



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

MARCH
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NO. 3

CHECKPOINT

WWW.AVA.ORG



IT SPECIALIST - HECTOR HERNANDEZ

NATIONAL WALKING WEEK

Thank you to all the Clubs who have already joined us to celebrate National Walk Week during the first week in April. Join the growing list of organizations and communities coming together for Fun, Fitness and Friendship by submitting your event to hector@ava.org. Click on the image to find the event form. Some of the clubs who have already signed up to host events include:



Cedar Milers
Columbia River Volkssport Club
East County Windwalkers
Randolph Roadrunners
Ridgewalkers Walking Club
Rose City Roamers
San Antonio Pathfinders
The UpState PathFinders
Texas Trail Roundup
Tulsa Walking Club
Washtenaw Wanderers

Valley Volks
Vancouver USA Volkssporters
Nebraska Wander Freunde Trailblazers
Iowa's Walking Club
The Happy Wanderers Walking Club
Clay-Platte Trackers of Kansas City
Saint Louis Walkers
Daffodil Valley Volkssport Association
Walk 'N Mass
Hoosiers Hikers
Dogwood Trailblazers

Indy G/Indiana Volkssport Ass.
Three Rivers/Indiana Volkssport Ass.
Bedford Hiking Club/Indiana Volkssport Ass.
Wandergruppe Walking Club
Dairyland Walkers
Interlaken Trailblazers Volkssport Club
Tecumseh Trailblazers
Wood n Dale Wanderers
FS Family Wanderers
Las Vegas High Rollers & Strollers
Liberty Bell Wanderers
Suncoast Sandpipers
Mid-America Regional Director
Low Desert Roadrunners

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To help promote your events you can download our pre-made certificates, event logo, event flyers, and social media banners. You can find these marketing tools at the bottom of the National Walking Week page by [clicking here](#). If you would like us to promote your event on social media and the AVA website, please complete the event form and email it to hector@ava.org by March 6th. Images to help promote your event are encouraged. Don't forget to send out a local press release for your event and ask local officials to issue a Proclamation in support of National Walk Week. You can find templates of these forms on the [AVA home page](#). For more information on national walk week go to ava.org.

2023 IVV OLYMPIAD AND IML/TTR UPDATES

HOST HOTEL CONFIRMED-LA QUINTA BY WYNDHAM SAN ANTONIO RIVERWALK HOTEL

The 2023 IVV Olympiad and IML Texas Trail Roundup planning committee conducted a site visit and planning meeting in San Antonio, Texas late February. The La Quinta San Antonio Riverwalk Hotel has been selected as the host hotel for the 2023 IVV Olympiad/IML. The rate for a single, double, triple, or quad room is \$159.00 plus taxes. This rate includes breakfast. Parking is discounted at a rate of \$18.00/night for AVA hotel guests. The standard rate is \$26.00. There is a city parking lot across the street from the hotel.



RESERVATION METHOD/PROCEDURE

Reservations will be made by calling 800-753-3757 or by using the link below on or before 1/19/2023:

[Click here to make reservation.](#)

Please use the information below when calling to make reservations.

Reservations Department #: 800-753-3757

Hotel: La Quinta by Wyndham San Antonio Riverwalk (property #53402)

Group Name: American Volkssport Association

Group Code: CG8650

Please be prepared to provide credit card information to guarantee reservations.



HOTEL RESERVATION CUT OFF DATE

The guest room block will be held until 1/19/2023 which is 30 days prior to arrival or until such time as the block has been filled. Any sleeping rooms not reserved by the cut-off date shall be released by the HOTEL for sale to the public.

IVV OLYMPIAD/IML TTR REGISTRATION UPDATE

Registration is scheduled to open in April. The registration link will be posted on the AVA website, or you can go to: [Home - IVV Olympiad 2023](#)

Note there will be an early bird discount so be sure to register early!

The host hotel, La Quinta, will be the event registration and packet pickup site.

VOLUNTEERS WANTED!

This will be an incredible event that will require many volunteers. If you would like to volunteer, please contact Susan Pinneke at nc_rd@ava.org (nc_rd@ava.org)

The 2023 IVV Olympiad/IML TTR committee meets monthly. We welcome your concerns, questions, recommendations, and Olympiad stories! If you would like to share with us, you may contact us at olympiad2023@ava.org

AVA BOARD OF DIRECTORS MEETING NOTICE

The next AVA Board of Directors meeting will be Wednesday, May 11, 2022, at 6:00p.m. Central. This will be an electronic meeting utilizing Office 365 Teams platform. The meeting link will be posted on the AVA website.

