



Fun, Fitness, Friendship

November 2018

www.ava.org

#OPTOUTSIDE

CHECKPOINT



Upcoming NEC Meeting Deadlines

National Executive Council (NEC) Meeting Announcement

The next NEC meeting will be held January 11 – 13, 2019 at La Quinta Inn – Tucson Airport, 7001 South Tucson Blvd, Tucson, Arizona 85706. (520) 573-3333.

Call to Clubs for Agenda Items

November 12, 2018 (60 days prior to meeting)

Agenda items from Clubs, NEC Officers and Regional Directors are due to the AVA President, please email to president@ava.org and copy henry@ava.org

[Click here for Agenda Items Form](#)

November 27, 2018 (45 days prior to meeting)

NEC meeting agenda is sent out to the Regional Directors and Club Officers.

December 12, 2018 (30 days prior to meeting)

All reports, with support documents, from Officers, Regional Directors, and Committee Chairs are due to the National Office. Email reports to henry@ava.org

[Click here for Officer Report Form](#)

[Click here for Committee Report Form](#)

December 21, 2018 (21 days prior to meeting)

NEC meeting packet with Agenda and all support documents is sent out to Officers and Regional Directors.

NEC Committee News

Awards Committee—Suzi Glass, Chair

National Award Nominations Due NOW

Nominations for the four AVA national awards (Hall of Fame, Distinguished Achievement, Trailblazer and Ted Ballman Youth) as well as IVV recognition are due to your Regional Director in November. Regional Directors must sign off on nominations and forward them to the Awards Chair by December 1.

Check “Section 3: Recognition Awards” of the AVA Policy Manual for the criteria, description and procedure for each award. AVA National Award nominations are submitted on AVA Form 302, found under the Clubs tab, Clubs Only, AVA Club Forms on the AVA website.

Don’t let those who have worked years at the club, state, regional and national level go unrecognized! Anyone may nominate a club for the Trailblazer award or an individual for the other three awards. Only current members of the NEC and paid employees of AVA are ineligible to receive awards.

Nominations Committee—Tom Jackson, Chair

2019 Election of National Officers

As we approach the AVA Convention in Albany, New York, in June of 2019, we must remember that we are also approaching the election of the national officers for the term from July 1, 2019 to June 30, 2021. Positions open are President, Vice President, Secretary and Treasurer.

This is when you as an AVA member choose to run for a national office. Look at yourself and the services you have provided to your club, state and region. Are you ready to stand up and say “Elect me. I am qualified to serve you as a National Officer.” It is easy to sit back and criticize. This may be the time you step forward and make a difference.

One of the attachments to this Checkpoint is titled “Nominations for NEC Officer Candidate Elections”. It explains the steps required to become a candidate.

For more information, contact Tom Jackson, Nominations Committee Chair, at nominations@ava.org or 717-677-6511.

Nominations for NEC Officer Candidate Elections

Nominations are now being accepted from candidates who seek to be national officers of the American Volkssport Association’s (AVA) National Executive Council XXI: President, Vice President, Secretary, or Treasurer. Elections will take place by the AVA membership at the Albany, New York convention on June 14, 2019. Successful candidates will take office on July 1, 2019 and serve until June 30, 2021.

Step 1 in the process is for the candidate to submit a Letter of Intent by email no later than midnight (his/ her local time) Tuesday, December 11. The brief letter need only include: office being sought, candidate’s name, official mailing address, phone number, and email address. Electronic submission of the letter goes to the chair, Tom Jackson at nominations@ava.org. A confirmation of receipt will be sent via email, as well as an attachment of Election Guidelines for Officer Candidates. Late submission of the Letter of Intent will cease further consideration for Step 2 in the nomination process.

Step 2 is for the candidate to submit a Nomination Package, only by email, no later than midnight (his/her local time) Tuesday, December 18. The Package must contain two items: a biographical article for *The American Wanderer* of 500 words or less and a candidate photo. The biographical article should be submitted as a Word document. Computer software will be used to determine the “word count”.

This bio should include reasons why you are a candidate for office and your goals. It should tell us what you hope to accomplish if elected. Electronic submission of the package goes to the chair, Tom Jackson at nominations@ava.org. A confirmation of receipt will be sent via email. Late submission of the package will cease further consideration in this process.

