Linda Hassell was even able to get free samples of Atlantic Brewing Company alcohol free beer for our event offered because of National Trails Day.

Many thanks to Bill and Linda Hassell for their efforts in organizing this event, and to everyone who helped out. We received a nice thank you from the Friends of Kinder Farm Park for our donation to the Kinder Farm House. 🚶🏻‍♀️



Bob Lumbert and Mike Goerling setting up walk.

Atlantic Region continued on page 11

Walk a-maze-ing labyrinths in the Atlantic Region!

The Liberty Bell Wanderers (LBW) club is sponsoring a new AVA Special Program starting in 2024 called **a-maze-ing labyrinths**. This special program offers opportunities for meditative moments by walking labyrinths. You can complete at least seven qualifying events in the greater Philadelphia area (possibly more as we are still developing new walk ideas). LBW YRE walks that qualify with a labyrinth on the route include Lansdale (two), Doylestown, Chestnut Hill (two), Easton, Bryn Mawr and Yardley. The Susquehanna Rovers have a qualifying YRE in Camp Hill (near Harrisburg, Pennsylvania). The First State Webfooters have three qualifying YREs in Delaware: Bethany Beach, Lewes and Milton. There are also three qualifying YREs in Maryland: College Park, St. Mary's City and Wheaton.



Labyrinth at Easton.

Start planning your road trip in the Atlantic Region! On the my.ava.org website you can use the "find a..." feature to "search by special program" to discover more a-maze-ing walks. Clubs are still renewing existing and sanctioning new events, so keep checking.

To qualify, an event must go by a labyrinth (or a maze). 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. The stamp may be used again if an event has more than one labyrinth on the route, as long as the event is paid for and walked a separate time for each qualifier.

You might think it would be difficult to find labyrinths when planning your event routes. You may be surprised to find labyrinths on or near some of your existing walks by using this labyrinth locator website labyrinthlocator.com/locate-a-labyrinth. **Note:** qualifiers are not required to be listed on this locator and not all labyrinths on this locator are found on AVA event routes. A general internet search for labyrinths is also helpful.

A-MAZE-ing Labyrinths AVA Special Program books are now available. Mail your book request and check for \$12 payable to Liberty Bell Wanderers, c/o Betty Green, 320 Melbourne Way, Souderton, PA 18964. Include your mailing address and email address with your request. For more info, contact Betty at bettyg52@gmail.com or 845-774-5335. 🚶🏻‍♀️

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.



Atlantic Region

continued from page 10

Are you brave enough to walk with a sea witch?

By Karen Fernandez

Come to the Rehoboth Beach Sea Witch Triathlon on October 28 and you can enjoy the annual Sea Witch Festival and parade. Delaware's First State Webfooters are hosting the triathlon at the Sussex Family YMCA and you can choose to do any or all of the events. There will be a Traditional 5k and 10k Volksmarch along Rehoboth Beach's streets and boardwalk which passes Fishers so you can get the local gastronomical delicacy of their caramel popcorn along the route. There is also a bike event on the rail trail between Rehoboth and Lewes with distances ranging from 10k to 43k and an indoor swim event with two dedicated lanes from 11:15 a.m. to 1:45 p.m. Start time for the triathlon is from 8 a.m. to 12 p.m.

start point on Saturday. You can sign up there or use the Online Start Box (OSB) and do those events later in the day or on Sunday.



Bike riders at Ocean City, Maryland, the day after Sea Witch 2022 (l-r) Karen Kaufman, Kathy Szczesiak, Margie MacLeish, Carol Quinlan and Mike Quinlan.

The Webbys also have nearby YREs in Bethany Beach and Lewes and a wonderful new Seasonal event in the historic small town of Milton, Delaware, a mere 20-minute drive away. All First State Webfooter YRE and Seasonal events are on OSB.



Webby walkers at the 2022 Sea Witch event (l-r) Lore O'Ferrall, Louise Fair, Jean Alford, Paul Missouli with Pacino, Kathy Szczesiak and Kathy Kresko.

While the triathlon events are only available on Saturday October 28, the Sea Witch Festival will take place from Friday through Sunday. Finish your walk early enough to catch the Sea Witch Parade which will begin at 11 a.m. so that you can go back and try to catch that Sea Witch as she comes down Rehoboth Avenue.

If you want to make a weekend out of it, the Webbys have teamed with Maryland's Freestate Happy Wanderers to turn this event into a multi-day, multi-state opportunity. The start box for the Ocean City, Maryland, walk and Bike Year Round Events (YREs) will be at the triathlon

You will find many delicious restaurants in the Rehoboth Beach general area and several microbreweries as well if you need to refuel yourself after the triathlon. If you prefer shopping, Rehoboth has typical beach shops as well as an outlet center, and nearby Lewes has adorable little shops. Whatever you prefer, this beach area is great in the autumn!

To make it more enticing to stay the weekend, Freestate has arranged a discounted rate at Comfort Inn Gold Coast, 11201 Coastal Highway, Ocean City, Maryland. Call the hotel to make your reservations before October 8, using the group name Freestate Happy Wanderers 2023. Discounted senior rates are \$89 for Friday and Saturday and \$69 for Sunday and Monday. There are also numerous hotels in Rehoboth Beach, many of which have AAA and AARP rates. 🚶‍♂️

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.



Oktoberfest versus Locktoberfest?

By Steve Brown

Virginia Volksmarchers often claim that September and October are the best months for a walk in the woods. This fall the Northern Virginia Volksmarchers (NVV) are co-hosting a Traditional Oktoberfest on September 30 plus a new "Locktoberfest" on October 14. While both Saturday events include Bavarian food and drink in addition to Volkssport events, there are several differences.



The huge annual Oktoberfest at Fort Belvoir will feature two terrific Volksmarches, musical entertainment and refreshments, plus carnival rides and a midway. NVV is offering new 5k and 10k walking routes on Saturday, September 30. A color brochure with all the details can be downloaded from northernvirginiavolksmarchers.club or the AVA website.



Locktenders open gate for canal boat.

Save Saturday, October 14 to join the first "Locktoberfest" along the Chesapeake & Ohio (C&O) Canal. Like similar fall celebrations held on canals in New York and Ohio, this D.C. area festival combines exploration of canal locks, lockhouses and lore with an Oktoberfest celebration. After guided group walks and bike rides from the C&O Canal National Historic Park are completed, the bratwurst, pretzels and beer begin. A six-mile walk and 15-mile bike ride start from Fletcher's Cove in Washington, D.C. Both events begin by following the scenic towpath to an operational lift lock, where a canal boat will be raised. Other stops include an amazing aqueduct ruin and the world's largest incline plane site. As reflected in the schedule below, additional highlights on the bike ride include historic lockkeeper houses adjacent to the C&O and Washington City canals, plus D.C.'s largest biergarten. Thanks to Darrell Neily, Volkssport credit is available online to Locktoberfest participants through American Volkssport Association's Online Start Box.

Start	Activity	Volkssport Route Highlights Include
11:30 am	Walk 6 miles	Canal towpath, lift lock with boat, aqueduct ruins and incline plane
1:00 pm	Bike 15 miles	Above + lockkeeper's houses, Washington City Canal and Biergarten
Afternoon	Celebration	Bavarian specialties and beverages at D.C.'s largest beer hall/garden

Other canal related guided group walks and bike rides are described on the Locktoberfest website at LocktoberestDC.org. If you are interested in volunteering to help with a walk or bike ride along the historic canals in D.C., email Steve at LocktoberestDC@gmail.com.



We look forward to great fall weather in Northern Virginia and hope that you will join NVV at the traditional Oktoberfest on September 30 and the first annual Locktoberfest on October 14. 🚶‍♂️



Southeast Region



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Kathryn King, Director
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Alabama has a new walking club

By Elizabeth Dunaway

The Alabama Amblers of Madison, Alabama, are ready to walk in fitness, fun, and friendship with all of you.

Our start began with my reaction to COVID. To be honest, I wasn't ever afraid of the COVID virus. I am a healthcare worker on a Mother Baby Floor at our local hospital and I have a very healthy view of sharing the planet with other living beings and our mortality as mammals. The idea of a new virus was freaky, yeah, but it did not put fear in my heart. Other people's negative reactions to the virus, to shelter in place, to other humans scared me in a way I haven't felt since my 20's. One day I was laughing at a Cajun Meme saying that there was a new parish in Louisiana – Bayou Self! The next day, I was sobbing about the ugliness that was oozing out of people I considered friends and the hysterical reactions of patients at the hospital. I could no longer watch the news. I managed for six months to stay positive, but when the cold winter set in, I just couldn't seem to buoy my spirits anymore.

A google search for Little Free Libraries delivered the AVA Little Free Library Special Program to my search window. As I delved deeper into the AVA website, I realized that this might be the answer to get myself outside and moving. My friend, Jerry Dunbar, joined me and together we coaxed our families and friends to join us. The members of the Capital City Wanderers could not have been kinder to us while we slowly gained the stamina to keep up with the group on their 5k and 10k walks. Bill, Beverly, Diane, Karen, Sara and Gary have helped us in a million ways and encouraged us to look into walks in other states. When my family of six started walking, I had to piggyback my eight-year old son at the two mile mark, but within nine months, he walked the Crazy Horse Monument and now he is hiking over 10 miles! Joining AVA and beginning to move changed our lives.

We have started Alabama Amblers to compliment the YREs that our sister group, the Capital City Wanderers, maintain year round. The Capital City Wanderers showed us how to include



Mile two - Birmingham, AL. Andrew is 8 years old and a beginner walker.



Bill and Beverly Gray share their passion for travel and AVA with the Dunaway and Dunbar Families at Crazy Horse, SD September 2021.

AVA walks in all our travels and now we are thrilled when we sign a registration form to read the names and cities of the walkers who have walked before us. We are excited about introducing our Alabama Ambler's All Counties Program. This is a program designed for people of all ages to completely walk every county in Alabama within a five year span.

You will have the option to walk up to 15 counties per year. Currently the Capital City Wanderers have six county walks that are offered every year. These are routes that are well established, much loved and will not change year to year. The Alabama Amblers will have an additional 12 walks per year. Each route will be offered for 18 months on a rotating schedule. Some walks will expire every December with new county walks added every January. With diligence, feet ready to walk and an attitude for adventure, everyone should be able to complete every walk in Alabama in a five year span. Knowing that every county will be sanctioned within a five year span is an easy way to plan and attain your goal.

Newly retired and not sure what to do with your time? Join AVA and amble through Alabama! Still working and needing some stress relief and more vitamin D? Walking with AVA brings you fun, fitness, and friendship. Are you a student who needs a PE credit or endurance training to Letter at your high school? Walking and running our events is perfect for your school credits! Homeschool students can use the AVA program for both PE, history credit and field trips. Our goal is to continue this program in a way that all counties will be on constant rotation so if you miss a county, you know that it will always come back around.

Any questions or concerns, check our webpage at alabamaamblers.net, text Elizabeth at 256-541-7243, or call Jerry at 256-617-4187, because he loves to talk (really, he loves to talk, make sure you have a whole 30 minutes to chat.).

Walk Around Florida 32: Spirits are Rising!

By Alice Lawrence, John McClellan, Cathy Metherell

Spirits, both ethereal and natural, are in ascendance in St. Petersburg! Walk Around Florida 32 (WAF32) walks, October 27-29, are abundant with out-of-this-world sights, sometimes creepy wildlife, and nostalgic tributes to those who have gone before.

