



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

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CHECKPOINT

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PRESIDENT/CEO - HENRY ROSALES

2023 IVV OLYMPIAD & IML TEXAS TRAIL ROUNDUP DRAWS OVER 1,000 PARTICIPANTS!

The 2023 IVV Olympiad and IML Texas Trail Roundup was a huge success! We had 1,021 participants from 23 countries and 42 states! Congratulations to everyone who supported us. Special thanks to the IVV Presidium and IML Board for their guidance and support. We are all now part of the history of the AVA's first IVV Olympiad! This is attestation of what the AVA can accomplish when we all work together as a National Organization! A full report on event participation, financials, marketing, operations, and lessons learned will be presented during the June Regular Membership Meeting. Let's do it again!





AVA BOARD SECRETARY - CECELIA MINER, PH.D.

I hereby notify all AVA National Officers, Regional Directors, State Organizations, and AVA Member Clubs of the 2023 American Volkssport Association Regular Membership Meeting and invite you to participate.

On June 14, 2023, 5 p.m. to 8 p.m. Central Daylight Time, the AVA will hold the Regular Membership Meeting required by AVA Bylaws. The meeting will be held remotely, and the purpose will be to elect officers, to receive reports of officers and committees, and to conduct other business that may arise. Each club will appoint a delegate and an alternate.

Voting Privileges: Each National Officer, Regional Director, State Organization, and Regular Member Club in good standing forty-five days before the Regular Membership Meeting (April 30, 2023) is entitled to one vote in each election and on each matter submitted to a vote of the members. The Executive Director shall have no vote. Because there is only one candidate for each office, voting for officers shall be by acclamation.

Delegates and Alternates: A delegate or designated alternate normally represents each State Organization and Regular Member Club. Because this membership meeting is virtual, the precise means of appointing delegates and alternates will appear in subsequent Checkpoints.

Proxies: State Organizations and Regular Member Clubs in good standing may vote by proxy by using a mail ballot option.

Responsibilities: AVA will track delegates, alternates, and proxies and provide the list to the AVA Secretary for credentialing. A club may transfer voting privileges to an alternate only in an emergency. The club should advise the delegate and alternate on voting positions for elections and other business upon which the membership might vote. Delegates should report back to the club they represent on the Regular Membership Meeting.

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. More information will be in the April and May Checkpoints.

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

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

Due to the success of the Olympiad, in particular the community walk and parade in the King William District, the King William Association has invited the AVA to apply to participate in their annual parade. 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 can 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, 8:00am – 11am. After the parade, the AVA National Office will host snacks and refreshments at the office for all AVA parade participants.

Although, the application has not been approved yet, it is highly likely we will get accepted! If you would like to participate in the parade, please contact henry@ava.org. Family members and friends are invited to walk in the parade should we not have enough club members. We need approximately 42 participants. Confirmation and more details of this event will be posted on the AVA website and emailed to all who have expressed interest as soon as we have been notified.

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



AND THE 2022 BIG GIVE REGIONAL CHALLENGE WINNER IS...

With a total of \$17,104 raised, the Northwest Region has been crowned the new Regional Challenge winner! Congratulations on your victory and thank you for continued support of our individual donor campaign, the Big Give. Our two-time champion, the Southwest Region, finished in a close second place, followed by the Atlantic Region in third. Thank you to everyone who made a donation to our 2022 Big Give campaign. We are only able to accomplish our success thanks to the generosity of supporters like you.

CONVENTION COMMITTEE - JERRY WILSON, CHAIR

2025 AVA BIENNIAL CONVENTION - WHERE AND WHEN?

The location and dates for the 2025 AVA Biennial Convention remains pending. Unfortunately, no firm proposals to host the convention were submitted. The AVA President and Convention Committee Chair are working with representatives for one location to prepare a proposal. All we can say at the present time is "Stay Tuned!"

Any local club, multiple clubs, or state associations that have considered submitting a proposal to host a convention are encouraged to submit a proposal at this time for hosting the 2025 or 2027 biennial conventions. Please contact either Henry Rosales, AVA President at henry@AVA.org, or Jerry Wilson at Convention@AVA.org to communicate your interest, receive Request for Proposal (RFP) documents, and to request assistance from Jerry Wilson during the proposal preparation period.

