



Photo from National Walking Week event on April 5, 2022. Sponsored by the Colorado River Walkers, Austin. The new route walks past many artistic murals and sculptures. - Carol Obianwu



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

MAY  
2022  
VOLUME 31  
NO. 5

# CHECKPOINT

[WWW.AVA.ORG](http://WWW.AVA.ORG)



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## PRESIDENT/CEO - HENRY ROSALES

### AVA BOARD OF DIRECTORS MEETING NOTICE

The AVA National Board of Directors will meet Wednesday, May 11, at 6:00 p.m. Central Time Zone. This will be a virtual meeting on Office 365 Teams. To access the meeting click on the link below. The meeting agenda will be posted on the AVA website. If you have problems accessing the meeting, please contact Hector at 210-659-2112 or email him at [hector@ava.org](mailto:hector@ava.org).

[Board meeting link.](#)

## 2023 IVV OLYMPIAD AND IML TEXAS TRAIL ROUNDUP WALKING FESTIVAL UPDATES

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

The La Quinta San Antonio Riverwalk Hotel will be the host hotel for the 2023 IVV Olympiad/IML Texas Trail Roundup Walking Festival. 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)  
303 Blum, San Antonio TX 78205

Group Name: American Volkssport Association

Group Code: CG8650

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



## ADDITIONAL HOTELS ARE AVAILABLE FOR THE 2023 IVV OLYMPIAD IN SAN ANTONIO, TEXAS

The AVA has negotiated special room blocks and rates at several hotels that are in downtown San Antonio, all are within a couple of miles from the host hotel, La Quinta by Wyndham. The rates vary from \$104.00-\$259.00. To see these hotels and register go to the 2023 IVV Olympiad website at [ivvolympiad2023.org](http://ivvolympiad2023.org) or click on [this link](#). These hotels have agreed to issue the AVA a rebate on room nights therefore, by staying at one of these hotels you are supporting the AVA!

## 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.

## THE OLYMPIAD REGISTRATION IS OPEN! REGISTER TODAY TO RECEIVE YOUR DISCOUNT!

You can now register for the 2023 IVV Olympiad and IML/Texas Trail Roundup Walking Festival. Be sure to register before October 1, 2022, to receive the early bird discount. To register [click here](#).

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

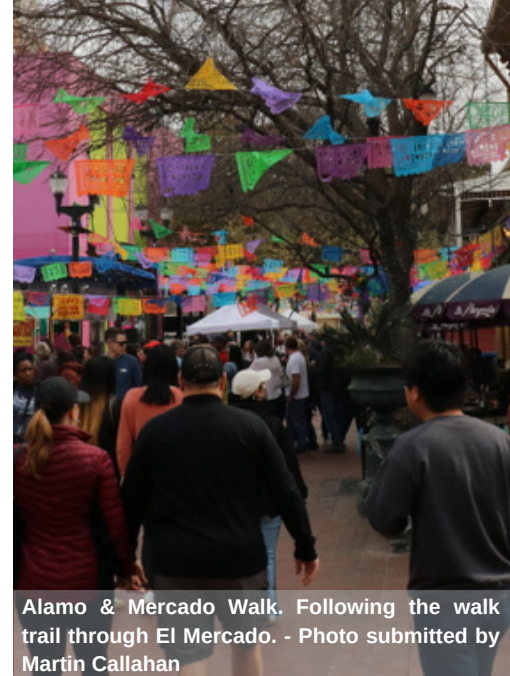
## VOLUNTEERS WANTED!

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](mailto:nc_rd@ava.org).

*The 2023 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](mailto:olympiad2023@ava.org)*

## LIKE US ON THE OLYMPIAD FACEBOOK PAGE!

Please go to [www.facebook.com/2023IVVOlympiadUSA](https://www.facebook.com/2023IVVOlympiadUSA) and "like" us! Invite your volkssporting friends and fellow club members to like us. Help us build awareness and excitement as we move towards 2023! Look for the latest on the joint Olympiad/IML events and answers to questions you may have.