On Friday afternoon, walking along glittery Tampa Bay, we head to the neighborhoods of the Old Northeast in extravagant preparation for Halloween festivities. Some may feel a tweak of nostalgia as they trek along the streets in all their spectral splendor, remembering past evenings of tricks and treats. Melancholy will fade with a visit to the St. Pete Pier, a landmark offering visual, musical and culinary delights.

Saturday morning takes us to "The Jungle," a neighborhood in west St. Pete. The Jungle Prada Tavern, feet away from the walk start, originated in 1925 as a speakeasy called The Gangplank. While stories of bootlegging tunnels and secret safes are steeped in myth, the remains of a Tocabago Indian village in the neighboring Sacred Lands are real. The preserve is by the 1528 landing site of Spanish explorer Panfilo de Narvaez and his crew of 300; the landing led to the European inland exploration of North America. With the walk starting from the Sacred Lands, dedicated to "Preserving the Past and Envisioning Tomorrow;" participants will truly step back in time before heading to nearby neighborhoods filled with mansions and quirky homes.

The afternoon walk takes place in Sawgrass Lake Park, which may seem tame in comparison to The Jungle, but is filled with wildlife lurking under, next to, and over miles of boardwalks and trails. With one of the largest maple swamps on the Gulf Coast, the lush park is the remarkable result of cooperation between county



Sawgrass Lake Park: where the wild things lurk. Photo by Michelle Devlin.

and water management organizations. Thousands of birds migrate through the park during the fall, so have your cameras and phones ready!

The WAF32 weekend comes to a peaceful end at the Weedon Island Preserve, fittingly known as "A Place to Remember," home to the Cultural and Natural History Center. Indigenous tribes, bootlegging shoot-outs, a '20s movie lot with a once busy airport, are all part of the preserve's history, although only dim traces remain in the park grounds and mangrove swamps. After the walk, jump in a kayak to enjoy the paddling trails or visit the center—if only to see the 1,100-year-old pine dugout canoe measuring almost 40 feet!

And so we head home, allowing St. Pete spirits to rest and our bodies to relax, with visions of WAF33 in our heads! For more info on WAF32 walks and social activities, check out the flier posted on facebook.com/WalkaroundFlorida32 and midfloridamilers.org or contact Alice Lawrence, 727-542-9742, pipers@tampabay.rr.com.

Next TAW deadline
October 25
for December, January and February





Suzi Glass, DRD
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Pacific Region



Carl Cordes, Director
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Herm Husbands Memorial Walk

By Carl Cordes

The Coronado, California, YRE officially became a Pacific Regional Director walk Memorial Day weekend. Herman Husbands (1933-2023) maintained the walk for many years as president of the Coronado Beachcombers. I have renamed it the Herm Husbands Memorial Walk in honor of his commitment to this walk, his club and service to IVV, AVA and the Pacific Region. Herm was Pacific Regional Director 2001-2005. He was president of the Ramstein Roadrunners 1981-1983 while serving in the Air Force and received the DVV Bronze Medal for contributions to Volkssporting in Germany.



Pacific Region Director Carl Cordes presents David Landon, CHA President, Certificate of Appreciation to CHA in recognition of more than 20 years hosting the walk box.

The Coronado Historical Association (CHA) Museum on Orange Avenue has served as the start point for more than 20 years. And the museum’s executive director, Christine Stokes, said they would be honored to continue hosting the distinctive white walk registration cabinet in their lobby. The event is also available via the AVA Online Start Box at my.ava.org. An option if you register via OSB is to take the ferry from San Diego to Coronado Island and begin the walk in the middle of the 12k route rather than drive to start point. For those chasing AVA Special Programs, this walk qualifies for Par for the Course, Rails to Trails, Rock Around the Clock and Walking with America’s Veterans. The majestic Hotel del Coronado, beaches, grand neighborhoods and great views of San Diego across the bay are just some of the features of this walk.

Make time to tour the museum (free) with its many artifacts and displays depicting the history of The Crown City. The current exhibit, through National POW/MIA Day on September 15, tells the stories of Vietnam prisoners of war, many of whom had families in Coronado waiting for their return. For current hours of operation and more information about the museum visit Coronadohistory.org.

Wear a flower in your hair!

It’s autumn, which, coincidentally, is one of the most desirable seasons to be in the beautiful city of San Francisco, California. And, also coincidentally, the San Francisco AVA chapter has an exciting, notable selection of 10k+ and 5k walks that ensure you experience the best parts of the city while getting close up to areas often overlooked by out-of-towners.

There are a lot of parks in this city, but the most amazing is **Golden Gate Park**. Our walk there begins at the southwest end to the east and returns via the north side of the park with three length choices, 5k, 10k, and 13k. You’ll see courts and fields for all kinds of old and new games, lakes, quiet hidden trails, 19th Century buildings and statues, world class



Here’s a rundown of YREs offered by the San Francisco Bay Bandits: With the **Highlights walk** (under Maritime on ava.org), you’ll see Fisherman’s Wharf, crooked Lombard Street, Coit Tower, North Beach, Chinatown, Nob Hill, several of SF’s distinctive neighborhoods, and many views of SF Bay, Alcatraz, and the Golden Gate Bridge. It’s challenging (some hills) but that’s one of the great things about AVA – it’s a walk, not a race!

museums, and a lot more. It’s a fabulous park and an essential part of the city.

Go west as far as you can in SF and then begin the **Land’s End** walk! You’ll look out to the Pacific Ocean, and then begin walking on the trail above the watery entrance to the Bay, looking across to the Marin Headlands. You’re going east so you’ll see a different view of the GG Bridge. Not many tourists get to see the Bridge from its west side!

The **Embarcadero walk** (under Maritime on ava.org) takes you along the east side of the city, following the Bay to Oracle Park (home of the SF Giants), then back through the Financial District, Chinatown and North Beach. Count the piers as you pass along the Embarcadero. It gives a great perspective on exactly how big a Port can be!


The **Presidio of San Francisco**, part of the Golden Gate National Recreation Area, has human history from the centuries old Ohlone tribes, to Spanish settlers in 1776, graduating to an Army base in the 19th Century that saw all US wars until its decommissioning in 1994. Historical buildings, a national cemetery, 19th and 20th Century batteries, wooded trails, and views that don’t stop are just a few of the reasons to explore this remarkable park in the northwest of the city.

The **Golden Gate Bridge** walk sends you along the north end of San Francisco, in the Presidio, across the bridge as far as you wish. The return is along the bay, in the scenic and historic Crissy Field. The view of San Francisco from the bridge is not to be missed.

Find start points and relevant information at ava.org, of course. And, what are the other desirable seasons in San Francisco? You guessed it. All of them! 🌸


AVA Special Program – Lighthouses II

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



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.*



MILESTONES

Volksmarching Lifers

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

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

Book stamper extraordinaire

By Sherry Sayers

I would like to introduce you all to another good friend of mine (see The Walking Fool in the March 2023 TAW about Dave Hooker). Terri Tyler is from Topeka, Kansas, and has been walking since around 1979 when she planned a trip to the Hummel Festival in Ohio and discovered an associated walk in conjunction with the festival, where there was a coveted Hummel award available. She took her mother along on the trip; they both did the 10k without the proper footwear (need I mention blisters?), but alas, no one explained to them about books. It

Missouri. The Topeka Capitol walk is a highly sought after low YRE number of 0008.

In approximately 2016, Terri decided to help Dave get some county walks in Kansas, so she started organizing events all over Kansas. I have participated in these walks since 2018, and even though most of the walks are in quite small towns, she always manages to find something interesting and different for walkers to explore in each town. Her color-coordinated stamps, start cards and directions/



wasn't until 1981 when she discovered all about books and found out about walks in nearby Leavenworth, and other towns in Kansas, and thus Terri started her record-keeping. She planned trips for her and her mother on weekends, as she was still working full time as a gym teacher at that time.

She subsequently started organizing van trips over long weekends to other states to attend events such as Crazy Horse, the Dakota Dozen in Brookings, South Dakota in 2000, as well as the Lewis and Clark Special Program (SP) events, Pony Express SP events, Route 66 SP events and National Park SP events, some as far away as Oregon.

In October 1984, Terri decided to start a club in Topeka, which she named Sunflower Sod Stompers. Currently, the Sunflower Sod Stompers sponsor nine Year Round events (YREs) in Kansas and one in St. Charles,

maps are a delight for walkers! She has also organized South Central Round Up multi-events in 2008, 2018 and 2022, and is currently working on Round Up events in central Kansas for 2024. In addition, she has organized several multi-event weekend walks in nearby Oklahoma.

As of this writing, Terri has walked about 3,800 events and around 20,000 kilometers. She has walked in all 50 states, as well as in Mexico, and some provinces in Canada.

Terri always steps up to help stamp books at conventions, the Olympiad, Crazy Horse and other multi-event weekends. As I was the chairperson for the 2017 AVA Billings Convention, I can attest to the fact that Terri is indeed a valued and highly motivated volunteer for our AVA organization and has been for many years. 🍷

Don Corrigan — 50 Years

I began my Volksmarching adventures on April 1, 1973, while stationed at Wiley Barracks, Neu Ulm, West Germany. The event was hosted by Neu Ulm American Wandering Club and the award was a metal in the shape of the United States with a Mount Rushmore theme. After several more Volksmarches I returned to the States.

In 1985 I noticed that the Greater Des Moines Volkssport Association was holding their first event. I was once again on the trail, this time the award was of a German hiker, complete with a hanging walking boot. Since then I have walked in all 50 states, 26 countries attended five conventions and one Olympiad.



There is no better way to see cultures and sites than on a Volksswalk. 🍷

Fred and Carolyn Barton, lifetime Volkssporters

Fred and Carolyn Barton have been AVA members for 37 years and Volkssporters since 1981.

In September 1981, Fred went to Germany. He was active duty Air Force and was reassigned to Rhein Main AB, Germany. Some of his new coworkers invited him to join them and go on some silly walking activity in a nearby town. He went and enjoyed it. Not only was it good exercise, but it was a good social time and there was good food and drink available.

In December, his wife, Carolyn, arrived. After they settled in, Fred told her about this popular weekend event. Back in those days, the Thursday editions of the U.S. military newspaper, *The Stars and Stripes*, listed about two and a half pages of Volksmarches in Germany and nearby countries.

They joined the squadron group and went on a 10 kilometer walk that included a historic castle. Most weekends for the next four years included a Volksmarch. Beside Germany, their walks included Switzerland, Italy, France and Belgium.

In 1986, Fred was transferred to the Air Force base in Tucson, Arizona. Shortly after arriving, they found out someone was wanting to start a Volkssport club in Tucson. Fred and Carolyn put on their walking shoes and jumped in. The new club had their first walk in December 1986. The original organizing couple was active duty Air Force. About a year later, they were transferred and Fred took over as the club president. He has been the club president and Carolyn has been the club treasurer ever since.



Fred and Carolyn have now walked in all 50 states, plus Canada and Mexico. They each have accumulated over 22,000 kilometers and 2,200 events.

