



THE AMERICAN WANDERER

June/July 2018

AVA Fun, Fitness, Friendship

Volume 33, No. 3

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

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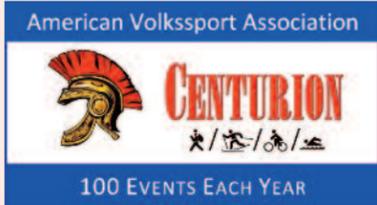
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Danvers, Mass: Spanning almost 400 years as you Walk Thru History!

By Linda Morzillo, Barbara Piffat, Joseph Piffat and Kathryn Piffat

The Two Town Walking Club is looking forward to hosting a pre-convention walk in historic Danvers, Massachusetts. To fully savor the experience in Danvers, walkers may bring to mind its place in history. It all began when the English colonists improved an existing Naumkeag trail to be the Old Ipswich Road connecting Boston to Salem. On that road in 1636, Salem Village was founded as an agricultural center to provide food for Salem Town (now Salem). The present name was adopted in 1752 in honor of Sir Danvers Osborn, the colonial governor of New York. The town was incorporated in 1757, but King George II declared that null and void. Thus the Danvers town seal quotes

the motto “The King Unwilling!” As you walk in Danvers, also unofficially known as Ontonowagon, you’ll be walking through almost 400 years of distinguished history.

Colonial times

This history was already in the making during the 1600s. The oldest cultivated fruit tree, the Endicott pear tree, planted between 1632 and 1649, is still thriving today. John Endecott, Danvers resident regarded as one of the Fathers of New England, served as the first governor of the Massachusetts Bay Colony during the



Witchcraft Victims Memorial. Photo by Barbara Piffat.

mid-1600s. While it was still known as Salem Village, the 1692 witchcraft hysteria began in Rev. Samuel Parris’ house (you’ll see the foundation). The 1985 movie *Three Sovereigns for Sarah*, starring Vanessa Redgrave, is considered to be the most accurate

Danvers continued on page 4

Success in Sweden

By Susan Medlin

Darren and I had a wonderful and productive time in Borås, Sweden. We flew in on Monday, April 23, and spent two days wandering around the historic city. Borås is famous for its textile trade. The Swedes take seven years of English in school, so everyone we met could speak English to some degree. AVA President, David Bonewitz, and his wife Mindy, joined us on Tuesday. It was great to see familiar faces.

On Wednesday the IML General Meeting began. Imagine an AVA state association meeting, but instead of club presidents you have country delegates. Their concerns were the same; we need more participants, we need more events, we need more sponsors. I made my San Antonio presentation in the afternoon. Spain also proposed a wonderful four-day event in Marbella, along the southern coast of Spain. A number of American IML walkers showed up for the briefing to demonstrate support for San Antonio’s bid. We are delighted to report that San Antonio, Texas, and Marbella, Spain, were both selected as IML candidates.

Our next step is to pass the inspection. IML President Marc Muller of Luxembourg and IML Vice President Chaim Shoshan of Israel will come to our next walk, February 22-24, 2019. They will inspect our event and prepare a report. The report will be presented at the next IML General Meeting in Blankenberge, Belgium in May 2019. After the report is presented, the countries will vote on our membership. They can accept us as a new IML member, reject us, or decide that we have issues that require work and delay our vote for another year. We are going to work very hard to avoid a rejection or delay.

We invite everyone to join us for the 2019 Texas Trail Roundup in San Antonio, Texas. If you are interested in volunteering at our event, contact me at sueammed@aol.com and let me know what you would like to do. ☺



PRESIDENT'S MESSAGE



Greetings! I hope you and your clubs are doing well. Recall in the last issue of *TAW* we talked about AVA's Mission and Vision? Well,

from this issue on you will find those two foundational statements prominently printed for all to see as a reminder of why we exist. With our Mission and Vision in mind, let's talk about some hot topics.

The big topic I'd like us to talk about in this issue is membership. Per our bylaws, the voting members of AVA are our clubs. Each club, no matter its size, has one vote when we have a membership meeting. However, the area of membership that I'd like us to look at is the group known as AVA Associate Members. These are the individuals who, in addition to their local club membership, either pay annual dues to AVA or have invested to become Life Members of AVA. As we seek sponsors, donors, grantors or partners, we recognize that they are most interested in how many individuals we have on the books as they represent an advertising base. From this perspective, while we would like to see our clubs grow, and grow new clubs, we really need to see growth in the number of people who are individual members of AVA. So why would someone join AVA in addition to a local club? If you are an AVA Associate member, we ask you to give some thought to why you joined.

If you are not an Associate Member, we ask you to give similar thought as to why you haven't joined. I've already mentioned a critical reason why having more Associate Members is important to AVA. However, we believe it is also important to the individuals. Being a member of AVA gives you access to benefits and programs, gives you a voice in the future of AVA, and connects you to others who support AVA in a true community.

Our Membership Committee is working to develop changes that will strengthen our bonds of membership. To do this, the Membership Committee needs to hear from you, both current members and those who are not. We did garner a lot of information when we did the surveys for the Strategic Plan, but we need to revisit this area of membership. An example of valuable information that you could provide is what features or benefits do other organizations provide that you see as valuable. In other words, what do other organizations do to encourage folks to join? So, keep an eye out for a new membership survey that we are going to run through our clubs. Please participate and help us improve AVA membership.

Another hot topic right now is delivery of *TAW*. It seems that there have been some problems lately. First we had another software glitch that caused the reporting program to send the *TAW* publisher old data. We got that fixed. Then some issues with the commercial mailer caused some

President's Message continued on page 3



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

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

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

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HEADQUARTERS NEWS NOTES

America's Walking Club walks on a solid foundation

By Henry Rosales, AVA Executive Director

I am grateful for the invitation to attend the Atlantic Region Conference in Loudoun County, Virginia and the Texas Volkssport Association (TVA) meeting/walk in Del Rio, Texas. Both events were well attended and organized by club officers and volunteers. The same can be said of most of the events I have attended over the past three years. Ask me what the AVA does best, and I will tell you we plan well organized noncompetitive walking events across America. Ever since the AVA embarked on a strategic planning effort I am continuously contemplating how we can grow the AVA. How can we increase our participation numbers? How can we increase the number of clubs? How can we grow revenues? How can we attract corporate sponsors? What is it the AVA can and must do collectively to grow?

Well, while I was sitting in the TVA meeting listening to all their great accomplishments and impassioned discussion about the future state of the association it hit me! Then again, while I was having dinner and socializing with a group of wonderful, energetic Volkssporters during the Atlantic Region Conference it hit me! ***The one thing the AVA can and should do is continue to plan well organized noncompetitive events for everyone!*** If we want to grow as a national organization clubs should continue doing what they do well. Our well-organized noncompetitive events are the foundation of the AVA and without this solid foundation the AVA cannot sustain growth.

I commend AVA clubs for all the efforts they put into planning momentous events that feature ***Fun, Fitness, Friendship and Food!*** I ask your continued patience and support as we continue to plan and implement marketing, fund development, club development and membership growth strategies.

Special thanks to all our Big Give donors. It was another Big Success as we surpassed our giving goal for the third straight year. Unlike a fee for a service or a registration fee, an individual donor campaign is an appeal to everyone to contribute (whatever amount) to the organization because they support the work and/or mission of the organization and want it to continue.

Thank you very much!

*Germana Volkssport
Association Club
Members.*



Atlantic Region Conference.



TVA meeting and walk — Dr. Clay Baulch.

President's Message *continued from page 2*

addressing problems, but we believe that that has also been resolved. However, lately we have found that the biggest problem has been with the post office. So, if you don't get your TAW, you certainly can call the office to check, but most important thing to do is contact your local post office as that is the most likely source of the problem today.

At this point, I want to make a last minute plug for coming and volunteering at the Crazy Horse event on June 2-3. With something on the order of 9,000 to 10,000 participants over the two-day event, we have a tremendous opportunity to introduce a lot of folks who have never done (or maybe even heard of) a Volkssporting event. The Black Hills Volkssport Association does a great job conducting this event, but they are stretched too thin to also spend time "selling" AVA: America's Walking Club. This is where our "national" volunteers come in. So, check the AVA website for more information and to volunteer. Look forward to seeing you at Crazy Horse.

The weekend following Crazy Horse, the NEC/Board will be meeting in Albany, New York. The deadlines for this meeting appeared in the April *Checkpoint*. In addition to dealing with motions that may be on the agenda, we will be using a considerable amount of time to review where we are with regard to the Strategic Plan. We will be looking at shifting resources and refining the plan as needed. This is a critical step to ensure that we are moving forward with this plan. I invite you to come to the meeting and listen to the discussions. It should be very enlightening.

The NEC/Board meeting in Albany will also give the national leadership team an opportunity to see the venue where we will be holding our Biennial Convention in 2019. The Convention Committee is doing an excellent job of getting things ready for a great convention. However, I could use some help from the AVA membership. Paul Lamb ably served as AVA parliamentarian for many years. With Paul's retirement from this position, we are in need of someone to serve us nationally or, at least, at the Albany convention. So, if you or someone you know might have the credentials needed for this position, please get in touch with me or our executive director.

Mindy and I recently participated in the Atlantic Region Conference. It was very well run with excellent events (walks, swim and bike) as well as outstanding social activities. In addition to hearing about the frustrations folks were feeling with our IT problems (see paragraph 1 and the April *Checkpoint*), I also had some questions about why we are trying to establish another IML event and are bidding for the 2020 IVV Congress and 2021 IVV Olympiad. I feel we have very straight-forward answers. In all cases, we have an opportunity to be a full partner within our international organization and attract Volkssporters from other countries who will come here to participate with us in our events. However, there are two other reasons to conduct these events. First is the fact that the size and scope of the events are such that we can use them to garner significant attention and publicity. The second is that they will provide our membership with another opportunity to participate in an exciting and unique event with thousands of fellow Volkssporters from around the world. So, stay tuned to see if we are successful in our bids.



*On the Appalachian Trail.
Photo by Kathy Nash.*

On a personal note, Mindy and I have now logged three walks on the Appalachian Trail Special Program with plans for additional ones as soon as we can make it happen. We also completed the 401K Challenge. If you haven't signed up for that one, you still have time. While the 401K Challenge is still ongoing, we have a new map-based challenge for those signed up. We are

doing a "Tour of Italy." So, get signed up and see what may be a glimpse of the future. Mindy and I also continue to move forward with the Centurion Challenge, and if all goes well when you read this we will have logged 46 events. Not sure if we can maintain this pace, but going to events like the Atlantic Region Conference is a big help. The Northwest Regional Conference is the next regional event that I have on my calendar. Should be a great opportunity to see old walking friends and meet new ones. Hope to see you there.

OK, I am out of room, and need to get out and walk. So, tie up those walking shoes, and let's get going.

NEC Meeting — June 8-10

Red Lion Hotel Albany
205 Wolf Road, Albany, NY 12205 • 518-458-7264
Friday, 5 p.m.; Saturday and Sunday, 8 a.m.
Stonehenge A room
Everyone is welcome and encouraged to attend.

HEADQUARTERS NEWS NOTES

Interrogation at the picnic table

By Marie Weber

The article in the Ocean City, Maryland paper advertised a walk sponsored by AVA, but the date had already passed. Lynette Reagan remembered thinking it might be an interesting thing to do, so, she made a point to show up for another planned event in Annapolis. Approaching a picnic table in the middle of the woods was a bit odd; however, an accommodating and patient man seemed receptive. As she remembered, "I interrogated that man" wanting to know where restrooms were and what could be expected along the route. The poor fellow was patient and reassuring, the walk was outstanding and Lynette was convinced this walking activity was interesting.

Six months later, she formed a club in Baltimore. Fast to make friends and connections, she and a group of a dozen walkers, with the *Starting Point* book in hand, planned a trip to fly into Phoenix, rent a van and a Lincoln

Towncar and drive east to St. Louis. They completed a walk each day. The adventurous group later planned and completed a trip to Hawaii; this time, island hopping by ship and walking each day.

Realizing she had become a part of the AVA community and wanting to have a greater voice as a spokesperson, she joined AVA as an Associate Member. "I wanted that *TAW*," (*The American Wanderer*). The paper, a benefit of membership in AVA, was key to finding upcoming events far beyond her local club. Here's a "thank you!" to patient and accommodating people at picnic tables in the middle of the woods! Today, Lynette continues her AVA Associate Membership and serves as the Deputy RD in the Rocky Mountain Region. ☺



Walk Thru History *continued from page 1*

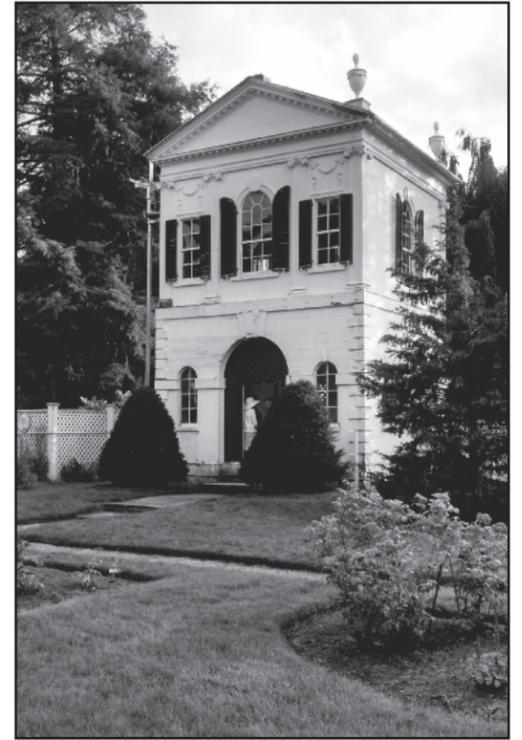
movie of the witchcraft hysteria. Walkers will see The Nurse Homestead, a National Heritage Site, the home of Rebecca Nurse, who was falsely accused of witchcraft and hanged. The Witchcraft Victims Memorial is on the walk route as is Wadsworth Cemetery, where some of the accusers were buried as well as an African slave, North American Indians and those buried during American Revolution times.

Revolutionary times

Many noteworthy Revolutionary War era sites are on the walk route. There is a memorial to an encampment of troops under Benedict Arnold during their march to invade Quebec during the American Revolution. The Page House, now the home of the Danvers Historical Society, was the temporary headquarters of British General Thomas Gage, commander of the British forces and the royal governor. The house of Judge Samuel Holton, who served in the Continental Congress and was the president pro-tempore of the U.S. Congress, is a National Heritage Site.

Nineteenth Century

George Peabody (1795-1869), American financier and considered the father of modern philanthropy, was born in South Danvers into a poor family. Walkers will see the Peabody Institute Library, one of the many results of his philanthropy in New England and London, England. Danvers was a station on the Underground Railroad and walkers will see some of the associated houses. The route passes Town Hall where war memorials commemorating the Civil War, World War I, World War II, the Korean War and the Vietnam War are displayed. Walkers will see the private Roman Catholic St. John's Preparatory School founded by the Xaverian Brothers in 1891. The Glen Magna Estate is on the National Register of Historic Places. The original house was purchased by Joseph Peabody in 1812 and later expanded to its present size. Walkers will see the Carriage Visitor Center in Endicott Park where there are live animals in the barn. Crayola Crayons got their start in the late 1880s in Danvers; the original site is on the walk route.



Derby Summer House. Photo by Kathryn Piffat.

Twentieth Century

Manufacturing was once a major component of the economy. The Sylvania Lighting Company had a long association with Danvers between 1901 and 2015. Walkers will pass by the site of Mrs. Day's Baby Shoes, founded 1902, and worn by the Dionne Quintuplets and Queen Elizabeth II. Tapley Memorial Hall, next door to the Page House, was built in 1930 to house the collections of the Danvers Historical Society.

Twenty First Century

Meghan Duggan, the captain of the Gold Medal Winning Hockey Team at the 2018 Winter Olympics, and Mark Bavaro, All-American football pro, are taking their places in the history of Danvers. The Volkssporters will descend into Danvers on Monday, June 10 as they Walk Thru History.

Nearby walks – More to do during this convention pre-walk day

Now that you have spanned almost 400 years Walking Thru History in Danvers on a morning in June, consider a nearby afternoon walk. Currently the Two Town Walking Club sponsors walks in Ipswich, Beverly, Salem and Gloucester, all memorable and historic towns a short distance from Danvers. In addition, the Walk 'N Mass Volkssport Club sponsors close to 20 wonderful walks and the Twin State Volkssport Association sponsors walks in both Vermont and New Hampshire highlighting the scenic, historic and cultural wonders of both states. ☺

Associate Member AVA America's Walking Club Membership Form

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

All memberships include a subscription to *The American Wanderer* (6 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)
 Canadian Individual (\$35/year) Canadian Family/Friends (\$45/year)

Includes 10% off convention package and most purchases.

(NOTE: AVA Membership does not include a New Walker Packet which is sold separately by your local AVA club.)

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

Card number _____ Expiration ____ / ____

Signature _____

Please send my AVA 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, 1001 Pat Booker Rd., Suite 101, Universal City, TX 78148-4147 or fax to 210-659-1212. You may also apply for membership by calling 210-659-2112 (8 a.m.-5 p.m. CST, Mon.-Fri).

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.

TAW Delivery issues

We had a couple of technical glitches with the last TAW. Some tweaking is being done by the AVA IT folks to correct the problem of pulling old reports even though the new information is in the database. This resulted in the TAW being mailed to an old list of recipients rather than the current list. It also caused an issue with the IVV Achievement Awards lists, pulling old lists that had already been published in TAW. We'll keep tabs on these reports for future issues until the IT team has resolved the problem.

The other glitch was at our mailers, which resulted in the addresses being printed incorrectly on each TAW. While most folks received their TAW, some were sent back to AVA. We have the printer's promise to oversee the process for the future to be sure this doesn't happen again.

Lastly regarding delivery of the TAW to your mailbox ... AVA gets frequent complaints that someone hasn't received their copy. We check all our data from the AVA databases all the way to the mailer's records to assure that the copy was sent. In most cases, it has been sent, which leaves a couple of options. First, if you or someone in your club moves, be sure you/they submit a change of address to AVA. Without it we can only send to the address that's on file. Secondly, if you have not moved and are having trouble getting your TAW, you need to stop at your local post office and talk to the manager. Bring along an old copy of TAW and leave it with them and remind them that all your mail needs to be delivered. We mail periodical bulk postage rates as well, so they don't go first class, and sometimes get delayed.

All lists appearing at the back of each TAW is sent to TAW production staff from AVA HQ. If you have a change of address or don't get an issue, you must contact AVA directly, not TAW. We only put the lists in and format them ... we don't produce the lists.

We will take responsibility for non-delivery if we find the problem happened before delivery to the post office. It's our job to make sure that everything is done correctly before the mailing happens ... after that it's up to the post office to deliver the paper. We continue to work very hard to make sure we cover all the bases, but sometimes stuff happens that we can't do anything about. We hope you understand and that you'll share our concerns with your walkers so they understand why they may have missed an issue of TAW. ☺

Thanks walk box keepers for 25 years of service

To all our AVA points of contact for their continuing service of our "Walk Boxes" and to the following who have maintained these for the past 25 years (1994-2018). Thank you for your continued dedication to our sport with your time, effort and volunteering.

Member	City	State
Wendy Breen	Bisbee	Arizona
Wendy Breen	Naco	Arizona
Wendy Breen	Sierra Vista, Coronado	Arizona
Fred Barton	Tucson, John Kostelny Memorial Bike Tour	Arizona
Fred Barton	Tucson, Downtown/University	Arizona
Myrna Jackson	Sacramento, Arden Park	California
Myrna Jackson	Sacramento, Thornburg Memorial Tour	California
Bob McDougall	Portland	Connecticut
Duncan Brantley	Atlanta, Stone Mountain	Georgia
Juliann Fritchman	Boise, Old Penn	Idaho
Juliann Fritchman	Boise, Oregon Trail	Idaho
Terri Tyler	Topeka, Capital	Kansas
Rose Quackenbush	Lincoln, Capital	Nebraska
Rose Quackenbush	Lincoln, Residential	Nebraska
Wayne Beyer	Wahpeton	North Dakota
Deva Simon	Berea, City	Ohio
Sally Ross	Eugene, University of Oregon/ Rhododengron Garden	Oregon
Sally Ross	Springfield, East Springfield	Oregon
Reta Thovson	Hot Springs	South Dakota
Douglas Kapaun	Rapid City	South Dakota
Sharon Hofstad	Sioux Falls, Big Sioux River	South Dakota
Shirley Boyd	Hampton, Historic Hampton	Virginia

Club Development: Spreading the word!

By John McClellan, Chair – Club Development & Support

There's a new AVA national committee called Club Development and Support, dedicated to examining issues that frustrate club leadership and make recommendations on the growth and sustainment of new and existing clubs. The AVA president's theme this term is: Helping Clubs Grow and Growing New Clubs. Our committee is therefore focusing our efforts at the club level, to implement AVA Strategic Objective 1.c. — Establish a Club Development Program.

non-profit groups on their Community Information boards if you speak to the local manager. Contact local newspapers or "pennysaver" publications and request they run your free press release on the club's next event. Ask them to send a reporter and photographer.

All of these simple techniques are "old school," and have been around as long as the AVA itself. But in today's digital world, it is critical that you create an online profile too.



Happy Wanderers providing information on the benefits of walking at a recent health and wellness expo for the Volusia County (Florida) School Districts.

Once an organization with more than 3,000 events, over 400,000 participants annually and more than 500 clubs at its peak, AVA participation, club members and the number of clubs have all been in steady decline for several years. Annual participation is now around 150,000. Of our 216 active clubs almost half report 25 members or less. More than half our states have two clubs or fewer, and four states are without a club at all. We all must act now, or we are in danger of losing the sport we love.

After reading those statistics you might think our problems seem overwhelming — what can any one person do to support Volkssporting? More than you think.

To start, re-dedicate yourself to simply spreading the word about the fun, fitness & friendship you have found in your AVA club. Encourage other members to do the same. Talk up America's Walking Club at what I refer to as "the five places" —

- Your library
- Your gym
- Your church
- Your HOA (Home Owner's Association)
- and your other clubs ...

Next, there are many opportunities for free advertising in your public spaces. Your supermarket or your library may have bulletin boards you can post on. Both Starbucks and Panera Bread generally support local

Websites have been common since the mid-90s (can you believe it?). Yet there are still AVA clubs without a basic webpage. If you don't have the expertise to create your own, reach out to a neighboring club, your RD or the AVA. Meanwhile, send your information to the AVA for their website. Join Facebook (FB) and create a FB page, or, make posts about your club on the AVA FB group — facebook.com/groups/AmericanVolksSportAssociation/. Another terrific social media site is nextdoor.com, now used in more than 170,000 American communities as a way for residents and neighbors to stay informed. Consider joining and you may be able to get the word about your events on this site.

Do you belong to the local chamber of commerce? Many offer memberships for non-profits at a reduced rate from commercial businesses. Joining the chamber might be a way for some clubs to network to find service providers, advertisers, sponsors, and, of course, new members. Chances are they have an online presence and may provide a free community calendar service. Your town or city might have the same — try the parks and recreation section. Then there are commercial calendaring services such as "Who Fish" or "Evensi" that you may want to consider subscribing to.

One member can make a difference. Now's the time. See you on the trails! ☺

Centurion Challenge finishers — 2017

Congratulations to those who finished the Centurion Challenge in 2017 — some twice! That's a lot of walking. Hopefully they're all signed up for the 401K Challenge as well?



