



SAN ANTONIO, TX - WORLD HERITAGE FESTIVAL WALK, PHOTO SUBMITTED BY MARTIN CALLAHAN



AMERICA'S
WALKING CLUB
ESTABLISHED 1976

OCTOBER
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CHECKPOINT

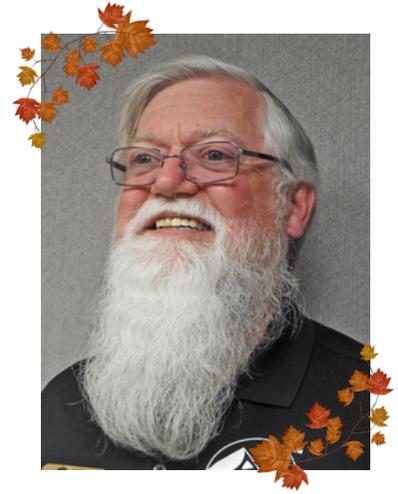
WWW.AVA.ORG



AVA VICE CHAIR - CARL CORDES

MOVING ON UP

Please allow me to introduce myself as your new AVA Board of Directors Vice Chair. I was elected by the Board Members to fill the vacancy at the special Board Meeting August 23rd. Many of you already know me from the work I have done with AVA, state associations, and clubs in the Atlantic, Southeast and Pacific regions since 1982. Or maybe you just know me as that guy on stage at the AVA Awards Banquet or the 18th Olympiad ceremonies. But I am an avid Volksmarmer, too, having completed events in all 50 states and 16 countries. The IVV milestone program keeps me going to get that next patch and pin!



For the past four years I have served as the Pacific Region Director working with the other board members to continue charting the strategic future of our organization. I firmly believe there is a future worth keeping. This is a work in progress that will make us stronger. I am honored to step up into the role of Vice Chair to support Nancy as she charts the course for this next phase of strategic planning and implementation for the Board. But this is not a board function alone. Every one of you reading this is part of the strategic plan. You have been and will continue to be asked to do your part. We are not a group of private clubs, but a public outreach organization offering fun, fitness and friendship with non-competitive, healthy activities for all. Promote – Volunteer – Lead

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INTERNATIONAL WALKING OPPORTUNITY MARCH 2024

Who's ready to walk in New Zealand and Australia? A unique set of circumstances will allow you to travel down under for three separate events in 10 days. Two International Marching League events will be held on consecutive weekends in March. The Rotorua Walking Festival, New Zealand, is March 15-17, 2024. IML and IVV credit distances include 10, 20, 30 and 42K. March 22-24 is the Aussie Peace Walk in Canberra, Australia. Distances for IML and IVV credit include 11, 12, 21,24 and 42K. Also happening in Canberra prior to the Aussie Peace Walk is the IVV Congress of Delegates Assembly March 19-21. This will be my first time attending the IVV Congress of Delegates.



I'm working with P.T.A. Tours to arrange a travel program for myself and others that may wish to go from the U.S. Price will depend on the number of participants. There can also be several options to continue your visit in Australia after the Aussie Peace Walk. If you are interested in more information, please email me at vice_chair@ava.org no later than October 31. Note I am not organizing this trip, just facilitating contact with P.T.A. Tours who specialize in arranging travel programs for major IML and IVV events worldwide.

Event information links: [Rotorua Walking Festival](#) and [Aussie Peace Walk](#)

PRESIDENT/CEO - HENRY ROSALES

Congratulations to our new AVA Vice Chair, Carl Cordes! I look forward to working with you and appreciate your leadership, support, and commitment to the AVA.

AVA BOARD OF DIRECTORS MEETING OCTOBER 18, 2024

The AVA Board of Directors will convene for their quarterly meeting on Wednesday, October 18, 8:00 a.m. – 8:00 p.m. in Crystal City, Washington, D.C. This will be an in-person meeting at the Double Tree by Hilton Washington D.C.-Crystal City. The address is 300 Army Navy Drive, Arlington, VA 22202. The hotel phone number is (703) 416-4100.

