



Visit to New Mexico, City of Rocks, Desert Botanical Garden. Photo submitted by Helen Hull



CHECKPOINT

WWW.AVA.ORG

AVA BOARD CHAIR - NANCY WITTENBERG

BOARD CHAIR'S MESSAGE

The Big Give. Right now, it is important that we all support the organization that is important to us. Of course that is the AVA – America's Walking Club. We are the recipients of AVA's services by walking to improve our health, fitness, and friendship with those we walk with. But we should also support the organization because we believe in its mission. Please support AVA and donate through the Big Give.

Every little bit you give helps us reach our goal. It's important that you give, not how much you give. I am sure you know there are many ways you can give. Of course, you can give during the online portion September 18-19 from 6pm the 18th to 6pm the 19th. I am sure you have seen the ways AVA can benefit if we have a big turnout during the online portion.

But you can also give during the whole week, the whole month of September and through the entire month of October to be counted as a Big Give donor. Please encourage your club to donate. Again, anything you or your club can give helps us reach our goal. Every amount helps, no matter how small you might think it is.

Why not consider becoming a monthly donor through sustained giving? A monthly gift, such as \$10/month, becomes an annual gift of \$120, counted toward the Big Give.

Will your region unseat the Southwest region to raise the most money toward the Big Give this year? Can we reach our \$100,000 goal to help support new initiatives like different membership models, phone-based walk applications to encourage others to try our walks, or our convention in Las Cruces, New Mexico?

Whatever you can give, be sure also to get out there and move. I have mentioned it before, but every time you can move, even a little, has a positive effect on your health. So, I need to get up and get moving. There are lots of walks and walking festivals around that are calling to me, and to you. Have fun!

AVA NOMINATING COMMITTEE

The AVA Nominating Committee, that is charged with finding people to run for the positions of AVA Board Officers, including Chair, Vice Chair, Secretary and Finance Chair, need 5 members. The board has already approved Bob Buzolich as Nominating Committee Chair. The bylaws state that there shall be five members of the committee approved by the Board.



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We have one person already, who has expressed interest in being on the committee. If you are interested in joining the committee, please let me know at chair@ava.org. You might also contact Bob Buzolich at sonofbuzz@prodigy.net to discuss what will be needed. Those who want to run for office have to have certain information in this October, so this will be a short-lived committee. The election of officers itself will be at the business meeting of the convention in Las Cruces, New Mexico.

Thank you for considering this committee, especially if you know someone who would make a good AVA officer.

PRESIDENT/CEO - HENRY ROSALES

AVA ONLINE MONTHLY WEBINARS CONTINUE AUGUST 21, 2024 @ 7:00P.M. CENTRAL TIME

The next AVA online seminar will be Wednesday, August 21, 2024, at 7:00pm Central. To participate please pre-register on the AVA website or [click here](#) to pre-register for the webinar. If asked for a passcode, the passcode is AVA.

Special Guest Host: Craig Gauger, Mid-America Region, AVA Board of Directors

“Create a Cowboy Salad with Mary” Create a delicious southwestern classic to incorporate more vegetables in your diet. Includes food safety and knife skills. **Presented by: Mary Masterson, Extension Educator, Texas A&M AgriLife Extension**

You Spoke We Listened II

A series of roundtable discussions with the Leadership of the AVA to discuss priority concerns our members voiced in the AVA Membership Survey. The second discussion will address the need for a mobile walk application and where we are today with this plan.

Panel Guests: Jeff Giddings, AVA Atlantic Region Board Member and Walk Application Committee Chair, Henry Rosales, AVA President & CEO

2025 BIENNIAL CONVENTION, LAS CRUCES, NEW MEXICO

Hotels & Registration Update

Registration for the 2025 Biennial Convention is targeted to open late September. The registration link will be on the AVA's website convention page.

