



AMERICA'S
WALKING CLUB
— ESTABLISHED 1976 —

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CHECKPOINT

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PRESIDENT/CEO - HENRY ROSALES

AVA BOARD OF DIRECTORS MEETING

The AVA Board of Directors meeting is this Wednesday, April 12, 2023 at 6:00 p.m. Central Time. This is an electronic meeting utilizing the Microsoft Office 365 Teams platform. If you would like to join us as a guest please [click on this link](#). Click here for the [meeting agenda](#).

IMPORTANT DEADLINES FOR THE JUNE 14, 2023, REGULAR MEMBERSHIP MEETING

March 31, 2023 – Regular Membership Meeting Credentialing Forms will be emailed to all Club Officers on or before this date. If you would like this form to be mailed to you, please contact Erin at erin@ava.org or you may access this form online by [clicking here](#).

April 7, 2023 – Agenda items and proposed Bylaws changes are due to the National Office by 12:00 midnight Central Time. Please send to Nancy Wittenberg at chair@ava.org and copy henry@ava.org.

April 15, 2023 – Agenda and proposed bylaws changes will be emailed to all club officers.

April 30th, 2023 – Deadline for clubs to be in good standing to vote in the Regular Membership Meeting, June 14, 2023.

May 15, 2023 – Officer, Board Member and Committee Chair reports are due. Please limit reports to 300 words. There will not be a printed book of reports. All reports will be posted on the AVA website prior to the meeting under a special tab.

May 24, 2023 – Regular Membership Meeting information packet which includes all reports and supplemental documents are emailed to Officers, Board Members, Committee Chairs, and Club Officers.

May 31, 2023 – Credentialing forms must be received at the National Office by this date. You may mail or email the forms to Marian at marian@ava.org.

June 14, 2023 – AVA Regular Membership Meeting, 5:00 pm – 8:00 pm Central, this will be an electronic meeting utilizing the Zoom online meeting platform. Club Delegates who will be voting must register in advance for the meeting. We ask that the same email used on the Delegate form be the same email you use to register for the meeting. We will have the registration link available in the May Checkpoint.

REQUESTS FOR ADDITIONAL INSURED CERTIFICATES

Sometimes when a club hosts an event at a park, city, or private facility, the owners will ask to be added to AVA's insurance policy as an Additional Insured. This Additional Insurance Certificate covers outside parties who may have a financial stake in the club event. Clubs do not need to request Additional Insured Certificates for themselves because they are already covered under the AVA's General Liability Policy. Should you have questions please contact henry@ava.org

HOW TO REQUEST AN ADDITIONAL INSURED CERTIFICATE

Go to the club's my.ava.org home page and click on the Sanctions tab, then the Insurance tab.

Click on the Request Insurance button next to the event you wish to request Co-Insurance for.

Complete the form including the event POC information (who will be receiving the completed Certificate of Insurance (COI) via email) and enter the Additional Insured Info for COI case.

Hit the Submit button.

A request can be edited once submitted until it has been sent to the AVA Insurance provided (every Monday, Wed, and Friday around 4am)

Once a request has been sent to the Insurer. The club can create an additional COI request for an event if needed. Allow about a week for the COI pdf to be create and sent to the POC email address.

Clubs must enter their event for sanctioning and get it approved by their Regional Director before using the Insurance tab to create a Certificate of Additional Insured request. (There is no support for getting Co-Insurance for unapproved events.)

INVITING ALL AVA CLUB MEMBERS TO PARTICIPATE IN THE KING WILLIAM PARADE!

In case you did not get enough of San Antonio during the Olympiad, we invite you to come back and participate in the King William Fair parade! This festival draws 35,000 visitors to the King William District and is one block away from the National Office. It is part of the city's annual Fiesta celebration which draws over 3 million people during the 10-day event in downtown San Antonio, Texas.

