





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

NOVEMBER
2022
VOLUME 31
NO. 11

CHECKPOINT

WWW.AVA.ORG



US FREEDOMWALK IML 2023

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PRESIDENT/CEO - HENRY ROSALES

AVA BOARD OF DIRECTORS MEETING

The AVA National Board of Directors will meet Wednesday, November 9, 2022, at 7:00 p.m. Central Time Zone. This will be a virtual meeting on Office 365 Teams. To access the meeting [click here on link](#). If you have problems accessing the meeting, please contact Hector at 210-659-2112 or email him at hector@ava.org.

To see the agenda, [click here](#).

CLARIFICATION OF AVA MEMBERSHIP MEETINGS

The October Checkpoint posted notice of a General Membership Meeting on Friday, February 24, 2023. This was an error. The AVA has two types of meetings per our bylaws; a "Regular Membership Meeting" and a "Special Membership Meeting". The Regular Membership Meeting is when the AVA elects National Officers, receives reports from National Officers and Committees, and conducts other business of the organization. This meeting is tentatively scheduled for June 2023, date TBA. This will be an electronic meeting. Dates and times will be posted in the March 2023 Checkpoint.

A Special Membership Meeting may be called by the Board of Directors at any time and the purpose of the meeting shall be stated in the call. Except in the case of emergencies, at least 60 days' notice shall be given. During the November 9th, 2022 Board meeting, the Board will discuss the call of a Special Membership Meeting to be held Friday, February 24, 2023 in San Antonio, Texas. Should the Special Meeting be called, the purpose of the meeting and details will be published in the December 2022 and January 2023 Checkpoints. A special notice will also be sent via email to all club officers following the November 9th meeting.

PLEASE SEND US NAMES FOR THE NECROLOGY LIST

Please help us honor all of our beloved Volkssporters who are no longer with us. Send the name, city, and state of individuals from May 2021 to the cutoff date of December 31, 2022 to Karen at karen@ava.org by January 15, 2023.



Lisa Lynde, Executive Director of the King William Association presents Nancy Wittenberg, AVA Board Chair with a grant award to support the AVA Community Walk that will be hosted during the 2023 IVV Olympiad.



ANOTHER BIG SUCCESS! YOUR GIFT WILL MAKE AN IMPACT

They say that actions speak louder than words, and during this year's Big Give campaign you have shown this to be the absolute truth. To date, \$86,985 has been raised as a result of the generous and caring hearts of our 412 donors*. We would like to express our gratitude to each and every one of you who donated this year, including individuals, clubs, match sponsors, and business partners. We are especially grateful to all of the Peer-to-Peer fundraisers for being our inspiration and taking the initiative to fundraise on behalf of America's Walking Club. The AVA earned \$4,232 in Peer-to-Peer donations. The top three Peer-to-Peer fundraisers were AVA Chair Nancy Wittenberg, Accounting Specialist Marian DeVaul, and Mid-America Regional Director Robert Buzolich. Another heartfelt thank you goes out to all the individuals who contributed during the eight Match Minutes. We appreciate you setting your alarms to donate during the Match Minutes, your efforts helped us raise an additional \$2,155!

Once again, thank you all for your support of the Big Give. Your help will not go unnoticed. Your donation will not go unappreciated. Your gift will make an impact! *(Amount raised as of November 7. Donors who made several contributions are counted in the donor total.)

Stay tuned for additional Big Give updates in upcoming issues of the Checkpoint.



CANVA STORIES

**bjg
glve**

\$86,985 Raised!

Thank you for
making a difference.

*Thankfulness is the
beginning of gratitude.
Gratitude is the completion
of thankfulness.
Thankfulness may consist
merely of words. Gratitude
is shown in acts.*
— Henri Frederic Amiel



CANVA STORIES

Andy Thomas, Southwest
Regional Director, contributes
to the Big Give Campaign.

ON THE TRAIL AT THE 2023 US FREEDOMWALK IML



2023 IVV OLYMPIAD AND IML TEXAS TRAIL ROUNDUP UPDATES

THE OLYMPIAD REGISTRATION CONTINUES! REGISTER TODAY AND RECEIVE A DISCOUNT!

Discounted registration for the 2023 IVV Olympiad and IML/Texas Trail Roundup Walking Festival continues through November 30, 2022. This discount will expire at the end of November so be sure to act fast! Single day passes are available on the Olympiad registration site. The price for a single day pass is \$30.00. This price does not include the Margarita and Taco Trail Walk or the Friendship Celebration.



To register go to: [Home - IVV Olympiad 2023](#)

CANCELLATION AND REFUND POLICY FOR REGISTRATION

All cancellation requests must be submitted in writing and may be subject to a \$50.00 cancellation fee for a full 2023 Olympiad and IML TTR registration, and up to \$25.00 for a partial 2023 Olympiad and IML TTR registration. You must contact the American Volkssport Association Inc. (AVA) no later than January 1, 2023, to cancel your registration for the 2023 IVV Olympiad and IML TTR. Cancellations made prior to January 1, 2023, will be eligible for refunds. No refunds will be given for cancellations made after January 1, 2023. However, if the 2023 Olympiad and IML TTR event is cancelled by the American Volkssport Association Inc, a full refund will be extended to all registrants minus any processing fees charged by third party vendors.