Unfortunately, there have been some delays from the convention hotels who are offering a discounted rate for our members. As soon as these issues are resolved, the hotel registration links will be posted on our website. We are working with three hotels all within .05 miles from the convention center. The Marriott hotel next to the convention center is one of these hotels so please do not book until we can go live with the registration link, otherwise you will not receive the negotiated rate. The hotel rates range from \$154.00++ - \$94.50++, breakfast is included.

Check the AVA website for convention updates or contact the convention committee at convention@ava.org.

NEW AVA MEMBERSHIP PROGRAM AND WALK APPLICATION COMING IN 2025!

Members of the Walk Application (App) Committee and the Membership Committee have been working hard for several months to roll out a new membership program and a walk application in 2025.

The AVA board of directors recently approved continuation of the planning process for the Walk App. The next steps are development of the requirements document and issuance of a Request for Quotes to parties interested in developing the Walk App. The AVA board of directors will approve the contract for the developer. Start-up costs for the App development are \$100,000.

In September, the board will discuss a new membership program proposal from the Membership Committee. Details of the New Membership Model will be shared with clubs after the Board has been briefed, and recommended changes are made by the committee.

Special thanks to Jeff Giddings, Chair of the Walk App Committee and Karen Kaufman, Chair of the Membership Committee.

FREE CLUB SUPPORT WITH GRAPHIC DESIGN – QUICK RESPONSE NEEDED!

If your club needs help with graphic design to create a new logo, or social media graphics, or maybe even a T-shirt or brochure design for an upcoming event, we can help! The AVA, in partnership with Austin Peay State University, may be able to provide your club with a sponsored student intern who can assist you with your graphic design needs. There is a cost of \$200 that the AVA will pay on behalf of your club.

If accepted, you will be assigned one or two students to help you with your design work from September 17 – November 26. During this time, you will have to meet with the student twice on Zoom (no phone call) and then follow up occasionally as needed. Follow up meetings may be a phone call.

If interested, please complete the Club Support Form on the AVA website or [click here](#). and return it to hector@ava.org no later than August 19, 2024. Please copy henry@ava.org. Approval by a State Association or Regional Director is Not required for this project.

Please include on the form under Use of Funds your list of jobs that you would like for the student to complete. You must have two jobs for the student to complete. If you have the two jobs in mind, please send just those two. If you have more than two jobs, then list your top 5 jobs and we will help you decide on which 2 the student can create. If you only have one job, and need help thinking of a second, please see the attached document. It may give you ideas as it shows examples from our students in the past. Reminder, no websites, or magazines.

[Click here](#) to view PDF from Austin Peay Univ.

For more information contact Hector@ava.org.

BIG GIVE - SAMANTA SANCHEZ

THE LIFEBLOOD OF NONPROFITS

What do organizations like America Walks, Walk with a Doc, and the American Heart Association have in common? Like us, they are national nonprofit organizations committed to fostering longer, healthier lives. Our missions share a common interest, but what exactly makes these three organizations so successful?



Donors! Donors are the lifeblood of nonprofits. Donors power our mission. Nonprofits like us cannot advance or keep meeting the needs of the communities we serve without the generosity of donors. Fundraising is therefore essential to the success of nonprofit organizations. The American Heart Association would not be commemorating 100 years of promoting and enhancing heart health without the support of its contributors. And without our volunteers and supporters like you, we could not have brought you fun, fitness, and friendship for 48 amazing years and counting! YOU are the reason we hold our one and only annual fundraiser, The Big Give. We want to continue to provide the preventative healthcare activities YOU and our communities nationwide need to live longer healthier lives. The unrestricted funds from The Big Give help us accomplish that and much more! Any contribution, big or small, makes an impact. Can we count on you? Give big, give from the heart!

Donate online to The Big Give on September 18-19 from 6 pm - 6 pm. Or mail your donation check to the American Volkssport Association: 1008 S. Alamo St., San Antonio, TX 78210, now through October 31st.