One of the successful outcomes of the Olympiad is that the AVA has been invited to participate in the annual King William Fair parade in San Antonio. AVA members who participate will be asked to carry one of the IVV or IML banners and walk a short route of 1.5 miles. Members are encouraged to bring old medals and pass them out to spectators along the route. Fiesta is all about the medals! **The parade is on Saturday, April 29, 9:00am – 11am. Parade formation starts at 8:00am.** After the parade, the AVA National Office will host snacks and refreshments for all AVA parade participants. Quite often I hear that many do not know about the AVA. This is an excellent opportunity to share with everyone who we are!

If you would like to participate in the parade, please contact henry@ava.org asap. Family members and friends are invited to walk in the parade if they can carry a banner. We need approximately 42 participants. Further details will be emailed to all participants.

WEBINAR FOR NEW RDS, DEPUTIES AND CLUB OFFICERS OR THOSE RESPONSIBLE FOR SANCTIONING EVENTS - MAY 17, 2023 – 8:00 PM EASTERN TIME

Topics To Be Covered

Update on Special Programs

Creating and Editing Events

Request Approval for new events or edited events with changes to event dates, city, or state.

Publish (make public) for other changes (not event dates, city, or state).

New/Edited event changes do NOT appear publicly until RD approved / Published.

RD / State Association event approval.

Types of Club / RD reports.

PROGRAMS COMMITTEE

ONLINE MONTHLY MEETINGS



Be sure to look below to
join us for our monthly
online meetings.



AVA WELCOMES OUR NEWEST DEPUTY DIRECTOR!

We're pleased to have Christopher Begnoche of St George UT as our new Rocky Mountain Deputy Regional Director!

He's an AVA Life Member, active club member and recently served on the Awards Committee. [Click here to read his autobiography.](#)

OLYMPIAD VOLUNTEER - SUSAN PINNEKE, CHAIR

THANK YOU OLYMPIAD VOLUNTEERS

I wanted to say thank you to all those who stepped up and volunteered to help make the 2023 IVV Olympiad and Texas Trail Round-UP IML awesome events. Over 200 of you signed up to help. You got up early to help start walkers, passed out snacks & water at check points, answered questions, marked trails, stamped books, counted laps and sold shirts. You did the jobs that made the event go! You signed up, came on time, smiled and made sure all our visitors had a wonderful experience. You were flexible and generous with your time. You made my job easy!! Many, many thanks!



ACCOUNTING SPECIALIST - MARIAN DEVAUL

STARTING POINT BOOKS

We still have 2023 Starting Point books available for sale at a cost of \$30.00 plus shipping and handling. For purchase, please e-mail marian@ava.org, or call 210-659-2112.

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, 2023. Please submit a copy of your filings to marian@ava.org.

May 15th, 2023 – 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 6-30-23 are not due until November 15, 2023

IT SPECIALIST - HECTOR HERNANDEZ

NATIONAL WALKING WEEK

Bedford Hiking Club
 Chester County Rovers
 Colorado River Walkers
 Dallas Trekkers
 East Texas Trekkers
 Empire State Capital Volkssporters
 FIRST STATE WEBFOOTERS
 First State Webfooters
 Gateway Milers
 Hood County Hummers
 Hoosier Hikers
 Indiana Volkssport Association
 Indy 'G' Walkers
 Liberty Bell Wanderers
 Mid-America Regional Director
 Nebraska Wander Freunde Trailblazers
 Randolph Roadrunners

Ridgewalkers Walking Club
 Saint Louis Walkers
 San Antonio Pathfinders
 San Francisco Bay Bandits
 South Bay Striders
 Star Trekkers of Irving
 Tarrant County Walkers
 Tecumseh Trailblazers
 The Over the Hill Gang Volkssport Club
 Three River Strollers
 Volkssport Club at West Point
 Volkssport Club at West Point
 Walk 'N Mass Volkssport Club
 Washtenaw Wanderers
 Willamette Wanderers of Salem, OR
 Windy City Walkers



Thank you to all the Clubs who participated in the 2023 National Walking Week. There are 33 participating Clubs with 55 events in 16 states. If you don't see your Clubs name listed on the left or the event on the National Walking Week webpage please let me know by emailing me at hector@ava.org.