For those candidates who have met the timelines for submission, and whose narratives are deemed accurate, their papers will be forwarded to AVA Headquarters for publication in the January 2019 edition of *Checkpoint*. However, the Nominating Committee reserves the right to make contacts with persons to verify the accuracy of information provided (e.g. positions held or awards received). We will correct neither grammar nor spelling. Photos submitted will not be altered by the Committee. Neither the photo or bio will be returned.

Basically, what you submit is what the AVA membership will see except in two cases: if the information submitted is found to be in error or the word count exceeds 500 words. Erroneous information will be deleted. If word count exceeds the limit you will be notified to edit and resubmit your article. If you do not resubmit in time for publication, your article will be

edited to delete everything after the 500 word count. So, please be clear, concise and correct with your submission.

You are entitled to one complimentary bio article and one photograph in *TAW*. This is considered to be your nomination package. These articles will appear in the March 2019 issue of *TAW*, which will be printed and released on or about February 15, 2019. Any personal campaign advertisement that you place in *TAW* will be at the commercial ad rates.

You can begin campaigning for office only after the official slate of candidates has been announced in the January 2019 issue of *Checkpoint*.

Nominations may still be made from the floor at the convention.

You can put a document (one-two pages) and/or a promotional campaign item (such as a button, pen, or lanyard) in the convention registration package; however, this must be done by you or your committee members. It will not be done by the convention committee members. All campaigning must be conducted on a professional level.

For additional info, contact the Chair via email or phone, 717-677-6511.



Photo submitted for OptOutside—University City

Standards and Evaluation Committee—Jerry Wilson, Chair

Submitting Completed Achievement Books – Making the Process Easier



Photo submitted for OptOutside—Phoenix, AZ

The NEC is trying to make the submittal of achievement books to the National Office easier and somewhat safer for Associate members.

- At the June 2018 NEC Meeting in Albany NY the NEC voted to allow AVA Associate members, which includes AVA Lifetime members, to be able to send in scans of their completed achievement books versus mailing the actual books. This is an added value to national associate members that helps to avoid the rare, but possible loss of completed AVA books in the US mail.

Associate members submitting scanned documents will need to make sure scans are complete and legible.

- With the June 2018 change for Associate members, the NEC voted during the October 16 electronic meeting to allow not only Associate members, but all AVA participants to cut and paste individual stamps from official insert pages (official hard copy insert pages and on-line start box (OLSB) insert pages) into their official AVA achievement books, including all books such as Events, Distance, National Programs, Regional Programs, and Special Programs books. This is an option open to all AVA walkers to allow them to have complete books by pasting or taping individual stamps from other official sources into official achievement books. Staples will not be allowed.

Associate members will be allowed to scan books containing cut and pasted stamps for submittal to the National Office for fulfillment. Participants not members of the national AVA will be able to mail completed books that include cut and pasted stamps through the mail for fulfillment.

Learning the OLSB. Try it! You may love it!

Twin State Volkssport Association (TSVA) is the only active club in Vermont and New Hampshire. Although we have only a core of active members, our goal is to provide walks of interest in both states for our visitors. Thus, TSVA has a great interest in utilizing the OLSB (On Line Start Box) to allow us to present more walks than our limited human resources could comfortably provide. This has been our first experience with OLSB, and while the experiment continues, here follows our thoughts to date on this wonderful new tool that the California Volkssport Association has provided for us.

The combined size of our twin states is some 19,000 square miles. We have only six people who actively assist us with our walks. This has made walk box maintenance a chore, as too few people are given too many tasks. We can tell you tales of driving hundreds of miles to replace start cards. Cost to volunteer, lots of time and gas money. Cost to club? Perhaps this is one reason we have so few willing to take on these tasks. Burn out is a real thing.

Enter the OLSB. With this tool, you upload directions to a walk once. You must still keep the walk instructions current, and can change them as needed. But now we can spend our time improving the walks rather than responding to box maintenance requests. All the business is done by the OLSB. Consequently, TSVA can bring back walks we enjoyed but closed because we couldn't maintain them. This gives our visitors diversity, and lightens the load of the volunteer. PPSF, the Per Participant Sanction Fee, also reduces the up front cost for sanctioning, which is recouped by participation. This also has been an incentive for a small club to have more walks which would not have been financially prudent previously.

In 2018 we have seven OLSB walks, five in VT and one each in Maine and NH. It has reduced volunteer time, and increased what we can offer. TSVA will have more OLSB walks in 2019, as it is working well for us as club. We have a few more walks than before, and our POCs have fewer emergency walk box calls.