AVA LIFETIME MEMBER- ROBERT MCDANIEL

"AVA: AMERICAN WALKING CLUB'S INAUGURAL FUNDRAISING CRUISE: EARLY SUCCESS, EXCLUSIVE OFFERS, AND EXCITING WALKS AHEAD!"

We are thrilled to announce that our AVA: American Walking Club's Inaugural Fundraising Cruise is off to an incredible start! With over 45 deposits already secured, this promising event is shaping up to be a memorable journey for all involved. And it's not just about the cruise; it's about the unique experiences we're offering our members.



EXCLUSIVE RATES AND UNFORGETTABLE EXPERIENCES

Our members are enjoying a fantastic rate for this inaugural cruise, and there's more good news for those who have already booked. By securing your cabin, you're not only setting sail for an unforgettable adventure but also gaining access to special Cruise Next Certificates. These certificates will provide you with savings on future fundraising cruises, making your travel experience even more rewarding.

VETERAN'S DAY CELEBRATIONS AND WALKS



"Walk With America's Veterans"
 An America's Walking Club Special Program

In honor of Veteran's Day, we are starting our cruise with a series of exciting pre-cruise walks. These walks are designed to get everyone moving and ready for the journey ahead, setting the tone for a truly engaging and active cruise experience.

At our four port destinations, you will find carefully planned walks organized by a legion of experts in IVV-sanctioned events. We are excited to highlight Craig Gauger, our Trailmaster for the walks in Mexico, Belize, and Honduras. Craig brings an impressive track record to our event:

- **Global Expertise:** Craig has organized walks in Germany, Italy, Cuba, the USA, and Canada.
- **Diverse Event Experience:** Since 1984, Craig has hosted bike rides, swims, roller-skating events, and ultramarathons.
- **Leadership in the Sport:** He has been a president of Rhein-Main Panthers, Capital City Wanderers, The Penny Pickers, and Maumee Valley Volkssporters (MVV). His wife, Faith, was a member of MVV, and was at the 1995 AVA Convention in Portland with her mom, sister and aunt. This was where Craig and Faith's paths crossed, and they have been together ever since.

Craig has walked in all 50 US states, all Canadian provinces, and most German states. His extensive travels include volkswalks in 19 countries, with 55 countries visited so far and six more planned in the coming year. His remarkable achievements include nearly filling his 50,000 km book and participating in over 3,400 events.

SPECIAL OFFERS FOR MILITARY MEMBERS

A special shoutout to our military members! Enjoy an additional 10% off your cabin fare and duty-free purchases as a token of our appreciation for your service.

APOLOGIES TO OUR CANADIAN MILITARY

We regret to inform our Canadian military members that, due to NCL's policy, the special military offer is only applicable to US service members. We apologize for any inconvenience this may cause and appreciate your understanding.

WELCOME TO OUR CANADIAN VOLKSMARCHERS

We would like to extend a warm welcome and heartfelt thanks to our Canadian Volksmarchers who have joined us for this event. Your participation adds a wonderful international flavor to our cruise, and we're excited to share this journey with you.

FUNDRAISING SUCCESS AND ADDITIONAL SUPPORT

Just on cabin bookings alone, AVA stands to earn a minimum of \$2,200, along with a cabin fare of four tour credits (one for every five cabins booked). In addition, Rob McDaniel, former Southeast Deputy Regional Director, plans to donate a portion of any commission back to AVA as well.

JOIN US AND SUPPORT AVA

There is still time to be part of this incredible event and support AVA! Do not miss out—our current deadline is September 24, 2024. Secure your spot and join us for a journey filled with adventure, camaraderie, and the spirit of giving.

LOOKING AHEAD

Exciting plans are already in the works for our 2026 cruise, so stay tuned for more details as we continue to build on the success of our inaugural event.

For more details about this cruise, reach out to Rob McDaniel at mcdanielr99@yahoo.com.