SOUTHEAST REGIONAL DIRECTOR - KATHRYN KING

TIME CHANGE FOR HELEN, GA, TRADITIONAL EVENT

Hike Palo Duro Canyon, the second largest canyon in the United States, with the West Texas Trail Walkers on October 6-8, 2023. Palo Duro Canyon State Park, Canyon, Texas is known as "The Grand Canyon of Texas." The canyon is beautiful and has rugged, rusty red ridges layered with a palette of colors in reds, oranges, browns, greens and white. Explore the frontier history of this area -- the native Comanches hunting range and the huge Goodnight cattle ranch.

To start off the hiking weekend Friday, October 6, the West Texas Trail Walkers have selected two options. The moderate 7k starts with the Juniper trail on the canyon floor and gives you wide views of the canyon ridges. Towards the end of this option, the Rojo Grande/Sunflower trail follows a peaceful creek that is shaded with mature trees. The 10k option is also moderately difficult and starts in the lower canyon, climbs up to the Comanche trails and passes through the "Rock Garden." The Rock Garden is an awesome field of tumbled boulders.



The Saturday, October 7 hike features the well-known "Lighthouse" red rock pillar. The moderate 6k and 10k hikes traverse ravines and small hills with broad views of the surrounding cliffs. One 10k option is an out-and-back that goes to the Lighthouse. For more difficult hikes, take the 14k and 17k hikes which take you up to the Lighthouse ridge. The 17k adds more distance by hiking the Little Fox Canyon loop and returning to the start point on the Givens/Spicer/Lowery trail.

To finish the weekend on Sunday, October 8, hike the historic Civilian Conservation Corp trails near the entrance of the park. The 7k and 10k CCC/Goodnight trails were built during the 1930s and are difficult hikes with 600 feet elevation gain. At the top, you will be rewarded with stunning long-range views of the canyon. The 5k hike has less elevation but still gives you the experience of seeing long-range views of the canyon.

Walk the city of Canyon, Texas anytime over the long weekend. The 5 or 10k options are easy, flat walks on city sidewalks. The walk box will be available in the Best Western lobby October 5-9 or you can use the on-line start box from October 1 - December 31. Canyon is a thriving small city just outside Amarillo, Texas. The walk takes you through the pristine West Texas A & M University campus, Canyon main streets and past the Panhandle-Plains Historical Museum. The Museum is the largest history museum in Texas and the Texas Parks and Wildlife Division will have a special display there in October celebrating the 100 year anniversary of the Texas State Park system.

Be sure to check out the camping and lodging options in Palo Duro Canyon State Park. The park offers historic CCC cabins, glamping sites, full RV hookups and tent camping through the on-line reservation systems, texasstateparks.reserveamerica.com. You can also purchase Park day passes for \$8.00 per person on this on-line system as early as one month before the hiking weekend. Hotel lodging at Best Western, Holiday Inn or Hampton Inn is also available in Canyon, Texas.

Pre-registration opens in early June when the brochure and registration forms are available on www.westtexastrailwalkers.org. Be sure to check our website regularly for updates. You can also reach out to Susan Noonan, susan.noonan@gmail.com for additional questions.

Safety Precautions: Because Palo Duro is a remote canyon, hikers should not plan on having cell phone reception. Anyone hiking in remote areas of the park is encouraged to carry plenty of water and a snack. Be sure to wear sunscreen, a hat and hiking boots. For balance bring hiking sticks. The USGS Topographic Map for Palo Duro Canyon is available for printing by [clicking here](#).

SUPPORT OUR NATIONAL AND INTERNATIONAL FRIENDS

INTERNATIONAL EVENTS



WalkFest Vancouver - September 22-24, 2023

Registration is Now Open

The Vancouver 'Venturers are pleased to welcome you to WalkFest 2023 in beautiful Vancouver, BC. Enjoy a weekend of walks that showcases the spectacular natural beauty of the area as well as the historical areas of Stanley Park, Gastown, Chinatown and the West End. An optional 3 hour harbour cruise and banquet will take you under the Lions Gate and Burrard bridges into False Creek passing Granville Island, Roger's Arena and the iconic Science World building. Come early or stay late, and start planning your visit to [Vancouver](#) in September.

NATIONAL EVENTS

Click images to go to
official website.



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.

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.



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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](#).