Jeanne	Allan	WA	Douglas	Kapaun	SD
Mary	Anderson	GA	Joseph	Kelly	OR
Teresa	Arnold	OK	Karen	Kelly	OR x2
Ludger	Arsenault	AB	Christopher	Kelly	VA x2
Patricia	Astill	MD x2	Kathryn	Kelly	VA x2
Bonnie	Avonrude	TX	Joseph	Kelly	OR
Linda	Ball	WA	Ewald	Lapioli	CO
Andrew	Banton	KS	Jeri	Lee	WA
Daniel	Barnett	FL x2	John	Lehman	KS
Fred	Barton	AZ x2	Gary	Lofswold	SD
Roy	Bauska	WA	Mary	McMonegal	WA
Dana	Beales	VA x2	Susan	Medlin	TX
Craig	Beam	SC	Darren	Medlin	TX
Nancy	Breen	AZ	Timothy	Miner	VA
Patricia	Brinker	IL	Sheila	Morrison	WA
DeAnne	Brown	MO	Robert	Morrison	WA
Mark	Brown	HI	Elizabeth	Morrison	WA
Maryann	Brown	OR x2	Patti	Mortimer	WA
David	Bundy, Jr.	FL	Carol	Mukasa	WA
Martin	Callahan	TX x2	Cynthia	Nawalinski	OR
Betty	Canoles	VA x2	Mary	Osborn	MD
Martin	Chazen	VA x2	Ellen	Ott	TX
Judith	Chioli	MD	Regina	Overholt	VA
Connie	Clark	GA	Janet	Paige	WA
Neil	Cohen	CA	Irena	Paronis	IL x2
Kris	Colburn	WA	Charles	Patterson	AE
Carl	Cordes	NV	Holly	Pelking	CA
Sandy	Croushore	VA	Yvonne	Pennington	MD
Thomas	D'Aprile	PA	Phil	Percival	UK
Danielle	Daskam	WA	Kay	Peters	WA
Ricky	Dodson	KS x2	Marietta	Pritchard	AL
Trudy	Duffman	IL	Mary	Ptacek	NV
Max	Eason	UK	Linda	Pugmire	WA
Douglas	Eide	TX	Victor	Puleo	WA
James	Farley	MD	Perry	Rawson	NC
Melvin	Feather	MD x2	Donald	Reed	OR
Karen	Fernandez	MD x2	Phillip	Ringhand	WI x2
Steven	Finnegan	OR	Michelle	Roberts	WA
Robert	Gambert	PA x2	Vicky	Rydzynski	IN
Helen	Garamone	VA	Cindy	Sandker	MO
Robert	Gebo	CA	Rhonda	Shockey	OK
Charles	Gentile	CO	Carole	Soenke	CA x2
Suzi	Glass	CA	Dale	Sours	VA x2
Jesse	Green	OH	Siba	Spencer	TX
Michael	Green	PA	Dorothy	Steedle	MI
Betty	Green	PA	Clyde	Stephens	VA
Cathy	Gregory	MO	Cheri	Stone	OR
Robert	Gregory	MO	Tess	Sutton	WA
Thomas	Grimes, Jr.	OH	Tom	Swift	CA
Ethel	Guerrero	VA	Annette	Tollett	VA
Ed	Hainline	OR	Rachel	Trier	NY
Leora	Harty	VA x2	Thad	Trier	NY
Beth	Hendricks	SD x2	Jean	Vik	CA
Shirley	Hightower	CA	Carolyn	Warhol	WA
Sandy	Hiles	OR	Daniel	Webster	OR
Carol	Hollar	NJ	Jerry	Wilson	WI
Lorraine	Huffaker	FL	Liz	Winsley	IN
Bob	Huffaker, Sr.	FL	Nancy	Wittenberg	WA
John	Ives	TX x2	Elisabeth	Wittenberg	WA
Thomas	Jackson	PA x2	Ruthi	Worsham	TX
Diane	Johannesen	WY	Christine	Yost	NY
Bonita	Johnson	MN	Timothy	Ziegert	OH
Rita	Jones	CO			

TIPS FOR VOLKSSPORTERS

Weather (or Not)

© 2018, Robert C. Wright and Suzanne Wright, RN

Do you fret about weather, or not?

It's fickle: Good one minute, changed the next. Data-driven forecasts still can be problematic, and a few days out they could be way off.

What's a Volkssporter to do? Worry until the last minute, talk yourself out of participating based only on a forecast or do an event regardless of the weather?

We recommend a middle ground.

Heed the Forecast

*Understand the weather.

*Tornado and other warnings are not trifling matters. Getting caught in one would be potentially life threatening. Is venturing out worth the risk? Maybe not.

*Weather watches aren't as dire; you could delay your decision to see if there is a downgrade to a warning or a cancellation before deciding.

*Does rain mean wearing waterproof or resistant clothing, carrying an umbrella, braving a few drops or skipping Volkssporting until it passes?

*After a snowfall, could you see the route? Need Yaktrax for traction, boots or snowshoes? Pass if the snow will be too deep, assuming you can even get to the event?

*In the event of severe weather within a week or so of the event check on the AVA website or with the sponsor to see if the event is still on, rescheduled or cancelled.

*Determine how long you can wait before making a decision. For bad weather days, have an indoor alternative in mind.

Adapt to the Weather

*A light rain likely won't grow into a thunderstorm. Outfit yourself accordingly.

*Thunderstorms are serious, but once the front passes so does the danger of lightning.

*Temperature extremes carry a risk of hypothermia or hyperthermia, sunburn and other conditions. There are ways to mitigate those dangers by dressing properly, staying hydrated, etc. (We addressed seasonal Volkssporting in 2004 and 2005 in *TAW*, and weather extremes in 2016 — for copies ask us.)

*Temperatures around freezing create black or glare ice road and walking conditions — difficult to detect but very slippery. Let rising temperature melt it.

Dress for the Weather

*Regardless of season.

*Layer clothing: Against the skin a thin one to wick away moisture, then one or more layers for warmth to be removed as you warm up and put back on as you cool down; wear hat and gloves when appropriate.

*Always protect against the sun's harmful rays, even on cloudy days. Use sunscreen, head covering, long sleeves and pants.

*Carry a personal first aid kit with essentials for dealing with blisters, stings and bites, asthma, etc.—whatever could ail you during the event.

*Carry what you might need in your car. Handy, too, in case of a roadside emergency—e.g., warm winter clothing in case your car gets stuck.

*Check what NOAA and the NWS have to say. Their websites are full of weather-wise information.

Your choices are not as simple as putting up with the weather or not Volkssporting. Deal with the weather rather than succumbing to or disregarding it. Be sensible; act prudently.

Contact us at 43224 Cardston Pl, Leesburg, VA 20176-6459, or rwright2@jhu.edu.

AVA Special Program — Underground Railroad

Runs from January 1, 2017 to December 31, 2019. The Underground Railroad AVA Special Program gives walkers an opportunity to explore this dark time in American history. The Underground Railroad is the name for the secret route fugitives took to escape to freedom. It is not a real railroad, but rather a series of safe hiding places called "stations." Walk 15 AVA sanctioned events that pass a museum, historical site, historical marker or any other building that pertains to the Underground Railroad. Examples such as a safe house (station) or a church that may have hidden slaves until they could be moved safely to the next station. Request books from *Derby City Walkers Volksmarch Club*, c/o Frances Taylor, 4943 Winding Spring Circle, Louisville, KY 40245. For more info email frant98@bellsouth.net or 502-494-3594.



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

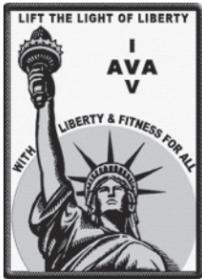
AVA's Mission: Promote and organize noncompetitive fitness activities that encourage lifelong fun, fitness, and friendship for all ages and abilities.

AVA SPECIAL PROGRAMS

Update on AVA Special Programs offered by Tulsa Walking Club

By Teresa Arnold

Walking the USA - Street by Street: Several participants have indicated to the POC that they are down to the last state and are stuck! Therefore, it has been decided to offer a wild card for this program – one time use only. No duplication of walks, please.



Lady Liberty: Participants have been frustrated, after doing research, that the Statue of Liberty has been moved, or is no longer in existence. Therefore, if a walker has researched and found evidence that a replica was in the town, even if not currently there, participants may stamp their Lady Liberty book.

The Lady Liberty special program is now expanded to include: a street, city or county named "Liberty" – limit one each please.

Businesses with liberty in the name often use a representation of Lady Liberty in their logo, such as Liberty Finance or Liberty Tax Service, so look sharp. Moving representations such as flags or costumed people are still not allowed. Books for both programs are still available for purchase through the end of the year and you may complete the programs any time after that. ☺

AVA: America's Walking Club!

The American Wanderer is your free advertising!

We welcome your submissions to *The American Wanderer (TAW)*, but keep in mind that we only have so much space to print articles and photos. So keep your articles short – **less than 600 words** and include one or two good photos with captions. We cannot guarantee that any article will be printed. If you want to secure a spot contact AVA for paid advertising information (see page two). We ask for only **one article per club**, so talk to your club members before submitting.

Send articles to taw@avaorg. When submitting via email paste the text directly into the email along with sending your Word attachment (in case there are software conflicts). **In the email subject line include TAW, the region you're covering and article title.** Include the byline (author), if applicable, in the article.

When emailing photos or graphics, do not embed them into the document – send as separate attachments. Photos should be in jpeg or tiff format, and about 1mb (170-200 dpi) and no smaller than 3x5 inches in size. Send only copies of your **best one or two photos**. Include caption info at the end of your article (who, what, where, etc. and who is where, left to right), and add photo credit if needed.

Remember deadlines: See page two for specific dates. Also note that any changes in the events, club listings, etc. must go through the proper channels of the AVA – we cannot make those changes.

– thanks, TAW

TAW email: taw@ava.org

Note: TAW email address will only accept articles, pictures and graphics.

Are you getting the most out of the AVA Virtual Online Programs (VOP)?

Now that AVA has a couple of Virtual Online Programs underway, it is a good time to talk about different aspects of the programs so you can utilize every area. Listed are a few items you may not know exist in the program or you are not using to the fullest potential.

1. Are you posting kilometers? If so, kilometers need to be posted as an Activity. You can do this two ways,

A. On the AVA Walker Tracker Webpage: After signing in, click the green "add an entry" bar for that day, click on "convert an activity." Below the box, select walking kilometers, put in the correct number of kilometers, click calculate, click "Record Activity," then click on the green "update entry" bar. For other than the current date, choose the appropriate date, click on "edit," then follow the steps above to add the kilometers for that day.

b. On the App: iPhone Version: For the current day, tap "activity" on the lower left, tap the "plus sign" in the upper right corner, tap activities, tap add an activity, tap walking kilometers, put in the correct number of kilometers. For previous days, tap "Log" and follow the same directions as above. Android Version: Tap the plus symbol on the lower left-hand corner of the screen and click on Add Another Activity, add the kilometers, then tap save. For previous days, follow the same instructions but under edit activity, the date should be shown; tap on the date and a calendar will pop up, then click the date you want and add the kilometers.

2. Are you using the Discussion Board? This is going to be especially fun during our Tour of Italy Challenge. The Discussion Board allows you to converse with other

members in the challenge. We will be able to talk about all the places we will see during our virtual tour.

a. On the AVA Walk Tracker Webpage: Click on your challenge and scroll to the discussion section. Please feel free to add your comments in the empty comment box and engage others. Have you been to the area we are touring? We'd love to hear about it!

b. On the App: iPhone Version: Tap Challenges at the bottom, choose one of your challenges; tap the "discussion" box on the top of the page, then "Add a Comment" at bottom. You are there. Android Version: Tap the top three lines in the left-hand corner of the screen that are right next to My Activity. Tap competitions and then tap one of your challenges. Then tap on discussion and add a comment to join the conversation.

3. Have you joined your region's team? This will be especially important when we kick off Phase III of our Virtual Online Programs. Each AVA Region will have a team consisting of walkers from that region. The teams will compete for a traveling trophy to be awarded to the region that walks the most. All teams are averaged by the number of participants, making the challenge equal for each region.

a. On the AVA Walker Tracker Webpage: Click on the "Teams" tab at the top, click on your region, then click the blue "Join This Team" bar. Your steps will automatically be added into the Team Challenge. You may join as many teams as you wish. Maybe your club would like to start a team?

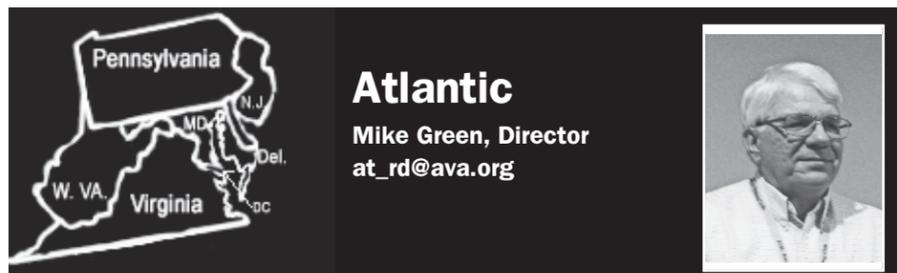
b. You must join a team via the website, ava.walkertracker.com. You can then view your team/s on the App, you just cannot join a Team through the App. ☺

Tails on the Trails

We want to hear from you if you bring your family pet along for exercise and camaraderie on the trail. Tell us about your K9 walking partner. Pull out the camera at your next walk, get a good photo of you and your "best friend," write a good article and send it in!

Rules: Your dog must be a regular participant with you on your Volksmarches. The story should be no more than 500 words; include the dog's name, owner's name and address and club. Submit a photo of your dog with the story. The photo should be high resolution, about 300 dpi and 500k-1mb in size, and attached to the email. **Handwritten submissions will not be accepted.** Emailed submissions should include the photo as an attachment. Send to taw@ava.org.

See this issue's Tails on the Trails story on page 36



Atlantic

Mike Green, Director
at_rd@ava.org



The Appalachian Trail Volkswalks in the Atlantic Region

You have purchased your AVA Appalachian Trail (AT) Special Program book and now it is time to start taking the road trip(s) needed to complete the program. Here are some thoughts on the logistics for completing the qualifying Volkswalks in the Atlantic Region. The AT crosses five states in the Atlantic Region and covers 897 miles or about 41 percent of the AT's total length.

Before you depart on your first trip, here are some things you need to do:

- ❖ Establish an account with the On Line Start Box and, hopefully, do a walk nearby and learn how to register for an event, print directions and indicate that you have completed the walk.

- ❖ Have a plan for how you are going to fill the space provided in the program book for an Appalachian Trail Passport Program stamp, National Park Service stamp, state park or forest stamp, US Post Office cancellation or any other stamp you find. If none of these are available, you may attach a receipt from a local business, a photograph or just write some comments. The locations with the AVA Appalachian Trail Passport Program stamp can be found at atpassport.com/stamp-locations.html.

- ❖ Find someone to walk with. Many of these walks are in remote locations and most do not have reliable cell phone coverage. Use the buddy system!

Virginia has two qualifying walks. Damascus is at the southern end of the AT in Virginia and near where Virginia, North Carolina and Tennessee intersect. Damascus is probably the premier Appalachian Trail community and is the host of Trail Days, a gathering in mid-May of about 20,000 trail enthusiasts. There are lots of hostels and B&Bs in Damascus plus a few independent motels. There are also many lodging options about 30 minutes away in Abingdon. Consider a trip that pairs up Damascus with Hot Springs, North Carolina. They are just a couple hours apart.

Bluemont, Virginia, is at the very northern end of the AT in Virginia and the Volkswalk is a border crossing into West Virginia. The AT here uses a portion of the "roller coaster." The



Sign for the AT at a road crossing in Pennsylvania.

12k option visits the Bears Den Hostel and there are lots of other lodging options 35 minutes away in Winchester. Consider doing Bluemont and the walk in Harpers Ferry on the same trip – only 35 minutes apart.

The Volkswalk in Harpers Ferry, **West Virginia**, starts at the Headquarters, Appalachian Trail Conservancy and is a double border crossing – West Virginia/Virginia and West Virginia/Maryland. Need an AT trail map, book, t-shirt or hat? They are sold at the start point. There are hostels, B&Bs and a Quality Inn in Harpers Ferry. There is other lodging in Charlestown, West Virginia (about 13 minutes away), Frederick, Maryland (about 26 minutes away), and Hagerstown, Maryland (about 42 minutes away). Harpers Ferry is about 30 minutes away from the walk in Myersville, Maryland.

The Volkswalk in Myersville, **Maryland**, starts at a trailhead on US-40 next to where the AT crosses I-70 and goes out and back to Washington Monument State Park. Consider pairing up Myersville with a walk in Pennsylvania. Pine Grove Furnace State Park is just an hour away.

Northern Virginia, West Virginia, Maryland and southern Pennsylvania can all easily be done on the same road trip.

There are four different sanctioned events in **Pennsylvania** that qualify for the AVA AT Special Program. All 220 miles of the AT in Pennsylvania are sanctioned as an extended dis-

Sugarloafers April bus trip

To enhance our Volksmarching experience, avid walkers like to explore sites outside of our local walking area. So, on Saturday, April 21, 28 Sugarloafers in Maryland chartered a bus for a two-hour ride north to Harrisburg, the capitol of Pennsylvania.



In Harrisburg, we had the opportunity to walk one of two Year Round Event Volksmarches along the scenic Susquehanna River.

The first walk was the Historic Harrisburg Trail that included a brief tour of the state capitol – considered by many as the most beautiful state capital building in the country. The 10k walk traversed an iron bridge to City Island in the middle of the Susquehanna River that showcases a city park. The walkers treated themselves to some delicious ice cream, especially a local flavor – Teaberry.

The second walk covered the Wildwood Lake area north of the city and consisted of wilderness trail on a boardwalk. The weather was perfect for walking – low 60s with spring blossoms, flowers and chirping birds.

The walks were sponsored by the Susquehanna Rovers Volksmarch Club who provided excellent support at the beginning of the walks. ☺

tance Volkswalk (sanctioned as Appalachian Trail) that are best done as a point-to-point with two vehicles. The AT has been divided into 23 segments that can each be day-hiked.

There is a Year Round Event at Fayetteville — Pine Grove Furnace State Park, which is the home of the AT Museum and the General Store where thru hikers celebrate reaching the mid-point of the AT with the "Ice Cream Challenge." This event has an alternate start box, which might be more convenient. The Ironmaster's Mansion is a hostel at the park with many other lodging options off of the I-81 exits in Chambersburg, Scotland and Carlisle.

The only qualifying 2018 Traditional Volkswalk is in Duncannon on June 16, which is held in conjunction with the Appalachian Trail Community Festival. There is a hiker hotel in Duncannon, a Red Carpet Inn just north of town, and lots of lodging options to the south in and around Harrisburg.

At the eastern end of the state, there are two qualifying Seasonal Walks in the village of Delaware Water Gap (sanctioned as Stroudsburg) that start at the same place. One is in Pennsylvania and the other walk immediately crosses the Delaware River and is the AT Volkswalk for **New Jersey**. There are some independent motels in Delaware Water Gap plus more lodging nearby in the towns of Stroudsburg and East Stroudsburg. Fort Montgomery, New York, is only one hour 35 minutes away so the same road trip can easily do Eastern Pennsylvania, New Jersey and New York.

Today is your day! Your mountain is waiting. So...get on your way. ~ Dr Seuss

If you have any questions, contact Tom Jackson at thomasjackson@embarq-mail.com. ☺

Are "U" Ready for Upper Marlboro, Maryland 10/6?

Watch for more info on getting your "U!" ☺



Northeast

Chris Mellen, Director
ne_rd@ava.org



Walking Through History with the Niagara Frontier Volkssport Club

By Terry McFarland

Many of you will be driving across New York State during the 2019 National Convention. The Niagara Frontier Volkssport Club would like to give you a thumbnail impression of walks that you could include in your trip.

Sackets Harbor on Lake Ontario is recognized as one of the top 10 National Park Service historic sites due to its War of 1812 heritage areas. Excellent signage and Visitor Center provide a “You Are There” experience as you walk its beautiful lake-



Walk Through History, our convention theme, is a hallmark of our region in New York State. You will find the following walks along the Seaway Trail, which includes the St. Lawrence River and the south shore of Lake Ontario, and which have been settled for thousands of years by indigenous peoples practicing agriculture, hunting and fishing.

The latest are the Haudenosaunee Iroquois Confederacy whose model of peaceful cooperation among their Five Nations was used in drafting the U.S. Constitution turning the original colonies into a nation state.

Our easternmost walk is Ogdensburg where the French established a fur-trading site, Fort de la Presentation, on the St. Lawrence River. Park at the start point, the Dobisky Visitor Center, take a look around and then continue your walk along the historic scenic route with signage outlining the naval and land battles fought here. The Frederick Remington Museum is also on the walk route.

Moving west to the Cape Vincent walk on the St. Lawrence River, see the Thousand Islands region, which was explored by Samuel de la Champlain in 1615, where he encountered the indigenous Iroquois Onandaga. Visit, and perhaps stay the night, at the Tibbetts Point Lighthouse and highly rated hostel. Watch ships from all over the world pass by on their way to the Atlantic. The car ferry to Canada’s Wolfe Island/Kingston, Ontario (CVF walk here) is also a fun option.

side and charming town route.

Watertown’s stately homes and Olmstead parklands also include the only zoo dedicated to New York State wild animals and habitat. Visit the historic public square and its walkable downtown alive with summer activities. There is something for every walker’s interest in Oswego, port city on Lake Ontario with War of 1812 history at Fort Ontario; a railroad hub with historic preservation of its past in the Oswego RR Museum; the H. Lee White Maritime Museum and the West Pierhead Lighthouse, which is a navigation aid to the present day.

Welcoming lighthouse enthusiasts to the Sodus Bay lighthouse Museum on our Sodus Point Lake Ontario walk is a seasonal highlight. The spectacular view of Lake Ontario never disappoints and the charming town transports you to an early time in our national history.

Finally, in Pultneyville, also on Lake Ontario, friendly faces at the deli start point welcome walkers to their quiet village. It was not so quiet when the British fired upon it from a warship in the War of 1812. And, along with many of our other Niagara Frontier walks, Pultneyville was an important station in the Underground Railroad.

Visit us on your way in 2019! For locations, refer to the map of walks on our website, Niagara VolkssportClubs.org. ☞

Walk along the river

By Verna Devine

On June 16 Walk’nMass will be walking in Blackstone, Massachusetts. The town is in Worcester County, borders on Rhode Island and is considered to be part of the Providence Metro Area. It has gone from being the home of the Nipmuc Tribe and part of Mendon, Massachusetts, to be incorporated as a town in 1845. Their motto is “Do well and doubt not.”

The first loop goes to the Blackstone Gorge with views of waterfalls and an overlook. It then goes back through town passing the Blackstone Historical Museum which will be open for visitors. The second loop is entirely on the Blackstone Greenway with bridges crossing the river several times.

For more info, contact Dawn at dawnvt@yahoo.com or walknmass.org. ☞

ESCV in photos

During this past never-ending winter, the Empire State Capital Volkssporters accepted no excuses for walk avoidance. People met at Crossgates Mall to enjoy both exercise and socializing on February 7. Photo by Louise Remillard.



The group walk for the Albany, New York Year Round event, sponsored by the Empire State Capital Volkssporters, included a stop in front of First Church in Albany (Dutch Reformed). Established in 1642, it served the Dutch inhabitants of Fort Orange, Beverwyck and the patroonship of Rensselaerswyck. Photo by Linda Morzillo.

The Empire State Capital Volkssporters enjoyed a brand new Traditional Walk highlighting the new casino and other development along the Mohawk Riverfront in Schenectady. Pictured are walkers signing in and gathering to walk. Photo by Linda Morzillo. ☞





Brushy Creek Year Round walk and Bike events

By Douglas Eide

The Colorado River Walkers sponsor a Year Round (YRE) walk and bike trail at Brushy Creek in Cedar Park, Texas. The population of Cedar Park was estimated to be 68,918 in July 2016. It is located in Williamson County with a small portion extending into neighboring Travis County. The city is a northwest suburb of Austin, the state capitol of Texas, and the center of Austin is about 16 miles southeast of Cedar Park.

The Walk and Bike YRE trail begins and ends at the Twin Lakes Family YMCA at 204 E. Little Elm Trail, Cedar Park. The trail includes 6.75 miles of asphalt and gravel trail that crosses six major parks with numerous connecting trails from residential subdivisions along the route. The parks include Twin Lakes Park, Brushy Creek Sports Park and Brushy Creek Lake Park (with dam). Brushy Creek Lake Park is a 90-acre



Doug Eide with Rudy (left) and Dolly stop for a picture next to a Texas Historical Commission marker and interpretive plaques that tell the history of the railroad that transferred huge blocks of pink granite to construct the new state capitol building between 1886-87, some of which tumbled off the flatcars and are still visible along the scenic Brushy Creek Year Round Walk and Bike Events trail in Cedar Park, Texas.

Archeological evidence in Cedar Park shows that the area has been inhabited since around 5000 BC. American settlers first arrived in the area beginning in the mid-1800s and the community was named Cedar Park in 1887. Visitors from Austin would ride the Northwestern Railroad on a day trip to enjoy the popular half-acre 'strolling park' near the Cedar Park Train Depot that was first opened in 1892. You can learn more about Cedar Park by viewing "Your Guide to Fun in Cedar Park, Texas" at cedarparkfun.com.

The Brushy Creek Regional Hike and Bike Trail is used for the Colorado River Walkers' Brushy Creek Walk YRE offering 6k, 10k and 15k walk trails to choose from. There is also a 25k Bike YRE that includes the entire distance and return. The major feature of the 15k route is the newly reopened dam, which took nearly a year to complete, to prevent homes from flooding downstream.

park that includes a 38-acre manmade lake created in 1965, Champion Park (with Settler Cemetery), Brushy Creek Greenbelt and Olson Meadows Park.

Each park is unique and offers various amenities. The interesting trail features include ponds, lakes, waterfalls and bridges with an abundance of wildlife, flora, shrubbery and trees with hundreds of information markers and signs. There are many opportunities for picture taking and resting on park benches and overlooks. Along the trail are mile markers every quarter of a mile. Regardless of the distance you choose, you will readily enjoy any of the walks or bike ride.

For more info on these scenic YRE Walk and Bike trails contact Douglas Eide, doug.eide@yahoo.com, 512-591-1320, or the club website, coloradoriverwalkers.org/.

"Immortal 10" featured on Round Rock YRE

By Carol Obianwu

Round Rock, Texas, is a small historic town on Interstate 35, about 20 miles north of Austin and the site of one of our most interesting and beautiful YREs.

Round Rock was first settled around 1848 and called "Brushy," as it was just north of Brushy Creek. This was before the railroads were built, so Texas cattle had to be driven north to Kansas along the Chisholm Trail, then loaded on trains headed to market on the east coast. A safe crossing of Brushy Creek was near a large circular rock in the middle of the creek.



Immortal 10 plaques near bridge.

In 1854 the settlement was renamed Round Rock, and in 1876, with the arrival of the railroad south of the creek, the town businesses moved a mile south to be near the railroad. Our walk still goes past a few buildings in Old Round Rock. Some of the places and things you will see as you walk are: the historic round rock, the memorial plaque of the shootout with outlaw Sam Bass, historic buildings along Main Street, recently renovated Veterans Park, Chisholm Trail Crossing Park with sculptures and plaque at site of baptisms in the creek. The famous Round Rock Donut Bakery is also on the route.