We can't wait to see you on board for a journey filled with adventure, camaraderie, and the spirit of giving. Here's to making memories and walking towards a brighter future together!



MID-AMERICA REGIONAL DIRECTOR - CRAIG GAUGER

MID-AMERICA UPDATE

RDs, Club presidents, and club membership, We have these new AVA "Come Walk With US" postcards. Get them out to health centers, VA facilities, Drs. Offices; anyplace that would have people that are urged to get out and exercise.

Also, with the VA and other places where there are Veterans. Many of these Veterans may have been on volksmarches in Europe, Asia, or even in the USA. They may have forgotten about the fun they had on walks, the people they knew, and the sights they saw. Remind them! Get these cards out. Drop some of the 2025 AVA Convention cards here and there too.



I found out on 25 July through my American Legion District newsletter, the Legion and VA are involved in "Grouper". I was able to register myself for my club's upcoming traditional event and our local YRW through their site. It didn't mention "Strider" as I have been advised through AVA discussions. Get this information out to Veterans in concert with the AVA postcard. They can walk for free and our clubs will be reimbursed by Grouper!



This new information can bring back some former volksmarchers and give us new life. In Ohio, Indiana, and Michigan, where I've walked recently, we're holding walks with 6-15 walkers. There were 29 in Kendallville, IN, but the point is we must add interested people. Either former walkers or completely new walkers.

Another note. A couple in Peoria, Illinois got a message to AVA that they wanted to have walks near them, it was forwarded to me. I asked former RD Kimi Bradley to mentor this couple to know what they needed to do to get their new club going. She jumped in and is working with them to establish themselves. If I have it right, they had walked a lot in Germany and want to get it going in Peoria. We will be keeping up with them and will hope to have max attendance when they get their event(s) going.

When you plan your walk attendance, try to go to your neighboring clubs or more distant walks on a regular basis. Make a day of it and see other things to. Go on walks when visiting relatives and take them along. It's a work in progress that takes active participation, planning, and execution. We've got to do it for us and them! All of the them's out there, especially the ones that don't know about us.

Have a great year! Set goals and achieve them.

CONVENTION COMMITTEE - JERRY WILSON, CHAIR

GETTING READY FOR OUR 2025 AVA BIENNIAL CONVENTION

Planning continues for the 2025 convention in Las Cruces NM. We anticipate sharing all available information in late August and September, including providing access to the convention registration system. One special event in the planning stage is an International Walk, crossing the border between the United States and Mexico. Now might be a great time to check your passport expiration date to determine if a renewal is needed.



PROGRAMS COMMITTEE - DIANE HOWELL EVANS, CHAIR

WANTED -- AVA SPECIAL PROGRAM PROPOSALS FOR 2026

Does your club have an idea for a new AVA Special Program they would sponsor? One current Special Program will end on 12/31/25 so the Programs Committee will be looking for one new Special Program to begin on January 1, 2026.

Do you know of a theme that would generate interest from a historical, cultural, educational, or scenic beauty perspective that has not previously been a Special Program? Are there major or intriguing American anniversaries occurring in 2026? Now would be the time to put your creative ideas and imagination to work. Talk with club members on walks as some have additional interests outside walking (yes, it does happen) and those other activities may generate ideas. Check your community calendars for local celebrations that are applicable across all states. Add "Brainstorming Special Programs" to the club's meeting agenda and solicit ideas at the meetings.

The AVA Special Program Policy limits new proposals for consideration, review and approval to just one AVA Board of Directors (BOD) Meeting per year which, is typically the first meeting of the calendar year (i.e. 2025). If the proposal is approved, then the Special Program begins January 1st of the following year (i.e. 2026). Approval at the first BOD meeting of the calendar year provides sufficient time for the sponsoring club, before the Special Program's start date, to submit articles to TAW and the Checkpoint describing the new program, obtain booklets/awards and update the AVA webpage and OSB with the new program information. Plus, it allows the clubs across the country to understand the details of the new Special Program, review their current trails or develop new routes to include the qualifiers of the new program.