The first hurdle for the individual volkssporter is signing up to use OLSB. It is time to do this! I decided to commit to 10 walks via OLSB, sending money into the my own event bank using a credit card. I chose one of our walks. The walk experience is unchanged. Afterwards I went back online to complete the transaction. The fee is sent to the club's account, and the AVA credit information is stored on an insert card, waiting for you to print it out. Each card holds up to eight events or distances. Special Programs are accommodated, and the insert cards are beautiful! Then I started looking at all the walks I could do with this new technology. I am ready to plan a few trips!

This is a sea change for the AVA. A paradigm shift, it you will. We are finally getting into the 21st century, with a technology upgrade we have needed for a long time. This is a boon to small clubs, and any club who wants to make walks available more easily for provider and consumer. Once you make that first step, you may find it is the way to go for many of your walks. Try it, you may love it!

OLSB now has a Help Desk and customer support manned by [Darrell Neily, who can be reached at dneily333@gmail.com](mailto:dneily333@gmail.com)

Convention Committee—Chris Yost, Volunteer Coordinator



VOLUNTEERING AT THE AVA CONVENTION – WE WANT YOU!

From June 9-16, 2019 the Empire State Capital Volkssporters will be hosting the 21st Biennial AVA Convention in the Great Northeast. The success of a convention is dependent upon many factors but one of them is **PEOPLE** and more importantly **VOLUNTEERS**. We are showcasing some great walks, workshops, entertainment, and vendors and to do them justice, we would like all hands on deck.

How can you volunteer? There are many places to help but here are a few to get you thinking. You can help setting up, taking down convention, Starting Point sign in and finish table, checkpoint, registration, parking attendant, transportation or information ambassador, meals, socials, charity events, selling merchandise, and as an event usher (such as a workshop).

Undecided and still want to help... sign up "Where I'm Needed" and a task will be assigned. To sign up simply go to www.ava.org, select "Conventions" and click on "2019 Biennial Convention" which will take you to the convention website. Select "Volunteer", complete the form with your information, the days and times you wish to volunteer, and the places you would like to help and then click "I VOLUNTEER". That's it!

Once all of the tasks have been identified and a final volunteer schedule is developed, you will be notified of your assignment. Don't let your favorite job get taken by someone else. Sign up to VOLUNTEER NOW! Thanks in advance for making the 21st Annual Biennial Convention in Albany, New York a huge success.



Photo submitted for OptOutside— Seneca State Park

Convention Committee—Arden Lawand, Member

2019 AVA Convention COUNTDOWN

Convention Planning Committee excitement is building — we are eager to show the rest of the country some of what makes our region so special to us.



Ginger Ireton will be our chair for the Tuesday evening Colonie Crossings Operation at Ease (pairing/training service dogs with our veterans/others) fundraiser. **Beth Synder** is our POC for the 5k Guided walk that same evening for our ESCV club and community members who come to support this organization. All family members and their four legged friends on a leash are welcomed. We are having an ice cream social following the walk at the Crossings Gazebo to celebrate OAE and the opening of the 2019 Convention.



Thank you John Sowa the hard work and service to give the Silent Auction a start forward. **Pat Mahoney and Vera Weiss** have graciously stepped forward to lead SA through to the end. They have already visited the room at the Red Lion Hotel to size things up. Thank you Ladies for stepping up for the challenge.



Convention Publicity Chair, **Linda Morzillo**, has submitted a convention invitation article to our sister Canadian Volkssport Federation and IVV to come to the first Northeast Region's AVA National Convention in June, 2019. Check out their websites to see all that is happening around the globe.

— Convention Co Chairs Teresa Kennedy and Lea Darling



We need you —
Convention Planning Committee Chairs still needed:

- ▲ Sponsorships/Donations
- ▲ Tuesday Ice Cream Social
- ▲ Vendor Market

Keep checking the AVA website often for the Opening of Pre-registration within the month of November!

2019 Convention Countdown

Convention countdown is now 8 months to blastoff in the Northeast Region. Our colors are at peak now, and when you come we will have new spring leaves and blooming flowers to show off. The seasons are changing with some areas having snow already in the northern areas. Our excitement is building to show the rest of the country some of what makes our region so special to us.