Although they have slowed down, they still walk frequently, and they still organize events for their club in Tucson. 🍷



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

22nd Annual US FreedomWalk Festival in October has a new start location

What better way to celebrate the fall weather than joining us for the 22nd Annual U.S. FreedomWalk Festival, October 20-22 for three days of friendship with Volkssporters from around the world. This IML (International Marching League) event will start in Arlington, Virginia, each day at the DoubleTree by Hilton, 300 Army Navy Drive. Register at usfreedomwalk.org.

Walkers of all ages and abilities can enjoy the various walks through Arlington, and into Washington D.C. There are also swim and bike events to round out your Volkssport experiences (each bike and swim are an additional \$3 per event). A special "Trivolks" medal will be given to those Volkssporters who do walks, swim and bike events. The international IML Board of Directors will also be joining us, along with the AVA Board of Directors.

Here's a sneak peek at the events:

Friday October 20 – the Welcome Walk will focus on Arlington, Virginia, with 5k and 10k walks. Both walks will wind through the Crystal City neighborhood on the Potomac River, with upscale hotels, underground shops and walkways, plus walk by the Pentagon and the U.S. Airforce Memorial. The 10k will add the Columbia Island Marina, and the George Washington Parkway. Walks start anytime from noon to 3 p.m., and finish by 6 p.m. The 30k bike ride and the 300m swim are from 10 a.m.-3 p.m.

There is a special **Opening Ceremony Friday** at 4 p.m. at the DoubleTree Hotel, which we encourage everyone to attend.

Saturday October 22 – choose between 6k, 12k, or 21k routes. Walks feature gorgeous views from both the Virginia and District sides of the Potomac River, winding through the Crystal City neighborhood, crossing 14th Street Bridge entering Washington D.C., and walking along the D.C. side of the Potomac River, Tidal Basin then back across the river to walk through Arlington National Cemetery. The 21k route will add the National Mall from the Lincoln Memorial to the U.S. Capitol building. There are several food and drink choices along the trails. The 6k and 12k walks start anytime 8 a.m.-noon. The 21k starts 8 a.m.-11 a.m.; finish by 5 p.m. When you return, enjoy the live music with cash bar from 12:30 p.m.- 4:30 p.m. You can also do the 30k bike ride from 8 a.m. to 2 p.m., while the swim event of 300m is 10 a.m.-3 p.m.



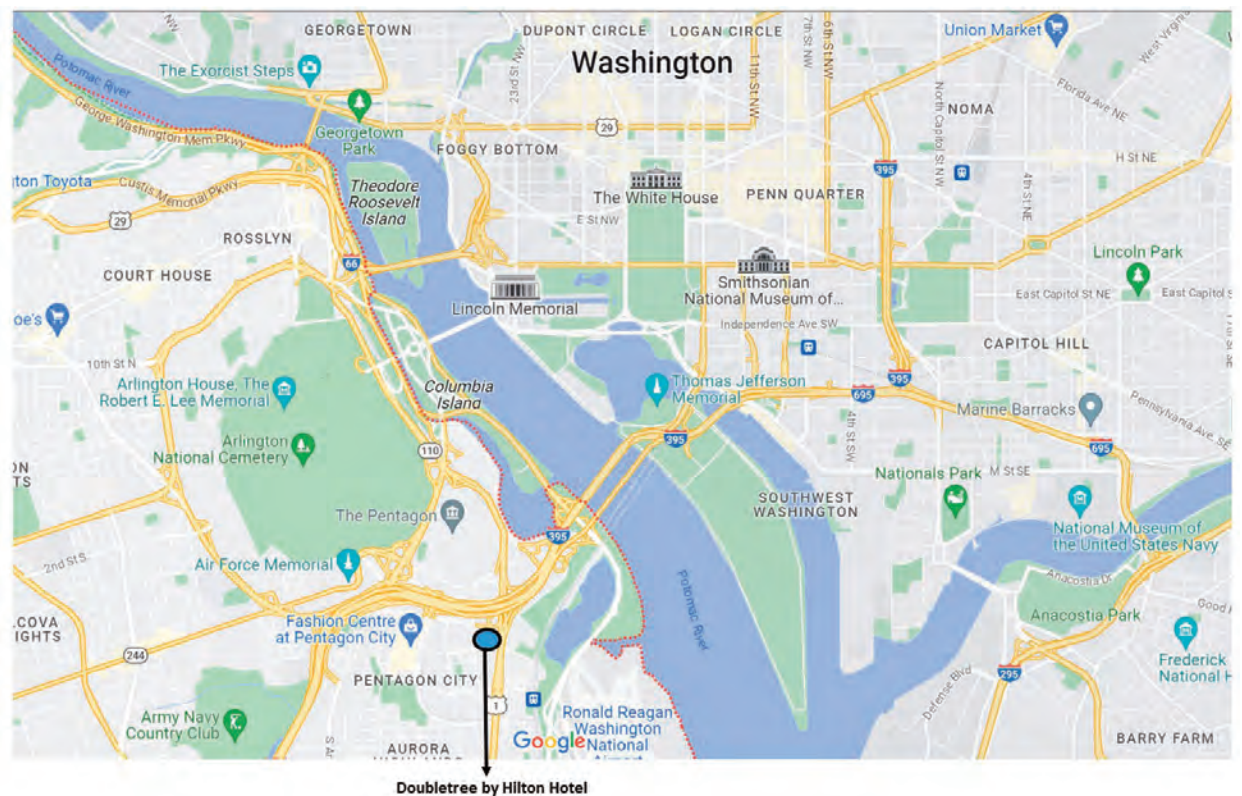
The Pentagon.

An **International Dinner** with a pasta buffet is \$35 at the DoubleTree Saturday night at 6:30 p.m. Please pre-register by October 6 at info@usfreedomwalk.org. **Sunday Oct 22** – choose from 6k, 12k, or 21k. The 12k route winds through the Crystal City neighborhood into other beautiful Arlington neighborhoods, along the Four Mile Run Trail, circling back to the Mount Vernon trail. The 21k will include the City of Alexandria, eclectic neighborhood of Delray, then on to Old Town Alexandria. The 6k and 12k walks can start anytime from 8 a.m.-noon; 21k from 8 a.m.-10 a.m. The 30k bike event is from 8 a.m.-2 p.m.; swim of 300m is 10 a.m.-3 p.m. All events must finish by 4 p.m.

The **Closing Ceremony is at 3 p.m. Sunday**, where IML awards will be announced. Everyone is invited to attend.

For those who collect special programs, a list will be featured at the finish table. Just present your program books to the stampers.

All trails are primarily on sidewalks with some natural surfaces. Trails are mostly flat.



The DoubleTree has a special rate of \$189 per night plus tax, October 20-22 only, and includes two breakfasts per room per night. Special parking rate for Volkssporters is \$20/night. If you made a reservation at the Hilton Crystal City, please call the DoubleTree to confirm your reservation was moved correctly: 703-416-4100. We apologize for the change, but the Hilton did not finish its renovations.

The US FreedomWalk is a premier event for Volkssporters, one of only two IML events in the United States. To receive IML credit, walkers must walk at least 20k on each of the primary walking days (minimum two days in a row). AVA and IVV credit will also be given.

We thank our sponsors: AVA: America's Walking Club, IML Walking Association, Arlington County, Virginia, BikeArlington and WalkArlington.

Register at usfreedomwalk.org. Three day walk packages are \$40. There are also two-day packages, or you can register daily at the event.

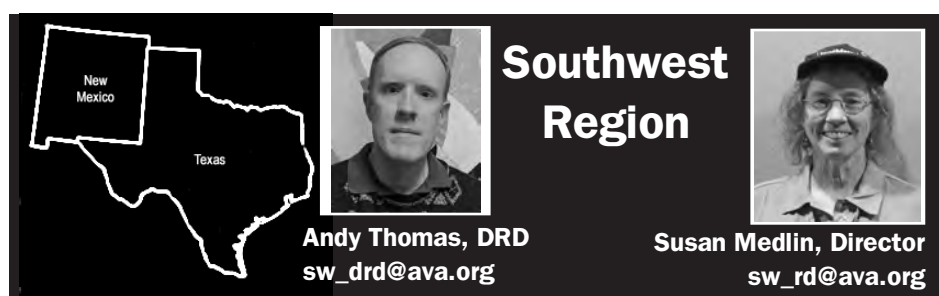
For more info, email info@usfreedomwalk.org.

JOIN OUR ONLINE GIVING DAY!

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

The Big Give 10 YEAR ANNIVERSARY

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



Cedar Hill State Park Seasonal Walk

The Dallas Trekkers have added a new Seasonal walk at Cedar Hill State Park for this fall. The park is located about 10 miles southwest of Dallas on the shores of Joe Pool Lake. The park was acquired in 1982 and opened in 1991. It is managed by the Texas Parks and Wildlife Department. The park lies at the intersection of two ecosystems: rolling tallgrass prairie and limestone escarpment. It features over 200 species of birds, as well as various mammals and fish in Joe Pool Lake.

The Penn Farm Agricultural History Center is located within the park boundaries. The farm has reconstructed and historic buildings from the mid-19th Century through the mid-20th Century and dates back to 1859. The site features two farmhouses, barns, outbuildings, old farm equipment and a windmill.



Penn Farm at Cedar Hill State Park.

The walk is composed of two loops. A 5k route goes through the historic farm site and a new paved shoreline trail with great views of the lake, a swimming area and playground. A second 6k loop is a natural surface hiking trail along rolling hills through the tallgrass prairie and woods. These loops can be combined for a total of 11k.

Join the Trekkers on Saturday, October 21 for a group walk and hotdogs. Although this walk is available via the OSB, we will have on-site registration and the stamp available on this day. Meet at the day use area near the swimming area and restroom #9 (look for number at top of restroom) between 9-noon. We will start serving hotdogs at 11 a.m. Contact Helen Hull, HelenTheHun@yahoo.com, if planning to come so we have enough dogs for everyone. Check the Trekkers' website, DallasTrekkers.org, for the dates of other group walks.

Cedar Hill State Park has camping areas, a boat ramp, picnic area and two fishing jetties. The area has over four miles of hiking trails in addition to the 12 miles of mountain biking trails. 🐾

Southwest Region continued on page 17



San Antonio Pathfinders' Tribute to Freedom Solar Eclipse Walk

By Martin Callahan

The San Antonio Pathfinders Volksmarch club is hosting a truly unique walk in San Antonio, Texas on October 14. The walk begins at the New Life Christian Center, 6610 W. US Highway 90, San Antonio. The New Life Christian Center was kind enough to allow the San Antonio Pathfinders to use their beautiful facility as the start point and you can learn more about the church online at christiancenter.com/.



A view of the beautiful 75-foot tall "Tribute to Freedom" sculpture created by San Antonio artist George Schroeder with the help of local landscape architect Larry Hicks that Volkssporters will see along the trail. The sculpture consists of five metal forms representing the five branches of the United States Military Forces and the central obelisk also represents the Washington monument. The four forms surrounding the central obelisk represent the military's protection of the United States. Photo by Mike Schwencke.

Volkssporters will begin the walk at the New Life Christian Center with a view the Galilee Prayer Garden with many points of interest, a replica of the Western Wall and the San Antonio 9/11 Memorial and its forever flame. Volkssporters will then proceed along the new portion of the Leon Creek Greenway to the Lackland Corridor Park and the Tribute to Freedom Sculpture, for which this event is named. You will then return passing the New Life Christian Center to the new trail route under Highway 90 along a tree lined path to Rodriguez Park on to the finish.