The AVA Special Program policy is on the AVA website (ava.org) and can be found by selecting the "Clubs Only" menu item at the top of the page, then select "Club Resources" followed by "Club Policies." Scroll down to the middle of the webpage and select "AVA Policy Manual." Scroll down to section named "IVV Volkssporting Events" and click on "AVA Special Programs & Club Challenges." You may also go to the Special Programs policy by using the link: [Special Programs and Club Challenges \(rev. 01.31.23 wck\).pdf \(ava.org\)](#).

The Special Program proposal includes a complete description of the Special Program theme, a signed copy of the Special Program agreement, a budget based on the income and expenses for 100 books, a sample Special Program booklet and a color sample and size of the proposed award. The proposal needs to be received by the Special Programs Chair by November 1st, 2024. This deadline allows time for the Committee, during the busy holiday season at the end of the year, to review the proposal, communicate any concerns or suggestions to the club for revisions, and then review the submission of the final proposal and associated items. Presentations of the Committee's recommended Special Programs for approval are typically presented at the first BOD Meeting of the calendar Year (i.e. 2025).

For more information or if you have a specific question, contact Diane Howell Evans, Chair, Programs Committee, at Programs@ava.org.

**REMINDER AND UPDATE**

Please check your new or renewed 2025 events to ensure the appropriate Special Program(s) have been identified for your walking/biking events - especially the new 2025 Special Program (Walking with the Wild Things). Special Programs where the POC is no longer accepting completed Special Program books after 12/31/2024 will be removed. Thank you.

AVA SPECIAL PROGRAMS

The last date to complete any purchased challenge books and redeem for the AVA Special Program “Great Lakes, Great Fun, Great Fitness and Great Friendships” is **12/31/2024**.



The last date to purchase a challenge book for the AVA Special Program “Town Hall/City Hall” is **12/31/2024**.



EXTENDED - The redemption of already purchased books for the Border Crossing Special Program has been extended to **12/31/2025**. Look for an international walk at the 2025 AVA Convention in Las Cruces, NM.

UPDATE FOR AVA SPECIAL PROGRAMS REDEMPTION PROCEDURE

In today’s environment, reducing costs and promoting sustainability is on everyone’s radar. With the recent USPS postage increase, the need to re-evaluate the current method of redeeming Special Program books became a major topic at a July Special Programs Committee meeting. The current method entails the Special Program participant sending their completed book by snail mail to the Special Program POC for verification of all the qualifiers. The POC, after verification of the qualifiers, returns the completed book and the Special Program reward item to the participant by snail mail. This process includes costs for envelopes, copying, postage and maybe even transportation costs to and from the Post Office for both the participant and POC.



To minimize costs and promote sustainability the modified procedure for the redemption of Special Program books, **effective immediately**, will be as follows: 1 - Scan or take pictures of each page of your completed Special Program book; and 2 - e-Mail the images to the Special Program POC. Your Special Program reward item will then be mailed to you by snail mail. So, no postage costs for the participant and budgeted or minimally increased postage costs for the POC, no copying and paper costs for the participant since the original Special Program book is retained by the participant, no worrying about lost books in the mail, and faster submission of the completed Special Program book and turnaround for the reward item. Win, win for both!

The Committee realizes that not everyone owns or has access to an All-In-One (also known as a multi-function) printer that can scan for this new procedure. For Special Program participants in this situation, we ask that instead of sending the original Special Program book you make a copy of it and send the copy via snail mail to the POC. In return, you will receive only the Special Program reward item. The copy of the Special Program book will not be returned as you have the original.

Check the AVA Special Program web page to see if the Special Program book you are redeeming is participating in these new electronic procedures. If they are, there will be a one-line statement “Completed Book Redemption by Email is supported via the email, [POC’s email]” at the bottom of the Special Program paragraph.

