



FACEBOOK POST - HAPPY WANDERERS



AMERICA'S
WALKING CLUB
— ESTABLISHED 1976 —

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CHECKPOINT

WWW.AVA.ORG

Happy New Year!

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2023 IVV OLYMPIAD AND IML TEXAS TRAIL ROUNDUP UPDATES

OLYMPIAD REGISTRATION CONTINUES!

Come and walk with Volkssporters from 39 States and 24 countries! It is not too late to register. The cost of registration for the full week of events is only \$170.00. Single day passes are \$30.00. (This price does not include the Margarita and Taco Trail Walk or the Friendship Celebration.) The Daily Schedule of Events is now available. To view the full schedule [click here](#).

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

THERE ARE STILL PLENTY OF HOTEL ROOMS AVAILABLE AT A DISCOUNTED RATE BUT YOU MUST ACT FAST!

The AVA has negotiated special room blocks and rates at several hotels that are in downtown San Antonio, all within a half mile from the host hotel, La Quinta by Wyndham. The rates vary from \$104.00-\$259.00. **The cutoff date for the negotiated discounted rate for most of the hotels is January 19, 2023 so be sure to reserve your hotel rooms asap!** To view these hotels [click here](#). 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 Henry at Henry@ava.org. In addition to offering a negotiated discounted rate for our Olympiad guests, these hotels have agreed to issue the AVA a rebate on room nights. Stay at one of these hotels and support 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.



SAN ANTONIO LOCAL BUS TRANSPORTATION (VIA) INFORMATION

Information on local bus transportation is available at www.Viainfo.net or you can download the mobile application at [VIA GoMobile+](#) available on [app store](#)+ [google play](#). The current pricing for bus passes is:

- \$1.30 one trip (includes free transfers)
- \$2.75 one-day pass
- \$12 for 7-day pass

RESERVE YOUR 2023 OLYMPIAD EXHIBIT TABLES NOW!

All AVA clubs and Regions are invited to host an exhibit table at the 2023 IVV Olympiad and IML Texas Trail Roundup's host hotel, La Quinta Inn & Suites by Wyndham San Antonio Riverwalk at 303 Blum Street San Antonio, TX US 78202 (this is a change from the Olympiad Village). Exhibit tables should be set up beginning Monday, February 20 – Saturday, February 25, 2023.

There is no fee for clubs or Regions who want to host an exhibit table. However, clubs are responsible for securing their merchandise each day. The tables will be in a location that will not be locked nightly due to exhibits being in the corridors at the host hotel. A small storage area will be available. It is recommended that Exhibits be staffed during high traffic times at the La Quinta Inn. Exhibitors will be provided with an 8-foot table and two chairs (no tablecloths) and should keep the exhibits stocked and tidy. Please contact Erin Grosso, Finance Director, erin@ava.org to reserve an Exhibit Table.

PUBLICITY COMMITTEE - SUSAN FINE, CHAIR

PUBLICITY COMMITTEE UPDATE

We have received several questions about the IVV Olympiad and IML Texas Trail Roundup. So Tim Miner has graciously agreed that the Programs Zoom meeting January 18 will focus on YOUR questions about this historic event coming up in San Antonio. Co-chairs Susan Medlin and Henry Rosales (and others) will be on hand to answer your questions about why you don't want to miss attending the Olympiad Festival, the hard work that has been done to ensure an exciting, safe week of events, and the camaraderie of meeting fellow volkssporters from around the world. Even if you have already registered, please join us to answer any questions you have. The Zoom meeting is Wednesday January 18 at 8pm Eastern/7pm Central time. Just use the [link here to register](#) and join us.

Did you see the great article in San Antonio Magazine on volkswalking and the Olympiad? It is so exciting to reach over 200,000 people in the home city of AVA. [See the article here](#).

PSAs continue to run on the NBC TV affiliate in San Antonio about walking and AVA. They will change in the next couple of weeks to promote the Olympiad, plus interviews will be recorded soon for their news shows.

Do you know a group of veterans who want to participate in the Golden Boot Award competition? Any unit of active, ROTC, Guard, or veterans can take part (and they don't have to be from the same unit – just name your unit) on Saturday February 25th. The unit with the most people who finish the 44K walk will win! Interested? [Email Susan Medlin](#) for info and to register. Note: there is an extra \$10 fee for the buses that day (Feb.25), to drop you at the start.

OLYMPIAD VOLUNTEER - SUSAN PINNEKE, CHAIR

CALLING ALL OLYMPIAD VOLUNTEERS

The IVV Olympiad is coming to San Antonio, Texas this February. That's next month!! But (yes, there's always a "but"), it takes many, many people to make it happen. There are many jobs to fill, checkpoints and lap counters, start and finish tables, ushers at events, set-up and tear down and more. I'm putting out the call to regions and state associations to get up a group to volunteer together. No matter the size of your group, I can find a place for you. You might man a checkpoint or two or stamp books at the finish table or one of the many other jobs necessary to put on a large-scale walking event.