The start time of this sanctioned event is purposely delayed so walkers can experience the annular eclipse happening that day at its maximum from 11:54 a.m.-noon. The lead into the eclipse will start at 10:23 a.m. and end at 1:33 p.m. Special glasses to safely view the eclipse will be available for purchase.

For more info on eclipse in Texas in October go to greatamericaneclipse.com/texas-2023-eclipse.

For info on both walks contact Mike Schwencke, 210-679-7609 or email mike.schwencke@outlook.com. 🐾

AVA Special Program - Town Halls/City Halls

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



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

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.



Southwest Region *continued from page 16*

Camp Verde, Waring Halloween and Christmas in Comfort Walks

By Martin Callahan

The Hill Country Volkssportverein is hosting three walks this fall. The first walk is at Camp Verde, Texas, on September 16. Register at the park under the Highway 173 overpass across from the general store. The U.S. Army first experimented with camels at Camp Verde in 1856.

funds to preserve the historic Lane Valley School. On Sunday the Waring VFD will also serve lunch at their annual fish fry next door to Waring Hall.

The third walk is on November 27 and is in conjunction with Christmas in Comfort. Comfort is about a 45-



Gayle Weinraub, John Bohnert and Tina Bohnert with Rudy, stop for a picture along the walk trail next to the Texas Centennial granite monument marking the original site of Camp Verde along the October 2020 walk in Camp Verde, Texas. Photo by Martin Callahan.

Volkssporters will follow the trail along Verde Creek Road past the Camp Verde Cemetery, which has some interesting tombstones including Civil War veterans, a 1936 Texas Centennial Marker at the original site of Camp Verde, and other scenic and historic spots. After the walk you may want to visit the old Camp Verde Store that has interesting souvenirs and a restaurant with some tasty food. For more info on Camp Verde go to the General Store's website online at campverdegeneralstore.com/main/index.php.

The second walk is its 44th annual Halloween walk in Waring, Texas, on October 28-29. Waring lies along the banks of the Guadalupe River in Kendall County, about 42 miles northwest of San Antonio. R.P.M. Waring founded the town in 1887.

Register for the walk at Waring Hall next to the Waring Volunteer Fire Department (VFD) at 11 Waring Rd. Participants may start any time between 8-11 a.m., finish by 2 p.m.

The Lane Valley Community Center will serve breakfast, hamburgers and baked goods on both days to raise

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.

Registration area is yet to be determined, but the start time will be between 8-10 a.m., finish by 1 p.m. Christmas in Comfort is one of the Texas Hill Country's most popular holiday events and draws visitors to the Texas Hill Country for holiday shopping and family fun every year. The event usually has around 125 art and craft vendors displaying their crafts in the historic district and a full day of holiday activities you can enjoy from 10 a.m. to 9 p.m.

With a population of almost 2,500 and a rich history, Comfort brims with character and charm. The star of the German-pioneered Texas Hill Country, Comfort has nearly 100 pre-1910 buildings, many of which you will see along the walk trail.

If you will be in the area for the annular eclipse on October 14, consider walking our YRE's in Bandera, Comfort and Kerrville. Additional information can be found at ava.org.

JFK remembered

The Dallas Trekkers will host a seasonal walk to observe the 60th anniversary of the assassination of John F. Kennedy. The walk will be available via the Online Start Box from October 1 through December 31. The club will offer several group walks including a Sunday, November 12 walk during the Texas Volkssport Association's fall meeting. Onsite registration and stamp will be available for these group walks. Go to DallasTrekkers.org for dates and times of these group walks.



The event will feature routes of 5k, 12k, and 16k to cover all aspects of the assassination. The 5k route starts at the Municipal Building and follows JFK's motorcade route down Main Street with a small detour to visit the US Post Office where Lee Harvey Oswald rented a mailbox, which he used to receive a mail order rifle used in the shooting. The Post Office and Federal Courthouse was also the office of Judge Sarah T. Hughes who later swore in Lyndon Johnson as president onboard Air Force 1 before it returned to Washington. The route then continues down to Dealy Plaza and the fateful shooting. The 5k route visits the JFK Memorial, the Police Memorial where Officer JD Tippit, who was killed by Oswald, is remembered, and finally returns to the Municipal Building where Jack Ruby shot Oswald in the basement of the building two days later.

The 12k and 16k routes follow the 5k route, and then continue to explore Oswald's escape route and the boarding house where he rented a room. The 16k goes to the site where Officer Tippit confronted Oswald and was shot, and finally to the Texas Theater where Oswald was captured. These routes then rejoin the 5k route to complete the experience.


Even after 60 years, there are still questions as to whether Oswald was the actual shooter, did he act alone or was he part of a larger conspiracy? 🐾

Southwest Region continued on page 18

Next TAW deadline

October 25

for December, January and February



AMERICA'S WALKING CLUB
— ESTABLISHED 1976 —

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

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

"It is better to walk alone, than with a crowd going in the wrong direction."

~ Herman Siu

Southwest Region continued from page 17

The Randolph Roadrunners' fall and solar eclipse walks

By Martin Callahan

The Randolph Roadrunners Volkssports club is hosting two walks this fall in San Antonio, Texas. The first event will be at Panther Springs Park Walk on October 21. The park is 289 acres, out of which 42 acres are leased to the YMCA for the Mays Family YMCA facility.

The park is in the Stone Oak and Wilderness Oak area of north central San Antonio. The park currently has 2.5 miles concrete trail for walking, running and cycling and also three rest areas. The park was first opened to the public in March 2015. Register at 22635 Wilderness Oak, San Antonio, from 8-11 a.m., finish by 2 p.m.

The second walk event is a Recreational Equipment, Inc. (REI) Opt Outdoor Day Walk event at the Southside Lions Park in San Antonio on November 24. REI is an American retail and outdoor recreation services corporation that first started a movement for people to reconnect outdoors over the holidays. This walk event after Thanksgiving is the Randolph Roadrunners' participation in the movement.

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

Register at Southside Lions Park East, Pavilion 2, 4600 Pecan Valley Drive, San Antonio. As usual a tasty hot dog lunch will be available for purchase by Volkssporters at this event. The walk start time is from 9-noon, finish by 3 p.m.

For more info on both parks go to sanantonio.gov/ParksAndRec/Home/Parks. For info on the two walks contact Ellen Ott, 210-723-8574 or email ellenott@sbcglobal.net.



Jackie Lytle and Andy Thomas stop for a picture along the second trail loop at Southside Lions Park East next to a sculpture of a flower which is part of "Bloom" series by San Antonio artist Leticia Huerta. The walk event took place in November 2022 in San Antonio, Texas. This was the REI Opt Outdoor Day Walk event for the city. Photo by Martin Callahan.

The Randolph Roadrunners Volksmarch Club is also providing information on National Walking Week which is April 1-7, 2024, for San Antonio and the surrounding towns, which will be posted and continually updated on the club's website at randolphroadrunners.info/.

Information on the upcoming total solar eclipse that will take place during a Randolph Roadrunners' walk in San Antonio on April 8, 2024, will also be posted on the Randolph Roadrunners' website.

It is dangerous to view either eclipse without eye protection, and protective glasses will be sold at the event as long as the supply lasts. You may also want to check their website for additional information on this once in a lifetime event online at greatamericaneclipse.com/texas-2024-eclipse.



Lake Tawakoni State Park Seasonal Walk

The East Texas Trekkers have added a new Seasonal walk at Lake Tawakoni State Park for this fall. The park is located about 60 miles northwest of Tyler and 60 miles east of Dallas on the shores of Lake Tawakoni, a 38,000 acre reservoir. The walk is composed of two loops. A 5k route goes along natural trails along the lake and through several campgrounds. A second 6k loop is a natural surface hiking trail along rolling hills through the oak forest. These loops can be combined for a total of 11k.



Join the Trekkers on Saturday, November 5 for a group walk and hotdogs. Although this walk is available via the OSB, we will have onsite registration and the stamp available on this day. Meet at the parking lot close to the restrooms between 9-noon. We will start serving hotdogs at 11 a.m. Contact Helen Hull, HelenTheHun@yahoo.com, if planning to come so that we have enough dogs for everyone. Check the Trekkers' website, WalkTx.org/EastTexasTrekkers, for more information.

Lake Tawakoni has camping areas, a boat ramp, swimming area and picnic area. Kayaks are available for renting and fishing equipment may be borrowed from the park. 🌿

Zilker Neighborhood revisited

By Carol Obianwu

Colorado River Walkers Volkssport Club of Austin, Texas, will have a Traditional Volksmarch of the Zilker Neighborhood on September 23.



We are repeating a walk we had there in September 2015 which walkers enjoyed. The Zilker Neighborhood consists of older vintage homes built in the 1920's and very modern homes, which are gradually replacing them. You will pass both small older bungalows and upscale mansions sitting next to each other. There is an artistic vibe to the neighborhood and we plan to pass the home studios of at least two such artists.

Community of Christ Church, 2132 Bluebonnet Lane, will once again be the start/finish point. Start anytime between 8-11 a.m., finish by 2 p.m.. The 6k route will stay in the neighborhood streets, while the 10k route continues downhill to enter Zilker Park and Barton Creek area.

We hope you can join us. 🌿

Southwest Region continued on page 19

**It's one thing to feel you are
on the right path, but it's
another to think yours is the
only path.**

~ Paulo Coelho

Southwest Region *continued from page 18*

The TTR's World Heritage Festival, Tour de las Misiones Walk

By Martin Callahan

The Texas Trail Roundup, AVA-Southwest Region (REG-SW), San Antonio World Heritage Office, San Antonio River Authority, San Antonio Parks and Recreation and National Park Service are managing the sixth annual American Volksmarch Association (AVA) 5k and 10k walk events that are part of the World Heritage Festival, Tour de las Misiones that runs for five days.

Volkssporters will follow mostly paved trails along the San Antonio River and through Espada Park to Mission San Jose. The mission was founded in 1720 and the church that is still standing was made from local limestone and completed in 1768. Volkssporters will then follow the trail through the mission grounds and have the opportunity to view original artifacts and exhibits on display in some of the rooms in Mission San Jose.



Charley Watt, Jr. with Rudy (l) and Dolly pose for a picture next to the plaque about the Hot Wells Hotel & Bathhouse with the ruins of some of the hotel visible behind them along the 2022 World Heritage Festival, Tour de las Misiones Walk trail in San Antonio, Texas.

The World Heritage Festival (WHF) is an annual collaborative event to celebrate and promote our San Antonio Missions, a United Nations Education, and Scientific and Cultural Organization (UNESCO) World Heritage site. The five San Antonio missions were designated a World Heritage Site by UNESCO in 2015. The Volksmarch walk events will be held on September 9 in conjunction with bike and run events that are not sanctioned AVA events. All Volkssporters will start as a group after the riders and runners begin shortly after 7:45 a.m. Come to the AVA booth for your sanction stamp upon completion of the walk. Follow the AVA signs to the booth. Your medal is given out at the end of the walk. Register by August 30 to be guaranteed a medal and T-Shirt. This year the WHF is celebrating, as imaged on the medal and T-Shirt, Mission Espada which is one of the five San Antonio missions. Go to worldheritagefestival.org for daily festival events and to register online for the walk.