Board members and meeting guests are encouraged to stay in Arlington all week and support the US Freedom Walk Festival. For more information on the USFW Festival [click on this link](#). Welcome to the US FreedomWalk Festival

The meeting will also be hosted online on Zoom for those who wish to join us virtually. To join the meeting online please [click here](#). The meeting agenda and link will be posted on the AVA website Tuesday.

\$76,225 RAISED AS THE BIG GIVE INDIVIDUAL DONOR CAMPAIGN CONTINUES

Fundraisers



| | | |
|----|-------------------------------------|------------|
| 1 | Marian DeVaul | \$1,630.00 |
| 2 | Nancy Wittenberg | \$1,625.00 |
| 3 | Henry Rosales | \$1,415.00 |
| 4 | Leslie Stone | \$885.00 |
| 5 | Hector Hernandez | \$685.00 |
| 6 | Erin Grosso | \$640.00 |
| 7 | ROBERT BUZOLICH | \$600.00 |
| 8 | America's Walking Club - Fundraiser | \$475.00 |
| 9 | Patricia Lozano | \$400.00 |
| 10 | TravelBug-Susan | \$100.00 |

Many thanks to all who contributed online and sent checks for our annual donor campaign, The Big Give. It was fun to watch the individual fundraising challenge unfold in real time on the AVA's peer to peer giving page. This year we have a new winner in the Peer-to-Peer category, none other than Marian DeVaul!

Congratulations to Marian and all our individual and club donors. We finished 21 out of 418 organizations during the online giving segment of the campaign. We also had 281 duplicated donors and raised a total of \$76,225 and counting!

Don't forget it is not too late to donate and be eligible for some of our AVA prizes! The donor campaign ends October 31, 2023.



**AVA GIVING BACK - 2023 BIG GIVE
RAFFLE PRIZES TO BE ANNOUNCED
AFTER OCTOBER 31ST**

**AVA MEMBERSHIP SURVEY COMING
IN NOVEMBER**

The AVA will be emailing all AVA Associate, Lifetime, and Individual Club members a survey in November. The purpose of the survey will be to collect updated demographic data on our members and qualitative and quantitative information on the programs and services the AVA provides. The information will be used to help us with future planning efforts. Thank you in advance for your support.

**NEW AVA PARTNERSHIP WITH THE
TEXAS KIDNEY FOUNDATION -
COUCH TO 5K PROGRAM**

The AVA is excited to announce our new partnership with the Texas Kidney Foundation. Conversations continue with the Foundation on the planning of a new walk program for individuals who would like to walk but just don't know how to get started. The walk program will be modeled much like the couch to 5k walk program that was started by one of our AVA clubs, the First State Webfooters in Delaware. The goal is to pilot this program in San Antonio and expand it nationwide! Partial funding for the program has been provided by the King William Association and the San Antonio Area Foundation. The program will be implemented once we are able to secure full funding.



Texas Kidney Foundation CEO Tiffany Jones Smith signs AVA partnership agreement.

Special thanks to Margie MacLeish, Kathy Szcziak and Karen Kaufman for their creative walking ideas! It is nice to see them grow!

**MEMBERSHIP COMMITTEE -
SUSAN PINNEKE, VICE CHAIR**

The membership committee is working on some ideas to help increase membership of the AVA. To do that we need the most accurate data possible. Would you please ask the club presidents in your club to please review and verify the membership count in My.AVA.org as soon as possible. Many thanks for your help.

Free Sanctioned Traditional Events - For every 25 clubs that donate, one free traditional sanctioned event will be raffled.

2024 Starting Point Books - For every 50 unique donors, one 2024 Starting Point Book will be raffled.



GRAND PRIZE



2025 Convention Registration- One club and one individual will be the lucky winners of a free 2025 Convention Registration (travel not included).



I GAVE!