In 2017, on the 90th anniversary of a tragic event in Texas history, Round Rock dedicated the refurbished May Street Bridge to the "Immortal 10." On a rainy January 22, 1927, a bus from Baylor University in Waco, Texas, was traveling south about 100 miles to the University of Texas in Austin. The 21 people on the bus were Baylor's men's basketball team, coaches and a few fans. Going through Round Rock, the bus had to cross the railroad tracks and was struck by a train with 10 students losing their lives.

Every year at Baylor homecoming, 10 empty chairs are set out to remember the students. In 2007, Baylor U. installed a bronze life-sized statue and panel of the 10 students on campus.

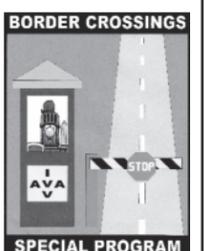
This crash was one of the first events that ignited a national movement to build overpasses or underpasses where state highways cross railroad tracks. Our YRE will pass this bridge, newly painted in Baylor green. Two plaques have been installed near the bridge.

Enjoy your walk in Round Rock and perhaps some local food when you finish. For more info consult the AVA website or our club website, coloradoriverwalkers.org.

Southwest Region continued on page 11

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, 10435 Oak Trail Rd., Ft. Wayne, Indiana 46845-6115, tjcrabill@comcast.net, 260-409-1659.



Southwest Region *continued from page 10*

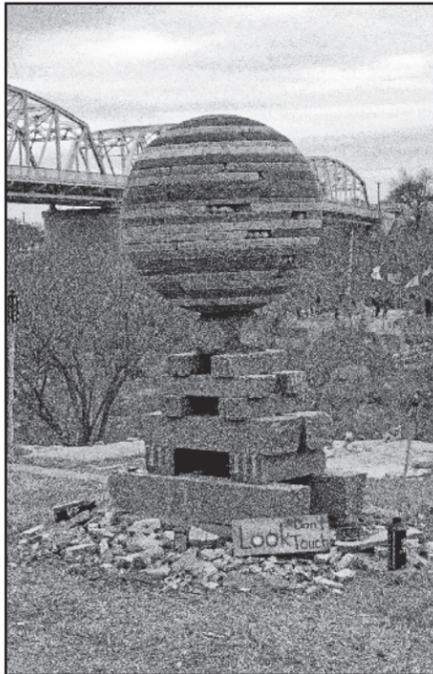
Midland Walkers clean up park



Seven members of the Midland Walkabouts cleaned its adopted park, Windlands Park, in Midland, Texas, the starting point for the Bush walk YRE. The club cleans the park every other month. Pictured are: (l-r) Gary Petersen, Diana Smart, Candace Warncke and Jack Rogers. Not pictured: Janice Courtney, Carolyn Petersen and Sammy Hunnicutt. ☺

Rock stacking highlights Llano, Texas event

Most people who go through small rural towns probably pay attention just to the traffic light in the middle of town. However, the walkers who toured the Central Texas town of Llano (population about 3,000) on March 10 said they were pleasantly surprised to see how many things Llano has going for it. The walk was held in conjunction with Llano's Earth Art Fest (LEAF), which is home to the National Rock Stacking Championship. This is an art form in which rocks are naturally balanced on top of one another in various positions without the use of adhesives, wires, supports, rings or any other contraptions, which would help maintain the construction's balance. Competitions at LEAF include height, balance, arches, quantity, team stacking and artistic merit. In addition to rock stacking, in which both professional and amateur artists compete, the fest also features earth and land art, workshops, live entertainment, performance art, food, face painting, kayaking and rock wall climbing. How often do you get to walk 10k and then attend a belly-dancing workshop?



Llano's history includes German settlers, Comanche attacks, a frontier trading center, outlaws and Texas Rangers, Bonnie and Clyde, floods and bridges, and the highest density of deer in the country. Walkers were given a list of 47 historic sites they would see on their walk, including a house of ill repute, a jail with its gallows, a railyard depot, a county courthouse with its monuments and museums.

The walk was hosted by members and supporters of the Volkssportverein Friederichsburg. The 5k and 10k routes started at the Llano County Historical Museum, went under the Inks Bridge, along the Llano River, into an historic area, back over the bridge into the downtown district, through a cemetery, back into the downtown area, over the bridge again, through the railyard depot, and back to the County Museum. Walkers received a 50 percent discount on the fest admission if they attended during or after their walk. The walkers, LEAF committee, and the Llano Chamber of Commerce asked that the walk be made an annual event – so it will be.

The next event for the club will be a sunrise iteration of the Year Round event at the LBJ State and National Parks in Stonewall, Texas, on July 7 – come early to beat the heat. The available routes are 5k, two 10k routes and a 20k route. This is not a guided walk, just a chance to walk with old friends and new. Questions can be directed to Dave Roberts, 830-992-7584 or dlroberts34@hotmail.com. ☺

The RRs' AVA Fundraiser Summer Sunrise Walks

By Martin Callahan

The Randolph Roadrunners Volkssport club is hosting two sunrise fundraising walk events for the AVA in San Antonio this summer on July 21 and August 11. Both walks will begin at Taco Cabana restaurants. Be sure to enjoy a breakfast taco or some other tasty treat before or after you do the walks. Taco Cabana will kindly donate 20 percent of the sales receipts to the AVA from this event for walkers who tell the cashier their purchase is for the fundraiser. You can view Taco Cabana's menu online at tacocabana.com.

The hill and the surrounding area were first surveyed in 1847 and had a number of owners including Mirabeau B. Lamar, the second president (1838-1841) of the Republic of Texas. The park was acquired by the city of San Antonio in 1994.

Walkers will follow trails of gravel, asphalt and concrete surfaces up the hill and back. At the summit of the hill you will see a medieval-style stone tower. This is all that remains of a castle-like home that retired U.S. Army Colonel Edward H. Coppock



Greg Sells with Dolly and Gayle Weinraub with Rudy (left) pose for a picture in front of the information kiosk at the trailhead for Comanche Lookout Park along the trail for the 2016 Summer Sunrise Walk AVA Fundraiser Walk in San Antonio, Texas. Photo by Martin Callahan.

The July 21 walk will start at Taco Cabana, 6826 N Loop 1604 E (near the intersection of 1604 and Nacogdoches), San Antonio, between 6:15 a.m. and 8:15 a.m., finish by 11:15 a.m. Volkssporters will follow a trail through a local neighborhood and Comanche Lookout Park. Comanche Lookout Park is a 96-acre public park that includes the fourth highest point in Bexar County and rises to an elevation of 1,340 feet.

The hill gave the Apache and later the Comanche Indians a vantage point for hunting the nearby Cibolo Creek and warfare against other tribes and settlers. The hill was a prominent landmark for travelers in the 18th and 19th centuries that followed the old Spanish road (Camino Real) that passed by its base.

envisioned building after buying the property in 1923. For more info on the park, go to sanantonio.gov/ParksAndRec/ParksFacilities.aspx.

The August 11 walk will begin at the Taco Cabana #251, 1130 N Loop 1604 W, San Antonio, between 6:30 a.m. and 8:30 a.m., finish by 11:30 a.m. Walkers will follow a trail through the Blanco Woods neighborhood and part of the Deerfield neighborhood. Blanco Woods is a quiet, single-family "pocket neighborhood" consisting of only eight streets. You can learn more about it online at blancowoods.com. Deerfield is an upscale development of almost 700 single-family homes that began in 1984.

For more info on these three walks contact Ellen Ott, 210-723-8574, ellenott@sbcglobal.net, or the club's website randolphroadrunners.info. ☺

Southwest Region continued on page 12

AVA Special Program – Vice Presidential Walks

Runs January 1, 2016 through December 31, 2018. This program honors U.S. Vice Presidents. Qualifying events must pass a site with a significant connection to one of the Vice Presidents. Examples: Bennington, VT passing sign quoting Coolidge. Annapolis state house for Agnew. St. Paul, MN for Mondale. Adlai Stevenson Park in Aurora, IL. Dallastown, PA and Dallas, TX for George Dallas. No walking event can be used twice. Requires only 12 different Vice Presidents to complete book. Award is a color patch based on photo of Harry Truman walking in Washington, D.C. Sponsored by Twin State Volkssport; Pat Stark, 307 Wilder St., White River Jct. VT 05001. Checks payable to TSVA.



Southwest Region *continued from page 11*

TVA's Footsteps of the Founders and Vereinskirche Walks

By Martin Callahan

The Texas Volksmarch Association (TVA) is hosting two walks on June 9 in Fredericksburg, Texas, celebrating the TVA Founders Day II. Fredericksburg is about 70 miles west of Austin, Texas. In August 1845 John O. Meusebach selected the site of the town that was settled in May of the following year by 120 German immigrants from the Verein zum Schutze Deutscher Einwanderer in Texas (Society for the Protection of German Immigrants in Texas). Meusebach named the new town Fredericksburg in honor of Prince Frederick of Prussia.



Doug Eide and Rudy pose for a picture in front of the Pioneer Memorial Museum at the Marktplatz (Market Square) before starting the 2016 "40th Anniversary Footsteps of the Founders Walk" in Fredericksburg, Texas. Photo by Martin Callahan.

On the "TVA 2018 Footsteps of the Founders Walk" trail you will follow the original routes used in 1976 as much as possible. These routes were used for the first sanctioned Volksmarch in the United States on June 12-13, 1976. The trail is through city neighborhoods and the surrounding countryside.

Volkssporters doing the "TVA 2018 Vereinskirche Volksmarch" will stroll along a trail through a limited part of the downtown area and through established neighborhoods. The Vereinskirche (Society Church) is located next to the start point at the Marktplatz (Market Square) and was the first public building constructed in Fredericksburg in 1847. The original building was torn down when it fell into disrepair and was replaced with a replica completed in 1936 that today serves as the Pioneer Memorial Museum.

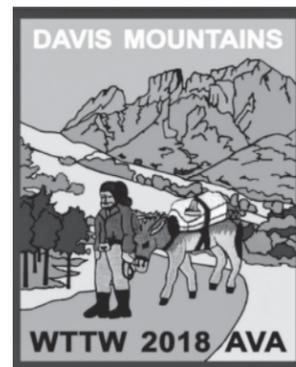
The start point for both walks is the Marktplatz Pavilion at 100 W. Main St., Fredericksburg. Both walks are rated 1A and Volkssporters can start between 7-11 a.m., finish by 2 p.m. For general info on Fredericksburg go to visitfredericksburgtx.com/. For additional info on the walk contact Brian Fisher 830-377-4239, guadalupesigns@omniglobal.net or the TVA website, walktexas.org.

Waiting for a reply from TAW?

Be sure your spam filter allows emails from taw@ava.org and taw@earthlink.net. Recently we've been unable to reply because of spam filters. Check yours now!

West Texas Trail Walkers — Celebrating 37 years

October 5-7,
Davis Mountains,
Fort Davis, Texas

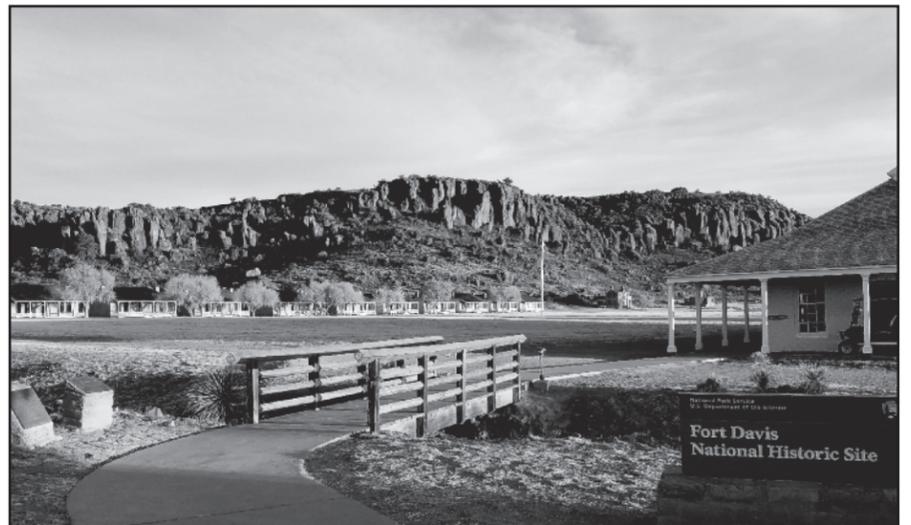


Hike with an altitude! Join the West Texas Trail Walkers in the Davis Mountains over the Columbus Day weekend. High in the Davis Mountains of West Texas you will find stunning mountain views, miles of hiking trails and a historical frontier fort. Our host lodging is at the Prude Ranch, an historic West Texas cattle ranch offering horseback riding, hiking trails, stargazing and bird/nature watching. With three Traditional walks and the three Year Round walks, you can accomplish up to six walks over the long weekend.

standing the presence of African Americans in the west because all-Black regiments were stationed at the Fort after the Civil War. A 5k or 10k walk is offered at Fort Davis while the 20k option connects with The Skyline and Civil Conservation Corps trails in the Davis

Mountains State Park. In the evening, our annual dinner meeting will be at the Prude Ranch for a buffet dinner featuring roast beef.

To conclude the weekend, our final walk starts early October 7 at the Prude Ranch. The 5k is flat and meanders through pastureland while the more difficult 10k hike takes you up



Our hike on Friday, October 5, is at the Davis Mountain Preserves about 19 miles west of the Prude Ranch. You can pick from one of three trails ranging from 5k, 8k, 10k and 12k. The 12k hike takes you up Mt. Livermore, the highest mountain peak in the Davis Mountains while the 8k trail begins at the foot of Mt. Livermore and veers into Tobe Canyon. The 5k to 10k option offers great views of the mountain and Madera Canyon. These trails are moderate to difficult allowing you to choose a walk that suits your walking ability.

We start our walk on October 6 at the historic frontier fort in Fort Davis. Founded in 1854, it is one of America's best surviving examples of an Indian Wars frontier military post. Fort Davis is important in under-

to a ridge that offers beautiful views of the Davis Mountain range.

Make your lodging reservations now at the Prude Ranch, 201 Prude Guest Ranch Rd., Fort Davis, Texas 79734, 432-426-3201. Call and mention you are with the West Texas Trail Walkers before September 1 to secure our special rate. Check our website, westtexas-trailwalkers.org, in early June for information about the specific walks and pre-registration. The national and state parks do not allow us to collect money so you will need to pre-register by September 15. Late registration will be offered Thursday, October 4, 5:30-7 p.m. at the Prude Ranch Lodge. Contact susan.noonan@gmail.com with further questions.

Hope you can join us for some of the most beautiful walks in Texas! 🐾

AVA Special Program — Water Fountains

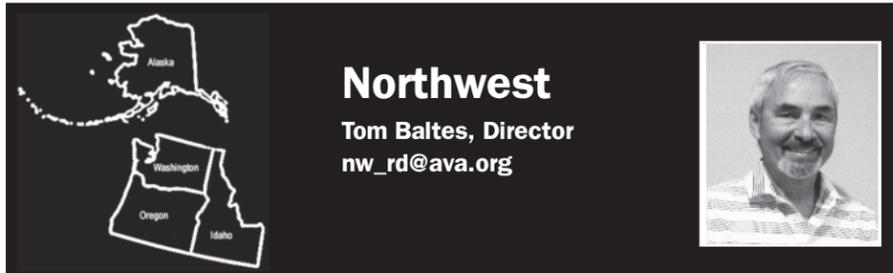
Runs January 1, 2016 through December 31, 2018. Walk 20 sanctioned events that pass public water fountains or splash pads. Fountains can be natural or man-made. Fountains in yards will not count. The water does not have to be running. No drinking fountain, aerating fountain or waterfall will count. The info needed in the book includes the date, the place where the fountain is found, city and state. No duplicate stamps and only one qualifier per stamp. Patch: 3"x4". When requesting a book, include your email address for our information, if you have one. Sponsored by Lawton Walkers, Suzi Bentley, 1104 SE Alta Lane, Lawton, OK 73501, or sebentley51@aol.com. Or Roland Ouellette, 2809 NE Heritage Lane, Lawton, OK 73501, or rlo@rioedmgroupp.com.



AVA Special Program — A Walk in a City Park

Runs January 1, 2016 through December 31, 2018. Walk 20 sanctioned events that pass by or through a city park. The city park must have a name. No county, state or national parks will be accepted. Information needed in the book includes the date, the name of the park, city and state. No duplicate stamps and only one qualifier per stamp. Patch: 3"x4". When ordering a book, include your email address for our information, if you have one. Sponsored by Lawton Walkers, Suzi Bentley, 1104 SE Alta Lane, Lawton, OK 73501, or sebentley51@aol.com. Or Roland Ouellette, 2809 NE Heritage Lane, Lawton, OK 73501, or rlo@rioedmgroupp.com.





Frame your achievement

Want your walkers to advertise Volkssporting to their family and friends? Take advantage of the “Take a Selfie” trend. Volkssporters are proud of their achievements and like to share what they do with others. The question is how can you make it easy for them to put out the word?

Daffodil Valley Volkssport Association set up a “Selfie Station” at our last Traditional walk. For those who use Facebook, it is very easy to take a photo with their phone and put it on Facebook to send out to all their friends and family. In our case, we built a frame with stick-on letters that set atop a table. We asked walkers if they wanted their picture taken. We usually took a picture with our phone and a picture with their phone. I also mentioned that this could be their Christmas card photo next year.



We made our frame using two 2x6”x6’ pieces of lumber, some white paint, and some 3-inch stick-on letters. We added some leftover legs we had around and, viola, a selfie frame. The frame is very heavy but you could use styrofoam or 2x4s or any other suitable material. You could add IVV and/or AVA to the frame or your club’s name to personalize it to your event. We also had available notecards with the different distances so they could put their walk distance over the top of the 10k.

Other suggestions for a “Selfie Station”

- ◆ Use the IVV flag as a backdrop and pose people around it; walkers could hold up signs with the kilometers they walked, i.e. “I walked 5k,” “I biked 30k,” etc.
- ◆ Make up a word balloon saying “I am a member of a Volkssport club.”
- ◆ Have a sign with your club logo for them to hold. There are a lot of ways to create a Selfie Station.

You do need to assign one of your workers the job of staffing the station. Walkers need to be encouraged to have their picture taken plus someone needs to take a picture with the walker’s own phone. But this is a small price to pay for the fun and is just one way to let your clients help advertise your product.

What is Bonnie up to?

Bonnie Tucker is at Ocean Shores, Washington, scouting out new walks for Capitol Volkssport Club’s sixth biennial Seabreeze Walking Festival. Mark your calendars now for February 16-18, 2019. This is also Presidents’ Day weekend, so make your reservations early. More details will be available in future editions of TAW or at the club website at capitolvolkssportclub.org.



‘Tis the season

.... to walk Seasonal Events

By Suzi Glass

The Sierra Nevada Mountains contain numerous trails with breathtaking scenery that cannot be accessed until the summer months due to snow and ice. The Tahoe Trail Trekkers have scheduled hikes and the Sacramento Walking Sticks have revived three summer events that take advantage of the relatively short season.

Traveling 150 miles south along Highway 395 from Lake Tahoe are three Eastern Sierra walks re-sanctioned by the Sacramento Walking Sticks from July 1 through September 30. Mono Lake (part of the Lee Vining route) is an example of the collapse of an ecosystem wrought by diverting water. The tributaries that



This chapel in Squaw Valley is one of the few remaining buildings constructed originally for the 1960 Winter Olympic Games.

Tahoe Trail Trekkers’ hikes are in Squaw Valley, California, site of the VIII Olympic Winter Games (held in 1960). The Olympic Games were located here thanks to landowner Alexander Cushing. In 1954, Cushing had built a lodge and ski lift in largely uninhabited Squaw Valley. He believed the area could support the games and garnered backing from the state, the Olympic Committee and the U.S. government. He then began raising the funds to develop the place. When the California bid was made in 1955, the other contenders included Innsbruck, Austria, and St. Moritz, Switzerland, both of which had already hosted Winter Games. Squaw Valley was only the second U.S. city (behind Lake Placid, New York) to host a Winter Olympics. The current Squaw Valley walks (Olympic Valley – John Daegling Memorial Walk, Shirley Canyon and Tahoma) give hikers historic Olympic sights and competition locations as well as the view from the High Camp tram, now used winter and summer. The events are available May 1 through October 31, weather permitting. For details, see the 2018 *Starting Point* or ava.org/events.

fed Mono Lake dried up, the lake’s salinity doubled and the lake level dropped with disastrous consequences to the inhabitants. The Mammoth Mountain hike includes the Devil’s Postpile, a 100,000-year-old cooled lava flow that cracked to form a series of 60 foot columns. The Devil’s Postpile is just one example of the volcanic activity that produced and marked this region. The third and southern-most walk starts at the Mosquito Flats trailhead, passes several small lakes, well used by fishermen, and ends at Chickenfoot Lake, named for its three-talon shape. To locate details of this walk on the AVA website, go to “No City” – Chickenfoot Lake. The contact for all three events is Nancy Alex, fani-farmer@sonic.net, who is planning group walks in July.

Use this season to discover unique geologic features and learn some Winter Olympic Games history along the 250 miles of the Sierra Nevada mountain range.

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.



SE Regional Director update

By John McClellan

It's been a couple of editions since I wrote a "byline" so I thought I'd catch you up on some of the exciting things going on across Southeast Region and America's Walking Club!

I want to officially welcome our newest club, Paws & Effect in the Asheville, North Carolina area. Two veteran walkers, Nicole Shumate and Rachel Trier, have created a partnership with this Iowa-based non-profit service dog organization with an emphasis on outreach to support America's Veterans. Volkssporting provides new service dogs in training with necessary confidence as they adapt to the sights, sounds and people they encounter in their roles. Once partnered, Volkssporting offers the ideal means for their recipients to maintain the relationship while keeping their partner happy and healthy. Nicole moved to SE Region from Iowa (Greater Des Moines VM Club) and is not only a new club president but also serving on the 2019 Convention Committee. Paws & Effect welcomes you to bring your dogs to their events, where they promise lots of wagging tails.

I have been asked about the possibility of a future regional conference in the Southeast. I'm not aware of a history of this kind of event in this region, but many other regions or state organizations successfully hold these events. A regional conference would be about improving communications, training and club growth in the Southeast. It will be a lot of work and require your support – but I'm all in if the region is. Please contact me with your ideas if you want to see this happen.

As I am writing this, the AVA president and our "international team" are heading off to Europe where they will attend events connected to the IVV and IML, the two international organizations in Volkssporting. America's Walking Club is making a bid to host

the 2021 IVV Olympiad, something the AVA has never done in 40+ years. If successful, the Olympiad would come to Washington D.C. (hosted by Arlington, Virginia) in October 2021 and be combined with the existing IML Freedom Walk festival. Meanwhile, our friends in San Antonio, Texas, have completed the second year (of three) qualifying events to become certified as a new IML weekend in the USA. Next February is the "test" – so if you have never done the San Antonio Riverwalk or seen the old Spanish missions trail, save the date now and come out to support our IML bid.

By now many of you already know the sad news of the loss of Martin Britton, formerly vice-president of the Upstate Pathfinders. I attended the recent memorial walk for Martin in Greenville, South Carolina, along with AVA President David Bonewitz, Mindy Bonewitz and former president Dennis Michele, now representing the Tarheel State Walkers Volkssport Association. There was a wonderful turnout to honor this truly talented artist, husband and father ... who left us far too early.

Finally, you may not be aware that I am chairing the AVA's newest national committee – Club Development and Support. We've gathered a team from across several regions and had approved some initial changes that establish a funding mechanism that can be used to help struggling clubs and to jump-start new clubs. We also expect to work with and through the 10 existing state organizations. If your club needs administrative assistance, training expertise or financial relief, please contact me at se_rd@ava.org. Clubs in North Carolina should contact the TSWVA as a first step.

America's Walking Club is moving ahead – find a way to be a part of it. See you on the trails! 🐾

WAF28: Walking the "Eye" Drive in Orlando

By Rosemary Barna, Alice Lawrence and John McClellan

Tourists will be cruising, and we'll be walking Orlando's famed International Drive in Orlando, Florida, for Walk Around Florida 28. I-Drive, as it is called, is home to some of the city's most popular tourist attractions and will be our home during WAF28, November 2-4, where we will "Walk Like a Tourist" in the many free tourist haunts available.

In the last TAW, we provided a summary of the fun, fitness and friendship planned for WAF28. Now, what is International Drive? It's an 11.1 mile thoroughfare packed with hotels, entertainment, restaurants, shows and outlet malls. I-Drive is Orlando's core tourism area, akin to that of the Las Vegas Strip. It is located several miles southwest of Orlando's downtown business district and it's where we'll be hanging our hats – at the Comfort Inns & Suites - during the WAF28 weekend. Hotel reservations are available now by calling 407-351-7000. Ask for "in-house reservations" and use code "Walk Around Florida" for the special rates.



The Wonder Works is one of the iconic tourist destinations available on International Drive during WAF28.

The Saturday walk route provides for the daring among us to opt for a ride on "The Eye" as part of the walk. We'll provide a group of 15 in their own "WAF capsules" at the start of the walk. What is The Eye? In her words: "I am not a Ferris wheel, I am an Observation wheel that features enclosed passenger capsules designed to remain stable throughout the rotation. I am built on an A-frame support structure and offer a 360° unobstructed view from up to 400 feet. My sister is the London Eye on the Thames. Come visit me!"