The Convention Publicity Chair, Linda Morzillo, has submitted a convention invitation article to our sister Canadian Volkssport Federation and IVV to come to the first Northeast Region's AVA National Convention in June, 2019. Check out their websites to see all that is happening around the globe.

On our convention page, you will see a "Frequently Asked Questions" block. We will be putting answers here to your questions, so before you drop us one, check here first.

Finally, things are beginning to gel with items being completed. Merchandise picked and ready to order, potential sponsors being visited, donation items coming in for our Silent Auction and Raffle room, workshops firmed up, interesting and fun socials to get together with friends, food chosen, walks/bike/swim events are being sanctioned for a wonderful trip through the Northeast States for all.

As the Convention Co Chairs and AVA get closer to putting Preregistration up, we are asking the membership to please direct all convention questions to convention@ava.org.

Keep checking the AVA website often for the Opening of Preregistration within the month of November!

Convention Silent Auction Committee—Sue Grey, Co-Chair

Albany/AVA Convention SILENT AUCTION information:

We are ready!! The website is ready for your silent auction donations. Here is how to use the website: go to <http://walkescv.org/ava2019convention/welcome.html>. Click on the blue silent auction button. A clear explanation on how to donate is at this site. Please be sure to let us know if an item will be sent or brought with you to the convention.

We welcome all donations to help AVA and our Northeast 2019 Convention. We recommend items special to your area, state, or club. A few ideas: a basket of goodies, handcrafted items, art, volkswalking memorabilia, walking apparel, cheese boards & cheese, books, and wine. Health and beauty products, shampoos, conditioners and lotions contribute nicely to a basket meant to pamper its lucky winner! T-shirts, hats and other sports memorabilia also make great contributions. Small, lightweight items thoughtfully packaged for easy mailing are best; but anything that you can contribute will be appreciated.

Success depends entirely on the generous donations we receive. Thank you in advance for supporting our Albany 2019 Convention.

AVA is a 501(c)3 organization, making your donation tax deductible. Simply complete the donation registration form on the convention website to tell us about the donation you plan to send. Information from this form will be used to regenerate a receipt when your tax deductible donation is received.

AVA National Office Team

Awards & Membership—Karen Winkle

If you were missing 7000km pin or patch, please let me know. Our order has come in. Thanks for your patience.

Walks to Remember

Thanksgiving is almost here, so is the choice to OptOutside and walk. What's your decision? Will you walk? Where will you walk? Let us help share it. If you are in need of assistance marketing November walks and events please email your walk or event information to hector@ava.org.

Replacement Stamps and Handles

As of July 1 there has been a change in the replacement stamp process. There is now a cost associated with them. The replacement stamps are \$5 and the handles are \$9 plus the shipping. There is also an option to customize your stamp with your clubs logo for \$15 +. If you have any questions please email me at hector@ava.org. This information can be found on the Merchandise page on the website.

Starting Point Changes

Starting Point changes on the AVA website are only for events published in the Starting Point Book. Please remember to make all changes within your ESR and then send to Hector. The website will be updated weekly. Email changes to hector@ava.org.

Click here for this months [Starting Point Changes](#)



Photo submitted for OptOutside—University City

Communications— Samanta Sanchez

Big Give, Big Excitement!

The Big Give 2019 is only a couple of months away! March 28, 2019 is the day our AVA community will come together and make an impact. Donations can be made online on March 28, 2019 through www.thebiggivesa.org or you can send a check to the AVA National Office through May 31st. Our Big Give campaign will run for a few weeks. Please stay tuned for more information on our campaign dates and details. Big Give updates will be announced in the TAW, Checkpoint, website, and social media.



Photo submitted for OptOutside—Indianapolis GW



Shop at <https://smile.amazon.com> and 0.5% of your eligible amazonsmile purchase will be donated to AVA directly from Amazon! Simply sign in or create an account, select **American Volkssport Association Inc – Universal City** as your charity of choice and begin shopping. Remember, always start at smile.amazon.com and Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases. It's that simple!

Convention Hotel Updates

The Red Lion Hotel in Albany has officially sold out! This is exciting news! We are happy to learn that we will see a lot of you at the convention. If you did not have the chance to book your reservation at the Red Lion Hotel, no need to worry. The AVA now has a block of rooms reserved with Red Roof Inn at a discounted group rate of \$77.99. Please note, Red Roof Inn is not a full-service hotel and continental breakfast will not be included. To make your reservations please call the number below and ask for the American Volkssport Association group rate.