AVA VICE CHAIR - SUSAN MEDLIN

TEXAS TRAIL ROUNDUP

We had a wonderful time at the Texas Trail Roundup IML walking event in San Antonio, February 18-20, 2022. The weather cooperated; cool mornings and warm sunny afternoons. We had 170 participants, including international walkers from Canada, France, Germany, Ireland, Israel, The Netherlands, Norway, and Switzerland. The Military Marathon contest was won by the Viking Strollers, a group made up of several nationalities. Hermann Sons provided a lovely venue and the Start/Finish was held in their ballroom. In the evening, the River Walk was a short stroll away, the Rathskeller in the basement was open, and a number of folks enjoyed the San Antonio Stock Show & Rodeo.

At our opening ceremony on February 18, visitors were greeted by Nancy Wittenberg (AVA Chair/President), the Honorable Marialyn Barnard (Bexar County Commissioner Precinct 3), John Courage (City Councilman District 9) and the Honorable Rebecca Simmons (Executive Director, Old Spanish Missions).

Andy Thomas designed a very nice new 10km/5km walk route for our Friendship Walk on Friday, focused on new art work and local history. Everyone enjoyed it.

Susan Medlin altered the Marathon route slightly, removing Stenson Airfield and Mission San Jose Cemetery and adding a walk through the new San Pedro Creek Project. In 2023 the Marathon moves to a one-way route designed by Jim Tree. We will bus Marathon walkers to the Pleasanton Trail Head near the shores of Lake Mitchell. Marathon walkers will walk 42 km back to San Antonio. Several of us have biked this route already. It will mean more checkpoints need to be set up on Saturday, but it should be a lovely change of pace.

At the closing ceremony, we thanked everyone who came, particularly those who flew in from overseas or came in from the East and West Coasts. The US Travel Restriction wasn't lifted until November 2021, so it was hard to plan a big trip. And most people decided to wait until 2023, when they could enjoy a week of walking with the 2023 IVV Olympiad & TTR IML. It's a logical decision, but we still needed to host an event in 2022 and hope to make enough to keep our club financially viable so we could make it to 2023. Many thanks to everyone who came and helped us meet that goal.

Mark your calendars for February 19-26, 2023. San Antonio is the place to be!





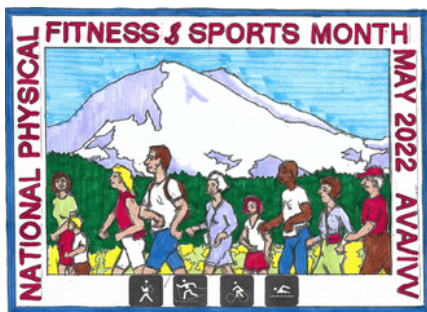
ACCOUNTING SPECIALIST - MARIAN DEVAUL

ADDITIONAL INSURANCE

Extra insurance endorsements carry an additional fee when requested. When the cost is determined, we will inform the club of the extra charges before the request for the additional insurance is secured. If the club agrees to the charges, the AVA will request the extra coverage and submit an invoice to the club.

STARTING POINT BOOKS

We still have books available for sale at a cost of \$25.00 plus shipping and handling. For purchase, please e-mail marian@ava.org, or call 210-659-2112.



Click on image for form.

MAY NATIONAL PHYSICAL FITNESS PATCH

We are currently taking orders for the 2022 May National Physical Fitness Patches. Clubs hosting events during the month of May can order patches by filling out and returning the form to AVA national headquarters no later than April 30, 2022. Supplies are limited, so orders will be filled on a first come, first served basis. Clubs may place reorders until supply is exhausted. Don't miss the chance to offer this collectible patch to walk participants. The cost is \$5.00 each to clubs which does not include shipping/handling or the 20% club discount. Mail form to AVA, 1008 S. Alamo St, San Antonio, TX 78210, or fax form to 210-659-1212. You may also place your order by emailing this form to marian@ava.org.

MARK YOUR CALENDARS! BIG GIVE 2022

AMERICA'S WALKING CLUB ANNUAL FUNDRAISER

The Big Give 2022

6 PM Thursday, September 22
through 6 PM Friday, September 23



THE NEW ESR ON MY.AVA.ORG.

The new ESR system is ready to go... finally. This last major step to retiring the legacy system has taken a little under a year to accomplish. Just one web page, the main ESR edit page, is 250,000 characters of code on my.ava.org. This is above all of the existing work that we are currently doing.

As you can imagine this effort will not be seamless as we deploy all of this new code. We do ask that if you come across anything that doesn't work as you would expect, to let me know using the "Contact us" form (lower right of web page) Please use "Save/Review" before switching to a different tab or leaving a contact us message.