You will also pass the San Jose Mill and Acequia (irrigation ditch) and continue walking around the Hot Wells Hotel ruins, which date from 1893 through the 1920s, before strolling along the nature trail back to the start/finish. For more info about the San Antonio Missions go to nps.gov/saan. For more info on the Hot Wells Hotel go to edward-saquiifer.net/hotwells.html.

Walk packet pick up will be held September 7 and 8, 4-7 p.m. at Mission Branch Library, 3134 Roosevelt Ave. All packets not picked up, will be available the day of the event. Come early please! Your bib will be used for checkpoints instead of a start card.

Register for the walk at the Mission Park Pavilion, 6030 Padre Dr. For info on the walk contact Susan Medlin, 210-325-3523 or sueammed@aol.com.

Next TAW deadline
October 25
for December, January and February

Christopher Begnoche, DRD
rm_drd@ava.org

Rocky Mountain Region

Steve Sandridge, Director
rm_rd@ava.org

Visit the Rocky Mountain Region

By Steve Sandridge

We hope you're able to include our region in your summer and fall travel plans. We offer more than 100 Year Round and Traditional events including 91 Year Round/Seasonal and 13 Traditional events offering plenty of great scenery out here in the Rockies!

Despite Colorado's unseasonably wet June (300 percent normal rain!) two of our regional clubs are working to expand walking opportunities. Kudos to our Falcon Wanderers and Rocky Mountain Wanderers for recently hosting a joint club Fellowship Walk. And the Falcon Wanderers continue to host several Fellowship Walks and periodic Wednesday evening walks throughout the summer.

Christopher Begnoche of Saint George, Utah, is off to a great start as our new Deputy RD. He's working to establish YREs in some of our regional national parks with the first walks being a Zion National Park YRE and Bryce Canyon National Park Seasonal Event in 2024.



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

Be sure to make some Rocky Mountain region walks part of your Rockies travels!

JOIN OUR ONLINE GIVING DAY!

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

The Big Give

10 YEAR ANNIVERSARY

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





Ed Hainline, DRD
nw_drd@ava.org

**Northwest
Region**



Sharon Moats, Director
nw_rd@ava.org

We're ready for you!

Columbia River Volkssport Club is excited to see the return of our past friends and to meet new ones at our biennial multi-day event, Salute to Central Oregon, headquartered in Bend, Oregon.

increase parking. These projects are currently running behind. Cross your fingers that they are postponed until after our event.

The weather has been beautiful, the mountains and rivers are spectacular, and the area is bustling. Most all the favorite trails are still available. It is particularly pleasant walking on those routes along the Deschutes River or around Paulina Lake enjoying the extraordinary scenery.

Our Meet and Mingle is a favorite with a huge assortment of delectable desserts, including build-your-own s'mores. The Saturday evening banquet table overflows with barbecued meats and sides to suit everyone's taste. This evening, for the first time, is BYOB. We're so fortunate this year that the rivers are running high allowing us to participate in a whitewater rafting trip (not sanctioned) that allows even couch potatoes (none of us, of course) an adventure splashing through the rapids on the Deschutes River.

Git Around the Block Buster will take walkers past the very last Blockbuster video rental store in the entire world. It is still open so you can go in for a bit of nostalgia.

Save the date for Wild and Woodsy in Washington

Capitol Volkssport Club of Olympia will be hosting Wild and Woodsy in Washington April 25-28, 2024. Mark your calendars now, make lodging reservations in the Lacey/Olympia area and come prepared to have a wonderful time walking, hiking, biking, catching up with old friends and making new ones.



Big Creek Hike on the slopes of Mt. Elinor in the Olympic National Forest.

The registration point for all 10 walks will be at the Washington Association of Sheriffs and Police Chiefs, 3060 Willamette Dr. NE, Suite 200, in Lacey, Washington. All the walks will also be available in the OSB to walk April 22 to May 3 as well as available during the four-day event.

Committee members are excited to add an additional day to the upcoming event making room for a Pub Crawl and another walk. The routes will go into old growth forest, local parks, along the shores of Puget Sound and to some yet undisclosed areas. A vehicle will be necessary for getting to and from the actual walk start points.

For more information, registration and dinner reservation forms, go to capitolvolkssportclub.org.



We may miss out on walking through the incredible geology of Smith Rock State Park since there are plans to replace the pedestrian bridge that accesses the hiking trails we have used, including Misery Ridge. Plans are also to build a Visitor Center and

Come and join us September 14-17. We're waiting to greet you! Check out further information on our website where you will also find the mail-in registration form, walking4fun.org/general-info.html.

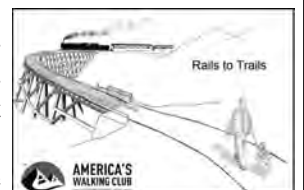
AVA's Vision: Increasingly engage Americans in lifelong walking and other noncompetitive physical fitness activities.

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



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.



September 2023



AMERICA'S WALKING CLUB
ESTABLISHED 1976

AVA: America's Walking Club!



President Barbara Bucheitner, Bill Hassell and Mike Loman, Kinder Board Members, give FHW donation to Kinder Farm House.



Freestate Happy Wanderers celebrate the club's anniversary.



Everyone enjoys Oktoberfest walks and food!



John David Griffin (l) with Rudy and Charley Watt, Jr. with Dolly, in front of a Case Eagle originally used to advertise farm equipment during the 1930s-1940s next to the start point at the Halloween Walk in Waring, Texas in 2022. Photo by Martin Callahan.



Stumpf fiddle entertains at Virginia Oktoberfest.



NorthStar Trail Travelers walkers on the trail at Beaver Creek Valley State Park in Minnesota in July.



NorthStar Trail Travelers were treated to a beautiful overlook of the Mississippi River from King's Bluff at Great River Bluffs State Park in Minnesota in July.



(l-r) Reuben, Marta and Sonya Knappe pose for a picture next to the Southside Lions Park monument sign near the checkpoint at the park walk that took place in November 2022 in San Antonio, Texas. This was the REI Opt Outdoor Day Walk event for the city of San Antonio, Texas. Photo by Martin Callahan.

Member Clubs, Events and IVV

AWA 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

9/9/23	W	Modesto Delta Tule Trekkers	Angie Beckler 209-601-4531 abripom@hotmail.com
9/23/23	W	Suisun City Vaca Valley Volks	Tom Smith 707-449-0574 smithkey78@gmail.com
10/7/23	W	Rocklin Placer Pacers	Warren Tellefson 530-305-5479 wtellef@sbcglobal.net
10/14/23	W	Ukiah Sonoma County Stompers	Marilyn Nasi 707-539-8083 mbnasi91@comcast.net
10/14/23	W	Wildomar Low Desert Roadrunners	Kathy Bundy 951-218-3755 bunznkatz7@gmail.com
10/21/23	W	Roseville Sacramento Walking Sticks	Myrna Jackson 916-481-6714 mjacks01940@yahoo.com

COLORADO

9/9/23	W	Peyton Falcon Wanderers	Bev Watry 719-359-7233 yellowrosenov@msn.com
9/23/23	W	Colorado Springs Falcon Wanderers	Curt Converse 719-330-8399 walking@falconwanderers.org
10/7/23	W	Farish Rec Area Falcon Wanderers	Russ Kester 719-641-9107 ruke1156@comcast.net
10/21/23	W	Colorado Springs Falcon Wanderers	Carol Kinat 719-648-9015 kinat@aol.com

DELAWARE

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

FLORIDA

9/9/23	TGB	Enterprise Happy Wanderers	John McClellan 781-686-0660 johnmc82@cfl.rr.com
9/23/23	W	Jacksonville First Coast Trail Forgers Walking Club	Diana Sherrill 904-608-4689 diana.sherrill3@gmail.com
10/7/23	W	Ponte Vedra First Coast Trail Forgers Walking Club	Diana Sherrill 904-608-4689 Clubdiana.sherrill3@gmail.com
10/27-28/23	S	St. Petersburg	Alice Lawrence 727-595-2173
10/28/23	2-W	St. Petersburg	Pipers@tampabay.rr.com
10/29/23	W	St. Petersburg	Suncoast Sandpipers Volkssport
11/18/23	W	Jacksonville First Coast Trail Forgers Walking Club	Diana Sherrill 904-608-4689 diana.sherrill3@gmail.com
12/2/23	W	Jacksonville First Coast Trail Forgers Walking Club	Diana Sherrill 904-608-4689 diana.sherrill3@gmail.com
12/16/23	W	Jacksonville First Coast Trail Forgers Walking Club	Diana Sherrill 904-608-4689 diana.sherrill3@gmail.com

IOWA

9/15-17/23	W	Le Mars Nebraska Wander Freunde Trailblazers	Butch Spaulding 712-435-0815 bs1preznwft@aol.com
9/28/23	TGW	Council Bluffs Nebraska Wander Freunde Trailblazers	Sandy Spaulding 712-435-0815 sandyspauld@yahoo.com

ILLINOIS

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

INDIANA

9/2/23	W	Auburn Three Rivers Strollers	Liz Winsley 260-348-5922 lizardw13@gmail.com
9/16/23	TGW	Fishers Indy 'G' Walkers	Cliff Terry 317-776-1848 clifferry@sbcglobal.net
10/7/23	TGW	Fortville Indy 'G' Walkers	Lance Ratliff 317-340-0776 lanceratliff@hotmail.com
10/14/23	TGW	Winamac Indiana Volkssport Assn.	Terry Elser 260-438-8975 elserfam@frontier.com
11/24/23	TGW	Carmel Indy 'G' Walkers	Jim Blessing 317-903-4036 jashless@gmail.com

KANSAS

10/26-29/23	W	Washington	Terri Tyler 785-233-4385
10/26-29/23	2-W	Marysville	Sunflower Sod Stompers
10/26-29/23	W	Seneca	tltyler50@gmail.com
10/26-29/23	W	Highland	
10/26-29/23	W	Hiawatha	

MASSACHUSETTS

10/14/23	GW	Milford Walk 'N Mass Volkssport Club	Keith Harlow 508-353-3336 krhguy13@yahoo.com
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MARYLAND

9/20/23	NW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Yvonne Astill 301-431-6668 GreenbeltMVA@gmail.com
9/23/23	W	Brandywine Annapolis Amblers	Thomas DeHetre 301-645-3195 thomasdehetre@aol.com
9/30/23	W	Frederick Seneca Valley Sugarloafers	Jone Parr 301-385-0054 jone.p@comcast.net
10/7/23	W	Elkridge Columbia Volksmarch Club	John Dye 410-290-6510 johndye@comcast.net
10/8/23	GW	Greenbelt Great Greenbelt Volksmarchers, Inc.	Y. Pennington 301-431-6668 greenbeltmva@gmail.com
10/21/23	W	Kentlands Seneca Valley Sugarloafers	Dave Fenster 301-520-6507 rockpic001@gmail.com
11/4/23	W	Patuxent Res Refuge Great Greenbelt Volksmarchers, Inc.	Y. Pennington 301-431-6668 greenbeltmva@gmail.com
12/9/23	W	Annapolis Annapolis Amblers	Marie Wiser 301-509-6748 littlewalker1@comcast.net
12/31/23	2-W	Savage	Linda Hassell 410-437-2164
1/1/24	2-W	Savage Freestate Happy Wanderers	Bill Hassell 410-437-2164 wahasse1798@verizon.net