Alamo & Mercado Walk. Following the walk trail through El Mercado. - Photo submitted by Martin Callahan



## OLYMPIAD/IML SPECIAL EVENTS

### MARGARITA AND TACO TRAIL WALK

San Antonio is designated as a UNESCO Creative City of Gastronomy. Our culinary scenes are bursting with savory flavors and frosty cold beverages! This trail will introduce you to some of the finest frosty Margarita and scrumptious Taco places in San Antonio. Drop by participating restaurants, breweries, and shops on the trail, get your book stamped and receive free samples, coupons, and other goodies. All participants who fill up their passport book with stamps will receive a special award.

### IVV/IML FRIENDSHIP CELEBRATION

The common purpose of the IVV, IML and AVA is to promote good health and foster international friendships and goodwill. Join us for a fun filled international celebration with music, food, entertainment and friendly people from all over the world! Break out the dancing shoes and let the party begin! Cost of admission includes light hors d'oeuvres, drink ticket and entertainment.

## CHANGES TO TRAVELING GUIDED WALKS

Effective July 1, 2022, clubs are not required to sanction a Traditional event within the calendar year to be eligible to sanction Traveling Guided Walks (TGW). The cost for the Traveling Guided Walk sanction and stamp will be \$105.00. Extra stamps are \$5.00 and extra handles are \$9.00.

## PUBLICITY COMMITTEE - SUSAN FINE

### COMMITTEE UPDATE

Not only is the 2023 Olympiad the first time it will be in North America, but it is also the first time it will be back-to-back with an IML event. So, we need all AVA clubs' help to get the information to their members. This is the only time many volkssporters in the USA will be able to attend an Olympiad.

We have flyers and Save-the-Date cards for your upcoming events, which your RDs can get to you. We also ask you to please send the flyer digitally to your members, and encourage them to [REGISTER NOW](#) to get the Early-Bird Registration discount, which will end September 30, 2022. The digital flyer is available [here](#). Or email [finesusan25@gmail.com](mailto:finesusan25@gmail.com) and I'll send you a copy of the flyer, to share with your club.

The event includes seven days of walk, bike and swim events. The IVV Olympiad is February 19-22, 2023, followed by the IML Texas Trail Roundup February 24-26. Register now at: [ivolympiad2023.org](http://ivolympiad2023.org) and get an early-bird discount on the registration. Choose all seven days, or fewer days, depending on your schedule.

Walks vary daily from 42K, 21K, 10K or 5K. There are also three bike events and two swim events planned. Plus registrants will get an Olympiad Pass that includes access to the Olympiad Village at La Villita - a national historic arts village with more than 25 shops, restaurants and galleries.

Please share this information with your clubs, family and friends. We want all North America to be represented for our international guests. We appreciate your help with this.

More information is available @ [ivolympiad2023.org/](http://ivolympiad2023.org/) and on Facebook @ [2023 Olympiad Facebook page](#).

## IT COMMITTEE - MIKE GREEN, CHAIR

### BASE SANCTIONING FEE FOR ONE QUARTER SEASONAL WALKING EVENTS

The ability to create/edit/approve events on my.ava.org, hereafter referred to as the new ESR allows clubs to choose to easily create all types of events: traditional, year round, and seasonal events at any time of the year. As per the AVA Policy Manual, the sanctioning fee for a traditional walking event is \$30. However, for a seasonal walking event with a start and end date falling within a single quarter, the total sanction fee is \$25 (\$20 base fee + \$5 quarterly fee).

So prior to the fee change detailed below, a club was able to choose to create a seasonal event with a duration as small as 1 day instead of a traditional event to avoid paying \$5 more in sanctioning fees.

Indeed, creating seasonal walking events instead of traditional walking events may likely become more popular since some clubs have and are considering sanctioning short duration seasonal walking events so as to have Online Start Box (OSB) support for their events. (See the following article on using OSB for short term seasonal events.)

In any case, it is unfair to those who sanction traditional walking events instead of seasonal walking events. Also, any increase of the sanctioning of seasonal walking events in place of traditional walking events, under the previous sanctioning fee rules, would have a negative impact on AVA revenues.



Click on image to view.



Therefore, effective immediately, the base sanctioning fee for an event in the class of seasonal walking events, where start and end dates fall in the same quarter is changed from \$20 to \$25. This change makes the total sanctioning fee for an event in this class equal to \$30 (\$25 base fee plus \$5 quarterly fee) which is the same as for a traditional walking event. The fees for any other seasonal that is not in this class remain the same. So, for example, the base sanctioning fee for seasonal non-walking events and seasonal walking events where the start and ends fall in different quarters remains \$20.