Red Roof Inn Albany Airport
188 Wolf Rd
Albany, NY 12205
For reservations dial: (518) 459-1971
Group Name: American Volkssport Association
Block code: B112AVA611

goodshop

Sign up for Goodshop by going to https://www.goodsearch.com/login?return_path=%2Finvite-friends. Your user profile will help keep track of the amount you've raised. Select **American Volkssport Association-AVA** from the participating organizations and begin shopping. At no cost to you, a portion of all eligible purchases will go to your chosen cause. 100% of the donation amount displayed on merchant's Goodshop page will go to the charity or school of your choice.

Operations Specialist Intern—Blake La Rue

#OptOutside on Black Friday

Won't you join, and help people #OptOutside? It's easy, be sure to submit [this form](#) to blake@ava.org to be included on the #OptOutside Featured Section of the AVA website. Even the smallest clubs can pick a time and go for a walk! #OptOutside events will also be promoted on the AVA Facebook page. Lets all work together to help spread the word between now and Thanksgiving!



Photo submitted for OptOutside—University City

Finance Director—Erin Grosso

Good Standing Policy and Deadlines - Convention 2019 – Albany, NY

As the anticipation continues to build for the 21st AVA Biennial Convention in Albany, New York, we want to make certain that each one of our AVA Clubs are eligible to vote at the Convention. To be eligible to vote, an AVA Club must be in “**Good Standing**” 45 days prior to the first membership meeting of the Convention.

With that in mind, below are some things to keep in mind that pertain to the AVA’s Good Standing Policy and Membership Voting:

The Bylaws of the American Volkssport Association, Inc.

ARTICLE IV MEETINGS

4.3 Voting Rights. Each elected National Officer, Regional Director, State Organization and Regular Member Club that is in good standing forty-five days before the opening of the membership meeting shall be entitled to one vote on each matter submitted to a vote of the members. The Executive Director shall have no vote.

The American Volkssport Association Policy Manual

SECTION 2: MEMBERSHIP

2.01 TYPES AND APPLICATION FOR MEMBERSHIP

I. GENERAL POLICIES

II. POLICY

A. Application for Membership. Policy changes effective July 1, 2014 for (new) applications.

1. Any organization or group of persons wanting to form a Regular Member Club must submit an AVA Form 201, Application for Club Membership, with the charter fee and the appropriate prorated portion of the annual dues, the organization or group will send the application through the State Organization (if applicable) and the appropriate Regional Director to the AVA National Office.

a) The proposed **Member Club must, as a minimum:**

- (1) Have an elected President, Vice President and Secretary/Treasurer;
- (2) Have an approved Constitution and/or Bylaws;
- (3) Have an established bank account in the club's name;
- (4) Submit, if eligible, an application for inclusion in the AVA's 501(c)(3) Group Tax- Exemption;
- (5) Have an Employer Identification Number (EIN) issued by the Internal Revenue Service.
- (6) If (4) and (5) do not apply, the proposed Member Club will submit paperwork showing proof of coverage under some other non-profit organization.

Please be advised per the Membership policy stated above, all AVA member clubs must have three officers at a minimum.

2.03 STATUS AND STANDING

I. GENERAL

The status and standing of a Regular Member Club, and State Organization determine their rights and privileges.

II. POLICY

A. Regular Member Clubs and State Organizations are considered active when the club's or organization's membership application has been accepted and all its activities are conducted according to the provisions of the AVA Bylaws and Policies.

1. Active Member Clubs and State Organizations are considered in good standing when all debts, liabilities and obligations to the AVA have been satisfied. They may exercise all the privileges of their respective membership.

2. Active Member Clubs and State Organizations are considered not in good standing when an outstanding debt, liability, and/or obligation has not been satisfied within sixty days of the date due. A Member Club or State Organization not in good standing forfeits all rights and privileges to include the right to conduct or sponsor events. It may not vote in any state, regional or membership meeting of the AVA. Once a Member Club or State Organization has satisfied that outstanding debt, liability and/or obligation it will be considered in good standing. Regional Directors will be given ten days to resolve club deficiencies, or identify extenuating circumstances, before a club is placed in not in good standing status.