MICHIGAN

9/4/23	W	Mackinaw City Michigan Pathfinders	Tom Crabill 260-409-1659 tjcrabill@gmail.com
9/9/23	TGW	Pinckney State Rec Area Washtenaw Wanderers Volkssporting	Robin Weaver 616-745-9627 gone2run@gmail.com

MINNESOTA

9/9/23	W	Maplewood Twin Cities Volkssport	Wayne Heath 651-249-8886 wvheath76@gmail.com
9/23/23	W	Sunrise-Wild River St Park	Donna Seline 612-402-5016
9/24/23	W	Almelund-Wild River St Park	mnvolksmarcher@earthlink.net
10/7/23	GW	St Paul Twin Cities Volkssport	Paul Stachour 952-884-5977 PStachour@acm.org
10/21/23	GW	Bloomington NorthStar Trail Travelers	Peter Cartwright 612-850-4700 peterscartwright@gmail.com

MISSOURI

9/9/23	W	Joplin Dogwood Trailblazers	Glen Conyers 417-434-0977 glenconyers@sbcglobal.net
9/23/23	W	St Peters Gateway Milers NFP.	G. Oberneufemann. 636-233-2398 gary.oberneufemann@sbcglobal.net
9/30/23	GW	Cuba International Wanderers	Tim Friesen 360-260-9393 tim@walkingadventures.com
10/7/23	W	Ellisville Saint Louis Walkers	Gordon Brown 314-401-0950 brownstl@swbell.net
10/28/23	W	St. Peters Saint Louis Walkers	Steve McGrath 760-793-2976 normsrestaurant@gmail.com
10/29/23	W	St. Louis Bellefontaine Cemete Saint Louis Walkers	Leonard Wojtysiak 618-530-3211 lpw46@icloud.com

NEBRASKA

9/4/23	W	Table Rock Nebraska Wander Freunde Trailblazers	Sondra Spaulding 712-435-0815 sandyspauld@yahoo.com
10/7/23	W	Omaha Nebraska Wander Freunde Trailblazers	Dave Brown 402-590-7061 smackdb5@hotmail.com
10/14/23	TGW	Bellevue Nebraska Wander Freunde Trailblazers	Jill Champley 712-435-0815 jillchampley@cox.net
10/26-29/23	W	Barneston Sunflower Sod Stompers	Terri Tyler 785-233-4385 tltyler50@gmail.com

Events continued on page 23

Events *continued from page 22*

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 JERSEY

9/9/23	TGW	Cranbury	Diane Glace	609-658-7724
		Princeton Area Walkers	glace@rutgersprep.org	

NEW YORK

9/9/23	TGW	Cohoes	Liz Walsh	518-265-8520
		Empire State Capital Volkssporters	lizwalsh48@gmail.com	
9/16/23	W	Esperance	Larry Godshalk	518-399-6041
		Empire State Capital Volkssporters	lgodshal@nycap.rr.com	
9/30/23	W	Coxsackie	Linda Ferrucci	518-775-3793
		Empire State Capital Volkssporters	jnferrucci@yahoo.com	
9/30/23	W	New Paltz	Andrew Schmidt	845-464-2676
		Volkssport Club at West Point	vcwpava@gmail.com	
10/4/23	TGW	Waterford	Mary Sorell	518-331-7287
		Empire State Capital Volkssporters	xcmama3@aol.com	
10/7/23	W	Guilderland	John Shaw	518-265-1345
		Empire State Capital Volkssporters	jshaw024@gmail.com	
11/5/23	W	Albany	Deb Arcangelis	518-423-9248
		Empire State Capital Volkssporters	dmdarcang@gmail.com	
11/8/23	TGW	Clifton Park	Jan Golden	518-496-2247
		Empire State Capital Volkssporters	janice_jaskolka@hotmail.com	
11/22/23	TGW	Colonie	Teresa Kennedy	518-852-8798
		Empire State Capital Volkssporters	Forty6er3k@aol.com	
11/29/23	TGW	Amsterdam	Barbara Bilins	518-209-2541
		Empire State Capital Volkssporters	travlinbarb@hotmail.com	
12/9/23	W	Scotia	Vera Weiss	518-399-1798
		Empire State Capital Volkssporters	vweiss@nycap.rr.com	

OHIO

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	
10/14/23	GW	Fremont	Craig Gauger	419-350-4365
10/15/23	GW	Clyde	Maumee Valley Volkssporters	
			cggauger@hotmail.com	
10/21/23	W	Waynesville	Dawn Gruber	937-409-6975
		Ohio Wander Freunde	dgruber333@aol.com	
10/28/23	W	Cincinnati	Richard Carey	513-742-0060
		Germania Volksmarch Gruppe	rwcarey3@gmail.com	
11/11/23	W	Eaton	Dawn Gruber	937-409-6975
		Ohio Wander Freunde	dgruber333@aol.com	
12/2/23	W	Huber Heights	Dawn Gruber	937-409-6975
		Ohio Wander Freunde	dgruber333@aol.com	
3/16/24	W	Dayton	Dawn Gruber	937-409-6975
		Ohio Wander Freunde	dgruber333@aol.com	
4/8/24	GW	Oregon-Pearson Metropark	Craig Gauger	419-350-4365
		Maumee Valley Volkssporters	cggauger@hotmail.com	
5/4/24	W	Springfield	Connie Bost	937-360-9349
		Tecumseh Trailblazers	beacon811@yahoo.com	
5/27/24	W	Dayton	Dawn Gruber	937-409-6975
		Ohio Wander Freunde	dgruber333@aol.com	

OKLAHOMA

9/9/23	W	Waynoka	Anne Grenier	405-381-9359
		Wandergruppe Walking Club	libgrenier@gmail.com	
9/9/23	W	Cherokee	Trina Southard	580-467-3486
		Wandergruppe Walking Club	trina.southard@gmail.com	
9/16/23	W	Sand Springs	Linda Woodard	918-504-6274
		Tulsa Walking Club	lw3518@gmail.com	
10/21/23	W	Tishomingo	Joann Bergt	918-630-7292
		Tulsa Walking Club	mjbergt@gmail.com	
10/21/23	W	Atoka	Woody Woodard	918-504-6274
		Tulsa Walking Club	lw3518@gmail.com	
10/22/23	W	Coalgate	Ralph Axsom	918-252-4752
		Tulsa Walking Club	ralphax66@gmail.com	
11/18/23	W	Skiatook	Teresa Arnold	918-630-3206
		Tulsa Walking Club	arnoldtea@hotmail.com	

OREGON

9/7/23	TGW	Salem	Betty Budzik	503-437-5508
		Willamette Wanderers	bgbudzik@gmail.com	
9/12/23	TGW	Philomath	Donald Reed	541-974-5780
		Albany Fitwalkers	donreed1946@yahoo.com	
9/14-17/23	S	Bend	Megan Cecil-Gobble	503-943-9754
		Columbia River Volkssport Club	gobblemegan@gmail.com	
9/19/23	TGW	Corvallis	Donald Reed	541-974-5780
		Albany Fitwalkers	donreed1946@yahoo.com	

9/20/23	TGW	Portland	Dick Baker	360-991-8806
		Rose City Roamers	dickbkr@q.com	
9/26/23	TGW	Corvallis	Donald Reed	541-974-5780
		Albany Fitwalkers	donreed1946@yahoo.com	
10/14/23	GW	Sandy	Louise Dix	541-951-0667
		East County Windwalkers	Louisedix@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	
4/20/24	W	Jefferson	Donald Reed	541-974-5780
		Albany Fitwalkers	donreed1946@yahoo.com	

PENNSYLVANIA

9/9/23	W	Manheim	David Barber	717-626-6103
		Penn-Dutch Pacers Volksmarch Club	dmtmbarber@comcast.net	
9/16/23	W	Lebanon	Pat Eby	717-379-8945
		Susquehanna Rovers Volksmarch Club	patriciaeby@verizon.net	
10/5-8/23	W	Lewistown	Marcy Lucas	717-979-3960
		Susquehanna Rovers Volksmarch Club	lucas_mj@hotmail.com	
10/5-8/23	W	State College - Seven Mountains	Tom Jackson	717-309-6088
10/6-8/23	W	State College - Stone Valley	thomasjackson@embarqmail.com	
10/1-8/23	W	State College - Town & Gown	Keystone State Volkssport Assn.	
10/6-8/23	W	State College - Tudek Park		
10/19/23	TGW	Telford	Bill Ridge	215-767-5079
		Liberty Bell Wanderers	Billri12@yahoo.com	

SOUTH DAKOTA

9/2/23	W	Custer	Duane Neugebaure	303-489-9313
		Black Hills Volkssport Assn.	donman1948@gmail.com	
9/22-24/23	W	Ipswich	Gary Lofswold	757-508-2537
9/22-24/23	W	Selby	Prairie Wanderers Volkssport	
9/22-24/23	W	Herreid	gel_601@hotmail.com	
9/22-24/23	W	Leola		
9/22-24/23	W	Faulton		
9/22-24/23	W	Gettysburg		
10/1/23	W	Crazy Horse	Anne Horst	605-209-8927
		Black Hills Volkssport Assn.	abaustian@aol.com	
12/2/23	W	Spearfish	MaryJayne Jordan	307-290-2349
		Black Hills Volkssport Assn.	mjjordan920@gmail.com	

TEXAS

9/9/23	W	San Antonio	Susan Medlin	210-325-3523
		AVA - Southwest Region	sueammed@aol.com	
9/23/23	W	Austin	carol obianwu	512-771-9566
		Colorado River Walkers	cobianwu@utexas.edu	
10/6/23	W	Palo Duro Canyon St Pk	Susan Medlin	210-325-3523
		West Texas Trail Walkers	sueammed@aol.com	
10/7/23	W	Palo Duro Canyon St Pk	Will Robinson	972-971-1379
		West Texas Trail Walkers	william.l.robinson@sbcglobal.net	
10/8/23	W	Palo Duro Canyon St Pk	Helen Hull	972-530-1026
		West Texas Trail Walkers	helenthehun@yahoo.com	
10/14/23	W	San Antonio	Mike Schwencke	210-382-0367
		San Antonio Pathfinders	Mike.Schwencke@outlook.com	
10/21/23	W	San Antonia	ellen ott	210-723-8574
		Randolph Roadrunners	ellenott@sbcglobal.net	
11/24/23	W	San Antonia	ellen ott	210-723-8574
		Randolph Roadrunners	ellenott@sbcglobal.net	
12/9/23	W	Boerne	ellen ott	210-723-8574
		Randolph Roadrunners	ellenott@sbcglobal.net	

VIRGINIA

9/30/23	W	Fort Belvoir	Rob Grunewald	703-303-5543
		Northern Virginia Volksmarchers	grunewar@yahoo.com	
10/7/23	W	Chesapeake	Donald Bradford	757-576-0966
		Gator Volksmarsch Club	gvcwalker64@hotmail.com	
10/14/23	W	Powhatan State Park	Mary Guarnieri	443-803-3456
		Lee Lepus Volksverband	mtg1250@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	
10/20/23	W	Arlington	info@USFreedomWalk.org	
10/21/23	W	Arlington		
10/22/23	W	Arlington		
12/2-3/23	W	Alexandria	Y. Pennington	301-431-6668
		Great Greenbelt Volksmarchers, Inc.	greenbeltmva@gmail.com	
12/2-3/23	W	Alexandria	Helen Garamone	703-360-5692
		Northern Virginia Volksmarchers	hkgaramone@hotmail.com	
12/8-9/23	NW	Williamsburg	Pam Bowers	757-869-6116
12/8-10/23	S	Williamsburg	Peninsula Pathfinders of Virginia	
12/9-10/23	W	Williamsburg	pbb6116@gmail.com	
12/16/23	NW	Fredericksburg	Sharon Vines	540-809-6227
		Fredericksburg Walking Club	Vines.sharon@gmail.com	
12/31/23	W	Smithfield	Charley Seward	757-427-0081
1/1/24	W	Smithfield	Gator Volksmarsch Club	
			csewardmmc@aol.com	