All requests for cancellations and refunds should be mailed to:

American Volkssport Association Inc.
Attn: Erin Grosso
1008 S. Alamo St.
San Antonio, TX 78210-1110
(210) 659-2112

Please direct all inquiries to Erin Grosso, AVA Finance Director at erin@ava.org

HOST HOTEL-LA QUINTA BY WYNDHAM SAN ANTONIO RIVERWALK HOTEL

This hotel will be the location for registration and packet pickup for all IVV Olympiad and IML Texas Trail Roundup events. However, this hotel is almost at capacity but does have a limited number of rooms. If unable to reserve rooms through the link, please call 800-753-3757 to make a reservation.

THERE ARE PLENTY OF ADDITIONAL HOTELS AVAILABLE FOR THE 2023 IVV OLYMPIAD

The AVA has negotiated special room blocks and rates at several hotels that are in downtown San Antonio, all within a couple of miles from the host hotel, La Quinta by Wyndham. The rates vary from \$104.00-\$259.00. To view these hotels and register go to the 2023 IVV Olympiad website at ivvolympiad2023.org and click on the Hotels link. If you encounter problems with your reservation, please call the hotel directly and advise them you are with the American Volkssport Association group or contact Bernadette at bernadette@ava.org. 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!

LIKE US ON THE OLYMPIAD FACEBOOK PAGE!

Please go to 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.



RESERVE YOUR 2023 OLYMPIAD EXHIBIT TABLES NOW!

All AVA clubs are invited to host an exhibit table at the 2023 IVV Olympiad and IML Texas Trail Roundup Olympiad Village. The village will be open from 11:00 a.m. – 7:00 p.m., Monday, February 20 – Saturday, February 25, 2023.

There is no fee for clubs who want to host an exhibit table, only a commitment to open your exhibit a minimum of four hours per day, Monday – Saturday. Exhibits will come with an 8-foot table and two chairs, no tablecloths.

For more information and to reserve your table contact Erin at erin@ava.org

MEMBERSHIP COMMITTEE - KAREN KAUFMAN, CHAIR

AVA IS LOOKING FOR VOLUNTEERS FOR THE MEMBERSHIP COMMITTEE

We are looking for open minded and progressive thinking members who see the way forward to the future of AVA membership at all levels. If interested, please send an email to membership@ava.org with your name, your Region (and Club), email, phone number (contact time AM, Aft, PM and time zone), to include a brief paragraph about yourself and why you are interested in joining the committee. Thank you!



PUBLICITY COMMITTEE - SUSAN FINE, CHAIR

PUBLICITY COMMITTEE UPDATE

The 2023 IVV Olympiad committee had a great 3-day meeting in San Antonio Oct 28-30... to finalize details for the upcoming international festival of walks, bike events and swim events February 19-26. The Publicity Committee asks that you please share with your fellow volkssporters that the early bird registration deadline continues until November 30, for the multiple day registrations. Daily registration has been added for \$30/day for those of you who can only attend 1 or 2 days, and includes all sports events that day and entrance to the Olympiad Village. Please visit the website to get details: ivolympiad2023.org.

Also, we are promoting that each day at 9am, Elisabeth will lead a group walk Feb 20-26, for those who want to walk together during the festival. The walks will be the 10K walks for that day (Feb 25 is a 13K). It's a great chance to meet new friends from around the world who share your passion for walking.

In the upcoming weeks, please share the Olympiad Facebook page, Checkpoint, emails, and TAW for friends to join you at the Olympiad. Please include the 2023 IVV Olympiad in your club's newsletters. If you need me to write something for you, just let me know: susanf@ava.org.

For most of us, the Olympiad will be a once-in-a-lifetime experience, bringing international volkssporters to America for the first time. We look forward to you joining us.

ACCOUNTING SPECIALIST - MARIAN DEVAUL

2023 CENTURION ACHIEVEMENT CHALLENGE

The 2023 program begins January 1, 2023. You must be an AVA Associate Member (annual or lifetime) to participate in the Challenge. Eligible participants may register for the 2023 Challenge between October 1, 2022 and September 30, 2023 using the official registration form. Please mail forms to AVA, 1008 S. Alamo St, San Antonio, TX 78210, or e-mail to marian@ava.org.

[Click here for Centurion form.](#)

FINANCIAL

If your club's fiscal year ends on June 30th, the following updates and financial documents are due to the National Office by November 15th, 2022:

- 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 on my.ava.org must be completed by each club.

If you club's fiscal year ends on December 31st, the required updates and financial documents are due to the National Office by May 15th, 2023

Don't forget to review / update the officer information on the club's my.ava.org page. After logging in, click on the "Profile" tab which will then populate the "Mng Contacts" tab. After reviewing all the information on this page, click in the "Verify" box and finally the "Update" tab which is located on the bottom left of the screen.