This would be your opportunity to put your region or state association in the spotlight. Wear your shirts, have flyers for upcoming activities, have information on your region or state and maybe give away. It's up to you make it truly your day. Since the Olympiad is in one location, San Antonio, this would be one way for our international visitors to learn a little more about the rest of the United States. It would also be a way for North American volkssporters to find out about the fun activities you have planned in your region or state for the year ahead. Shifts would only be a couple of hours, so you could walk and volunteer. It's a fun, easy way to be part of the Olympiad and provide a top-quality event for all our visitors.

If you have questions or would like to discuss the possibilities or would be interested in organizing volunteers for your region or state association, please contact me, **Susan Pinneke** at Volunteers@AVA.org. If you would like to volunteer as an individual, and have not already, please contact me, **Susan Pinneke** at Volunteers@AVA.org. I'll get you added to my list.

Once we have an idea of how many volunteers you might have, we can talk about dates and jobs. This is our chance to show the world that American Volkssporting rocks!!!

Also, a great big THANK YOU to all those who have reached out to me to volunteer already!!! You are awesome!! I am always happily surprised by the generosity of my fellow volkssporters. Together we will make this a premier IVV Olympiad.

OLYMPIAD/IML COMMAND CENTER, JOHN MCCLELLAN

AVA volunteers and staff will operate an Information and "Command" Center from the LaQuinta ballroom during both the Olympiad and the IML Texas Trail Roundup. This will open at 6 AM daily and remain open during all athletic events and while the Olympiad Village is open. The center will handle festival-wide communications to include participant's questions, translation services, volunteer coordination, any medical emergencies and media inquiries.

As part of this operation, AVA will operate an SMS Texting service to communicate daily with all volunteers and participants who OPT IN. You can expect a morning message with today's weather, any schedule notes or changes, and other updates as needed. Look for the QR Code box to opt into these texts in the FEB CHECKPOINT!

Volunteers are still needed - contact: susanpinneke@gmail.com



US FREEDOMWALK FESTIVAL IML WALK - DELORES GRENIER, CHAIR

THINKING OF JOINING US IN 2023?

We are offering a special drawing for Pre-Registration between now and 26 February 2023. Must be received prior to the TTR IML event at closing ceremony at 3pm. You DO NOT need to be present to win the drawing. Good only for USFWF 2023 event at host hotel.

Register in person at the 18th Olympiad in TX

Online at [Pre-Registration Special for 2023 - Arlington, VA 2023 | ACTIVE](#)

or by mail at PO Box 17208, Arlington, VA 22216. Post mark by 8 February 2023. For more information contact us at info@USFreedomWalk.org.

Pre-Register for USFWF 2023 and you are automatically entered in the drawing for:

- 1 FREE 2023 registration
- a 3-night stay at the US FreedomWalk host hotel (Hilton Garden Hotel)

Register Between Oct 14, 2022 - Feb 26, 2023

Drawing at 2023 TTR Closing Ceremony No Need to Be Present

October 20-22, 2023
www.USFreedomWalk.org

US FreedomWalk Festival Club, Inc. • Chairperson: Delores Grenier
Post Office Box 17208 Arlington, Virginia 22216 U.S.A. Phone: +1 703 209 0174 usfwf@yahoo.com

Pre-Registration: US FreedomWalk Festival 2023

\$30 for the weekend

Name _____

Address _____

City/State/Post Code _____

Country _____

Email _____

Phone _____ Age _____

Distances in kilometers (+/-) plan to walk for IML

Events (Please Circle):

Friday	5	10
Saturday	12	21
Sunday	12	21

How many times have you walked this event? _____

Click on image



PROGRAMS COMMITTEE - TIM MINER, CHAIR

The America's Walking Club online webinar for **January is Wednesday, January 18th 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.

ACCOUNTING SPECIALIST - MARIAN DEVAUL

4TH QUARTER PARTICIPATION

It's time to submit your 4th Quarter Participation reports, even if you had zero participants. Don't forget, the deadline is midnight on January 31st, and all reports submitted after this date are past due and subject to late fees.

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.

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.](#)

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

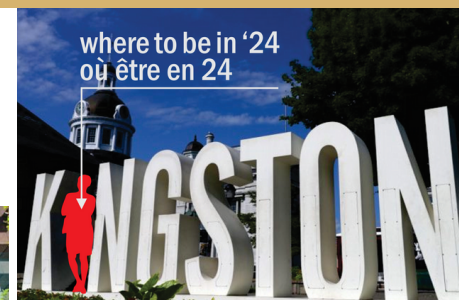
11th Annual Fall
Volksmarch
October 1, 2023



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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

World Walking Week
is 1-7 April, 2024

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
starting at 13:32.

The Texas Volkssport Association is planning
5 & 10 km walks
in the Texas Hill Country

COME WALK WITH US
www.walktexas.org



AMERICA'S
WALKING CLUB
Volksmarching at its Best

Walk
Arlington

An International Walking Experience

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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