



# The American Volkssport Association

*The Sport of the People*

**Fun, Fitness, Friendship**



AmericanVolkssportAssociation



blog.ava.org

The purpose of the American Volkssport Association is to promote the public health, physical fitness and well-being of the people from all backgrounds, ages, and abilities through participation in noncompetitive, family orientated, lifetime sports like walking, biking, swimming and cross-country skiing.

Your donation will support the continued successful implementation of youth, adult and senior quality educational fitness programs and other non-competitive sports activities that reflect the needs of the communities we serve. Share the spirit of walking with us! Meet friends, walk scenic trails and improve your physical and mental health with a natural, accessible, and low-stress activity.

**Each dollar you give will be matched by an anonymous donor who is also a lifetime volkssporter!**

**SAVE THE DATE  
MAY 5, 2015**



**TO DONATE**



**THE BIG GIVE S.A.**  
05.05.2015  
TRANSFORMING SOUTH CENTRAL TEXAS ONE GIFT AT A TIME