Chris Zegelin and Holly Pelking at the Texas Trail Roundup packet pick-up in San Antonio

The transition started Monday March 7th where the legacy system access was turned off and is expected to be completed by Friday March 11th. We will allow a few days for the database synchronization to complete. Some of this is manual work. It may take a bit longer.

The two main pages for the ESR are found under the "Sanctions" tab in your club's home page. With a click you will be taken to "Edit / New". The two top sections of this page, "New events to be completed" and "Editing current sanctions" will cover most of what a typical club will need in the next 6 months.

The design of this new ESR is very different from the legacy system. One tester that had never created a sanction before but had read them over the years reported that "it was intuitive and easy to use". This is with no training... Not everyone will have the same experience, but the design is intended for people who create sanctions infrequently. It takes you step by step through the whole process.

Let's edit an existing sanction. Click the (second) "Sanctions" tab (between Up and Edit / New). This is a list of all of your club's current, approved sanctions. Choose one and click "Edit". You are now looking at the sanction in the edit page. Click on any of the "Sanction tiles" to see the whole sanction under edit. You will note that certain items in the sanction cannot be changed. Click "Save / Review" even if you made some changes to the sanction (for fun).

This is where the new design differs from the legacy system. The sanction you saved was not sent back to the approved list, rather it goes into the 'event buffer' table. The 'event buffer' is your "sandbox" where you can create, modify, and review a sanction until it is ready to be published. It is only when the event is published that the result is seen by the public. In most cases publishing is done by the RD as they approve the sanction. Changes to approved sanctions that do not require RD approval can be published directly by the club.

Feel free to play knowing that none of your playing will impact your clubs existing sanctions. The system is live however, so clicking "Publish" or "Req Approval" will do what you expect. As you review a sanction, you will see change and error bars on the left of a field. This helps you know what you have changed, and what errors need be fixed before you can publish the sanction.

IMPORTANT: This new ESR closes a few major security holes in the legacy system. While editing a sanction, you must regularly (10 to 15 minutes) click "Save / Review". We currently do not have an auto save feature. This feature would have delayed the new ESR by many months.

Over the coming months we will listen to the comments, make subtle changes to the design and fix any problems that are encountered. Lastly you must try “New event – copy previous” under “Edit / New”. Most clubs have recurring traditional events and this feature will save you considerable time.

If you have anymore questions or would like to see a demo of the New ESR system please register for this months Zoom meeting on March 16, 2022. Details below.

PROGRAMS COMMITTEE CHAIR - TIM MINER

MONTHLY WEBINARS CONTINUE

You are invited to a Zoom meeting on the New ESR System.

When: Mar 16, 2022 08:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

<https://us02web.zoom.us/join/register/tZcvdOqsqzgqHd3s3ovtvN0bhRZxRHUAn7J7>

After registering, you will receive a confirmation email containing information about joining the meeting.

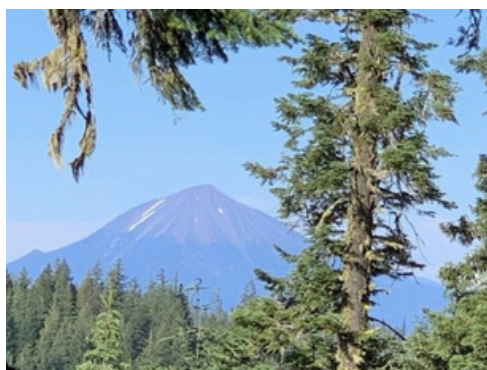


AVA President Nancy Wittenberg, Tim Miner and Dolores Grenier at the Texas Trail Roundup event in San Antonio

OREGON TRAIL STATE VOLKSSPORT ASSN. - TOM AND LOUISE BALTES

NORTHWEST REGIONAL CONFERENCE, JUNE 16-19

June 16-19 isn't that far off and if you haven't made plans yet to join the Northwest Region in their twice-delayed conference you can now start planning with confidence. The conference will include exceptional walks, bike and swim events in one of Oregon's most beautiful areas just north of the California border in the shadow of Mt McLaughlin.



Mt McLaughlin

Based at the Ashland Hills Inn and Suites in Ashland, you will enjoy urban walks and rural hikes on spectacular trails. The meet and greet promises to be memorable and the banquet will include, locally-sourced food in an attractive, spacious setting. For your leisure time there's the world famous Shakespeare Theater Festival, but you need to make reservations now using the link below.

<https://www.osfashland.org/season/2022/2022-season-announcement>.

Other leisure activity includes outstanding wineries and restaurants in and around the community.

Using one of the new my.ava.org features we've uploaded our brochure and links to all the events in the “Multi-day Event (Fests)” search window: <https://my.ava.org/find-a-fest.php>. In addition to our events there are nearly a dozen year round/seasonal events in the area. As a special treat, a walk will be offered by a northwest club at Crater Lake National Park, after the conference on June 20.