**ELLEN OTT, PRESIDENT
RANDOLPH
ROADRUNNERS CLUB**

PROGRAMS COMMITTEE - DIANE HOWELL EVANS, CHAIR**VOLUNTEERS WANTED**

As the new Chair of the AVA Programs Committee, I am seeking 1-2 volunteers across all AVA regions that would like to serve with me. We are responsible for developing and implementing nationwide interactive programs bringing all AVA members together, both clubs and individuals of all ages, while promoting the presence of AVA to potential new members through the publicity of these programs. Currently there are 2 AVA Special Programs beginning in 2024: a-MAZE-ing Labyrinths and Step to the Beat.

Our committee meetings are monthly by conference call and/or video conference. E-mail, texting, and phone calls between meetings may be used to communicate. If you are interested in joining the Program Committee or would like a copy of the charter for review first, please contact me via e-mail at programs@ava.org. Thank you.

ACCOUNTING SPECIALIST - MARIAN DEVAUL**QUARTERLY PARTICIPATION**

It's time once again to submit your 3rd Quarter Participation Reports, even if you had zero participants. Don't forget, the deadline is midnight on October 31st, and all reports submitted after this date are past due and subject to late fees.

OCTOBER 2023 NATIONAL VOLKSSPORT MONTH PATCH

October is National Volkssport Month. If you did not pre-order the patch, we still have a limited quantity available for sale. The 2023 patches are \$5.00 each (20% club discount does not apply. Shipping cost is not included)

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. Don't miss this opportunity to offer this collectible patch to walk participants! Click on image for form



Click on image for order form.

STARTING POINT BOOKS**2024 STARTING POINT BOOKS - PREORDER NOW**

We are still taking pre-order's for your 2024 Starting Point Book. You may mail the form to AVA, 1008 S. Alamo St, San Antonio, TX 78210, or fax to 210-659-1212. You may also place your order by emailing the form to marian@ava.org. [Click here for Order Form](#)

2023 STARTING POINT BOOKS - CLEARANCE SALE

Our 2023 Starting Point books are now on sale for the low cost of \$10.00 plus shipping and handling. For purchase, please e-mail marian@ava.org, or call 210-659-2112.

FINANCIAL

If your club's fiscal year ends on 6-30-23, it is time to file your 990 E-Postcard, Annual Financial Report (AFR), and update your club officers. The financial documents are due by November 15, 2023. An IRS user guide, and the AVA Retention policy for financial and event records have been posted on the AVA website under "Clubs Only". Please submit a copy of your filings to marian@ava.org.

2024 CENTURION ACHIEVEMENT CHALLENGE

The 2024 program begins January 1, 2024. You must be an AVA Associate Member (annual or lifetime) to participate in the Challenge. Eligible participants may register for the 2024 Challenge between October 1, 2023 and September 30, 2024 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.

American Volkssport Association

CENTURION

100 EVENTS EACH YEAR

Click on image for order form.

IT SPECIALIST - HECTOR HERNANDEZ

#OptOutside

Click on image for order form.

For those Clubs who wish to participate in OptOutside this year, AVA will gladly post your events on the website and Facebook. Please fill out the form by clicking the link below. This year Black Friday will land on November 24th, 2023 so I will need all submissions for participating Clubs and events to be sent in by November 1st, 2023. Please email hector@ava.org for any questions or help with events.



IT COMMITTEE - MIKE GREEN, CHAIR

2023 Q3 PARTICIPATION

Clubs are requested to do their best to get their 2023 Q3 YRE/SE participation entered by October 15th. This is to facilitate the prompt transition to my.ava.org system from legacy ESR system for YRE participation feature and the shutdown on the Legacy ESR system hardware in the main office.

Microsoft is discontinuing support for Windows Server 2012 R2 which is the Operating System (OS) used by the Legacy ESR in October. This means there will be no further security updates for this OS. Continuing to use the Legacy ESR after October 15th increases the chance that this system could be compromised/exploited based on new unmatched security vulnerabilities.

BIG GIVE UPDATE - PATRICIA LOZANO



Hello, my name is Patricia Lozano. I will be supporting the AVA with fund development, membership, and other projects. I have really enjoyed getting to know AVA members. They always help me feel welcome when I have attended the walks.