Events continued on page 24

Events *continued from page 23*

WASHINGTON

9/2/23	W	Seattle Emerald City Wanderers	David Madsen dmadsen@seattleu.edu	206-789-1960
9/9/23	W	Hyak (Snoqualmie Pass) Central Washington Sun Striders	J. Blazek joemblazek1@gmail.com	509-899-6535
9/12/23	TGW	Olympia Capitol Volkssport Club	Cheryl Bush bikecb@aol.com	303-548-0788
9/19/23	TGW	Olympia Capitol Volkssport Club	Julie Heath ijheath@comcast.net	360-556-5622
9/30/23	W	Bow Four-Plus Foolhardy Folks	Bill Campbell kayzeta@gmail.com	253-709-8444
10/7/23	W	Port Angeles Olympic Peninsula Explorers	Clay Baulch cbaulch31@gmail.com	210-204-9301
10/14/23	GW	Issaquah Interlaken Trailblazers Volkssport Club	Sharon Moats s.moats@comcast.net	206-909-5176
10/28/23	W	Carnation Emerald City Wanderers	Fran Carson fran55carson@gmail.com	206-788-7969
11/11/23	W	Puyallup Daffodil Valley Volkssport Association	Carolyn Warhol jcwarhol@comcast.net	253-845-6592
11/18/23	W	Sedro Woolley NW Tulip Trekkers	Tom Wallace tomwallace52@yahoo.com	360-491-5560

11/25/23	GW	Edmonds Sound Steppers Volkssport Club	Neil Smith neil.smith@comcast.net	206-214-5274
12/9/23	W	Olympia Capitol Volkssport Club	Joy Adams joyadams22@gmail.com	503-367-7481
12/31/23	NW	Seattle	Mike Nagan	206-851-2101
1/1/24	W	Seattle m.nagan@comcast.net	Emerald City Wanderers	
3/16/24	W	Seattle Emerald City Wanderers	Mike Nagan m.nagan@comcast.net	206-851-2101
3/30/24	W	Seattle Emerald City Wanderers	Jane Clark jane3883@gmail.com	206-920-2544

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

WYOMING

9/9/23	W	Newcastle	Irene Ward	307-283-3733
9/9/23	W	Newcastle Black Hills Volkssport Assn.	Allan Ward arward44@gmail.com	307-283-3733

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



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

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.

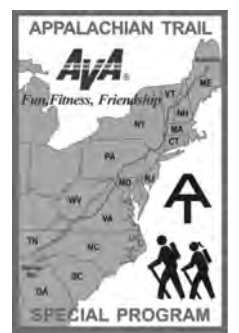
AVA Special Program — Border Crossings

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



AVA Special Program — The Appalachian Trail

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



AVA Special Program — Rockin' Around the Clock

Runs January 1, 2020 through December 31, 2023. We are Rockin' around the clock! Collect 24 different town clocks or public clocks that you see while participating in Volkssport events, as well as clock shops and clock museums. Clocks inside a store or store window or in a museum will not count unless the store or museum is specifically or mainly dedicated to clocks and timepieces or the museum has a special exhibition focused on clocks or timepieces. Does not count: garden sundials, ordinary clocks inside buildings, pictures of clocks on signs, billboards, etc., display of watches or clocks for sale, other businesses that use the word clock in their name (restaurants, hotels, streets) unless they feature a public clock outside the building. For info contact Vivian Lijewski, 419-385-3904, or Faith Cataldo-Gauger, 419-350-4365 or faith@toast.net. *Sponsored by and books available from: Maumee Valley Volkssporters, c/o: Vivian Lijewski, 4710 Glendale Ave. Suite 201, Toledo OH 43614.*



AVA Special Program — Great Lakes, Great Fun, Great Fitness, Great Friendships

Runs January 1, 2021 to December 31, 2023. To complete this program, you must walk 12 sanctioned events which travels along a Great Lake; or on, beside or inside a street, building, city, school or any other "physical thing" with a Great Lake name associated with it. Great Lakes are Huron, Erie, Superior, Ontario and Michigan. Examples of qualifiers would be Huron Street, Ontario City, Erie Canal or anything that uses one of the five names. The logbook requires three separate Great Lake names to be included in the 12 events. Each qualifier can only be used once in the logbook, or once in a year, whichever comes first. Upon completion, participants will receive a string backpack with the program's logo and an option to purchase an event patch. *Sponsored by the Washtenaw Wanderers Volkssporting Club, in partnership with the Council of the Great Lakes Region. For details and books contact Roxie Weaver, 616-745-9624 or geiserweaver@gmail.com.*



IVV EVENT AWARDS

30 Events

Losonsky Terrance Columbia MD
Turner Matthew Everett WA

50 Events

Delle Suzanne York PA
Horst Anne Rapid City SD
Sturgess John Independence MO
Taylor Patty Millstadt IL
Turner Laura Everett WA

75 Events

Horst Anne Rapid City SD
Partridge Kristen Colo Springs CO
Sturm Connie Portland OR
Turner Barbara Everett WA
Turner Steven Evertree WA
Virtue Deborah Washington DE
Werner Seth York PA

100 Events

Anderson Curtis Clarksville TN
Anderson Teresa Clarksville TN
Baldini Chris Spokane WA
Heath Val Woodbury MN
Horst Anne Rapid City SD
Moyer Christine South Bend IN
Rochford Jacquelyn Danville VA
Turner Barbara Everett WA
Turner Steven Evertree WA

125 Events

Hecox Tom Fayetteville AR
Hulce Kristi Fair Oaks Ranch TX
Lee Cathy Gig Harbor WA
Proudfoot Martin Edmonds WA
Turner Steven Evertree WA

150 Events

Hlaban Lori Beaufort SC
Lee Cathy Gig Harbor WA
Proudfoot Martin Edmonds WA
Schmidt Rodney Seattle WA
Traweek Janet Camas WA

175 Events

Blazek Jana Olympia WA
Boyles Diana Highlands Ranch CO
Kerch Tammi W Sacramento CA
Lange Beverly Ashland MA
Lee Cathy Gig Harbor WA
Schmidt Rodney Seattle WA
Thomas Jenny Lake Oswego OR
Thomas Jenny Davenport FL

200 Events

Bader Jeff Kent WA
Blazek Jana Olympia WA
Kerch Tammi W Sacramento CA
Schmidt Rodney Seattle WA

225 Events

Aguirre Nelli Kyle TX
Bain Elizabeth Alameda CA

250 Events

Bain Elizabeth Alameda CA
Gillen Cathy Tarpon Sprgs FL
Minderlein Mary Eighty Four PA
WaguespackJan New Braunfels TX

275 Events

Council RosemaryEdgewater MD
Fenster David N Potomac MD
Fenster Nancy No PotomacMD
Gillen Cathy Tarpon SpringsFL
LeClair Susan Simpsonville SC
Thon Patricia Kansas City MO

300 Events

Begnoche Christopher St George UT
Fenster Nancy N Potomac MD
Fenster David N Potomac MD
Fernandez Juan Ellicott City MD
Moore Kevin Hillpoint WI
Palmer Jennifer San Antonio TX
Steele Donna Hillsboro OR
Williams Christine Elk Grove CA

325 Events

Begnoche Christopher St George UT
Bown Kathy Black Hawk SD
Fernandez Juan Ellicott City MD
Ingardia Teddy Overland ParkKS
Johnson Susan Spearfish SD
Langer Victoria Mystic CT
Sandnes Diane Lewisberry PA
Sandnes Edward Lewisberry PA
Steele Donna Hillsboro OR

350 Events

Begnoche Christopher St George UT
Burch Susie Piqua OH
Burch Dean Piqua OH
Fernandez Juan Ellicott City MD
Giesecke Carol Cambridge MA
Hunter John Orlando FL
Linnebur Michael San Antonio TX
Peeck Wendy Rochester NY
Sandnes Diane Lewisberry PA
Sandnes Edward Lewisberry PA

375 Events

Begnoche Christopher St George UT
Burch Dean Piqua OH
Burch Susie Piqua OH
Heath Wayne Woodbury MN
Hunter John Orlando FL
Manfredi John Belleville IL
Sandnes Diane Lewisberry PA
Sandnes Edward Lewisberry PA

400 Events

Barcelo Lourdes Annapolis MD
Begnoche Christopher St George UT
Benson Christine Rowlett TX
Hayes Paula Spokane WA
Heath Wayne Woodbury MN
Jordan Mary Sundance WY
Sandnes Diane Lewisberry PA
Sandnes Edward Lewisberry PA
Stoneback Gary Federal Way WA
Wichelns Phyllis Sacramento CA

425 Events

Barcelo Lourdes Annapolis MD
Begnoche Christopher St George UT
Bergt Joann Tulsa OK
Haven Bev Jefferson OR
Johnson Ken Maplewood MN
Jordan Mary Sundance WY
Sandnes Diane Lewisberry PA
Sandnes Edward Lewisberry PA
Stoneback Linda Federal Way WA
Thomas Andrew San Antonio TX

450 Events

Haugen L C Ramos Visalia CA
Jordan Mary Jane Sundance WY
Sandnes Diane Lewisberry PA
Sandnes Edward Lewisberry PA
Weber Harold Athens GA
Weber Marie Athens GA
Weeks J. Derrik Wendell NC
Weeks Janice Wendell NC

475 Events

Bupp Linda New Oxford PA
Gley Bob Trabuco Canyon CA
Haugen L C Ramos Visalia CA
Kaley-Lovelette Linda Opelika AL
Kester, Jr Russ Colo Springs CO
Sandnes Diane Lewisberry PA
Sandnes Edward Lewisberry PA
Schmidt Elizabeth Seattle WA
Winter Maria E Brunswick NJ

500 Events

Andrews Alison Laytonsville MD
Hamilton Judy Gresham OR
Kaley-Lovelette Linda Opelika AL
Knape Marta San Antonio TX
Michele Dennis Asheville NC
Sandnes Diane Lewisberry PA
Sandnes Edward Lewisberry PA
Schmidt Elizabeth Seattle WA

525 Events

Dennis Linda Austin TX
Hamilton Judy Gresham OR
Kaley-Lovelette Linda Opelika AL
Knape, Jr Reuben San Antonio TX
Peeck William Rochester NY
Potter Pamela Millersville MD
Reed Mary Albany OR
Roberts Eileen Las Cruces NM
Schwencke Kathy San Antonio TX

550 Events

Dalle-Ave Margaret Bloomington IN
Gruber William New Carlisle OH
Hamilton Judy Gresham OR
Kaley-Lovelette Linda Opelika AL
Reed Mary Albany OR
Roberts Eileen Las Cruces NM
Stollberg Allan W Palm BeachFL