## USING THE ONLINE START BOX FOR SHORT TERM SEASONAL EVENTS

Only seasonal and year round events are supported by the OSB (not traditional events). Recently, a couple of AVA clubs have sanctioned or are considering sanctioning short term (1 to a few days) seasonal events instead of a traditional event, so as to have Online Start Box (OSB) for their events.

Using the OSB for short term seasonal has certain advantages including providing a way for the event participants to register for events, downloading directions (at no expense to the club), completing/paying for events online, and having the event participation data automatically imported into the next quarterly participation report/invoice. Once event participants “finish” their event online, clubs are able to download participation sign-in sheet reports for their records.

On possible disadvantage of using the OSB is that until event participants have “finished” their events online, the club has no visibility as to who has registered or how many have registered for their event. In fact, OSB registrants are permitted to completely delete their registration instead of finishing their events.

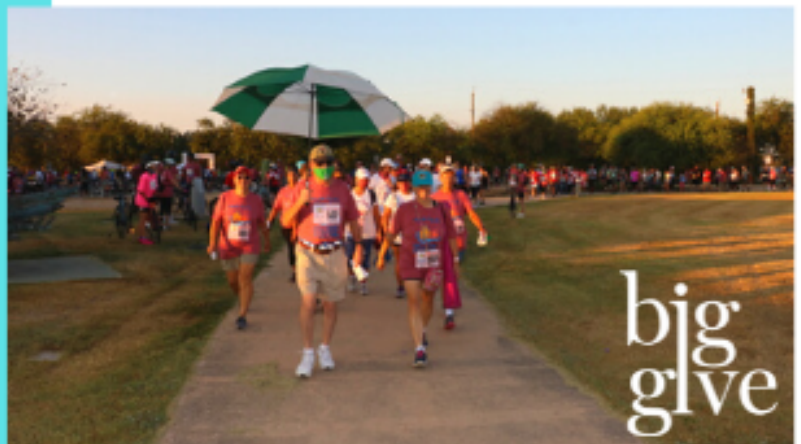
The impact of not knowing the number of folks who have registered for an event could complicate club planning for the event. For example, how much parking is required to accommodate event participants. One way to mitigate this problem would be to request/require registrants to go ahead and finish their event online. This would require participants to enter the expected walking distance prior to actually doing the walk. (This distance would appear on any generated online distance insert cards, but walkers are permitted to later manually modify their distance insert cards to reflect the distance they walked.)

Also, a registered/finished OSB participant may or may not have downloaded directions for an event that they expect to have a staffed starting point with directions to distribute. So, the sponsoring club should make it clear in the online event information that OSB participants are expected to have downloaded their directions for use at the event. Then of course, be prepared to handle a few folks that downloaded their events but managed to not bring them to the event.

# Mark Your Calendars!

## THE BIG GIVE 2022

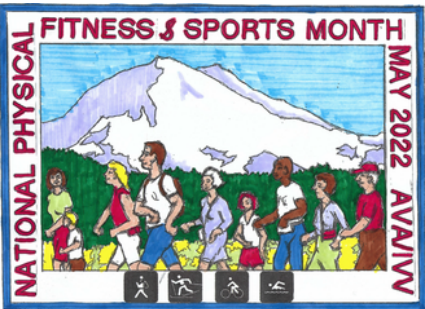
6 PM Thursday, September 22 through  
6 PM Friday, September 23



**ACCOUNTING SPECIALIST - MARIAN DEVAUL**

**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](mailto:marian@ava.org), or call 210-659-2112.



Click on image for form.

**MAY NATIONAL PHYSICAL FITNESS PATCH**

Don't miss the opportunity to purchase 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. Clubs may place orders 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](mailto:marian@ava.org).

**FINANCIALS**

If your club is on a calendar year, Annual Financials Reports, e-Postcard filings, and Officer Updates (ESR update) are due by May 15, 2022. Please submit a copy of your filings to [marian@ava.org](mailto:marian@ava.org).

May 15th, 2022 – 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.