After this spectacular view of the walk route, we continue along the southern part of I-Drive. The walk passes Ripley's Believe It ("or Not"), Wonder Works, Pointe Orlando and the Orlando Convention Center. The shaded walk has many places to stop and rest, from outdoor restaurants to entertainment venues like Dave & Buster's Arcade games and Pirates Cove Adventure Golf.

Saturday's walks are just the start though. We all join for a "Fun" hour at the hotel before setting out (by foot) to the Sleuth Mystery Dinner Show a short kilometer away (remember you passed it on the walk hours ago). This hilarious show has wowed tourists for 20 years and will be well remembered. After the show, we walk back to the hotel for, thank goodness, the extra hour of sleep as we move to standard time. Next TAW: Universal City Place awaits.

Start packing your tourist clothes now for this unusually fun and different weekend. Our registration brochure will be available soon, and "like" our Facebook page at facebook.com/WAFXXVIII to discover the latest changes.

WAF28 is a multi-event weekend sponsored by the Mid-Florida Milers, Happy Wanderers and Suncoast Sandpipers, members of AVA: America's Walking Club. 🐾

Southeast Region continued on page 15

AVA Special Program – Walk Like An Olympian

Runs January 1, 2018 through December 31, 2021. 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. 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.



TAW TIPS!

September 1, 2017

Sept 1, 2017

Sept. 1, 2017

September 1

When typing dates always spell out the month with a comma after the day. There is no need to put the year in unless the event is happening in a different year.

Southeast Region *continued from page 14*

Orlando welcomes walkers

By the Mid-Florida Milers Walking Club

When visiting the Southeast many travel to the Orlando area passing Florida YRE walks on I-10, I-95, I-4 and I-75.

Coming south on I-75, your first stop can be at the 140,000-population-retirement city of The Villages. There, two walks show you the town centers and “villages” as you walk through this ever-growing city. If you cannot stop for these nice walks, never fear, the Orlando area has one Traditional event a month and 10 more YREs for you to try. There are three in the city of Orlando with completely different looks from downtown with the iconic Lake Eola fountain (pictured below), to the lakes and older residences south of town, and to the antique shopping and museums north of downtown.



From there it is a short distance to enjoy tree-lined Winter Park and its Morse Museum collection of Tiffany Artworks, Rollins College, great Park Avenue restaurants and a nice Central Park. A short distance away is Maitland and the National Landmark art museum established in 1938 and supported originally by the wife of the Bok Tower creator where you walk around lakes, residences, and parks as you enjoy the city.

If you have enough of cities for awhile, continue to one of Florida’s premier state parks, Wekiwa Springs, for a walk in Mid-Florida Milers’ second oldest YRE established in 1991. The cool 72° spring water will make a summer day feel good, or rent a canoe and travel over to the Wekiva River.

So now where else? If it is a bit “toasty” outside drop by the Altamonte Springs Mall walk and enjoy a cooler venue and a bit of window shopping. Southwest of Orlando off I-4W in Lake Buena Vista and Celebration there are three walks. The town of Celebration was started in 1996 and has two extremely enjoyable walks, mostly shaded. Walk on wooded paths; see alligators, herons, egrets, and more as you stroll on boardwalks and sidewalks. Stay and eat at one of the fine restaurants like the 113-year-old family-owned Columbia Restaurant, “founded in 1905 by Cuban immigrant Casimiro Hernandez, Sr., that is Florida’s oldest restaurant, and the largest Spanish restaurant in the world.”

Another option is to start at Pirates Cove Adventure Golf (can you beat par?) and walk in the Lake Buena Vista area including the all-new Disney Springs (formerly Disney Marketplace and West Side). Details are found at the YRE page at midfloridamilers.org.

There is even more to see in Orlando so join three central Florida clubs on November 2-4 for a fun multi-event weekend as you “Walk Like a Tourist” and ride The Orlando Eye at Walk Around Florida 28. See you here. ☺

East Tennessee Wanderers walk the AT trail

Some members of the East Tennessee Wanderers have been walking different segments of the Appalachian near Hot Springs. Below are photos of them hiking up to Lovers Leap and sections of the AT.



TAW TIPS!

www.walkgdmva

sites.google.com/site/walkgdmva

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

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

AVA: America’s Walking Club!



Circle September 7-9 for the North Central Regional Roundup

By Lois Head

To make sure that you don't miss the North Central Regional Roundup, circle the dates of September 7, 8, and 9 on your walking calendar now. Three Minnesota clubs (Central Minnesota Volkssports, Lake Country Wanderers and Twin Cities Volkssports) invite you to participate in their Regional Smorgasbord Roundup meetings and walk events.

Central Minnesota Volkssports (CMV) club is making up huge batches of Paul Bunyan red meat chili as well as F. Scott Fitzgerald chicken and white bean chili for Friday night's Meet and Greet.

All three clubs are laying out both nature and urban trails for your walking pleasure. (Be sure to pack those AVA Special Program books into your saddlebags or backpacks.) The Lake Country Wanderers (LCW) is planning a special guided walk on Sunday morning that will include a lot of history on the hoof. But participants will have the flexibility and leisure to walk any of the other five walks in any order, at any time, on any of the other days of this fantastic weekend.

And the experienced chefs of both the Twin Cities Volkssports (TCV) and the LCW clubs are going to knock your socks off with a Pot Luck Smorgasbord of delightful culinary choices for the Saturday Nite Banquet where our current Regional Director Jerry Wilson and the candidate for future Regional Director Butch Spaulding, as well as AVA President David Bonewitz, will be in attendance. (All the "first ladies" will also be there.) There will be speeches galore, of course, and surprise entertainments.

The walk events will allow you to not only experience the closeness of rivers and bogs beside the trails as well as eagles overhead but also the highlights of an area well known for its sports teams and bank robberies. Yes, that means that you will be able to view up close the new Vikings US Bank Stadium and witness the reenactment of the Jesse James bank robbery. (Not the same bank, of course.)



The North Central Regional Smorgasbord Roundup souvenir bandanna features a design that highlights the natural as well as the sophisticated features of the state of Minnesota. Each registrant will receive a bandanna in autumn colors so send in your registration soon.

In addition to seeing the Defeat of Jesse James Gang reenactment as a part of the grand finale guided walk on Sunday, participants will be able to stroll the sophisticated streets of downtown Minneapolis to view all the hot spots frequented by F. Scott Fitzgerald and, using Pearl Park as the starting point, poke into the quiet corners of this big city known for its foresight in retaining lots of natural areas for people to enjoy. The 1A routes will feature three parks and two lakes in a residential urban setting. The walk in Hyland Lake Park Reserve in west Bloomington will provide a natural trail experience in the midst of more than 1,000 acres of mature woodlands and a breathtaking prairie. Six major bodies of water, plus ponds and wetlands, offer extensive habitat for waterfowl. These 2B routes will be on turf and paved hiking trails.

Walkers will also learn about the only state-run orphanage in Owatonna, situated along the Straight River (And there is a tall tale about how Paul Bunyan and Babe the Blue Ox helped get that river to behave itself and run straight.), and savor the flavor of the wild flowers and granite in Rockville County Park which rests peacefully near the Sauk River and is always under the watchful eye of the eagles whose nests are visible from an observation platform along the walk route.

Registration information is available electronically at tcvwalking.com. For questions, contact the following club representatives: CMV, Lois Head, 320-252-7348 or lmhead@stcloud-state.edu; LCW, Bonnie Johnson, 763-229-3584 or bonjohn@comcast.net; or TCV, Lee Moisant, 612-590-2775 or l.moisant@comcast.net.

Discover small town Nebraska, October 5-7

By Sandy Spaulding

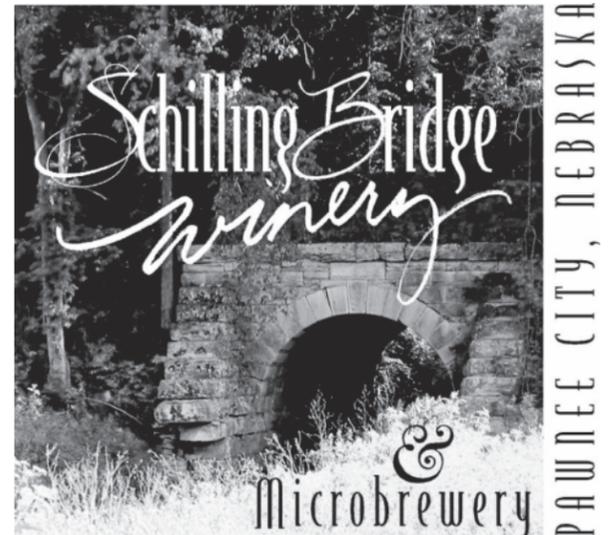
It's time to make your reservations for some great events in small town Nebraska. Check our website at netrailblazers.club for a brochure and registration page.

The River Inn Resort in Brownville is filling fast. This boutique hotel on a riverboat is reserved for our walkers. After a great walk in this historic village, there will be fun and games on the deck that has a little bit of University of Nebraska history on it. The deck surface is former Nebraska football stadium Astroturf complete with the 50 yard line. In the morning, they will supply us with an early morning breakfast to get our day started. Call 402-825-6441 for reservations.

The first walk on Friday, October 5, is in the historic village of Brownville, once an important port on the Missouri River. It is now home to the Captain Meriwether Lewis Dredge Museum, the Brownville Historical Museum, the Carson House and School House Art Gallery. The trail goes through the historic downtown, to the Whiskey Run Creek Winery with its century old barn, through the Governor Furnas Arboretum and along the Steamboat Trace with fall views of the Missouri River. After the walk, dine with us at the Lycium Restaurant. Then join us at the River Inn where we will play board games before being rocked to sleep by the river. Rockport, Missouri, is just across the river if you are looking for a different place to stay or dine.

On Saturday morning, we will visit Falls City, Nebraska, in Richardson County, another town with lots of history. The walk goes through the Itha T. Krumme Memorial Arboretum, the Falls City National Historic District and its murals depicting the history of the town, past many historic homes and past where stations on the Underground Railroad were housed. The Richardson County Historical Society Museum houses many agricultural implements and is the checkpoint for the walk.

Saturday afternoon takes us to Pawnee City where we will meet at the Schilling Bridge Winery/Microbrewery, known for its great Saturday night prime rib dinners. You will walk near an 1890s Rock Island bridge and visit the Pawnee City Historic Site with its collection of 22 historic buildings. Check out Heavenly Treasures and walk on the city's newly completed hike/bike trail. Join us after the walk for a great meal at the Winery.



Our final destination will be Sunday morning in Tecumseh. Our walk coincides with the yearly "Trail of Treasures," a flea market that stretches across the state along Highway 136. Our walk starts at City Park, travels through town (and maybe past some treasures), passing the historic stone jail and the Romanesque-Classical Revival county courthouse completed in 1889. Our checkpoint will be the Johnson County Historical Museum, newly refurbished with rooms celebrating the area's history.

For more info go to netrailblazers.club, contact Sandy at sandyspauld@yahoo.com or check out the information on the AVA website.

North Central Region continued on page 17

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, 1001 Pat Booker Rd., Suite 101, Universal City, TX 78148-4147. Email karen@ava.org.



North Central Region *continued from page 16*

Southeast Minnesota County Walks – 2018

By Bonnie Johnson

In 2008 the southeastern section of Minnesota introduced eight of its 87 counties with individual county walks. We are back again in 2018 to offer 12 county walks and one bike – with the opportunity to walk each county located in close proximity with a number of new starting points added in this picturesque area of the state. The counties are encompassed on the east by the Wisconsin

border the Iowa border to the south, I-35W on the west, and to the north is the southern Twin Cities Metro area. You will encounter magnificent bluffs, rivers, lakes, nostalgic small towns and quaint little farming communities. You should be able to complete those unfinished AVA Special Program books with many special programs listed. Here is a taste of some of the specialties you will encounter, arranged alphabetically by city with the county of its origin and a small sample of the walks featured by the Lake Country Wanderers or as otherwise noted.

Albert Lea/Freeborn County – Walk around beautiful Fountain Lake and through historic downtown.

Austin/Mower County – Check out the Spam Museum, downtown area and the Hormel Historic Home.

Faribault and Northfield/Rice County – Visit historic downtown Faribault and its beautiful nature trails. Northfield is famous for the foiled bank robbery of Jesse James. This will also have a guided walk for re-enactment of the bank robbery on Sunday, September 9 for the North Central Region Roundup.

Kasson/Dodge County – Walk the Sunrise and Sunset Trails. Online registration only with Twin Cities Volkssports.

Owatonna/Steele County – This historic city features the only state school orphanage and much, much more. Sponsored by Central Minnesota Volkssports.

Preston/Fillmore County – Walk through town and on bike trails in bluff country. The bike has many options of different length trails to various locations with beautiful scenery along the way.

Red Wing/Goodhue County – Another river town with beautiful views from Barn Bluff.

Rochester/Olmsted County – Beautiful downtown area, parks, home to Mayo Clinic and Silver Lake.

Spring Grove/Houston County – This walk has a new start point at the Kwik Trip. Features a water tower with rosemaling, sculptures, and murals in this small Norwegian settlement town.

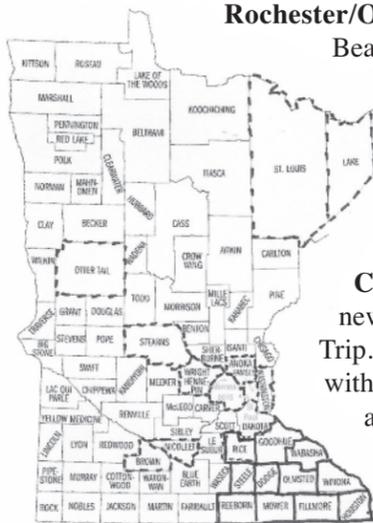
Wabasha/Wabasha County – Remember the *Grumpy Old Men*? Tour this unique city where these old men roamed. Also famous for its Eagle Center, which is on the walk route.

Winona/Winona County – Very old river town with walk along the river, historic downtown, lots of parks and along Winona Lake.

The map shows all the featured counties outlined in solid black while those with the small dashes also have a walk in that county but are more a bit out of the area.

Before leaving the southeast section, check out the walks to the west in St Peter/Nicollet County with the Arboretum and beautiful college surroundings; New Ulm/Brown County – home to Hermann the German; and Albertville/Wright County – all new development and featuring the Special Program – Walk Like an Olympian.

Most walks run from April 1 and end September 30. Don't forget to mark your calendar for September 7–9 for the North Central Regional Roundup. Hope to see you there. ☺



No mosquitos!

What? No mosquitos? In July? In a state park? Unheard of!

Not really ... if you head to Whitewater State Park near Rochester, Minnesota, for the NorthStar Trail Travelers' two one-day events on July 21-22. Because the park has no standing pools of water, mosquitos have no place to breed, leaving the park relatively mosquito free. Come walk in the valley or on the bluffs of this awesome park. To get to the bluffs you have to go up a lot of stairs ... and back down again. But the view is spectacular! For those unable to manage the steps, we have easier trails in the valley that provide you with great scenery of the blufflands along the Whitewater River.

The park has many buildings that were built by the Civilian Conservation Corps (CCC) and the Works Progress Administration (WPA) during the Great Depression. If you watch closely you can also see the remains of what was once a German POW camp during World War II.



Besides scenery, enjoy watching birds and wildlife. The park has recently had peregrine falcons nesting there again, so that is our event award on Saturday. The beaver have dammed up Trout Run Creek Trail, so unless the park has that cleared out by event time, we may not get to walk there. Crazy beavers!



Peregrine falcon leather pin award.



Green frog leather the weekend. pin award.

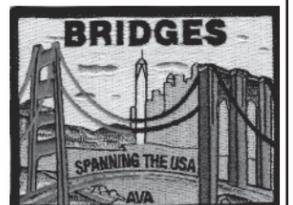
Many walkers are camping at the park for the weekend and will most likely have a Saturday night get-together at the campground or maybe take in a program at the Visitor Center. Also watch for a possible supper get-together in Elba on Friday night for those marking trails or camping for

Last but not least, 2019 is Whitewater's 100th anniversary, so let's all go celebrate their 100th and NSTT's 20th anniversaries!

See you at the park! ☺

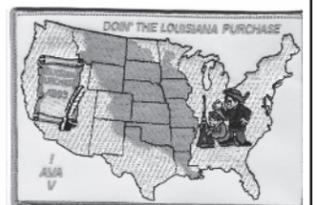
AVA Special Program – Bridges – Spanning the USA

Runs January 1, 2016 through December 31, 2018. Acknowledge our dependence on bridges where the route goes over or under a bridge. Bridges can be across any waterway, ravine, mountain stream, marsh, road or railroad to allow passage of motor vehicles, pedestrians, and/or railcars. If multiple bridges are on one event, one paid per event stamp can be used for each location, and one stamp is allowed per bridge location per year. The 4"x3" patch depicts the San Francisco Golden Gate and the Brooklyn bridges to emphasize the countrywide aspect of the program. Send request to *Central Washington Sun Striders c/o Millie Haupt, 2510 So. 52nd Ave., Yakima WA 98903. m.haupt@charter.net.*



AVA Special Program – Doin' The Louisiana Purchase

Runs January 1, 2015 through December 31, 2018. Do one walk in each of the 15 states that were made in whole or part from the territory of the Louisiana Purchase which makes up about 23 percent of the territory of the U.S. Regions included in this program are the North Central, South Central, Rocky Mountain and Southwest. Walk 15 different sanctioned events – one per each of the 15 states. Patch approximately 4"x6". Send request to Nebraska Wander Freunde Trailblazers. *POC: Butch Spaulding, PO Box 8147, Omaha, NE 68108, email bs1preznfwf@aol.com, phone 712-322-2797.*



Moved?

Did you let AVA know your new address?
If not, email avahq@ava.org
with an address change
so you get your next issue of TAW!



Mid-America

Andy Bacon, Director
ma_rd@ava.org

Mid-America Region Conference, October 26-28

Maumee Valley Volkssporters (MVV) has planned a fun-filled weekend of three walks and a swim to enjoy during the upcoming Mid-America Conference in Dundee, Michigan. We've organized a meet and greet for Friday evening at the hotel, and a Saturday evening dinner at Uncle Lyle's Tavern in Dundee, with Paul Fuzinski as keynote speaker. He will tell his story of through-hiking the Appalachian Trail.

The theme for this weekend is "On the Trail of Henry Ford in SE Michigan." Henry Ford, inventor, had a great influence in the many villages and cities in the area. The walks will be held in Dundee, Milan and Tecumseh from Friday through Sunday. The swim, which can be accomplished daily, will be at the headquarters hotel, the Best Western Dundee. There will be 5k and 10k distances. If one needs special routing for wheelchairs, we'll have a trail available for you, so just ask.

At our registration area (at the hotel) there will be several door prize options offered by clubs as a fund raiser. You may purchase tickets and drop them in the container for the prize(s) you'd like to win. There will be seating so that you can tell your walking stories and chat with friends, old and new, between events. Saturday afternoon the Mid-America Region meeting will be held. This is an opportunity to review the past year, look forward to the next and provide your comments and insights for the future of AVA and Mid-America.

To register or get more info, contact Craig Gauger, gcgauger@hotmail.com or 419-350-4345. An electronic brochure is available upon request. Contact Best Western Dundee directly to book your room: 734-828-5017. Rooms include a hot breakfast buffet. Please mention the Mid-America Conference for a special rate, available until September 26. You may want to stay in the area an extra day or more as MVV and Washtenaw Wanderers have nine YREs within 25 miles of Dundee, in Michigan and Ohio. ➡

Get your 'Z' in Zionsville, Indiana

By Cliff Terry

Walkers participating in AVA's A – Z program can get a rare "Z" by walking in the charming village of Zionsville, Indiana. The Year Round event has 5k or 11k trail options in this affluent community, just northwest of Indianapolis. Both trails wander over the village's sidewalks and paths and feature beautiful parks, upscale neighborhoods and the unique brick lined Main Street. The 11k trail also covers the scenic Zionsville Rail Trail and Starkey Nature Park. The 5k walk is flat and is mostly on the village's sidewalks and has a 1A rating. The 11k trail has a more challenging 2B rating with some stair climbing and natural paths.



Walkers at the RR bridge in Starkey Park in Zionsville, Indiana.

Join our group walk on Saturday, June 30 by signing up on our Meetup website at [meetup.com/Indiana-Volkssport-Walking-Meetup/events/249729975/](https://www.meetup.com/Indiana-Volkssport-Walking-Meetup/events/249729975/). The walk starts at 9:30 a.m. at the Endurance House, 640 S. Main Street. After the walk enjoy some delicious eats at Bub's Burgers & Ice Cream and perhaps tackle the "Big Ugly" challenge. If you can't make that date, you can walk any day during business hours (Monday-Friday, 10 a.m. to 7 p.m., Saturday, 9 a.m. to 5 p.m., Sunday, noon to 5 p.m.). The walk also qualifies for Boardwalks, Bridges – Spanning the USA, Honoring Our Flag, Ice Cream Parlors, Points of Reference, Take a Walk In a City Park, United States Post Offices and Water Towers AVA Special Programs. For more info, contact Cliff Terry, 317-776-1848, clifferry@sbcglobal.net) or Paul Mullen at 317-545-9061 or clamdigger30@hotmail.com. ➡

Gateway Milers Scouts earn awards

Gateway Milers hold at least one Traditional event each fall designated as a Scout Walk Together. The past two years a few of our scouts completed the Master Program by walking six events in a school year with Gateway Milers. In April we celebrated with a graduation ceremony for each of our 10 walkers who completed the program.

Families' lives are so busy. They have many activities from which to choose so it is a great accomplishment for them to spend at least six Saturday mornings walking with us from September to March. Many times they bring other family members to walk. We would like to say congratulations to our graduates and let you meet them. They have given their permission for their photos to be published here.

This is the first time we have graduated two men, kudos to Mike and Connor for walking six walks and completing the Master Program. Michelle was a troop leader whose entire troop completed the Master Program about three years ago so husband and son decided they would like to earn the medal also. Not to be outdone, Michelle and Megan decided to walk with them and earn a special patch. They made it a family affair.



Michelle, Mike, Connor and Megan.



Cheryl and Morgan.

In that same troop was Cheryl and Morgan. They have never stopped walking and completed at least six walks with us every year for the past three years. Many times husband and son come along. Once or twice they even brought Grandma! The girls do the 5k while dad runs the 10k.

Tracie and Bailee have completed their first year with six walks. Dad has come along a couple of times also.

Last, but definitely not least, is Mary Anne and Nora. These lovely ladies started walking five years ago as leaders of their troop. Four of the past five years they have walked at least six walks. The troop has grown

five years older and many of the scouts have gone in different directions, moved on to high school and college. Mary Anne and Nora still completed their six walks this year even though their last two scouts were too busy with other activities to finish. Mary Anne may have lost her scouts but now will have more time to walk. She brought her husband Dave to their first multi-event weekend in Cape Girardeau last month. I think we will be seeing them both on the trail!



Tracie and Bailee.

It's your road, and yours alone. Others may walk with you, but no one can walk it for you.

Mid-America Region continued on page 19

Mid-America Region *continued from page 18*

A walk in Illinois history

By Bonnie Carlson

Ottawa is the site of the first Lincoln-Douglas debate in 1858. To commemorate the Illinois Bicentennial, Windy City Walkers will have a walk in Ottawa on August 25.

In Washington Square Park you will pass bronze statues of Abraham Lincoln and Stephen Douglas, centered above a reflecting pond and limestone fountain. The downtown has beautiful murals depicting this era and great restaurants, unique shops, and the Reddick Mansion, a three-story, 22-room Italianate mansion with lovely gardens. There is also a unique statue of "Radium Dial Girl," a memorial honoring the girls who worked painting radium dials many years ago.

At the Ottawa Historical and Scouting Heritage Museum, you can view exhibits and memorabilia featuring many scouting items, and you can learn about the city's past as an Illinois and Michigan Canal boomtown.

Ottawa is located on two rivers, and the walk will pass both of them. The trail starts in Fox River Park and will take you onto the natural surface of the Illinois Michigan Canal path. After exiting the path, you will walk in neighborhoods, along the Illinois River, in downtown Ottawa and return to the start on the Fox River trail.

There are two trails, 10k - 5k, rated 1b. The walk qualifies for these AVA Special Programs: Animal Safari, Bridges Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, Ports of Call, Take a Walk in a City Park, Underground Railroad, United States Post Offices, Walking the USA - Street by Street and Walking the USA - A-Z.

Registration is at Fox River Park, 1025 Ontario, between 9-11 a.m. Participants will receive instructions and directions for the self-guided walk. For those who wish to join other walkers, a group will be leaving the start point at 10 a.m.

Interested in doing more walks? Ottawa is very close to several state parks: Buffalo Rock, Starve Rock and Matthiessen. The Morris YRE is just 25 miles east on I-80. You can easily walk Ottawa and the state parks or the Morris YRE. There are many motels and restaurants in the area.

We invite you to join Windy City Walkers as we explore the history of Ottawa and enjoy the beauty of its two rivers.

For more info contact Bonnie Carlson, gbcarlson@comcast.net, or check our website windycitywalkers.org.

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, 1001 Pat Booker Road, Suite 101, Universal City, TX 78148-4147. Direct questions to karen@ava.org.