Hosting a national convention is a lot of work, beginning with developing a proposal, through planning and delivering the convention experience, but it is well worth the effort in benefiting your walking area, your local clubs and the national organization. Locations considering submitting a proposal can obtain much needed assistance from the National Office, local Sports Commission and Convention Bureau.

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 recieved 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.

Click on image

PUBLICITY COMMITTEE - SUSAN FINE, CHAIR

FACEBOOK QUOTES



"We were thrilled with the King William neighborhood, Riverside walks, and the history around the Missions. The 21 Km Missions walk was an eye opener to the history of Texas. What a diversity of walks in one city, San Antonio. Very glad we, Margaret and I, were able to experience all this. The volunteers of the AVA did an amazing job."



"It was an amazing event all around, and thank you for all the care and effort put into the event! San Antonio was a great venue and it was nice to be warm in the winter!"

"It was a fabulous event. I loved every step (over 200,000 total, but who's counting?)"

"We especially loved the Missions 21k and the 10k Friendship walk- both so interesting! Also liked the bands!"



Also, the Canadians who attended manned 5 checkpoints Feb 22, when the weather reached 91, and it was the marathon. They were very much appreciated:

Thank you for the Maple Leaf flag pin and delicious maple candy!

We appreciated your friendly welcome at the checkpoint on today's warm volksmarch! ♥

Thanks for the lovely pin. You did great work. Always encouraging when we felt a little bit tired. You guys did great!! ♥

Loved getting a cute little Canadian pin! Thanks for your generous and kind service!



ACCOUNTING SPECIALIST - MARIAN DEVAUL

STARTING POINT BOOKS

You are still able to buy a 2023 Starting Point book 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.](#)

FINANCIALS

If your club is on a calendar year, Annual Financial 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

This year is year four of our National Walking Week campaign. Last year we had 42 participating Clubs and 96 events. If your Club would like to participate this year and would like us to promote your event on social media and the AVA website, please click the link under the logo and fill out the form by March 31st. 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](#). 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 Walking Week go to ava.org. You can also click on the image to the right and see a News report by Oregon local NBC affiliate (KGW) submitted by Dick Baker, President of the Rose City Roamers.

Click on image below



[National Walking Week Form](#)

OLYMPIAD AFTERMATH

We are finally back in our offices and getting back in our grooves. Once the Olympiad finished my first business, besides answering emails, was to get all the Seasonal/Traditional stamps out. They were printed and mailed out the first week of March. If your Club didn't get their stamps please send me an email at hector@ava.org.

Thank You!

TO OUR SPONSORS, PARTICIPANTS, & VOLUNTEERS. EVRONE WHO MADE THIS A GRAND EVENT.



SOUTHEAST REGIONAL DIRECTOR - KATHRYN KING

TIME CHANGE FOR HELEN, GA, TRADITIONAL EVENT

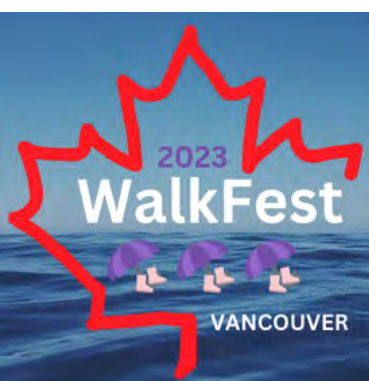
We have a change in the start time for the traditional event in Helen, GA, on April 22. Registration will now begin at noon with a 1 p.m. start for the walk. Walkers should plan to finish by 4 p.m.

This event is a revival of an event that had occurred for many years, and the hope is to make it an annual event. There will be drawings for door prizes from local merchants, and at 5:00 pm, the Helen Rotary will be drawing the grand prize ticket, a 2004 Mustang convertible with proceeds going to local Rotary charities.

We hope to see you in Georgia for the revival of this event!

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 évenementielles, 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.



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](#).