575 Events

Beisser David Travelers Rest SC
Ihara Theresa Elk Grove CA
Moore Alan Riverdale GA
Perkins Trudy Severn MD
Stollberg Allan W Palm Bch FL

600 Events

Beam Deborah Bluffton SC
Fernandez Karen Milton DE
Hightower Shirley Santa Rosa CA
Lawrence Vernon Lancaster OH
Stollberg Martha W Palm BeachFL
Sullivan Paul Garrett Park MD
Wells Thomas Snohomish WA

625 Events

Gley Debbie Trabuco Canyon CA

650 Events

Cox Susan Webster NY
Cox Cameron Webster NY
Fernandez Karen Milton DE
Green Tamara Greenville OH
Hightower Shirley Santa Rosa CA
King Patricia GaithersburgMD

Proudfoot Mary Edmonds WA
Wells Thomas Snohomish WA
Williams Robert Silverdale WA

700 Events

Berry Katherine Rockville MD
Extine Cindy Olympia WA
Fernandez Karen Milton DE
Proudfoot Mary Edmonds WA
Smith Carolyn Portland OR
Weinraub Gayle San Antonio TX

750 Events

Edwards Catherine Clifton Park NY
Fernandez Karen Milton DE

800 Events

Carlson Kevin St Paul MN
Fernandez Karen Milton DE

850 Events

Bolander Rebekah Lebanon MO
Schmidt Andrew Poughkeepsie NY
Wiser Marie Galesville MD

900 Events

Sherrill Diana Jacksonville FL

950 Events

Conner Theresa Bothell WA
Roberts Michelle Seattle WA
Sherrill Diana Jacksonville FL
Thovson Reta Hill City SD
Williamson Jeremy Kent WA

1000 Events

Bender Dorris N Richland Hills TX
Blazek Joseph Ellensburg WA
Buerki Leslie Springfield OH
Clark Sally Danville VA
Conner Theresa Bothell WA
Dela Fuente Ann New Port Richey FL
Korejwo Henry Henderson NV
Pugmire Linda Shoreline WA
Stucky Cindy St Louis MO

1050 Events

Bender Dorris N Richland Hills TX
Brinker Patricia Rock Island IL
Hait Beate Holliston MA
Pugmire Linda Shoreline WA
Reed Donald Albany OR

1100 Events

Bowers Margaret Chesapeake VA
Duffman Trudy O'Fallon IL
McMahon Susan Elk Grove Vill IL
Romig Carol Mililani HI
Solarek Suzanne Clemmons NC
Watts Peggy Ames IA

1150 Events

Evans Connie Tulsa OK
Evans Tommy Tulsa OK
Gant Betty Joplin MO
Gruber Dawn Fairborn OH
Romig Carol Mililani HI
Solarek Suzanne Clemmons NC
Solarek Bill Clemmons NC
Webster Daniel Aloha OR

*IVV Event awards continued on
page 26*

IVV Event Awards

continued from page 25

1200 Events

Gant Betty Joplin MO
 McMahon John Rapid City SD
 Nelson Ken Happy Valley OR
 Robertson Elizabeth Seattle WA
 Solarek Bill Clemmons NC
 Webster Daniel Aloha OR

1250 Events

Graeber Patricia Schwenksville PA
 Hartel James Lincoln City OR
 Heritage Allan Spokane WA
 Perry Steven Vancouver WA
 Rathgeb Doug Davis CA
 Robertson Elizabeth Seattle WA

1300 Events

Corrigan Don Des Moines IA
 Little Edna Newport PA
 Lucas Jean Davis CA

1350 Events

Sheets Fredrick Palm Bay FL

1400 Events

DeVoe Douglas Ridgeway VA
 Dumas Evalee Darion IL
 Morzillo Linda Saratoga Sprgs NY
 Severtsen Sandi Shoreline WA
 Sutton Thomas Valrico FL

1500 Events

Giddings Jeffrey Rockville MD
 Stone Leslie Ormand Bch FL

1600 Events

Filemyr Alice Rockville MD
 Lanpher Michael Simpsonville SC

1700 Events

Smith Donald Silver Sprg MD
 Thompson Linda Williamsburg VA
 Zook Letitia Celebration FL
 Zook Robert Kissimmee FL

1900 Events

Schwartz Kenneth Seattle WA

2000 Events

Barnett Daniel Merritt Is FL
 Nyman Linda Colo Springs CO

2100 Events

Pelking Holly San Jose CA

2200 Events

Pelking Holly San Jose CA

2300 Events

Pelking Holly San Jose CA

2500 Events

Baulch Clay Sequim WA

2600 Events

Conyers Doris Joplin MO
 Conyers Glen Joplin MO

2800 Events

Kapaun Douglas Rapid City SD

2900 Events

Kapaun Douglas Rapid City SD

3000 Events

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

3300 Events

Buck Kay Fort Mill SC

3900 Events

Gowin Monica Prince George VA

4300 Events

Penta Maureen Hollywood FL

4400 Events

Johnson Bonita Fridley MN
 Penta Maureen Hollywood FL

4500 Events

Engelhardt Kathleen Sacramento CA
 Lindberg Shirley Post Falls ID

4600 Events

Tucker Bonnie Olympia WA

4700 Events

Hendricks Beth Rapid City SD

4800 Events

McTaggart Marilyn Centerville OH

5000 Events

Weeks Janice Wendell NC

5900 Events

Yother Lucy Leavenworth KS

6500 Events

Haseloff Robert Seguin TX

BIKE DISTANCE AWARDS

325 Bike Level

Jackson Myrna Sacramento CA

2500 Bike Level

Barger Wade Chesterton IN

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.

Tips for TAW !

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

~~www.walkgdmva~~

YES!
sites.google.com/site/walkgdmva

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



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

325 KM

Jackson Myrna Sacramento CA

500 KM

Anderson Teresa Clarksville TN
Anderson Curtis Clarksville TN
Trick Dennis Clarksville OH
Turner Laura Everett WA

1000 KM

Ball Sherry Powell TN
Turner Barbara Everett WA
Turner Steven Evertree WA

1500 KM

Blazek Jana Olympia WA
Fredriks Ty Santa Maria CA
Fredriks Ginger Santa Maria CA
Lange Beverly Ashland MA
Lee Cathy Gig Harbor WA
Schmidt Rodney Seattle WA
Thomas Jenny Lake Oswego OR
Thomas Jenny Davenport FL

2000 KM

Lenihan Brian Hamilton OH
Manfredi John Belleville IL
Schmidt Rodney Seattle WA
Tallyn Nick Jacksonville FL
Thon Patricia Kansas City MO

2500 KM

Bain Elizabeth Alameda CA
Barger Wade Chesterton IN
Steele Donna Hillsboro OR

3000 KM

Burch Dean Piqua OH
Burch Susie Piqua OH
Hosler Barbara Littleton CO
Linnebur Michael San Antonio TX
Moore Kevin Hillpoint WI
Reed Mary Albany OR
Wichelns Phyllis Sacramento CA
Williams Christine Elk Grove CA

3500 KM

Benson Christine Rowlett TX
Langer Victoria Mystic CT
Sandnes Diane Lewisberry PA
Sandnes Edward Lewisberry PA

4000 KM

Begnoche Christopher St George UT
Sandnes Diane Lewisberry PA
Sandnes Edward Lewisberry PA

4500 KM

Begnoche Christopher St George UT
Heath Wayne Woodbury MN
Kaley-Lovelette Linda Opelika AL
Sandnes Diane Lewisberry PA
Sandnes Edward Lewisberry PA

5000 KM

Begnoche Christopher St George UT
Hamilton Judy Gresham OR
Heath Wayne Woodbury MN
Johnson Ken Maplewood MN
Kaley-Lovelette Linda Opelika AL
Lichtenberg Nancy Collinsville IL
Peeck William Rochester NY
Perkins Trudy Severn MD
Sandnes Diane Lewisberry PA
Sandnes Edward Lewisberry PA
Sandnes Edward Lewisberry PA
Stollberg Allan W Palm Bch FL
Stollberg Martha W Palm Bch FL
Talaga Carol Hatfield PA

5500 KM

Beam Deborah Bluffton SC
Begnoche Christopher St George UT
Hightower Shirley Santa Rosa CA
Kester Russ Colo Springs CO
Potter Pamela Millersville MD
Talaga Carol Hatfield PA

6000 KM

Begnoche Christopher St George UT
Ihara Theresa Elk Grove CA
Sullivan Paul Garrett Park MD

6500 KM

Begnoche Christopher St George UT
Cox Susan Webster NY
Cox Cameron Webster NY
Dowdell Sharon Mililani HI
Proudfoot Mary Edmonds WA

7000 KM

Andrews Alison Laytonsville MD
Begnoche Christopher St George UT
Extine Cindy Olympia WA
Hendricks Jeffrey Rapid City SD
Proudfoot Mary Edmonds WA
Smith Carolyn Portland OR
Williams Robert Silverdale WA
Winter Maria E Brunswick NJ

7500 KM

Begnoche Christopher St George UT
Wells Thomas Snohomish WA

8000 KM

Begnoche Christopher St George UT
Roberts Michelle Seattle WA

9000 KM

Reed Donald Albany OR

10000 KM

Bender Dorris N Richland Hills TX
Cockrell Kathleen Knightdale NC
Conner Theresa Bothell WA
Sherrill Diana Jacksonville FL
Stucky Cindy St Louis MO

11000 KM

Gant Betty Joplin MO
Pugmire Linda Shoreline WA
Watts Peggy Ames IA

12000 KM

Graeber Patricia Schwenksville PA
Solarek Suzanne Clemmons NC
Solarek Bill Clemmons NC
Stone Leslie Ormand Bch FL
Webster Daniel Aloha OR

13000 KM

Giddings Jeffrey Rockville MD
Perry Steven Vancouver WA

14000 KM

Lucas Jean Davis CA

15000 KM

Dumas Evalee Darion IL

16000 KM

Ogur Sherry Mountlake Terrace WA
Thompson Linda Williamsburg VA

17000 KM

DeVoe Douglas Ridgeway VA
Nuss Barbara Sacramento CA
Ohl Jean Vancouver WA
Sutton Thomas Valrico FL

18000 KM

Zook Letitia Celebration FL
Zook Robert Kissimmee FL

19000 KM

Grunewald Robert Alexandria VA
Morzillo Linda Saratoga Sprgs NY

21000 KM

Gleb Heidi Tulsa OK
Kuschke William Buda TX
Senger Gayle Buckley WA

25000 KM

Westcott James Salem OR
Westcott Debra Salem OR

26000 KM

Rheinstrom Gordon Ft Monroe VA

28000 KM

Warhol Carolyn Puyallup WA

30000 KM

Lamb Paul Bisbee AZ
Wittenberg Elisabeth Tacoma WA

32000 KM

Wittenberg Nancy Puyallup WA

33000 KM

Wittenberg Nancy Puyallup WA

40000 KM

Kapaun Douglas Rapid City SD

45000 KM

Engelhardt Kathleen Sacramento CA

46000 KM

Tucker Bonnie Olympia WA

70000 KM

Waibel Klaus Silver Sprg MD



Minor setbacks are part of the walk in life. Just like walking, one foot moves forward while the other remains behind but the movement is always forward.

~ Raul Martinez

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.





JOIN OUR ONLINE GIVING DAY!

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



10 YEAR ANNIVERSARY
The Big Give



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