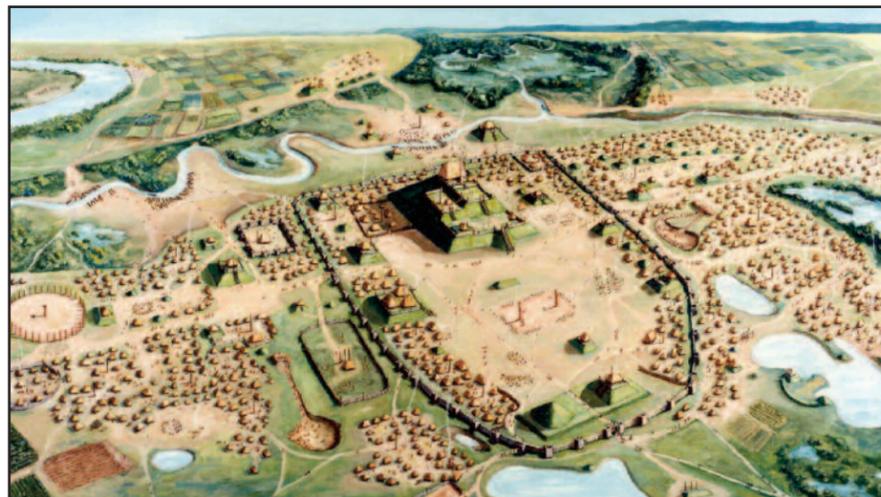
Walk through ancient history at Cahokia Mounds

By Trudy Duffman

Join the Illinois Trekkers Volkssport Club at the Cahokia Mounds prehistoric Indian site in Collinsville, Illinois, on Saturday, September 15. Cahokia Mounds is located about 10 miles east of St. Louis, Missouri, across the Mississippi River. When you visit this jewel, you will realize why it is designated as a State Historic Site, National Historic Landmark and World Heritage Site. The walk trail will pass various Indian cultural areas

transported in baskets on their backs. Today 68 of these mounds are preserved. The mounds were built to elevate ceremonial buildings and residences of the elite, as well as burial sites and to mark important settlement locations.

Originally there was an extensive stockade and several sections have been reconstructed to give a sense of what the area looked like during its peak. Archaeologists have excavated



Original Cahokia Mounds complex centered around Monks Mound (image courtesy of Cahokia Mounds State Historic Site).

and travel through several habitats on grass, concrete and gravel surfaces. Walkers will also get to check out Monks Mound which is the largest earthen mound in North America. It is 1,000 feet long, 800 feet wide and comprised of four terraces. Walkers will be able to climb the 154 steps to the top of the mound (a "natural stair-stepper") with a breathtaking view of St. Louis and the Gateway Arch. This is equivalent to a 10-story building! This mound is massive and contains 22 million cubic feet of dirt.

Visit the Interpretive Center with a complete overview of the culture of the Mississippian Indians, and view a 15-minute free movie (donations are appreciated). The Cahokia Mounds settlement began around AD 700, and between AD 1050 and 1200 they developed six square miles of structured communities including farmland, gardens and highly complex social and political systems. More than 120 mounds were made entirely of earth that these ancient people

four circular sun calendars referred to as Woodhenge. These evenly spaced log posts were utilized to determine the changing seasons, displaying an impressive example of scientific and engineering practices. Mound 72 is a small ridge top mound that was found during excavations, containing approximately 300 bodies, mostly young women thought to be sacrificial victims. A male body was located and thought to be that of a ruler. He was laid on 20,000 marine shell disc beads.

The Trekkers also plan a guided group walk with a descriptive tour of Cahokia Mounds. Check out all the walk details online. You are sure to enjoy this walk through ancient history.

Make this an early fall walking weekend. Four AVA walking clubs host 14 Year Round, two Bike routes, and one Swim event in the metro-east Illinois area, and 10 Year Round events in metro St. Louis, Missouri, area. We offer lots of variety for your walking enjoyment.

The best guided walking trips in the Swiss Alps

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Rocky Mountain
Sherry Sayers, Director
rm_rd@ava.org



Celebrate September – walking and enjoying the arts!

September 1 will be a special Saturday in Victor, Colorado. The Colorado Springs Walking Club will host a walking event in coordination with Victor Celebrates the Arts.

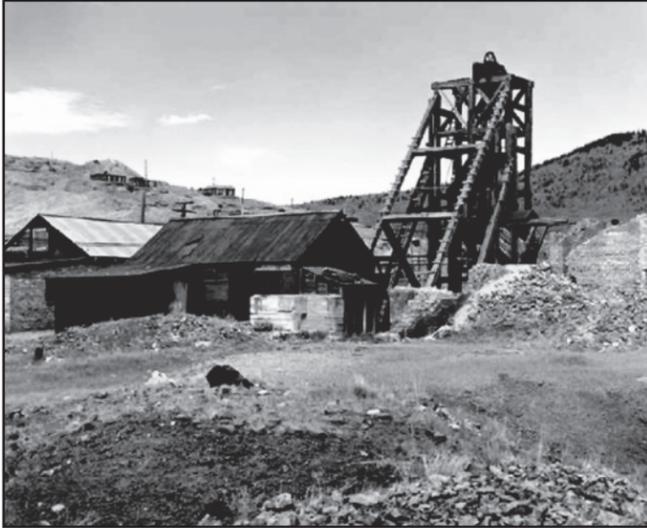
The walk includes a 5k/10k trail through this historic town of 400 residents. Trails will be through the unpolished gem of

1890's gold mining history. Victor is located on the sunny side of Pikes Peak with great southern exposure, one hour west of Colorado Springs and five miles from Cripple Creek. Victor has panoramic views of the Sangre de Cristo Mountains, blue skies, fresh mountain air, alpine wild flowers, evergreens and aspens, all at an elevation of nearly 10,000 feet. The natural beauty is breathtaking and an inspiration for all visitors — especially the artists.

Victor Celebrates the Arts — for 17 years artists from around the country have gathered in Victor to enjoy painting “plein air” [in the open air]. This is a judged show of professional and non-professional artists who paint various scenes within rustic Victor and many legendary 1890's gold mining sites nearby.

For more info, check out the AVA website listing for events or contact Lynette Reagan, 719-201-7554 or Lynwalks@hotmail.com.

Sunshine, history and art all along the walking trail in this beautiful little town!



Love walking

By Ewald Lapioli

Walking with friends, new and old
Walking makes for a perfect day to eat lunch out in the cold
Walking to places I've never been before
Walking in dark and shady woods
Walking in the hood out-of-doors
Walking on a busy city street in the neighborhoods
Walking across America on the crossroads
Walking in the early morn upon a firm bed that was railroad
Walking with loaded backpack, a heavy load
Walking toward the busy and noisy airport
Walking with an active crowd, a loud and clamoring sort
Walking with a shorter and slower stride each kilometer
Walking the old route 66, now a Main Streeter
Walking on Chalk Creek Cliffs, ran into a few mountain goats
Walking through a field as some bison approached
Walking the trail to Crazy Horse, quite a hill at the end
Walking all 50 States, first rater
I've gone walking, come and see me later ☺

Discover a rural surprise in Elizabeth, Colorado

By Greg Patchell

Come Volksmarch Saturday, September 8 in Elizabeth, Colorado. Elizabeth is a small country town about 45 minutes southeast of Denver and 45 minutes northeast of Colorado Springs, almost due east of Castle Rock, Colorado. At an elevation of 6,450 feet, Elizabeth sits on the “Arkansas Divide” and typically has cooler weather than Colorado Springs or Denver. A vein of pine trees that is a continuation of the Black Forest runs through our town. Elizabeth, purportedly named after Governor Evans' sister-in-law, began in 1855 as a saw mill camp operated along the bank of Running Creek. A few years later, in 1858, gold was discovered in the creek. A gold rush followed, but the quality and quantity of the gold never led to a boom for the town. However settlers moved in to work the land and the town was incorporated on October 10, 1890, with a population of 300. By 1901, Elizabeth had several businesses offering general merchandise, lumber, creamery products, feed and other services. Many of these historical buildings are still in use today and will be on the route of the walk. Two websites allow you to have a look at our town in advance: townofelizabeth.org. The “History” section under the Home pulldown has a short video.



The link near the top of the page, elizabethchamber.org, for “Oktoberfest in the Pines” will have information from the 2017 inaugural event, plus the plans for 2018 as they develop, to include the food vendors. There is a weather link under the Elizabeth Living pulldown near the top of the page.

The trail rating is 1A, and will go through the historic community of restored Victorian houses on sidewalks and some nature trails for 5/10k. Volunteer historians will be around the town to document the area's history, and Oktoberfest activities with beer and food vendors will be available from 12-8 p.m. The start/finish (start 9 a.m.-noon, finish by 3 p.m.) is at the Casey Jones Park at 4189 Hwy 86, and the walk is being co-sponsored by the Woodland Wanderers of Woodland Park and the Patchell & CO Shaklee Independent Distributors. For more info contact Greg, 720-253-5178 or email gndpatchell25@q.com. ☺

New 5k alternatives in Windsor, Colorado

We have routed two alternatives to our 5k walk in Windsor, a small town in northern Colorado (easy access from I-25). Formerly a small farming community, Windsor has experienced unprecedented growth since 2000 and continues to attract families with its small town charm and quality of life. Windsor has managed to balance its growth while maintaining the small-town feeling its resi-



Michael Clar, new walker doing the new walk in Windsor.

Windsor Lake is featured in both the new routes where you can often see pelicans, cranes and other waterfowl. If you are in the area, consider checking out these Windsor walks. Both the new routes are on level, paved surfaces and both are suitable for strollers and wheelchairs. The elevation of Windsor is 4797 feet.

From I-25 exit 262 (Windsor Exit). Go east on Colorado Highway 392 approximately three miles to Windsor. Turn left (north) on 11th Street to the Recreation Center. Ask for start/finish box at the front desk. ☺

AVA: America's Walking Club!



Roaring River Shindig

Dogwood Trailblazers invite you to return with them to their favorite walking event October 27 at Roaring River State Park. It is the oldest and most scenic of the Missouri state parks. The park contains premier trout fisheries and seven trails cut through the rugged terrain but you will only have to do one of them. Bring your walking sticks, boots and a jacket as this is Missouri and we never know what the temps will be. We will make sure there is a fire going at each end of the shelter to warm you if needed. Always a good smell, too.

A recent renovation of the historic lodge built by the WPA (Works Progress Administration) from timber cut in the park and of stone mined from an area quarry is now available. Other park cottages, shelters and hatchery were Civilian Conservation Corps projects.

If you enjoy camping out in the fall, in your tent or RV, the park has three campgrounds. It is best to make a reservation as we share the park with fishermen. The park is located south of Cassville in Barry County. Those who prefer a motel will want to contact America's Best Value Inn & Suites, 417-847-4888, in Cassville.

Tradition dictates that for this event, there will be well-cooked hot dogs and potluck for lunch. No charge. We can assure you that after your walk you will have an appetite. ☺

Tulsa Walking Club summer walks

June 16 finds the Tulsa Walking Club (TWC) exploring a new park, located between Tulsa and Sand Springs, Oklahoma. The walk will be alongside the Arkansas River and promises to be a great trail. Come Join Us! Sweet treats available after the walk.

See TWC flyer for more details; you may download a flyer from sites.google.com/site/tulsawalkingclub/club-walks or contact John Hanlan and Cathy Childress at 918-857-4682 for more info.

July and August will find TWC walking Year Round events on the first and third Saturdays. Everyone is welcome to join us.

September 15 will mark the return of a Traditional event in the lovely Rose District of Broken Arrow. More details to follow.

Come walk with us! ☺

Waiting for a reply from TAW?

Be sure your spam filter allows emails from taw@ava.org and taw@earthlink.net. Recently we've been unable to reply because of spam filters. Check yours now!

Lawton, Oklahoma, evening walk on June 2

Come walk the trails around Elmer Thomas Park and along city streets for an evening walk with the Lawton Walkers in Lawton, Oklahoma. Start point will be at the Days Inn at 601 NW 2nd Street. You will see the prairie dogs, lightning bugs and many fowl — as in geese and ducks — at the lake in the park. As you walk through the park check out the memorials for several wars. Come early in the day to visit the Museum of the Great Plains or the Comanche Cultural Center. The 10k will walk along Lawton's new 2nd Street with new stores, convention center and street corners with benches, flowers, trees and fancy brickwork in the roadway.

Lawton was designated the county seat of Comanche County. The town was named for Major General Henry W. Lawton, a quartermaster at Ft. Sill who had taken part in the pursuit and capture of Geronimo. Lawton was opened to settlement through an auction of town lots beginning on August 6, 1901. Sixty days later the auction was complete. By September 25, 1901, the Rock Island Railroad expanded to Lawton and was soon joined by the Frisco Line. The first elections were held October 24, 1901. Lawton's growth began with World

War I and continued with World War II. Ft. Sill continues to help Lawton grow. Lawton annexed Ft. Sill on June 23, 1998. Ft. Sill has kept on growing, thus increasing the population of Lawton.

Lawton has three public museums — The Museum of the Great Plains, Ft. Sill Museum and Comanche National Museum and Cultural Center. We lay claim to many famous musicians — Leon Russell and Bryan White, among others. Frontier lawman Heck Thomas, who captured Bill Doolin of the Wild Bunch Gang, spent his later years as the first elected police chief of Lawton. We also claim Comanche Code-talker Charles Chibitty, actress Joan Crawford, Miss America 2007 Lauren Nelson, and various sport celebrities in the fields of bowling, football, baseball, boxing and bodybuilding.

The event qualifies for these AVA Special Programs: Amphitheatres, Bridges, City Parks, Doin' the Louisiana Purchase, Lakes and Reservoirs, Points of Reference, Treasure Hunt, Walk the USA A to Z, Walk the USA Street by Street, Walk the USA 50 States/50 Capitals and Water Fountains. ☺

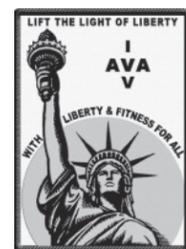
AVA Special Program — Walk the Path of Inventions

Runs January 1, 2016 through December 31, 2018. It is easy and exciting to complete this program with only 20 different walks. The walk qualifiers include but are not limited to: walks going by well-known inventors or researchers homes, gravesites, labs, workplaces or museums; walks with named streets, parks, statues, and buildings of famous inventors or researchers as part of the route; walks going by universities and colleges with published research or notable work on inventions that have taken or presently are taking place. Use each walk once. 4x5" patch. Send request to *Finger Lakes Region Volkssport Club, Sue Connelly, 1041 Church Street, Cortland, NY 13045. For more info sjconnelly@aol.com.*



AVA Special Program — Lady Liberty

Runs January 1, 2016, through December 31, 2018. Each walk must be an AVA sanctioned event in which walkers walk by, or be able to see from the trail, any Statue of Liberty or replica. The qualifier must be stationary and non-moving, i.e. flags do not count, nor people costumed as Lady Liberty. Murals of the Statue of Liberty will also qualify. Complete 15 different events to receive award. POC: *Tulsa Walking Club, c/o Teresa Arnold, POC, 1001 E. Tacoma Street, Broken Arrow, OK 74012 email: arnoldtea@hotmail.com.*



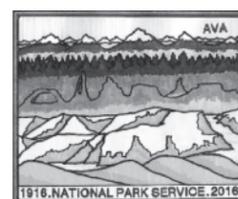
AVA Special Program — United States Post Offices

Runs January 1, 2016 through December 31, 2018. Walk 20 sanctioned events that pass a United States Post Office building. Buildings with some postal services will not count, i.e., grocery stores, drug stores. The zip code could be on the building. No rural mailboxes, residential mailboxes or mail drop boxes will count. If the building does not have a zip code on it, find it at this website: usps.com/zip4/ using street address, city and state. Include this information in the book: date, zip code, city and state. No duplicate stamps and only one qualifier per stamp. Patch: 3"x4". When requesting a book, include your email address for our information, if you have one. *Sponsored by Lawton Walkers, Suzi Bentley, 1104 SE Alta Lane, Lawton, OK 73501, or sebentley51@aol.com. Or Roland Ouellette, 2809 NE Heritage Lane, Lawton, OK 73501, or rlo@rioedmgroupp.com.*



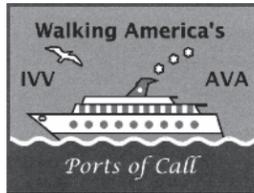
AVA Special Program — National Parks Centennial

Runs January 1, 2016 through December 31, 2018. Sponsored by the Emerald City Wanderers. Walk 15 qualifying events that include National Parks, as well as events that pass by a national monument or memorial; all listed on National Park Service website. Further, the challenge walker may claim an event once each calendar year. Patch: 3"x4" upon completion of challenge. Send request to Emerald City Wanderers and mailed to POC *Diane Hildebrand, PO Box 59592, Renton, WA 98058; walkin-crazydi@hotmail.com. Alternate POC, Mike Nagan, m.nagan@comcast.net. For more info, walkingwithecw.org/.*



AVA Special Program — Ports of Call

Runs January 1, 2016 to December 31, 2018. Walk 24 AVA sanctioned events in cities that include “port” in their name or that pass a location that is now or historically has been an ocean, river or lake port. One entry per calendar year is permitted for Year Round and Seasonal events. Duplicate event numbers for multi-day traditional events are not allowed. Insert cards may be used and attached to the booklet, but no write-in entries will be accepted. Patch approximately 3"x4". Send request to Olympic Peninsula Explorers, and mail to *Sharon Streitt, 1783 NW Rock Way, Poulsbo, WA 98370; raneysl@aol.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, 1001 Pat Booker Rd, Suite 101, Universal City, TX 78148.*

**AVA Special Program — State Street Sashay**

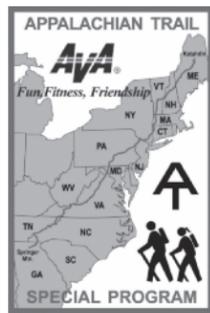
Runs from January 1, 2016 to December 31, 2018. This is the Volkssports version of seeing if you can find 10 events that go along a street named State Street. Yes, it's a simple program but it will remind you of the concept of American statehood. Events can be all in one state or all in different states or in any combination of states. Participants can even do the same event multiple times! We have already found over 100 events that start the route on State Street and there are many more events that include a State Street later in their routes. For a list of qualifying YREs and Seasonals, see <http://centralmnvolkssports.wix.com/cmV>. Patch: 4"x3-1/2". *Send request to Central Minnesota Volkssports (CMV) Lois Head, Special Program Coordinator, PO Box 2162, St. Cloud, MN 56302-2162; LMHead@StCloudState.edu or 320-252-7348.*

**AVA Special Program — Walk the USA – Street by Street**

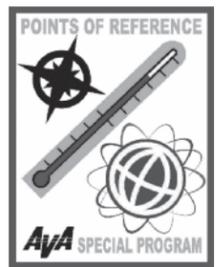
Runs January 1, 2016, through December 31, 2018. Walkers walk all 50 states by walking streets named after cities or states in the USA on any sanctioned AVA or IVV Traditional or Year Round event. Walkers will be allowed to stamp a maximum of three (3) states per event so long as the qualifier is walked for at least one (1) block. Expand your qualifiers! Match a city-named street with the state that has a city with that name. If a walker walks on a Springfield street, for example, and already has the state of Illinois claimed in their book for this program, then they may want to use it for Missouri, Ohio, Massachusetts, Virginia or Oregon! Send request to *POC: Tulsa Walking Club, c/o Teresa Arnold, POC, 1001 E. Tacoma Street, Broken Arrow, OK 74012; email: arnoldtea@hotmail.com.*

**AVA Special Program — The Appalachian Trail**

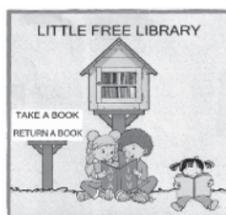
Runs January 1, 2018 through December 31, 2028. Redeem books by December 31, 2029. The Appalachian National Scenic Trail is roughly 3,500 km long and goes through 14 states from Springer Mountain in Georgia to Mount Katahdin in Maine. Walkers must hike/walk a section of the trail in each state. A qualifying 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 — Points of Reference**

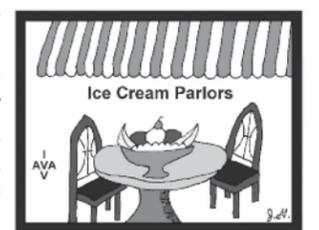
Runs from January 1, 2016 to December 31, 2018. This is intended to encourage walkers to become more aware of where they fit in the world geographically, historically, chronologically and temperature-wise as they relocate from event site to event site – 15 in all. Points of Reference include **directions** as well as **dimensions of space, time, and temperature**. Examples: **West Point, Long Beach, Old German Town, Thermopolis – Hot Springs State Park**. So orient yourself on any type of Volkssport where the route occurs in or passes by reference points. Events may be used multiple times each of the three years of the program's duration when there are multiple qualifiers. (No street names, please.) For a list of qualifying YREs and Seasonals, see centralmnvolkssports.wix.com/cmV. Patch: 3-1/2"x4". *Send request to Central Minnesota Volkssports (CMV), Lois Head, Special Program Coordinator, PO Box 2162, St. Cloud, MN 56302-2162; LMHead@StCloudState.edu or 320-252-7348.*

**AVA Special Program - Little Free Libraries**

Runs January 1, 2019 through December 31, 2021 and is not retroactive. Little Free Libraries can be found throughout the United States, Canada and in many countries around the world. Complete 20 AVA sanctioned walks that include a Registered Little Free Library. Registered LFL's have an official charter sign and charter number which will be the qualifier. Unregistered LFL's will not count and only one LFL may be used per walk even if there is more than one on the route. One entry, per calendar year, is permitted for YRE and Seasonal events. Patch is 4"x4" multi-color picturing three children enjoying books while sitting beneath a Little Free Library. Send request to Greater Des Moines Volkssport Association, Attn: Deb Gaskins, PO Box 110, Des Moines IA 50301-0110. Include mailing address and email. *For more info contact Deb Gaskins, gaskins.deb@gmail.com or 515-238-2486.* Visit littlefreelibrary.org to locate registered little free libraries.

**AVA Special Program — Ice Cream Parlors**

Runs January 1, 2017 through December 31, 2019. Ice cream parlors have been a special part of America's social and cultural history. Reminisce with fellow walkers about being taken out by parents or grandparents for sundaes or enjoying banana splits after school with friends. Maybe a special date or celebration happened at an ice cream parlor. The challenge is to complete 20 different AVA sanctioned events that pass an ice cream parlor. Chains such as Dairy Queen, Friendly's, and Shaklee's count but each chain can be used only once. Mobile ice cream trucks do not qualify. The 3"x4" award patch will be mailed after completed program book is received. Further details on the requirements can be found at walknmass.org. *To request a program book or more info contact Mary Frink, 38 Carter Street, Unit 205, Everett, MA 02149 and include your mailing and email addresses.*



TAW email: taw@ava.org

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

Advertisers must go through Karen Winkle, karen@ava.org, to sign an advertising contract and adhere to the deadline for changes to existing contracts.

How To!

PHOTOS
and graphic files

How To!

When submitting photos or graphics with your article to TAW, do not embed (place) the graphics in your Word or text document. Just attach the graphic file or photo to your email, just like you do in a Word document. Captions can be included at the end of your document to describe the photo contents.

June/July 2018



Fun, Fitness, Friendship
AVA: America's Walking Club!



*Danvers, Massachusetts
 - Glen Magna.*



*Danvers, Massachusetts - Rebecca Nurse Homestead. Photo by
 Barbara Piffat.*



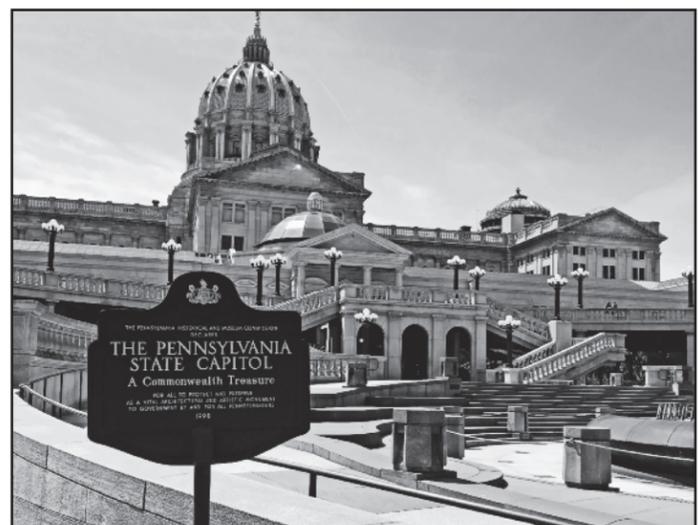
Gateway Milers Walk Together.



*Eating the Big Ugly (16 oz after cooking) at Bub's Burgers and
 Ice Cream in Evansville, Indiana.*



(l-r) Henry Rosales (AVA executive director), Maria Sanchez, Christine Handy, Jim Weatherby, Jerry Wilson (North Central AVA regional director), Dennis Michele (AVA president), Mario Brites with Dolly, Rozy Weatherby, Catherine Brites, Doug Eide (standing behind Catherine) and Hannah Weatherby with Rudy stand next to the eight-foot tall statue of Fleet Admiral Chester Nimitz along the "40th Anniversary Footsteps of the Founders Walk" trail in 2016. The walk trail is next to the National Museum of the Pacific War in downtown Fredericksburg, Texas. Photo by Martin Callahan.