Note: Financials for clubs with a fiscal year ending 6-30-22 are not due until November 15, 2022

**IT SPECIALIST - HECTOR HERNANDEZ**

**2022**

**EDITING DEFAULT PDF EVENT BROCHURE ON MY.AVA**

[D'load long format PDF](#)

[D'load info PDF](#)

October 2021 it was announced that there would be some changes added to your events page on my.AVA.org. One of the changes introduced was a default downloadable pdf brochure for events that were entered without uploading a brochure. The pdf template compiles event information entered into a foldable print out that can be used a flyer. This default pdf brochure contains a FEE section that references free walkers. Clubs are free to remove or edit this statement as necessary by doing the following:

- 1.Design your own pdf event brochure and upload it on the "Sell It" tab. AVA provides downloadable Word event brochure templates for everyone to use to make a pdf event brochure. [Click here](#) to find templates.
- 2.Download the default pdf event brochure that is provided on My.AVA, save it to your computer, open with word and edit the text. Once you have edited the text you can resave as a pdf and then upload through the "Sell It" tab
- 3.Email Chris Zegelin, OSB Developer at [chris@zegelin.com](mailto:chris@zegelin.com). Include your Club number and a request to disable the downloadable pdf event brochure.



## CHECK OUT THIS ARTICLE!

Published online April 2022 on The Columbian Website

Be sure to click on the image in the article to open the gallery to view photos of the event.



To view full article written by Shari Phiel click on image.

## FORMER NATIONAL BOARD MEMBER - PHYLLIS OLSON

### RIDE TO OLYMPIAD

Do you need a ride to the Olympiad? Just leave the driving to us! On February 17, Iowa's Walking Club is boarding a luxury motor coach in Des Moines to head south to San Antonio for the 18th IVV Olympiad and IML Texas Trail Roundup. You are welcome to join us. This is a once in a lifetime opportunity for most of us to attend an Olympiad and walk with international Volkssporters.

While there, we will be in the middle of the action and fun by staying at the headquarters hotel, LaQuinta Inn San Antonio Riverwalk, for 9 nights. It will be up to you to choose how much or little of the activities you wish to do.

For more information contact Phyllis Olson, [paolson@mchsi.com](mailto:paolson@mchsi.com). Arrangements can be made to pick up riders along our route south on I-35. It will be a fun trip. Let us know of your interest. Just say "Si" to San Antonio.

## CONVENTION COMMITTEE - JERRY WILSON, CHAIR

### CALL FOR PROPOSALS TO HOST THE 2025 AVA BIENNIAL CONVENTION

The American Volkssport Association (AVA), America's Walking Club is issuing a Request For Proposals (RFP) for local clubs jointly applying, a singular club and/or state association to host the 2025 AVA Biennial Convention. RFP documents are available upon request from the National Office.

Typically every two years the membership of the AVA convenes for seven (7) to nine (9) days to participate in some of the best organized walks in America as well as other noncompetitive fitness activities before, during and after a national general membership business meeting. We refer to this convening as our biennial convention. The number of individuals who attend the full convention could be approximately 350. However, the number of individuals who attend the walks and social events exceeds 700! Our goal is to increase these numbers by 25%.

The biennial convention includes the business meeting (two one-half day sessions), workshops, socials, an AVA Board Meeting, silent auction, cash raffle, exhibit booths and health fair, walking events and other noncompetitive physical fitness activities which take place during three days of the convention and the a nine-day convening period with pre and post convention activities.

Those Considering Submitting Proposals (RFPs) Need to Develop a Proposal  
(140-plus day development period from the published date of this RFP)

September 1 Due Date for Proposals (RFPs) to Reach the National Office

September 1 - September 21 A Review of Submitted Proposals Will be Conducted by National Office Staff, and Representatives of the Convention Committee(21 Day Review Period)

October 1, 2022 Two (or Three) Semi-Finalists Will Be Notified and On-site AVA Visits Will Be Scheduled

October - November 4, 2022 On-site Visits by National Office and AVA Convention Committee Representatives at Semi-Finalist Locations, Tour Sites and Meet Local Committee Members

November 9 National Office and the Convention Committee Present Semi-Finalists to the Board at the Board Meeting Requesting Board Input, and if Desired, a Board Recommendation

February 20-23 or 20-26 Semi-Finalists Will Be Offered a Booth in San Antonio to Share Information

February 24, 2023 Membership Business Meeting - In-Person or Video Presentations by Semi-Finalists

March 2023 Member Delegates Selection/Vote - Virtual Voting (Date to be selected.)