Voting Privileges:

Each National Officer, Regional Director, State Organization and Regular Member Club in good standing forty-five (45) days before the opening general session is entitled to one vote in each election and on each matter submitted to a vote of the members. The Executive Director shall have no vote. Delegates: A delegate normally represents each State Organization and Regular Member Club at the General Sessions. Each State Organization and Regular Member Club designates its delegate by completing AVA Form 500, Delegate Selection and Proxy Designation, and ensures the designated delegate registers for the Biennial Convention. The AVA National Headquarters will

mail the AVA Form 500 to State Organizations and Regular Member Clubs. Alternates: State Organizations and Regular Member Clubs in good standing may designate an alternate to the Delegate by completing AVA Form 500 and ensuring the designated alternate registers for the Biennial Convention. Proxies: State Organizations and Regular Member Clubs in good standing may vote by proxy by designating a proxy on AVA Form 500. A proxy can only be given to a person certified as a delegate for the Biennial Convention. Candidates for AVA National Office or candidates for Regional Director may not carry proxies. Responsibilities: Delegates, Alternates and Proxies will present their copy of AVA Form 500 to the Credentials Committee at the convention, attend the convention, participate in all general sessions and attend workshops. A club may transfer voting privileges to an alternate only in an emergency.

Other Key Deadlines to Remember:

November 15th, 2018 – The following items are due:

- E-post card must be filed with the IRS and a copy provided to AVA HQ.
- Club's Annual Financial Report is due to the AVA HQ.
- Update of Officers Information in the ESR must be completed by each club.

Please feel free to contact me with any questions or concerns, I am certainly available and eager to help in any way possible.

LOOKING FORWARD TO SEEING EVERYONE IN ALBANY, NEW YORK!

AVA's Executive Director's Update—Henry Rosales

Clubs Can Now Host AVA Community Events (ACE)!

AVA's new brand of community events is ready for implementation! It is important to emphasize these events are **not sanctioned by the IVV**. Therefore, no reference to the IVV should be published in any materials announcing or advertising these events. Furthermore, clubs should make it very clear there will be no book stamping for participation in ACE events.

ACE events are non-IVV events that were approved by the National Executive Council in September of 2017. This new brand of AVA events was created not to replace IVV events but rather to enhance our current IVV events by allowing clubs the flexibility to create events that are more responsive to local community needs. ACE events are not restricted by IVV event policies and procedures. Clubs now have the **option** to host IVV events as well as AVA ACE events. Clubs are not **required** to host ACE events.

To review the AVA's ACE Policy [click here](#).

FOR INFORMATION ON HOW TO SANCTION AND SUBMIT PARTICIPATION REPORTS FOR ACE EVENTS [CLICK HERE](#).

TAW Production Changes Effective January 1, 2019

During the June meeting, the National Executive Council voted to reduce production costs of the The American Wanderer (TAW) by as much as 50% as part of the renegotiation of a contract extension with the current publisher in effort to reduce AVA operational expenses. The annual cost of the TAW is approximately \$32,000 to publish and mail 6 issues.

Effective January 1, 2019, the TAW publication will be distributed quarterly instead of bimonthly. This change will save the AVA over \$10,000 per year.

The new 2019 TAW print deadlines will continue to be on the 25th of the month as follows:

January 25, 2019 – For the March Issue (Quarter 1)

April 25, 2019 – For the June Issue (Quarter 2)

July 25, 2019 – For the September Issue (Quarter 3)

October 25, 2019 – For the December Issue (Quarter 4)

With these new deadlines it is very important events get sanctioned 90 days in advance to insure they are printed in the TAW.

Members can still request the TAW in an electronic format, a hard copy or both. The TAW is a membership benefit for all AVA Lifetime and Associate Members.

For a copy of the TAW production schedule [click here](#).

Support Our National and International Friends

National



Click on images to learn more.



When You Stay at the Red Roof You Save and the AVA Gains!

The AVA will receive 5% of all room revenues when you book at a Red Roof Inn using the Volume Plus Number (623002)! Red Roof Inn's great rates and quality rooms means that you won't be breaking the bank to afford a comfortable room. For more information [click here](#).

Checkpoint Available Via Email to All Club Members Who Request It

To receive an electronic copy of the Checkpoint send us an email to the attention of Samanta requesting that you be put on our distribution list for the Checkpoint. Please note on the subject line: Request for Checkpoint. Send your request to Samanta at samanta@ava.org.



The American Volkssport Association

The Mission of AVA is to promote and organize noncompetitive physical fitness activities that encourage lifelong fun, fitness, and friendship for all ages and abilities.



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