Historic Harrisburg Trail goes by the state capitol, considered by many as the most beautiful state capitol buildings in the country.

CHARTERED MEMBER CLUBS

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Tucson Volkssport Klub

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Fred Barton 520-298-4340
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Ozark Hill Hikers

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Bobbie Bohm 417-793-2243
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Delta Tule Trekkers

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Lynette Reagan 719-201-7554
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Dale Boone 719-544-6757
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Colorado Springs, CO 80935-7162
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Woodland Wanderers

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Frank Sayers 719-640-6744
Woodland.Wanderers@woodlandwan-
derers.org

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Connecticut Valley Volkssport Club

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cvvc@snet.net

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First State Webfooters

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kbs331@aol.com

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diana.sherrill3@gmail.com

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johnmc82@cfl.rr.com

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Beverly MacNeill 239-368-1673
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Perdido Key Volksmarch Club

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Rod Powell 850-637-1876
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Suncoast Sandpipers Volkssport Club

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IDAHO

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Illinois Trekkers Volkssport Club

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Kimberly Bradley 217-778-1718
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Tom Martin 317-787-9776
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Liz Winsley 260-925-5091
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Clubs continued on page 25

Clubs *continued from page 24*

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Clubs continued on page 26

Clubs *continued from page 25*

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Clubs *continued from page 26*

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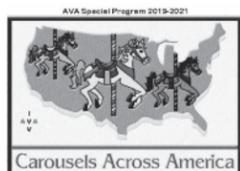
WYOMING

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AVA Special Program – Carousels Across America

Runs January 1, 2019 to December 31, 2021. Honors a much-loved form of entertainment in the United States. The National Carousel Association boasts over 400 Carousels in the U.S. and Canada: 38 on the National Register of Historic Places and 19 National Historic Landmarks. Each state has at least one. Any sanctioned YRE or Traditional event passing a carousel in the U.S. qualifies. Entries per event are unlimited, but a start card must be completed/carried for each. This program is not retroactive. Books sales will begin in 2018; however, entries cannot begin until January 1, 2019. Embroidered, multi-colored 4"X2¾" patch depicts three colorful carousel horses of varying sizes. One patch will be awarded each participant completing 15 events. For info and cost contact Albany Fitwalkers Volkssporting Club, PO Box 1218, Albany, OR 97321. Be sure your return address is included. *Contact: Don Reed 541-926-8327 or donreed1946@yahoo.com.*



AVA Special Program – Treasure Hunt

Runs January 1, 2016 to December 31, 2018. Seek 15 Volksmarching treasure hunt events! This is designed to enable participants to appreciate the riches and gems that exist – hidden or magically made real – at the most magnificent places that have been named in honor of the distinctive minerals that we value or covet. What qualifies? 1) Remarkable minerals that have the potential to be turned into items of lasting beauty or something functionally beneficial. 2) Places named with slang allusions used to refer to precious metals such as diamonds. 3) Places with names or features related to the unearthing of the precious treasures of minerals and gems, medicinal elements or building materials. (No street names, please.) For a list of qualifying YREs and Seasonals, see <http://centralmnvolkssports.wix.com/cmv>. Patch: 3-½"x4". *Send request to Central Minnesota Volkssports (CMV), Lois Head, Special Program Coordinator, PO Box 2162, St. Cloud, MN 56302-2162; LMHead@StCloudState.edu or 320-252-7348.*



AVA SANCTIONED EVENTS CALENDAR

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

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

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

A box around a listing indicates a multiple event weekend.

ALASKA

6/9/18	W	Portage Anchorage Volkssport Club	Stevan Cady 907-301-0122 alaskaneagles@gci.net
7/8/18	W	Russian River	Scott Isom 253-881-8036
7/9/18	W	Homer	International Wanderers
7/10/18	W	Homer	fun@walkingadventures.com
7/11/18	W	Soldotna	
7/12/18	W	Seward	
7/15/18	W	Talkeetna	
7/17/18	W	Denali National Park	
7/19/18	W	Fairbanks	
8/1/18	W	Skagway AVA Vice-President	Nancy Wittenberg 253-208-1331 newwittenberg@gmail.com

ARIZONA

10/12/18	GW	Page International Wanderers	Sierra Suits 360-260-9393 sierra@walkingadventures.com
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CALIFORNIA

6/2/18	W	Sausalito Vaca Valley Volks	Tom Smith 707-628-9808 smithkey1@sbcglobal.net
6/9/18	W	Wrightwood Low Desert Roadrunners	Jean Vik 951-317-7860 walkervik@aol.com
7/4/18	W	San Jose South Bay Striders	Suzi Glass 408-592-3935 glass2walk@gmail.com
7/14/18	W	Truckee Tahoe Trail Trekkers	Betsy McDevitt 530-412-4453 betsywalks@gmail.com
9/11/18	W	Colma Bay Bandits Volksmarch Club	Priscilla Fife 916-616-6003 prfife@gmail.com
9/10-16/18	W	Aptos	Chris Zegelin 408-259-5157
9/14-16/18	3-W	Pacific Grove	South Bay Striders chris@zegelin.com

COLORADO

6/16/18	W	Colorado Springs Falcon Wanderers	Curt Converse 719-591-8193 cdconverse@aol.com
7/14/18	W	Denver Rocky Mountain Wanderers	Katherine Svoboda 303-680-7118 ksvoboda11@comcast.net
7/21/18	W	Colorado Springs Falcon Wanderers	Ewald Lapioli 719-208-0933 ewaldlapioli@gmail.com
9/1/18	W	Victor Colorado Springs Walking Club	Lynette Reagan 719-201-7554 Lynwalks@hotmail.com
9/8/18	W	Elizabeth Woodland Wanderers	Greg Patchell 720-253-5178 gndpatchell@q.com

CONNECTICUT

10/13/18	GW	Litchfield Connecticut Valley Volkssport Club	Carol West 860-721-1185 carol.west@sbcglobal.net
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DELAWARE

10/27-28/18	W	Rehoboth Beach First State Webfooters	Tom Sunde 302-382-0083 tcsunde@verizon.net
10/27-28/18	B	Rehoboth Beach First State Webfooters	Kathy Szczesiak 302-388-5740 kbs331@aol.com

FLORIDA

6/16/18	W	Altamonte Springs Mid-Florida Milers Walking Club	Mike Lanpher 407-695-9181 mlanpher@cfl.rr.com
7/21/18	GB	Oviedo Mid-Florida Milers Walking Club	Mike Lanpher 407-695-9181 mlanpher@cfl.rr.com
9/22/18	W	West Pensacola Perdido Key Volksmarch Club	Rod Powell 850-637-1876 roderick.2002@yahoo.com
11/2-3/18	S	Orlando	Mike Lanpher 407-695-9181
11/3/18	W	Orlando	Mid-Florida Milers Walking
11/3/18	W	Orlando	mlanpher@cfl.rr.com
11/4/18	W	Orlando	

HAWAII

7/4/18	W	Kaneohe Menehune Marchers	Carol Romig 808-626-3575 dcromig@hotmail.com
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ILLINOIS

6/9/18	W	Marissa Illinois Trekkers Volkssport Club	Susan Jones 951-818-6662 susanljones52@gmail.com
6/16/18	W	Waterloo Gateway Milers NFP	Carol Resnicek 618-960-3258 crez@att.net
6/30/18	W	Alton Illinois Trekkers Volkssport Club	Dee Wojtysiak 618-530-3211 lpw466@gmail.com
7/21/18	W	Belleville Illinois Trekkers Volkssport Club	Darleen Kraemer 618-277-4228 catboxtree@hotmail.com
8/25/18	W	Ottawa Windy City Walkers	Bonnie Carlson 815-942-0357 gbcarlson@comcast.net
9/8/18	W	Genoa Kishwaukee Valley Wanderers	Carolyn Tobinon 815-761-4660 kvwanderers@gmail.com
10/13/18	W	Grafton Gateway Milers NFP	Bill Badger 618-692-4337 wbadger@sbcglobal.net

INDIANA

6/2/18	W	Bluffton Indiana Volkssport Assn.	Cliff Terry 317-776-1848 clifferry@sbcglobal.net
6/9/18	2-W	Fort Wayne Three Rivers Strollers	Liz Winsley 260-925-5091 lizardw13@gmail.com
6/16/18	TGW	Cicero Indy 'G' Walkers	Cliff Terry 317-776-1848 clifferry@sbcglobal.net
7/14/18	TGW	Carmel Indy 'G' Walkers	Jim Blessing 317-848-7278 jasbless@gmail.com
7/21/18	W	St. Joe Three Rivers Strollers	Willa Thompson 260-238-4221 lizardw13@gmail.com
8/4/18	W	North Liberty	Bob Buzolich 574-339-9140
8/4/18	B	Hoosier Hikers	sonofbuzz@prodigy.net
8/11/18	W	Birdseye Indiana Volkssport Assn.	Cliff Terry 317-776-1848 clifferry@sbcglobal.net
8/18/18	W	Marshall Goodtime Trailblazers	Tom Martin 317-787-9776 fritzmartin@mw.net
8/25/18	TGW	Pendleton Indy 'G' Walkers	Cliff Terry 317-776-1848 clifferry@sbcglobal.net
9/22/18	TGW	Indianapolis Indy 'G' Walkers	Carolyn Armacost 317-508-101 armacosc@gmail.com
9/29/18	W	Indianapolis Indiana Volkssport Assn.	Cliff Terry 317-776-1848 clifferry@sbcglobal.net
10/13/18	TGW	Indianapolis Indy 'G' Walkers	Lance Ratliff 317-638-1320 lanceratliff@hotmail.com

IOWA

6/30/18	GB	Redfield Greater Des Moines Volkssport Assn.	Diana Whited 515-783-5251 diwhited1969@gmail.com
9/8/18	W	Des Moines Greater Des Moines Volkssport Assn.	Diana Ronk 515-491-8903 Ronkdr@mchsi.com
9/15/18	W	Malvern Nebraska Wanderfreunde Trailblazers	Bryan Taylor 719-338-8717 nwft2018president@yahoo.com
9/22-23/18	W	Des Moines Greater Des Moines Volkssport Assn.	Phyllis Olson 515-270-6920 paolson@mchsi.com
9/23/18	GB	Des Moines Greater Des Moines Volkssport Assn.	Diana Whited 515-783-5251 diwhited1969@gmail.com
10/13/18	W	Granger Greater Des Moines Volkssport Assn.	Susan Pinneke 515-277-3653 susanpinneke@gmail.com

KANSAS

6/8-10/18	W	Clay Center	Terri Tyler 785-233-4385
6/9/18	3-S	Alma Sunflower Sod Stompers	tltyler50@gmail.com
6/9/18	W	Wamego	
6/9/18	W	Alma	
6/10/18	3-S	Valley Falls	
6/10/18	W	Valley Falls	
6/10/18	W	Holton	
8/25/18	W	Leavenworth Kansas JayWalkers	Rick Dodson 913-727-5302 rdodson@kc.rr.com

MAINE

6/24/18	W	Falmouth Southern Maine Volkssport Assn.	Denise Macaronas 207-774-3415 smva2005@yahoo.com
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MARYLAND

6/2/18	W	Columbia Columbia Volksmarch Club	John Dye 410-290-6510 john dye@comcast.net
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Events continued on page 29

Events *continued from page 28*

6/9/18	W	Odenton	Deb Peak	240-374-9560
		Annapolis Amblers	dlpeak@comcast.net	
6/20/18	NW	Greenbelt	Y. Pennington	571-217-9851
		Great Greenbelt Volksmarchers, Inc.	greenbeltmva@gmail.com	
7/14/18	W	Columbia	John Dye	410-290-6510
		Columbia Volksmarch Club	johndye@comcast.net	
7/18/18	NW	Greenbelt	Y. Pennington	571-217-9851
		Great Greenbelt Volksmarchers, Inc.	greenbeltmva@gmail.com	
8/11/18	W	Elkton	James Farley	410-638-7043
		Baltimore Walking Club	farleyfam@comcast.net	
8/15/18	NW	Greenbelt	Y. Pennington	571-217-9851
		Great Greenbelt Volksmarchers, Inc.	greenbeltmva@gmail.com	
8/18/18	W	Hagerstown	Ann S-Gwinnutt	301-302-5810
		Antietam Pathfinders Volksmarch	annshilling08@gmail.com	
9/8/18	W	Bladensburg	Y. Pennington	571-217-9851
		Great Greenbelt Volksmarchers, Inc.	greenbeltmva@gmail.com	
9/29/18	W	Frederick	Jone Parr	301-385-0054
		Seneca Valley Sugarloafers	jone.p@comcast.net	
10/6/18	W	Upper Marlboro	Pam Potter	410-987-7231
		Freestate Happy Wanderers	pampot@verizon.net	
10/13/18	W	Gaithersburg	Jone Parr	301-385-0054
		Seneca Valley Sugarloafers	jone.p@comcast.net	
10/27/18	W	Sykesville	Paul Lubell	443-612-9956
		Columbia Volksmarch Club	pdl38@columbia.edu	
11/3/18	W	Darlington	James B Farley	410-638-7043
		Baltimore Walking Club	james.farley@comcast.net	
11/17/18	W	Sandy Spring	Tony Laing	301-980-8932
		Seneca Valley Sugarloafers	laingat@gmail.com	

MASSACHUSETTS

6/16/18	W	Blackstone	Dawn Harlow	978-804-3404
		Walk 'N Mass Volkssport Club	dawnvt@yahoo.com	

MICHIGAN

6/25/18	W	Port Huron	Rob Weaver	616-745-9627
		Washtenaw Wanderers Volkssporting Club	gone2run@gmail.com	
6/28/18	W	Sault Ste Marie	Rob Weaver	616-745-9627
		Washtenaw Wanderers Volkssporting Club	gone2run@gmail.com	
6/29/18	W	Traverse City	Tom Crabill	260-409-1659
		Michigan Pathfinders	tjcrabill@comcast.net	
7/1/18	W	Grand Rapids	Rob Weaver	616-745-9627
		Washtenaw Wanderers Volkssporting Club	gone2run@gmail.com	
7/1/18	W	Grand Haven	Tom Crabill	260-409-1659
		Michigan Pathfinders	tjcrabill@comcast.net	
9/3/18	W	Mackinaw City	Tom Crabill	260-409-1659
		Michigan Pathfinders	tjcrabill@comcast.net	
10/26-28/18	W	Milan	Craig Gauger	419-350-4345
10/26-28/18	W	Tecumseh	Maumee Valley Volkssporters	
10/26-28/18	W	Dundee	gcgauger@hotmail.com	
10/26-28/18	S	Dundee		

MINNESOTA

6/23/18	W	St Paul	Lynne Grigor	763-780-4567
		Twin Cities Volkssport	lynnedesignflow@gmail.com	
7/14/18	W	St. Cloud	Chuck Head	320-252-7348
		Central Minnesota Volkssports	LMHead@StCloudState.edu	
7/21/18	W	Elba-Whitewater State Park	Donna Seline	612-529-0552
7/22/18	W	Elba-Whitewater State Park	NorthStar Trail Travelers	
		info@nstt.org		
8/4/18	W	St Paul	Ken Johnson	651-774-9607
		Twin Cities Volkssport	johnsonck@centurylink.net	
9/6-9/18	W	Minneapolis	Bonita Johnson	763-229-3584
		Lake Country Wanderers	bonjohn@comcast.net	
9/22/18	W	Pelican Rapids	Peter Cartwright	952-854-4911
9/23/18	W	Maplewood State Park	NorthStar Trail Travelers	
		info@nstt.org		
10/6/18	GW	Bloomington	Paul Stachour	952-884-5977
		Twin Cities Volkssport	pstachour@acm.org	
10/27/18	GW	Taylor Falls-Interstate St Park	Julie Bjorklund	612-868-9065
		NorthStar Trail Travelers	info@nstt.org	
11/10/18	W	Roseville	Lynne Grigor	763-780-4567
		Twin Cities Volkssport	lynnedesignflow@gmail.com	

MISSOURI

8/25/18	W	St. Louis	Deanne Brown	314-878-8647
		St Louis-Stuttgart Volksmarch Club	deeebee333@gmail.com	
10/27/18	W	Cassville - Roaring River	Glen Conyers	417-434-0977
		Dogwood Trailblazers	glenconyers@sbcglobal.net	
11/3/18	W	Springfield	Josie Lehman	417-559-3721
		Global Adventurers	ramblinjosie@hotmail.com	

MONTANA

6/16/18	W	Miles City	Karen Stevenson	406-232-7261
		Miles City Volksmarch	karen.stevenson71@gmail.com	

NEBRASKA

10/5/18	W	Brownville	Sandy Spaulding	712-322-2797
10/6/18	W	Falls City	Neb. Wanderfreunde Trailblazers	
10/6/18	W	Pawnee City	spldngs@aol.com	
10/7/18	W	Tecumseh		
10/27/18	W	Lincoln	Rose Quackenbush	402-464-6972
		Lincoln Volkssport Club, Inc.	bsp17607@aol.com	
11/3/18	W	Blair	Jeanne Miller	402-981-0463
		Nebraska Wanderfreunde Trailblazers	jeanneno@gmail.com	

NEW JERSEY

9/16/18	W	Princeton	Diane Glace	609-658-7724
		Princeton Area Walkers	glace@rutgersprep.org	

NEW MEXICO

6/1/18	W	Cloudcroft	Derrill Rothermich	915-217-7477
6/2/18	W	Ruidoso	Sun Country Striders	
6/3/18	W	Ft Stanton	derrillrothermich@hotmail.com	

NEW YORK

6/6/18	GW	Slingerlands	Alan Longshore	518-765-7244
		Empire State Capital Volkssporters	alanlongshore@gmail.com	
6/9/18	W	Menands	Marion Averill	518-463-6987
		Empire State Capital Volkssporters	walkingaverills@aol.com	
6/13/18	GW	Malta	Sue Grey	518-399-0159
		Empire State Capital Volkssporters	susanbg2@yahoo.com	
6/20/18	GW	Niskayuna	Beth Snyder	518-505-3525
		Empire State Capital Volkssporters	BethSnyder47@gmail.com	
6/27/18	GW	Schenectady	Bernie Geren	518-399-8400
		Empire State Capital Volkssporters	bgeren@nycap.rr.com	
7/4/18	GW	Greenwich	LaVerne Stiles	518-223-3750
		Empire State Capital Volkssporters	lavernestiles@msn.com	
7/11/18	GW	Waterford	Mary Sorell	518-272-2298
		Empire State Capital Volkssporters	xcmama3@aol.com	
7/18/18	GW	Ballston Spa	Carol Sorensen	518-223-0882
		Empire State Capital Volkssporters	CarolHD27@aol.com	
7/25/18	GW	Amsterdam	Barbara Bilins	518-207-2541
		Empire State Capital Volkssporters	travlinbarb@hotmail.com	
8/1/18	GW	Saratoga Springs	Barbara Kolapakka	518-583-9038
		Empire State Capital Volkssporters	bkola67@gmail.com	
8/8/18	GW	Round Lake	Chris Yost	518-377-3079
		Empire State Capital Volkssporters	cyost@nycap.rr.com	
8/15/18	GW	Malta	Vera Weiss	518-399-1798
		Empire State Capital Volkssporters	vweiss@nycap.rr.com	
8/22/18	GW	Schenectady	Suzann Burke	518-399-4822
		Empire State Capital Volkssporters	svburke@nycap.rr.com	
8/29/18	GW	Voorheesville	Winnie Balz	518-372-3663
		Empire State Capital Volkssporters	winnieeb@yahoo.com	
9/22/18	W	Altamont	Wayne Mack	518-469-7298
		Empire State Capital Volkssporters	waynecknapp@gmail.com	
10/13/18	W	Schodack Landing	Mary Sorell	518-272-2298
		Empire State Capital Volkssporters	xcmama3@aol.com	
11/4/18	W	Albany	Dave Janiga	518-459-2587
		Empire State Capital Volkssporters	urbanhiker@aol.com	

OHIO

6/2/18	W	Findlay	Shane Conley	937-416-8059
		Ohio Volkssport Assn.	conleyshane1@gmail.com	
6/9/18	W	West Milton	Dawn Gruber	937-879-0500
		Ohio Wander Freunde	dgruber333@aol.com	
6/16/18	W	Wellington	D Simon	440-915-0161
		Valley Vagabonds, Inc.	deval17@aol.com	
6/16/18	W	Spencer	Nancy Burkholder	330-262-1202
		Gemutlich Wanderers	nbhike2486@yahoo.com	
7/7/18	W	Greenfield	Carol Yegerlehner	937--87-8381
		Xenia Walking Club	klockhaus@aol.com	
7/14/18	W	Coshocton	Barbara Jurjans	614-530-1557
		Heart of Ohio Hikers	bjurjans@gmail.com	
7/21/18	W	Kettering	Jim Medzviega	937-435-0469
		Wandering Wheels Volkssports Club	jmedz@aol.com	
7/28/18	W	Xenia	Linda	937-372-1302
		Xenia Walking Club	blanton1940@roadrunner.com	
8/4/18	W	Cleveland	D Simon	440-915-0161
		Valley Vagabonds, Inc.	deval17@aol.com	
8/18/18	W	Fairborn	Dawn Gruber	937-879-0500
		Ohio Wander Freunde	dgruber333@aol.com	
8/25/18	W	New Concord	Barbara Jurjans	614-530-1557
		Heart of Ohio Hikers	bjurjans@gmail.com	
9/8/18	W	Chillicothe	Linda Blanton	937-372-1302
		Xenia Walking Club	xeniawalkingclub@roadrunner.com	
9/15/18	W	Yellow Springs	Dawn Gruber	937-879-0500
		Ohio Wander Freunde	dgruber333@aol.com	
9/22/18	W	Wooster	Nancy Burkholder	330-262-1202
		Gemutlich Wanderers	nbhike2486@yahoo.com	
10/6/18	W	Newark	Barbara Jurjans	614-530-1557
		Heart of Ohio Hikers	bjurjans@gmail.com	

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Events *continued from page 29*

10/13/18	W	Cuyahoga Falls Valley Vagabonds, Inc.	D Simon	440-915-0161	deval17@aol.com
10/20/18	W	Fort Loramie Ohio Wander Freunde	Dawn Gruber	937-879-0500	dgruber333@aol.com
10/27/18	W	Cincinnati Germania Volksmarch Gruppe	Patty Galvin	513-825-1355	germaniavolksmarch@gmail.com

OKLAHOMA

6/2/18	W	Lawton Lawton Walkers	Roland Ouellette	214-649-4150	rlo@rioedmgrou.com
6/16/18	W	Tulsa Tulsa Walking Club	C Childress	918-857-4682	catsfordogs@hotmail.com
9/15/18	W	Broken Arrow Tulsa Walking Club	Ralph Axsom	918-740-0000	ralphax1@cox.net
11/3/18	W	Elgin Lawton Walkers	Roland Ouellette	214-649-4150	rlo@rioedmgrou.com

OREGON

6/2/18	W	Brooks Albany Fitwalkers	Don Reed	541-926-8327	donreed1946@yahoo.com
6/9/18	W	Portland Rose City Roamers	Dick Baker	360-991-8806	dickbkr@q.com
6/16/18	W	Portland Columbia River Volkssport Club	Carolyn	503-649-7675	dick.koonce@gmail.com
6/23/18	W	Albany Albany Fitwalkers	don reed	541-926-8327	donreed1946@yahoo.com
6/24/18	TGW	Portland Rose City Roamers	Dick Baker	360-991-8806	dickbkr@q.com
6/30/18	W	Gleneden Beach Yachats Coastal Gems Volkssport	Maryann Brown	541-961-4279	yachatscoastalgems@gmail.com
7/7/18	W	Portland Cedar Milers	Dan Webster	503-591-5893	2008cedarmilers@gmail.com
7/21/18	W	Astoria Turnaround Trekkers	Sam Korff	503-728-0400	korff.sam@wildblue.net
8/8/18	TGW	Portland Rose City Roamers	Dick Baker	360-991-8806	dickbkr@q.com
8/11/18	W	Portland Columbia River Volkssport Club	Ed Hainline	360-921-1909	edhainline@comcast.net
8/15/18	TGW	Portland Vancouver USA Volkssporters	Dick Baker	360-991-8806	dickbkr@q.com
8/22/18	TGW	Lake Oswego Vancouver USA Volkssporters	Dick Baker	360-991-8806	dickbkr@q.com
8/25/18	W	Canby Columbia River Volkssport Club	Diane Schmidt	503-266-5308	carolyn9325@gmail.com
8/29/18	TGW	Portland Rose City Roamers	Dick Baker	360-991-8806	dickbkr@q.com
9/8-9/18	W	Canby Valley Volkswalkers	BL Cline	503-329-5386	Valleyvolkswalkers@yahoo.com
9/16/18	W	Mt. Angel Silverton Walk Abouts	Don Reed	541-926-8327	donreed1946@yahoo.com
9/22/18	W	Salem Willamette Wanderers	Julia Westerberg	541-967-3001	pjwesterberg@comcast.net
9/23/18	TGW	Portland Rose City Roamers	Dick Baker	360-991-8806	dickbkr@q.com
9/29/18	W	Eugene Eugene Springfield Mossback	Sally Ross	541-726-7169	mossbackclub@gmail.com
10/6/18	GW	Salem Cedar Milers	Dan Webster	503-591-5893	2008cedarmilers@gmail.com
10/20/18	W	Happy Valley East County Windwalkers	Louise Dix	541-951-0667	louisedix@yahoo.com