EVENT STAMP REMINDER

Stamps are sent out 2 months prior to the event. If you have not received your stamps 3 weeks prior to your event, please let us know as soon as possible. Last minute stamps are time consuming and expensive for everyone. Also if you are sanctioning an event with a start date less than 60 days away, please notify us so that we may determine if there is a need to do a special stamp run to get the event stamp cut and sent prior to the event.

STAMPS AND BOOKS

The 2023 stamp process has begun and the Starting Point Books have been ordered. Please make sure all Club and Membership mailing addresses are up to date so there are no packages lost. Stamps and handles for 2023 YRE's and Seasonal events will be mailed by the first week of December. If you need an extra handle in addition to the one handle that comes with a new sanctioned event, please email Hector at hector@ava.org with the name of your club and the number of extra handles you require. Please remember, free handles go out for new Year Round and Seasonal events. Extra handles cost \$9. If you have further questions email hector@ava.org.

2023 STARTING POINT PHOTO CONTEST

Thank you, everyone, for your submissions to the Starting Point Photo Contest this year. We had 21 submissions this year. The Publicity Committee carefully reviewed all submissions and a final decision has been made. Congratulations to Kathy Nash a member of East Tennessee Wanderers from Maryville, TN for winning 1st place and the front cover position with her submission. Her photo features the “#OptOutside Traveling Guided Walk at Ijams Nature Center in Knoxville, TN, held by the East Tennessee Wanderers”. Our 2nd place winner is Diana Wendling a member of the Falcon Wanderers from Colorado Springs, CO. Her photo of the “Garden of the Gods Earth Day Walk, Colorado Springs, CO, held on April 16, 2022” will be displayed on the back cover of the issue. The National Office would like to thank all who submitted their amazing photos for consideration.





PROGRAMS COMMITTEE - TIM MINER, CHAIR

The America's Walking Club online webinar for **November is Wednesday, November 16th at 8 pm Eastern**. It will last for one hour.

[Register in advance for this meeting by clicking here](#)

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

Topics:

Updates on the AVA Special Membership Meeting in 2023.
Who are the 2023 AVA candidates for board leadership?
Updates on the IVV Olympiad and Texas Trail Roundup
Open microphone for the membership

CONVENTION COMMITTEE - JERRY WILSON, CHAIR

HOSTING THE 2025 AVA BIENNIAL CONVENTION – EXTENDED TIME TO SUBMIT PROPOSALS!

The American Volkssport Association (AVA), America's Walking Club is extending the deadline to submit a proposal to host the 2025 Biennial Convention. Contact us now! The new deadline is December 5th.

Those considering submitting proposals need to contact AVA and develop a proposal. The Convention Committee and National Office members will provide assistance where possible.

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

NOMINATIONS COMMITTEE - CHRIS MELLEN, CHAIR

ELECTION OF OFFICERS IN SAN ANTONIO, TEXAS 2023

We have one candidate for each of the AVA National Officer positions for the term of office from July 1, 2023, to June 30, 2025. Elections will be at a TBD meeting in 2023.

The candidates are:

AVA Chairman: Nancy Wittenberg from Puyallup, Washington
AVA Vice Chairman: John McClellan from Daytona Beach, Florida
AVA Secretary: Leslie Stone from Daytona Beach, Florida
AVA Finance: Ed McCabe from Dripping Springs, Texas

SUPPORT OUR NATIONAL AND INTERNATIONAL FRIENDS

Sixth Martin Luther King Day Weekend
First Coast Trail Forgers Walking Club

Friday - Monday
Jan 13 - 16, 2023



FERNANDINA BEACH, FL - 5 WALKS OVER 4 DAYS



Save the Dates for

WALKFEST VANCOUVER

September 22-24, 2023

3 Days of Beautiful Walks
Including Walks in
World Famous Stanley Park
and on
The World's Longest Seawall

Three Hour Harbour Cruise
Including Onboard Banquet

Hosted by
Vancouver Venturers Volkssport Club

www.vancouverventurers.com
www.facebook.com/groups/vancouverventurers



NATIONAL EVENTS

Click images to go to
official website.

37th Annual Spring Volksmarch June 3, 2023

11th Annual Fall
Volksmarch
October 1, 2023



CRAZYHORSEMEMORIAL.ORG



INTERNATIONAL EVENTS

where to be in '24
où être en 24



Join us May 24-26, 2024 for
a walk through history in Canada's
First Capital and surrounding areas.
Registration includes 5 Event Walks,
a Meet & Greet, and a Dinner.

Rejoignez-nous les 24-26 mai 2024
pour une marche à travers l'histoire
dans la première capitale du Canada
et les environs. L'inscription comprend
5 marches événementielles, un
Meet & Greet et un dîner.

**SOLAR
ECLIPSE**

APRIL 8, 2024
SAVE THE DATE

The Texas Hill Country
will be one of the few places
in North America
in complete totality of the solar eclipse.
Observers will see about
4 minutes and 29 seconds of totality!

The Randolph RoadRunners are planning
5 & 10 km walks
in Kerrville, Texas

COME WALK WITH US
www.randolphroadrunners.info



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.



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