We are so thankful for our members and donors for their efforts in helping us with our individual donor campaign, The Big Give. Thanks to all our donors, we have raised \$76,225. Our goal is \$90,000 and we are almost there! You are still able to donate online at ava.org from now through October 31, 2023 or you can mail a check to the national office. Please put Big Give on the memo line.

Let all your friends and family know they are still able to contribute and be a part of something beautiful.

PUBLICITY COMMITTEE - SUSAN FINE, CHAIR

PUBLICITY COMMITTEE UPDATE

Please send a note of thanks to Donna Seline for her hard work over the many years she has produced and published The American Wanderer. The last “newspaper-oriented” TAW will be published in December. SEND YOUR THANKS, PHOTOS, OR STORIES to publicity@ava.org by October 15, so we can gather them for the October 25 deadline. We appreciate you, Donna!

I attended the multi-day events in Bend, Oregon and Vancouver, Canada...and heard from several people that multi-day events are the basis for their travels and walks. We thank and promote the POCs for their hard work to make these weekends happen. [See the list here](#). And thank you to ALL POCs for your everyday work.

Oct 20-22: 22nd Annual US FreedomWalk Festival plus IML meeting in Arlington, Virginia

Oct 26-29: Hoofin' It On Halloween in various cities in Kansas

Oct 27-29: Walk Around Florida 32 in St. Petersburg, Florida

Dec 8-10: Colonial Williamsburg, Virginia

Feb 23-25, 2024: IML weekend – Texas Trail Roundup in San Antonio, TX

Do you meet people on your walks who ask about your walks? You can print business cards and hand them out, or leave them at local YMCAs, gyms, senior centers, etc. [Find the basic cards here](#). If you need help filling in the info, let me or Hector know.

ALAMO
COMMUTES
Rethink your commute.

Step Up Your Stride
WALKTOBER
CHALLENGE

Join the “Step Up Your Stride” challenge this WALKtober by recording your sustainable trips (carpool, bike/walk, transit, telecommute/brownbag lunch) from October 1-31 in the **Alamo Commutes app**.

Note: The more walking trips you record, the more chances you have to win. **Lace up your shoes and record now!**

LEARN MORE
HERE →

SUPPORT OUR NATIONAL AND INTERNATIONAL FRIENDS

INTERNATIONAL EVENTS



The King's Town Trekkers Volkssport Club
CVF Festival
Come join us May 24-26, 2024
Kingston Ontario Canada welcomes you for a great weekend of fun, friendship and food, oops I mean fitness.
Registration, hotel info and the schedule will be on the website:
www.walks.ca
Monday, June 5th, 2023.
Save your spot, sign up early.

NATIONAL EVENTS



Click images to go to official website.

COME JOIN US FOR A WEEKEND OF FUN!!!

The Alabama Amblers are sponsoring walking events on Veterans Day Weekend 2023!

PALO DURO CANYON STATE PARK - CANYON, TEXAS - OCTOBER 6-8



Hike with an "altitude" at Palo Duro Canyon State Park, Canyon, Texas! Join the West Texas Trail Walkers for our 42nd year of hiking in West Texas National and State Parks, October 6-8, 2023. Be sure to check out our webpage, www.westtexastrailwalkers.org to see beautiful pictures of the multi-colored ridges and hoodoos at Palo Duro Canyon.

[Brochure](#)
[Registration form](#)

MARK YOUR CALENDAR FOR THIS FUN WALKING WEEKEND!!
3-COUNTY FALL FROLIC

Saturday & Sunday October 21-22, 2023
Tulsa Walking Club is hosting walks in 3 counties in south central Oklahoma.
Johnston County (Tishomingo)
Atoka County (Atoka)
Coal County (Coalgate)

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

CALLING ALL WALKERS!!
Join us in Arlington, VA USA
for the 22 Annual US FreedomWalk Festival
October 20-22, 2023
www.USFreedomWalk.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.



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](#).