PENNSYLVANIA

6/9/18	W	Ohio pyle Mon Valley Trailblazers	Lori Lamberski	724-858-5965	monvalleytrailblazers@gmail.com
6/16/18	W	Duncannon Susquehanna Rovers Volksmarch Club	Marcy Lucas	717-979-3960	lucas_mj@hotmail.com
8/4-5/18	W	Dillsburg York White Rose Wanderers	Brenda Weirich	717-266-5400	nbweirich@verizon.net
9/22/18	W	Atglen Chester County Red Rovers	Jeanne Clancy	484-432-8541	clancygirl1@verizon.net
9/23/18	W	Stevens/Kleinfeltersville Penn-Dutch Pacers Volksmarch Club	David Barber	717--62-6-61	dmtmbarber@comcast.net
10/19-21/18	W	State College, State College	Tom Jackson	717-677-6511	
10/19-20/18	W	State College, Pearls/Penns	Keystone State Volkssport Assn.		
10/19-21/18	W	State College - Town & Gown	thomasjackson@embarqmail.com		
10/19-21/18	W	State College - Stone Valley			
11/3/18	W	Finleyville Mon Valley Trailblazers	Lori Lamberski	724-858-5965	monvalleytrailblazers@gmail.com
11/23-24/18	4-W	Hershey Susquehanna Rovers Volksmarch Club	Sharon Miller	717-805-9540	millersd@ptd.net

SOUTH DAKOTA

6/2-3/18	W	Crazy Horse Black Hills Volkssport Assn.	Diane Johannesen	307-290-0746	dianejohannesen@hotmail.com
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6/9/18	W	Lead Black Hills Volkssport Assn.	Jeff Hendricks	605-593-3504	wallace02j@yahoo.com
7/8/18	W	Silver City Black Hills Volkssport Assn.	Elizabeth Martin	605-484-1119	marchgirls5@outlook.com
7/28/18	W	Custer Black Hills Volkssport Assn.	Reta Thovson	605-574-3278	retabhva@gwtc.net
9/1/18	W	Custer Black Hills Volkssport Assn.	Duane Neugebauer	303-489-9313	donman1948@gmail.com

9/14-16/18	W	Flandreau	Gary Lofswold	757-508-2537	
9/14-16/18	W	De Smet	Prairie Wanderers Volkssport		gel_601@hotmail.com
9/14-16/18	W	Corona			
9/14-16/18	W	Clark			
9/14-16/18	W	Estelline			
9/14-6/18	W	Webster			

9/29/18	W	Hill City Black Hills Volkssport Assn.	Reta Thovson	605-574-3278	retabhva@gwtc.net
9/30/18	W	Crazy Horse Black Hills Volkssport Assn.	Diane Johannesen	307-290-0746	dianejohannesen@hoymail.com
10/6/18	W	Hot Springs Black Hills Volkssport Assn.	Duane Neugebauer	303-489-9313	donman1948@gmail.com

TEXAS

6/9/18	2-W	Fredericksburg Texas Volkssport Assn.	Brian Fisher	830-377-4239	guadalupesigns@omniglobal.net
9/22/18	W	Ingram Kerrville Trailblazers	Edna Platte	830-257-2185	platte@kctc.com

10/5/18	W	Fort Davis	Susan Noonan	210-286-8897	
10/6/18	W	Fort Davis	West Texas Trail Walkers		
10/7/18	W	Fort Davis	susan.noonan@gmail.com		

10/20/18	W	San Antonio Randolph Roadrunners	Ellen Ott	210-723-8574	ellenott@sbcglobal.net
10/27-28/18	W	Waring Hill Country Volkssportverein	John Bohnert	830-496-1746	tinabohnert@gmail.com

UTAH

10/14/18	GW	Moab	Sierra Suits	360-260-9393	
10/15/18	GW	Moab	International Wanderers		
10/18/18	GW	Bryce	sierra@walkingadventures.com		

VIRGINIA

6/2/18	W	Sterling Loudoun Walking & Volkssport Club	Bob Wright	703-737-2175	rcwright_va@comcast.net
9/15/18	W	Williamsburg Peninsula Pathfinders of Virginia	Sandy Croushore	757-476-5789	szcroushore@verizon.net
9/27/18	2-GB	Damascus York White Rose Wanderers	Tom Jackson	717-677-6511	thomasjackson@embarqmail.com
10/6-7/18	W	Ft Belvoir Ft Belvoir - DFMWR	Romel Voellm	703-805-9239	romel.e.voellm.naf@mail.mil
10/6/18	W	Smithfield Virginia Vagabonds	Annette Tollett	757-814-1417	ahtollett3@gmail.com
10/13/18	W	Hopewell Lee Lepus Volksverband	Dee Schrum	804-731-2863	dschrum4@comcast.net

10/19-21/18	B	Arlington	Dolores Grenier	703-209-0174	
10/19/18	W	Arlington	U.S. Freedom Walk Festival Club		
10/19-21/18	S	Arlington	info@USFreedomWalk.org		
10/20/18	W	Arlington			
10/21/18	W	Arlington			

WASHINGTON

6/2/18	W	DuPont Over-The-Hill-Gang Volkssport Club	Diane Wagner	253-875-3064	dianeswagner@comcast.net
6/9/18	W	Shoreline Sound Steppers Volkssport Club	Neil Smith	206-214-5274	neil.smith@comcast.net
6/12/18	GW	Spokane Lilac City Volkssport Assn.	Allan Heritage	509-465-2690	agheritage@hotmail.com
6/16/18	GW	Loon Lake Lilac City Volkssport Assn.	Allan Heritage	509-465-2690	agheritage@hotmail.com
7/4/18	GW	Seattle Emerald City Wanderers	Mike Nagan	206-851-2101	m.nagan@comcast.net
7/4/18	W	Vancouver Vancouver USA Volkssporters	Burt Paynter	360-798-8485	walkerii@comcast.net
7/7/18	W	Key Peninsula Key Peninsula Volkssport	Neal Van Der Voorn	253-857-3655	nealvandervoorn@yahoo.com
7/12-16/18	W	Chimacum Olympic Peninsula Explorers	Janet Lenfant	360-461-9028	richardandjanet@olympen.com
7/13-15/18	5-W	Port Angeles Evergreen State Volkssport Assn.	Sharon Moats	425-235-0528	s.moats@comcast.net
7/21-22/18	2-W	Newhalem Four-Plus Foolhardy Folks	Vik Petzal	360-779-7170	petzal2004@yahoo.com
7/28/18	W	Castle Rock Border Crossers	Sam Korff	503-728-0400	korff.sam@wildblue.net
8/1/18	TGW	Battle Ground Vancouver USA Volkssporters	Dick Baker	360-991-8806	dickbkr@q.com
8/11/18	W	Tacoma Daffodil Valley Volkssport Association	Nancy Wittenberg	253-208-1331	newwittenberg@gmail.com
8/18/18	W	Washougal All Weather Walkers	Joe Titone	360-944-8190	titone@usc.edu

Events continued on page 31

Events *continued from page 30*

8/18/18	GW	Issaquah Interlaken Trailblazers Volkssport Club	Sharon Moats 425-235-0528 s.moats@comcast.net
8/19/18	W	DuPont Over-The-Hill-Gang Volkssport Club	Diane Wagner 253-875-3064 dianeswagner@comcast.net
8/25/18	GW	Montesano Capitol Volkssport Club	Mert Turner 360-533-4352 mert0722@msn.com
9/1/18	W	Seattle Emerald City Wanderers	David Madsen 206-789-1960 dmadsen@seattleu.edu
9/7-9/18	4-W	Coupeville NW Tulip Trekkers	Sue Payton 360-914-4268 nwtuliptrekkers@gmail.com
9/15/18	W	Washougal Vancouver USA Volkssporters	Heidi Schurr 360-573-8999 hschurr@hotmail.com
9/22/18	W	Cle Elum Central Washington Sun Striders	Joe Blazek 509-899-6535 joemblazek1@gmail.com
9/22/18	W	Olympia Capitol Volkssport Club	Chase Davis 360-584-6446 gx7qr2@comcast.net
9/29/18	GW	Seattle FS Family Wanderers	Michelle Roberts 206-552-1775 michellero1956@gmail.com
10/6/18	W	Newcastle Interlaken Trailblazers Volkssport Club	Katie Sell 425-753-1772 aclayjar@gmail.com
10/13/18	W	Spanaway Daffodil Valley Volkssport Association	Nancy Wittenberg 253-841-0580 newittenberg@gmail.com
10/27/18	W	Carnation Emerald City Wanderers	Fran Carson 425-468-7962 francarson55@gmail.com

WEST VIRGINIA

9/29/18	GB	Marlinton York White Rose Wanderers	Tom Jackson 717-677-6511 thomasjackson@embarqmail.com
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WISCONSIN

6/9/18	W	Mazomanie Madison Area Volkssport Assn.	Don suloff 608-821-0263 suloff@tds.net
7/8/18	W	Beaver Dam Madison Area Volkssport Assn.	Jill Ruef 608-643-6142 jill.ruef@hotmail.com
8/4/18	W	Oregon Madison Area Volkssport Assn.	Dave Rieyeff 608-756-1599 driyeff@hotmail.com
10/13/18	W	Madison Madison Area Volkssport Assn.	Karen Reger 608-244-6586 ksreger1926@charter.net
11/10/18	W	Madison Madison Area Volkssport Assn.	Jerry Wilson 608-695-6449 jpatw4@gmail.com

WYOMING

7/21/18	W	Four Corners Black Hills Volkssport Assn.	Allan Ward 307-283-3733 arward@gmail.com
8/4/18	W	Buffalo Buffalo Pathfinders	Lois Petersen 307-684-9160 lois.petersen@gmail.com
9/8/18	W	Beulah Black Hills Volkssport Assn.	Diane Johannesen 307-290-0746 dianejohannesen@hotmail.com

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

STATE ASSOCIATION MEMBERS

CALIFORNIA

California Volkssport Association Inc.
PO Box 1253, Twain Harte, CA 95383
Philip Jones 209-586-0597
president@cva4u.org

INDIANA

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2909 Rolling Meadows Lane
New Haven, IN 46774
Cheryl Elser 260-750-2177
elserfam@frontier.com

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Maryland Volkssport Assn.
824 Buckingham Dr,
Severna Park MD 21146
Robert Schmick 410-960-6226
marktim@erols.com

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Tarheel State Walkers Volkssport Assn.
27 Cane Creek Circle
Fairview, NC 28730
Dennis Michele 828-628-4343
dmichblue@aol.com

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143 Redder Ave, Dayton, OH 45405
Shane Conley 937-416-8059
OVA.walking@yahoo.com

OREGON

Oregon Trail State Volkssport Assn.
1350 NE Greenway Drive
Gresham, OR 97030
Dar Parrow 503-484-6475
dar.parrow@gmail.com

PENNSYLVANIA

Keystone State Volkssport Assn.
870 Bucks Valley Road
Newport, PA 17074
Marcy Lucas 717-979-3960
lucas_mj@hotmail.com

TEXAS

Texas Volkssport Assn.
27727 Ramblewood
San Antonio, TX 78261-2013
Heinz Johnson 830-980-5723
tvapresident@gvtc.com

VIRGINIA

Virginia Volkssport Assn.
12311 Ridgefield Parkway
Henrico, VA 23233
Chris Kelly 804-909-9916
ce_kelly@comcast.net

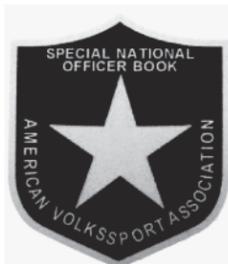
WASHINGTON

Evergreen State Volkssport Assn.
2815 Lincoln Pl. NE, Renton, WA 98056
Sharon Moats 425-235-0528
sharon.l.moats@gmail.com



Reminder: SNOB Program ends in 2018

The SNOB Program will end December 31, 2018. SNOB books are no longer available and walkers holding a SNOB book must have 15 stamps in it before they can redeem the book. Complete your book by December 31, 2018, and send it to AVA *Special National Officer Book*, 1001 Pat Booker Rd., Suite 101, Universal City, Texas 78148. If you have questions contact SWRD Susan Medlin, 210-325-3523 or sw_rd@ava.org.



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

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

IVV EVENT AWARDS

10 Events

Allen	Sue	Kenosha	WI
Armitage	Amy	Indianapolis	IN
Baez	Sally	Temecula	CA
Beard-Johnson	Ellen	Longview	WA
Boulieris	Helaina	Spokane	WA
Boy	Sheri	Whitewood	SD
Busbee	Melissa	Comfort	TX
Carolus	Jennifer	Bellevue	NE
Carolus	Peter	Bellevue	NE
Colbrese	Dennis	Medford	OR
Colbrese	Sonja	Medford	OR
Denmon	Machielle	Riverview	FL
Denmon	Byron	Riverview	FL
Fox	Barbara	Modesto	CA
Funkhouser	Robin	Springfield	MO
Gibson	Becky	Simpsonville	SC
Harder	Susan	Ellettsville	IN
Hecox	Tom	Fayetteville	AR
Henry	Donna	Kansas City	MO
Huxel	Angie	San Antonio	TX
Jarrett	Schuyler	Zephyrhills	FL
Johnson	Stephen	Longview	WA
Ladd	Laurie	Delaware	OH
Laing	Joyce	Olney	MD
Lombardi	Diane	Asheville	NC
Madden	Trina	Chickasha	OK
Magness	Jack	New Braunfels	TX
Organ	Janet	San Antonio	TX
Pitner	Mary	Austin	TX
Pitner	Rosie	Austin	TX
Purohit	Amul	Davis	CA
Ridgeway	Vicki	Maryville	TN
Riggs	Maggie	San Antonio	TX
Smith	Rutherford	Sacramento	CA
Southard	William	Chickasha	OK
Stalling	Daniel	Olympia	WA
Tetz	Lara	Vancouver	WA
Worsham	Stephen	Carrollton	TX

30 Events

Duncan	Samson	Lake Mary	FL
Freeze	Amy	Woodbridge	VA
McAllister	Brian	Eldersburg	MD
Quiring	Kimber	Dallas	OR
Ridgeway	Vicki	Maryville	TN
Roberts	Roylene	Fredericksburg	TX
Wood	Marianna	Houston	TX

50 Events

Cavanagh	George	Millersville	MD
Conner	Theresa	Bothell	WA
Duncan	Samson	Lake Mary	FL
Innes	Robin	Santa Ana	CA
Jordan	Mary	Kerrville	TX
Jurewicz	Peter	Norfolk	VA
Ridgeway	Vicki	Maryville	TN
Roberts	Roylene	Fredericksburg	TX
Romo	Cheryl	Lodi	WI
Sronce	Barbara	Omaha	NE
Wojtysiak	Lori	Jerseyville	IL

75 Events

Adams	Jan	Tacoma	WA
Adams	Michael	Tacoma	WA
Edson	Stephen	Greensburg	PA
Gillen	Cathy	Tarpon Sprgs	FL
Jeter	Jack	Alexandria	VA
Killingsworth	Susan	Seattle	WA
Lubbock	Dee	Midlothian	TX
Moyer	William	South Bend	IN
Ridgeway	Vicki	Maryville	TN
Whited	Diana	Des Moines	IA
Williams	Jeffrey	Columbia	MD
Worsham	Ruthi	Carrollton	TX

100 Events

Auguston	Charlotte	Auburn	WA
Bourke	Debbie	Selbyville	DE
Henry	Earl	Mechanicsburg	PA
Henry	Joann	Mechanicsburg	PA

King	Patricia	Gaithersburg	MD
Loving	Craig	Henderson	CO
Loving	Mary	Henderson	CO
Markgraf	Robert	Garden Ridge	TX
Merry	Sue	Homer	NY
Ridgeway	Vicki	Maryville	TN
Whited	Diana	Des Moines	IA
Worsham	Ruthi	Carrollton	TX

125 Events

Bechtholdt	Ann	Beaumont	CA
Pape	John	Angel Fire	NM
Prost-Domasky	Janine	Florissant	MO
Ridgeway	Vicki	Maryville	TN
Riewer	Ava	Gresham	OR
Sherfield	Vorsha	Ingram	TX
Worsham	Ruthi	Carrollton	TX

150 Events

Haskins	Heinz	Lakewood	WA
Worsham	Ruthi	Carrollton	TX

175 Events

Froelich	Carol	Tumwater	WA
Helmann	Scott	Rapid City	SD
Kolaczyk	Karen	Marlborough	MA
Modgling	Lorraine	Kerrville	TX
Rogers	Charles	Austin	TX
Winton	Leslie	Tualatin	OR
Worsham	Ruthi	Carrollton	TX

200 Events

Grenier	Louise	Norman	OK
Nelson	Linda	Maryville	TN
Proenneke	Dennis	Colo Springs	CO
Schwencke	Kathy	San Antonio	TX
Stoneback	Gary	Federal Way	WA

225 Events

Axelrod	Sharon	Orlando	FL
Hiatt	Janice	Tulsa	OK
Roberts	David	Fredericksburg	TX
Stoneback	Linda	Federal Way	WA
Thomas	Andrew	San Antonio	TX

250 Events

Axelrod	Sharon	Orlando	FL
Brown	Penny	Colo Springs	CO
Fenlon	Diane	Omaha	NE
Hiatt	Janice	Tulsa	OK
Rich	Timothy	Lake Oswego	OR
Roberts	David	Fredericksburg	TX
Woodard	Randall	Sand Springs	OK

275 Events

Anderson	Barbara	Daytona Bch Shores	FL
Brown	Penny	Colo Springs	CO
Buckner	Teresa	Arden	NC
Fenlon	Diane	Omaha	NE
Hendricks	Jeffrey	Rapid City	SD
Perkins	Trudy	Severn	MD
Potter	Pamela	Millersville	MD
Schwencke	H Mike	San Antonio	TX
Welsch	Arleen	Sacramento	CA

300 Events

Colburn	Kris	Orting	WA
Conley	Shane	Dayton	OH
Cooper	Robert	Clyde	NC
Fenlon	Diane	Omaha	NE
McDaniel	Robert	Greenville	SC
Neily	Margaret	Adelphi	MD

325 Events

Extine	Mike	Olympia	WA
Fenlon	Diane	Omaha	NE
McDaniel	Robert	Greenville	SC

Pederson	Gary	Edgewood	WA
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350 Events

Fenlon	Diane	Omaha	NE
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375 Events

Campbell	Donna	Omaha	NE
Fenlon	Diane	Omaha	NE
Frantz	Gary Lee	Omaha	NE
Gley	Bob	Trabuco Canyon	CA

400 Events

Cunigan	Connie	Kettering	OH
Fenlon	Diane	Omaha	NE
Knape	Marta	San Antonio	TX
Knape	Reuben	San Antonio	TX
Krow	Timothy	Port Royal	PA
Lesieur	Lorraine	Alexandria	VA
Snyder	Beth	Schenectady	NY

425 Events

Barber	Muriel	O'Fallon	IL
Beam	Deborah	Bluffton	SC
Fenlon	Diane	Omaha	NE
Gregory	Robert	Liberty	MO
Gregory	Cathy	Liberty	MO
Krow	Joyce	Port Royal	PA
Snyder	Beth	Schenectady	NY
Stollberg	Allan	W Palm Bch	FL

450 Events

Krow	Joyce	Port Royal	PA
Paige	Janet	Federal Way	WA
Sheppard	David	Mesquite	TX
Snyder	Beth	Schenectady	NY
Stollberg	Allan	W Palm Bch	FL

475 Events

Barnett	R. Mark	Las Cruces	NM
Bonewitz	Mindy	Louisville	TN
Carbone	Anthony	Bonney Lake	WA
Paige	Janet	Federal Way	WA
Stollberg	Allan	W Palm Bch	FL

500 Events

Bonewitz	Joel	Louisville	TN
Carbone	Anthony	Bonney Lake	WA
Dowdell	Sharon	Mililani	HI
Hightower	Shirley	Santa Rosa	CA
Paige	Janet	Federal Way	WA

525 Events

Brick	Lois	Centennial	CO
Carbone	Anthony	Bonney Lake	WA
Dowdell	Sharon	Mililani	HI
Ellsberg	Patrick	Vancouver	WA
Hansen	Ellen	Hillsboro	OR
Ives	John	San Antonio	TX
Morrison	Elizabeth	Chehalis	WA

550 Events

Beam	Craig	Bluffton	SC
Carbone	Anthony	Bonney Lake	WA
Clugston	Roy	Duncannon	PA
Clugston	Margaret	Duncannon	PA
Dowdell	Sharon	Mililani	HI
Giddings	Jeffrey	Rockville	MD
Hansen	Ellen	Hillsboro	OR
Ives	John	San Antonio	TX
Morrison	Elizabeth	Chehalis	WA
Peak	Debra	Odenton	MD
Ponder	Jo	Rapid City	SD

575 Events

Beam	Craig	Bluffton	SC
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Bucher	Diane	Marlborough	MA
Carbone	Anthony	Bonney Lake	WA
Clugston	Margaret	Duncannon	PA
Clugston	Roy	Duncannon	PA
McKelvin	Raymond	Perris	CA
Ringhand	Phillip	Albany	WI
Swift	Tom	Stockton	CA

600 Events

Bucher	Diane	Marlborough	MA
Carbone	Anthony	Bonney Lake	WA
Friedenreich	Catherine	Charlotte	NC
Huffaker	Lorraine	New Port Richey	FL
Swann	Caryl	San Antonio	TX
Swift	Tom	Stockton	CA

650 Events

Cutler	Kathryn	Issaquah	WA
Evans	Maribeth	Silver Sprg	MD
Huffaker	Lorraine	New Port Richey	FL
Merenda	Martha	Rockville	MD
Miller	Joan	Elk Grove Vill	IL
Nelson	Ken	Happy Valley	OR
Pavlovsky	John	San Antonio	TX
Rigg	Carl	Kingwood	TX
Rigg	Gail	Kingwood	TX
Shrive	Becky	Seminole	FL

700 Events

Frisinger	Charles	Warsaw	IN
Kruep	Debbie	Belleville	IL
Kruep	Mark	Belleville	IL
Messing	Kay	Bainbridge Is	WA
Noonan	Susan	San Antonio	TX
Wilson	Donna	China Grove	NC

750 Events

Avonrude	Bonnie	Tyler	TX
Donner	Brenda	Seattle	WA
Huffake	Bob	New Port Richey	FL
McMahon	Susan	Elk Grove Vil	IL
Melville	Joan	Charlotte	NC
Reisdorff	Nancy	Aurora	CO
Weltz	Marie	Mt Vernon	WA

800 Events

Banton	Andrew	Olathe	KS
Brown	Annette	Issaquah	WA
Huffaker	Bob	New Port Richey	FL
Medlin	Susan	San Antonio	TX
Melville	Joan	Charlotte	NC
Seline	Donna	Minneapolis	MN

850 Events

Carter	Deborah	Mesquite	TX
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900 Events

Graeber	Patricia	Schwenksville	PA
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950 Events

Hait	Beate	Holliston	MA
Mighells	Diana	Anderson	MO
Ogur	Sherry	Mountlake Terr	WA

1000 Events

Heritage	Allan	Spokane	WA
Hiles	Sandy	Portland	OR

1050 Events

Goeltz	Sheila	Council Bluffs	IA
Goeltz	James	Council Bluffs	IA
Markgraf	Suzanne	Garden Ridge	TX

IVV Event Awards *continued from page 32*

1150 Events

Jarrett Joan San Antonio FL
 Reiling Terry Ashville NC
 Sayers Sherry Woodland Park CO

1250 Events

Carbone Anthony Bonney Lake WA
 Gurtner Dawn Alexandria VA

1300 Events

Badger William Edwardsville IL
 Brown Mark Honolulu HI
 Swanson Helen Danville VA

1350 Events

Badger Linda Edwardsville IL
 Schrum William Durham NC
 Swanson Helen Danville VA

1400 Events

Badger Linda Edwardsville IL
 Lowell William Smithfield VA

1500 Events

Barton Carolyn Tucson AZ
 Hedges John Tucson AZ
 Ramsay Barbara Belton MO
 Sargent Frank Durham NC

1600 Events

Estrin Judith Columbia MD
 Estrin Alexander Columbia MD
 Haupt Clarence Yakima WA
 Haupt Millie Yakima WA
 Hedges John Tucson AZ
 Olson Kathleen Ridgefield WA

1700 Events

Hull Helen Garland TX
 Thurber Carolyn Derwood MD
 Wolfe Robert Silver Spring MD
 Yegerlehner Carol Fairborn OH

1800 Events

Kunzmann Robert Woodinville WA
 Radabaugh Carol Portland OR
 Radabaugh Ben Portland OR
 Yegerlehner Carol Fairborn OH

1900 Events

Conyers Doris Joplin MO
 Conyers Glen Joplin MO
 Yegerlehner Carol Fairborn OH

2000 Events

Hainline Ed Happy Valley OR
 Plott Karen Fairfax VA

2100 Events

Hainline Ed Happy Valley OR
 Wittenberg Elisabeth Tacoma WA

2200 Events

Eby Patricia Camp Hill PA
 Hainline Ed Happy Valley OR

2300 Events

Eby Patricia Camp Hill PA
 Hainline Ed Happy Valley OR
 Kapaun Douglas Rapid City SD
 Welch Frederick State College PA
 Welch Patricia State College PA
 White John Windcrest TX

2400 Events

Hainline Ed Happy Valley OR
 Wittenberg Nancy Puyallup WA

2500 Events

Hainline Ed Happy Valley OR

2600 Events

Hainline Ed Happy Valley OR

2700 Events

White Richard Kirby TX

2900 Events

Gowin Monica Prince George VA

3000 Events

Forinash Carlen San Antonio TX

3100 Events

Waibel Gale Silver Spring MD
 Wood Ethel Portland OR

3300 Events

Hendricks Beth Rapid City SD
 Jackson Thomas Biglarville PA

3500 Events

Roberts David Fredericksburg TX

4300 Events

Yother Lucy Leavenworth KS

4700 Events

Bauska Roy Edmonds WA
 Gentile Charles Aurora CO

6600 Events

Miles Kenneth Tulsa OK

6700 Events

Miles Kenneth Tulsa OK

IVV DISTANCE AWARDS

IVV Distance Awards – incorrect information

The IVV Distance Awards information published in the Oct/Nov 2017, Dec 2017/Jan 2018 and Feb/March 2018 issues of the TAW were incorrect due to a coding error in the new Awards and Membership database. On behalf of the AVA, we apologize for the inaccurate posting of this information. We are working hard to improve the reliability of our databases and reporting systems.