April 3, 2023 Finalist Selected Will Be Notified, as Well as the Runner-up

April 2023 - May 2025 Local Preparation and Scheduling for 2025 Convention Activities Continuous Contact With National Office Staff and the Convention Committee (National Office Executive Director Approves and Signs All Convention Related Contracts)

If you have questions, please contact Henry Rosales at [henry@ava.org](mailto:henry@ava.org) or (210) 659-2112 or Jerry Wilson, Chair, Convention Committee at [Convention@ava.org](mailto:Convention@ava.org) or (608) 695-6449 (leave a message)



### PROGRAMS COMMITTEE - TIM MINER, CHAIR

The America's Walking Club online webinar for May is Wednesday, May 18 at 8 pm Eastern. It will last for one hour. Pre-registration is required.

Topics for this month include:

1. "Lessons Learned" from the 2022 National Walking Week
2. Some Hints for 2023 national "Special Programs"
3. Updates on the 2023 TTR and IVV Olympiad
4. A Quick Intro to Walking with Trekking Poles (Time Permitting)

Registration link below:

You are invited to a Zoom meeting.

When: May 18, 2022 08:00 PM Eastern Time (US and Canada)

Register in advance for this meeting:

[https://us02web.zoom.us/meeting/register/tZwkdOyprz8iE9bA5NGN4Z8XwJVR7DBP5\\_xC](https://us02web.zoom.us/meeting/register/tZwkdOyprz8iE9bA5NGN4Z8XwJVR7DBP5_xC)

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



## YORK WHITE ROSE WANDERERS - CLUB

### DEBBIE CHOINIÈRE

It is with great sorrow of the passing of one of Volksporing's best. Debbie Choiniere from the York White Rose Wanderers in York, PA passed away on March 5. Deb and her husband Keith were members of the club for almost 30 years. They both traveled the country and walked in all but 2 states. Deb enjoyed a few simple things in life. First and foremost her family of five children and three grandchildren. Family was everything to Deb. Here most favorite times were spent at holidays cooking a huge family dinner and making sure everyone was fed. You never left a family gathering hungry. Her second joy in life was traveling. Seeing the country and walking with her two dogs, Dixie and Shiloh.



Debbie will be greatly missed by so many. Many people remember her laugh. Her presence was always known when she was in the room. Deb was always the first to volunteer when needed. During Covid she organized first Saturday walks for the club to keep the club active since we could not have traditional walks. This kept people interested and active. Deb was also the treasurer of the club for over 25 years. She was so dedicated to this office and thoroughly enjoyed it. She would spend hours doing paperwork after each event and many trips to the bank.

Deb always put herself last, while putting everyone else first. She died doing exactly what she loved to do, doing a Volksmarch in Gettysburg. This was one of the first Saturday events that she started and organized. While walking on the trail with her dogs she was stricken and died shortly after. This ending seems so fitting for Deb.

She will sadly be missed by so many friends, her husband and her children. And the dogs! She loved those dogs. The York White Rose Wanderers plans to do a memorial walk in her honor in the future.

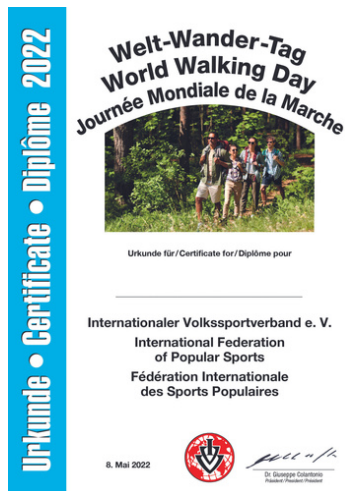


Spreading the word of AVA along the Old Spanish Trail communities in West Texas! - Edie



## SUPPORT OUR NATIONAL AND INTERNATIONAL FRIENDS

### INTERNATIONAL EVENTS



Don't forget- World Walking Day is May 8th!! We have many trails to choose from. Bring a friend! Order certificates now by emailing Karen@ava.org.



Pentiction, 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.

Click images to go to  
official website.

### 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](#).