Hiking the Pacific Crest Trail

To facilitate more participation in our event this year, all our conference walks will be hosted through the online startbox, as well as at the conference center. Beginning the weekend before the conference and continuing to the end of September, the walks will be available online. For those unable to join us in June you'll still have a couple extra months to travel to the Ashland area to enjoy the events.

For those wanting a souvenir from the conference we have three T-shirts and two long-sleeve shirts to choose from with distinctive art drawn by our very talented walker, Jerri Wildfong from Medford OR. Please register early for your souvenir shirt(s) and the conference, as hotel space is filling up fast. All the details are available on our conference website at <https://www.walking4fun.org/nw-region-conf-2022.html>.

KEYSTONE STATE VOLKSPORT ASSOCIATION - TOM JACKSON, PRESIDENT

ATLANTIC REGION CONFERENCE, APRIL 22-24

The Pennsylvania Volkssport Clubs invite you to "Come Walk with Your Friends in Plymouth Meeting" at the Atlantic Region Conference, April 22-24, in Plymouth Meeting, Pennsylvania. There will be three walks: Manayunk/Bala Cynwyd on Friday, Plymouth Meeting on Saturday, and at the John Heinz National Wildlife Refuge on Sunday, a Volksswim at the host hotel, and a Volksbike that starts in Conshohocken and uses the Cross County Trail and Schuylkill River Trail. The Volksswim and Volksbike are sanctioned for all three days.

We encourage you to arrive early on Thursday afternoon and join the Liberty Bell Wanderers at the Valley Forge National Historical Park. There will be a Group Walk around the park starting from the Washington Chapel Parking Lot and a Group Bike Ride starting from the far end of the lower parking lot at the Visitor Center.

The host hotel is the DoubleTree Suites in Plymouth Meeting. Reservations can be made at the rate of \$119.00 plus tax. Please make your reservation early; we have a limited block of rooms. The conference rate is also available before and after the conference if extending your stay. Reservations must be made by 5 pm on March 24. Call (610) 834-8300 and use Group Code: VOL or "Volkssport Association". (Please only book using this phone # or the link below to get the conference rate.) Here is the special link to make an online reservation:

[https://www.hilton.com/en/book/reservation/deeplink/?](https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=PHLGHDT&groupCode=CDTVOL&arrivaldate=2022-04-21&departuredate=2022-04-24&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT)

[ctyhocn=PHLGHDT&groupCode=CDTVOL&arrivaldate=2022-04-21&departuredate=2022-04-24&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT](https://www.hilton.com/en/book/reservation/deeplink/?ctyhocn=PHLGHDT&groupCode=CDTVOL&arrivaldate=2022-04-21&departuredate=2022-04-24&cid=OM,WW,HILTONLINK,EN,DirectLink&fromId=HILTONLINKDIRECT)

There will be a Meet & Greet on Friday night and a Banquet, with a dinner speaker, on Saturday night. In lieu of a registration fee, there will be a silent auction to raise funds to support the conference. We encourage every attendee to contribute to the silent auction and bid on the items donated.

The Conference brochure and registration form may be downloaded from the AVA Events web site or from the AVA Multi-Day Events (Fests) web site (https://my.ava.org/files/fest_brochures/ARC-2022-BrochureV8RegisterV4.pdf)..

If you are having an issue making your reservation or need more information, please contact Tom Jackson at thomasjackson@embarqmail.com or 717-309-6088.



If you haven't enrolled with the Element3 Health Walk Voucher program we encourage you to register on their website. If you have enrolled and haven't taken the survey please do so by clicking the link below:

[Elemnt3 Health Website](#)

[Click here for survey](#)

SUPPORT OUR NATIONAL AND INTERNATIONAL FRIENDS

Click images to go to
official website.

INTERNATIONAL EVENTS



Penticton, British Columbia, Canada
May 27-29, 2022
We hope you will "Come Walk with Us, Visit with Us, Eat with Us and Enjoy a Fantastic Weekend of Fun, Fitness and Friendship"
Register now and see you soon.

NATIONAL EVENTS



Mid-America Regional Conference
MAC2022
June 17 - 19, 2022
Dayton, Ohio



Checkpoint Available Via Email to All Club Members Who Request It

To receive an electronic copy of the Checkpoint send your request to Hector at hector@ava.org. Please note on the subject line: Request for Checkpoint.



**AMERICA'S
WALKING CLUB**
ESTABLISHED 1976

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.



1008 S Alamo St · San Antonio, TX 78210, Phone 210.659.2112 · Fax 210.659.1212 [Message US](#).