The December/January and February/March lists are listed in this issue. The April/May list was corrected before the last TAW went to print.

December/January list

500 KM

Blomberg Henry Sweet Home OR
 Blomberg Diane Sweet Home OR
 Champley Jill Omaha NE
 Friedman James Silver Sprg MD
 Hanshaw Joan Tulsa OK
 Hanshaw Carl Tulsa OK
 Johnson Donald McFarland WI
 Lardizabal Ben Newville PA
 Opp Sue Puyallup WA
 Thomason Gunnar Port Angeles WA
 Vormestrand Sharon Spanaway WA
 Vormestrand Edward Spanaway WA

1000 KM

Axsom Ralph Tulsa OK
 Cieslak Teresa Portland OR
 Garrison Linda Riverside CA
 Schrag Kay Seattle WA
 Tanner John Washington DC
 Tanner Nancy Washington DC
 Wallace Susan Sedro Woolley WA

1500 KM

Casswell Teresa Clinton MD
 Cieslak Christine Portland OR
 Daub Donna Jensen Beach FL
 Day Carol Sue Tulsa OK
 Esker Barbara Pasadena MD

Grenier Louise Norman OK
 Grider Cheryl Lawton OK
 Johnson Ken Maplewood MN
 Jonas Astrid Bowie MD
 Parkes Ken Kansas City MO
 Sweet Donna O Fallon IL

1900 KM

Moats Sharon Renton WA

2000 KM

Cooper Robert Clyde NC
 Daub Donna Jensen Beach FL
 Dittrich Anne Sharpsburg MD
 Galloway Debra Austin TX
 Gillette Terri Waynesville MO
 Nathem Jennifer Sisseton SD
 Repp Deanna San Antonio TX
 Rude Kimberly Moorhead MN
 Schmidt Elizabeth Seattle WA

2500 KM

Cassel Timothy Columbia MD
 Conley Shane Dayton OH
 Corrigan Cindy Sequim WA
 Dittrich Anne Sharpsburg MD
 Heath Julie Olympia WA
 Paige Janet Federal Way WA
 Price Scott Perrysburg OH
 Putman Glenda Ponte Vedra Beach FL

3000 KM

Botsford Kathryn Portland OR
 Carter David Seminole FL
 Croushore Sandy Williamsburg VA
 Davis Chase Lacey WA
 Ihara Theresa Elk Grove CA
 Paige Janet Federal Way WA
 Seeger Craig Portland OR

3500 KM

Bupp Linda Spring Grove PA
 Croushore Sandy Williamsburg VA
 Hayes Paula Spokane WA
 Medlin Darren San Antonio TX
 Rubio Sarah Winston-Salem NC
 Woodard Linda Sand Springs OK

4000 KM

Blazek Joseph Ellensburg WA
 Blazek Lynn Ellensburg WA
 Bolander Rebekah Lebanon MO
 Duffman Trudy O'Fallon IL
 Ives John San Antonio TX
 Kenyon Kristina Cross Plains WI
 Lichtenberg Nancy Collinsville IL
 Reed Donald Albany OR
 Sheppard David Mesquite TX
 Spaulding Holly Lacey WA
 Spaulding William Lacey WA

4500 KM

Alton Susan San Antonio TX
 Bruce Carolyn Woodland WA
 Jewett Patricia Portland OR
 Korejwo Henry Henderson NV
 Modery Elizabeth Bellevue WA
 Payton Bob Coupville WA
 Sandker Cindy Kansas City MO
 Swift Tom Stockton CA
 White Shirley Woodland WA

5000 KM

Gately Christina Wilmington NC
 Giddings Jeffrey Rockville MD
 Gley Debbie Trabuco Canyon CA
 Gray Cynthia Waterbury Ctr VT
 Miller Joan Elk Grove Village IL
 Tague Mary Mahtomedi MN

5500 KM

Hofmann Joyce Urbana IL
 Izbicki Joanne Lexington MA
 Miller Joan Elk Grove Village IL
 Schmidt Andrew Poughkeepsie NY
 Tague Mary Mahtomedi MN
 Tague Dennis St Paul MN
 Veeder Jan Longview WA
 Webster Daniel Aloha OR

IVV Distance awards continued on page 34

IVV Distance Awards *continued from page 33*

6000 KM

Bender Dorris N Richland Hills TX
Filemyr Alice Rockville MD
Izbicki Joanne Lexington MA
Miles Justin Tulsa OK
Miller Joan Elk Grove Village IL
Puttick George Columbus OH
Webster Daniel Aloha OR

6500 KM

Averill David Menands NY
Averill Marion Menands NY
Brister Marilyn San Marcos TX
Cockrell Kathleen Knightdale NC
Crabill Sandy Fort Wayne IN
Crabill Tom Fort Wayne IN
Hines Cynthia Tulsa OK
McClellan Sheila Port Orange FL
Misener Ann Fredericksburg VA
Payton Sue Coupeville WA
Schierloh Chris Reynoldsburg OH

7000 KM

Barger Wade Chesterton IN
Dix Karen Bellevue NE
Medlin Susan San Antonio TX
VanWinkle David Springboro OH
Wilson Donna China Grove NC

7500 KM

Belts Tamara Bellingham WA
Breen Nancy Sierra Vista AZ

Coones Sally Carmichael CA
Reynolds Jacqueline Rensselaer NY

8000 KM

Ball Linda Auburn WA
Reynolds Douglas Rensselaer NY
Smith Donald Silver Sprg MD
Thiebes George APO AE
Thurber Carolyn Derwood MD
Wilson Pam Madison WI

9000 KM

Clark Connie East Point GA
Filemyr Claire Silver Sprg MD
Mighells Diana Anderson MO
Moon Mark San Antonio TX
Reynolds Douglas Rensselaer NY

10000 KM

Little Edna Newport PA
Masuy Paul Hopkinsville KY
Pierce Michael Manhattan KS

11000 KM

Elser Cheryl New Haven IN
Loppnow Marge Huntington Bch CA
Robertson Elizabeth Seattle WA
Wilson Jerry Madison WI

12000 KM

Gam Carlos Atascadero CA
Robertson Elizabeth Seattle WA

13000 KM

Marlar Bart San Antonio TX
Nuss Barbara Sacramento CA
Ramsay Barbara Belton MO
Thompson Linda Williamsburg VA

14000 KM

Yother Leslie Leavenworth KS

15000 KM

Barton Carolyn Tucson AZ
Ellingboe Linda Seattle WA
Jackson Thomas Biglarville PA
Mukasa Carol Seattle WA
Reiling Terry Ashville NC
Theall Bonnie Dunedin FL

16000 KM

Estrin Judith Columbia MD
Estrin Alexander Columbia MD
Hull Helen Garland TX
Landon Raymond Decatur IL
Zook Letitia Haines City FL
Zook Robert Haines City FL

17000 KM

Anderson John Miamisburg OH
Barnes Ralph Greensboro NC
Barnes Sandra Greensboro NC
Cordes Carl N Las Vegas NV
Sargent Frank Durham NC
Seward Charles Virginia Beach VA
Vanderwoude Carol Everett WA

18000 KM

Warhol John Puyallup WA

19000 KM

Bundy David Orlando FL
Miner Cecilia Woodbridge VA
Moats Sharon Renton WA

20000 KM

Conyers Doris Joplin MO
Conyers Glen Joplin MO

21000 KM

Rheinstrom Gordon Ft Monroe VA

22000 KM

D'Aprile Thomas Mechanicsburg PA
Puleo Victor Puyallup WA

30000 KM

Jackson Thomas Biglarville PA

35000 KM

Kapaun Douglas Rapid City SD

45000 KM

McTaggart Marilyn Centerville OH

February/March list

500 KM

Burch Susie Piqua OH
Burch Dean Piqua OH
Fenster Nancy N Potomac MD
Fenster David N Potomac MD
Higgins Maureen Daytona Beach FL
Hinkle Rebecca Molino FL
Killingsworth Phil Seattle WA
Killingsworth Susan Seattle WA
Parkinson Wayne Bloomington IN
St Martin Pamela Rocklin CA
van den Top Jan Anchorage AK
van den Top Jeraldine Anchorage AK

1000 KM

Allen Richard Malden MA
Burmeister Ariel West TX
Burmeister John West TX
Callahan Mike Springfield OH
Cook Ellexis Belleville NJ
Council Rosemary Edgewater MD
Gee Teddy Kansas City MO
Gerjets Janet Brookings SD
Helmann Scott Rapid City SD

1500 KM

Dunn Linda Clifton Park NY
Garcia Eleanor Everett PA
Hunter John Orlando FL
Modgling Loraine Kerrville TX
Parkinson Carol Bloomington IN
Schwencke Kathy San Antonio TX

2000 KM

Dibrell Joseph Seguin TX
Dibrell Holly Seguin TX
Haskins Heinz Lakewood WA
Metherell Cathy Orlando FL
Schwencke Mike San Antonio TX

2500 KM

Johnston Myrna Sacramento CA
Potter Pamela Millersville MD
Zahn Ann Williamsburg VA

3500 KM

Bashaw Donna Lancaster PA
Jurjans Barbara Worthington OH
Kent Steve Joplin MO
Kinney Emily Granbury TX
McLean Charlie Buckner MO
Paige Janet Federal Way WA
Popolizio Barbara Halfmoon NY
Ridge William Harleysville PA
Stapleton Margaret Mt Vernon WA
Stone Carmelita Plattsburg MO

4000 KM

Berry Katherine Rockville MD
Paige Janet Federal Way WA

4500 KM

Black Kay Swanton OH
Bruce Larry St. Louis MO
Ellsberg Patrick Vancouver WA
Morrison Elizabeth Chehalis WA
Popolizio Michael Halfmoon NY
Reed Donald Albany OR
Spaulding Holly Lacey WA
Sutton Tess Tacoma WA

5000 KM

Ash Karen Boise ID
Genter Lynn Leavenworth KS
Gromala David Federal Way WA
Sloan Donald Davis CA

5500 KM

Withers Donna Spokane WA

6000 KM

Friedenreich Catherine Charlotte NC

6500 KM

Gant James Joplin MO
Miles Justin Tulsa OK
Stone Cheri Clackamas OR

9000 KM

Payne Sharon Georgetown TX

10000 KM

Bope Harriet Dayton OH
Russell Duane Leavenworth WA

12000 KM

Baltes D Louise Camas WA
Lovelace Nathaniel Marietta GA

13000 KM

Lovelace Nathaniel Marietta GA
Mazzeno Laurence Arvada CO

14000 KM

Peters Kay PT Angeles WA

15000 KM

Evans Tommy Tulsa OK
Lehman John Topeka KS

16000 KM

Cieslak Theodore San Antonio TX

17000 KM

Barton Fred Tucson AZ
Dehetre Susan Waldorf MD
Morrison Sheila Olympia WA

19000 KM

Lovelace Elsie Marietta GA
Pelking Holly San Jose CA
Quinlan Michael Bowie MD

20000 KM

Logan Sherilyn New Braunfels TX

21000 KM

Wittenberg Elisabeth Tacoma WA

24000 KM

Michele Dennis Fairview NC

25000 KM

Pritchard Marietta Huntsville AL
Reiling Holly Ashville NC
Rogers David Austin TX

26000 KM

Pritchard Marietta Huntsville AL

30000 KM

Hillard Deborah Box Elder SD
Jensen Linda Clarksville MD
Miller Sharon Etters PA
Spencer Siba Lakeway TX

40000 KM

Lindberg Shirley Renton WA

45000 KM

Kelly Karen Tualatin OR

50000 KM

Waibel Klaus Silver Sprg MD

IVV DISTANCE AWARDS

June/July list

500 KM

Adelman	Robert	San Antonio	TX
Adelman	Diana	San Antonio	TX
Conner	Theresa	Bothell	WA
Duncan	Samson	Lake Mary	FL
Green	Merry	Gresham	OR
Jordan	Mary	Kerrville	TX
Jurewicz	Peter	Norfolk	VA
Moyer	William	South Bend	IN
Noah	Deborah	Ormond Bch	FL
Romo	Cheryl	Lodi	WI
Sronce	Barbara	Omaha	NE

1000 KM

Bourke	Debbie	Selbyville	DE
Gillen	Cathy	Tarpon Sprgs	FL
Purohit	Parul	Davis	CA
Sherfield	Vorsha	Ingram	TX
Whited	Diana	Des Moines	IA
Worsham	Ruthi	Carrollton	TX

1500 KM

Froelich	Carol	Tumwater	WA
Helmann	Scott	Rapid City	SD
Jaeger	Karen	Evansville	IN
Jaeger	Richard	Evansville	IN
Worsham	Ruthi	Carrollton	TX

2000 KM

Colburn	Kris	Orting	WA
Evans	Cheryl	Spanaway	WA
Fenlon	Diane	Omaha	NE
Rich	Timothy	Lake Oswego	OR

2500 KM

Anderson	Barbara	Dayt Bch Shores	FL
Cooper	Robert	Clyde	NC
Fenlon	Diane	Omaha	NE
Freeman	Gary	Hagerstown	MD
Hanson	Burnell	Cottage Grove	MN
Hiatt	Janice	Tulsa	OK
McDaniel	Robert	Greenville	SC
Wells	Thomas	Snohomish	WA

3000 KM

Fenlon	Diane	Omaha	NE
Gruber	Robyn	New Carlisle	OH

Harold-Carter	Victoria	Olympia	WA
Heath	Julie	Olympia	WA
Needles	Kevin	San Antonio	TX

3500 KM

Cooper	Melinda	Topeka	KS
Extine	Mike	Olympia	WA
Snyder	Beth	Schenectady	NY
Weeks	Janice	Wendell	NC

4000 KM

Beam	Deborah	Bluffton	SC
Stollberg	Allan	W Palm Bch	FL

4500 KM

Carbone	Anthony	Bonney Lake	WA
Hightower	Shirley	Santa Rosa	CA
Ives	John	San Antonio	TX
Krow	Joyce	Port Royal	PA
Paige	Janet	Federal Way	WA
Spaulding	William	Lacey	WA

5000 KM

Carbone	Anthony	Bonney Lake	WA
Dowdell	Sharon	Mililani	HI
Paige	Janet	Federal Way	WA
Swann	Caryl	San Antonio	TX

5500 KM

Beam	Craig	Bluffton	SC
Clugston	Margaret	Duncannon	PA
Clugston	Roy	Duncannon	PA
Dowdell	Sharon	Mililani	HI
Giddings	Jeffrey	Rockville	MD
Hansen	Ellen	Hillsboro	OR
Huffaker	Lorraine	New Port Richey	FL
Shrive	Becky	Seminole	FL
Swift	Tom	Stockton	CA
Weinraub	Gayle	San Antonio	TX

6000 KM

Beam	Craig	Bluffton	SC
Bucher	Diane	Marlborough	MA
Clugston	Roy	Duncannon	PA
Clugston	Margaret	Duncannon	PA
Moore	Alan	Riverdale	GA

6500 KM

Huffaker	Bob	New Port Richey	FL
Miller	Joan	Elk Grove Village	IL
Noonan	Joseph	San Antonio	TX

7000 KM

Avonrude	Bonnie	Tyler	TX
Huffaker	Bob	New Port Richey	FL
Kruep	Debbie	Belleville	IL
Kruep	Mark	Belleville	IL
Melville	Joan	Charlotte	NC

7500 KM

Cutler	Kathryn	Issaquah	WA
Donner	Brenda	Seattle	WA
McMahon	Susan	Elk Grove Village	IL

8000 KM

Brown	Annette	Issaquah	WA
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9000 KM

Banton	Andrew	Olathe	KS
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10000 KM

Allan	Jeanne	Olympia	WA
Hiles	Sandy	Portland	OR

11000 KM

Sayers	Sherry	Woodland Park	CO
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12000 KM

Pepia	Joseph	Mount Vernon	WA
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13000 KM

Badger	William	Edwardsville	IL
Silkworth	Gary	Euless	TX
Swanson	Helen	Danville	VA

14000 KM

Grunewald	Robert	Alexandria	VA
Hedges	John	Tucson	AZ

16000 KM

Garamone	Helen	Alexandria	VA
Reiling	Terry	Ashville	NC
Yother	Leslie	Leavenworth	KS

17000 KM

Hull	Helen	Garland	TX
Jarrett	Joan	San Antonio	FL

18000 KM

Nyman	Linda	Colo Springs	CO
Radabaugh	Carol	Portland	OR
Radabaugh	Ben	Portland	OR
Sargent	Frank	Durham	NC

20000 KM

Eby	Patricia	Camp Hill	PA
Hendricks	Beth	Rapid City	SD
Kunzmann	Robert	Woodinville	WA

21000 KM

Piffat	Joseph	Danvers	MA
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22000 KM

Perkins	Michael	Middletown	OH
Warhol	Carolyn	Puyallup	WA

33000 KM

Kuntz	Eleanor	Plymouth Meeting	PA
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35000 KM

Waibel	Gale	Silver Sprg	MD
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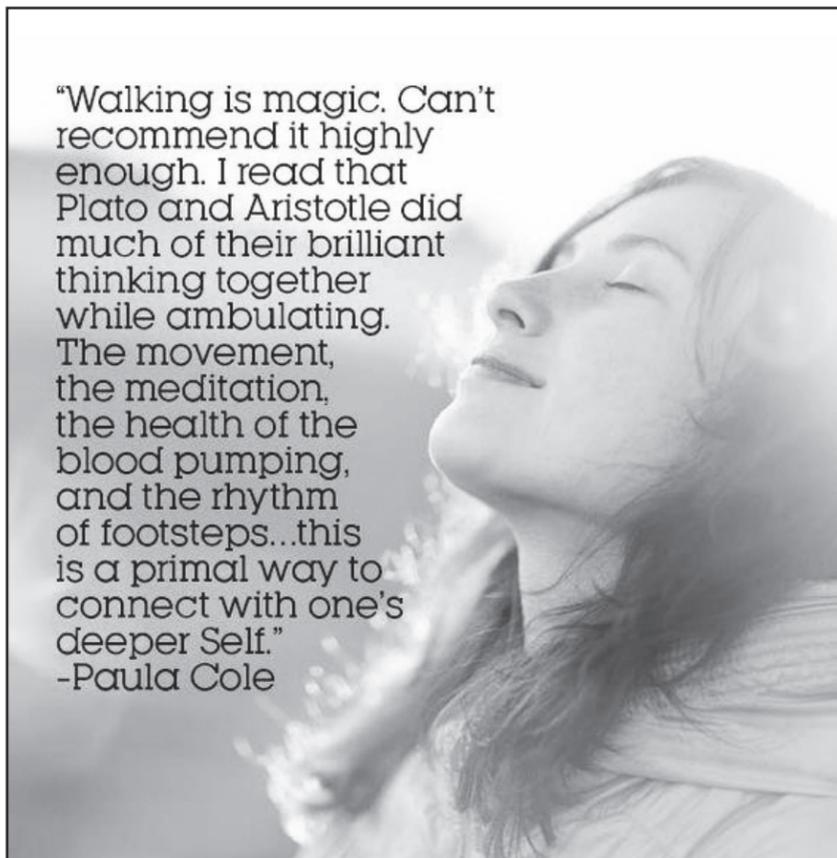
50000 KM

Gentile	Charles	Aurora	CO
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BIKE DISTANCE AWARDS

20000 KM

Hendricks	Beth	Rapid City	SD
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“Walking is magic. Can’t recommend it highly enough. I read that Plato and Aristotle did much of their brilliant thinking together while ambulating. The movement, the meditation, the health of the blood pumping, and the rhythm of footsteps...this is a primal way to connect with one’s deeper Self.”
-Paula Cole

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.

Tails on the Trails

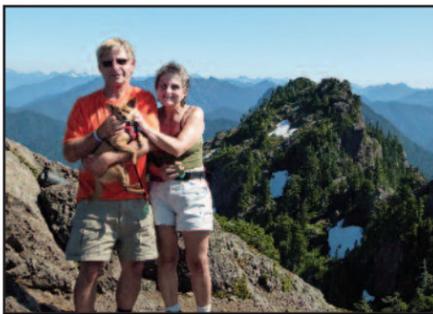
Zander – not your ordinary dog!

How many dogs do you know that have walked at least 10k in 48 states? For Mert, Norm and Zander, walking is a family affair. Mert Turner and Norm Adams, members of Capitol Volkssport Club in Olympia, Washington, recently walked in Biloxi, Mississippi, completing their goal of walking in all 50 states. What is special about this couple is that their dog, Zander, walked all of those states too, with the exception of Alaska and Hawaii.



Zander is nine years old, and weighs seven pounds. Although he looks like a chihuahua, his DNA profile indicates a pomeranian, Yorkshire terrier and mini dachshund mix (he has “min pin” legs).

Nearly four years ago, when Zander and family had completed just a few walks, tragedy struck, and it looked as if Zander might not walk again. He was viciously attacked and almost eaten alive by two pit bull dogs while walking in his own neighborhood. However, Zander is a fighter, and after surgeries to reattach his shoulder, repair internal injuries, mend his broken leg with pins, and lots of TLC from his family and friends, Zander hit the trails again. He sometimes prefers to be carried when big dogs approach, particularly when not on a leash. Once the big dogs are gone, “Z” is ready to be back on the ground and walking or running under his own steam.



When asked about Zander’s favorite walk, both Mert and Norm agreed that it is the walk in Westport, Washington, just 40 minutes from their home in Aberdeen. Westport is right on the beach at the Pacific Ocean, and Zander loves to just get out and run, chase birds, sniff things that have washed up on the shore and then run some more. Mert and Norm just walk.

Welcome to AVA’s newest Virtual Online Program!

As promised we are bringing you phase II. This program has been so popular walkers are ready to move to the next level. We couldn’t wait until July so we are bringing you the new “Tour of Italy” virtual map program beginning May 1. If you are enrolled in the 401K program you have already received Tour of Italy in your challenges. As you move along the trail narrative photo boxes will pop up at points of interest to give you information about that point. One of Volkssporting’s pleasures is travel but not all of us are able. So let’s do the next best thing and travel virtually! “Tour of Italy” will be step based so there is nothing extra to do, just log your steps as you do now either by a walking device, smart phone or manually.



“You’ll start this journey high in the Italian Alps. Once you’ve made it through the snow we’ll first celebrate your survival in Venice, the Floating City. Take a tour through the canals before hitting the road. We’ll stop in places made famous by Shakespeare, dine on fresh and hearty Italian fares, and you’ll see the most famous of the Italian stops – the Leaning Tower of Pisa, the Coliseum in Rome, and we’ll end our journey in Palermo, where you can swim in the Mediterranean sea and relax after your hard work!” ~ walker tracker



There is still time to enroll and complete both programs, just go to the AVA website and click on the 401K logo or Tour of Italy logo to start your enrollment process. Fee includes both 401K: Invest in Your Health and Tour of Italy.

WANTED:

Walkers for the

South Central Regional Round-Up

October 12, 13, & 14, 2018

Hosted by
Sunflower Sod Stompers’
with the assistance of Kansas JayWalkers

Tentative location of walk events:
Osage City, Garnett, Ottawa, & Osawatomie, Kansas
plus swim events

East central Kansas towns along the US 59 & K-68 corridors

Besides the planned traditional events there are several Kansas YREs available which are within an hour’s driving time

Home for the Round-Up will be the Comfort Inn - Ottawa
Come and fill-in that Kansas Counties Program booklet & t-shirt!

More Information: Contact Terri Tyler - 785-233-4385 - tttyler50@gmail.com
or Trudy Duffman - 618-670-6920 - trudyduffman@yahoo.com

Brochures will be available in spring of 2018

AVA: America’s Walking Club



San Diego Extravaganza 2019

Join Walking Adventures for our
30th Anniversary Celebration
of Walking the World Together!

November 8-12, 2019 * 5 Days * \$1850

The San Diego Extravaganza will be a celebration of 30 years of exploring the planet with our amazing travelers! Many of our Walking Adventures Guide Teams and Staff will be present at this Reunion to aid in the festivities!

Each day will feature various activities and walks highlighting sunny San Diego, California—the sunlit city on the bay! Multiple buses will be available to ferry travelers toward the option of their choice. We hope to welcome upwards of 100 travelers to San Diego in 2019!

Join us in San Diego for sightseeing and hobnobbing with friends, old and new!



Contact us! 1.800.779.0353
Fun@WalkingAdventures.com
WalkingAdventures.com

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