If you have any questions or concerns with this new procedure, please contact the Programs Committee at Programs@ava.org.

NORTHWEST REGIONAL DIRECTOR - SHARON MOATS

NW REGIONAL AVA WALKING FESTIVAL AND CONFERENCE KICKING AROUND KITSAP!



The Clubs of the Washington Evergreen State Volkssport Association invite you to join us on Sept 19-24, 2024, to explore the beautiful Kitsap Peninsula and surrounding area. The Walkfest offers 8 walking events, 1 nearby biking event, as well as the AVA OSB sanctioned swim. There are plenty of swimming pools in the area as well as 7 YRE walks in the area.

Socials include Friday night at the My Girl Drive-In & Museum which includes a tour and Chicken Penne-Pasta buffet dinner in Kingston. The setting will have you reliving your Elvis and Rock 'n Roll days of the past. Saturday night is a pizza and salad buffet dinner at the Scout Hall in Silverdale.

The festival will be headquartered at the Boy Scout Hall, 9161 Washington Ave. NW, Silverdale WA. Start/Finish hours are Thursday, Sept 19th, 9 am – 4 pm; Friday and Saturday, Sept 20th – 21st, 8 am – 4 pm; and Sunday, Sept 22nd, 8 am – 3 pm. If you are walking on Sept 23-24, you must register for those walks by Sunday, Sept 22.

There is no central hotel but national hotel chains are available in Silverdale and Bremerton, as well as other nearby communities of Port Orchard and Poulsbo. There are also many Vrbo and Airbnb opportunities in the local area.

Featured walks in different areas of the Kitsap Peninsula are offered each day to minimize driving distances and daily group walks are also planned. You may register for each walk individually at the Scout Hall or for all the walks using the registration form attached below.

For the latest information the brochure and registration form are attached below:

[Event Brochure](#)

[Event Registration Form](#)

PUBLICITY COMMITTEE - SUSAN FINE, CHAIR

PUBLICITY UPDATE

Reminder: the deadline for the Starting Point Photo Contest is August 31st. Eligible photos were taken from June 30, 2023 to August 31, 2024. First place will have their photo printed on the front side of the 2025 Starting Point; second place will be on the back. Winners also get a complimentary copy of the Starting Point! Entries are due to AVA National office no later than August 31, 2024. Rules, guidelines and the official entry form are [available here](#). For more information contact Hector at hector@ava.org.

Our passion for volkswalking can be told in so many ways, and it starts with our members. For the Big Give, we need your personal stories of why you believe in AVA. And we want to use this for future marketing. Would you please:

- Send a quick video of yourself, saying I Give to the Big Give because ... (could be to continue to travel and see new parts of our country... or for the people I meet, who have become my good friends... or for the health benefits that lets me keep up with my grandchildren ... or whatever your thoughts.
- If you don't want to send a video, please send a photo, with a caption of why you believe in AVA
- Take a GROUP video or photo at a walk, or at a meeting, with all of you shouting "We Give to The Big Give", or "We Love Volkswalking".
- Send an email of your personal story and why volkswalking has helped you as a person.

Send this to publicity@ava.org. It will truly help us now and for the future.

A huge thank you to Steve Sandridge, Rocky Mountain Region RD, for his great presentation to the Escapees RV Convention in Wyoming. This is an untapped audience for volkswalking, and we will be working on contacting the many RV associations (I found 8 so far), where we can promote America's Walking Club. If you belong to a RV club, please let me know: publicity@ava.org. Thank you Steve for this great info.

“WALKING WAVES WITH AVA” CRUISE

Make your reservations for the “Walking Waves with AVA” cruise, our fun-filled 7-day walking cruise adventure, November 15-22, 2025. Prices have increased only \$5 after the initial deadline. A deposit of \$125 must be made by September 24, 2024, to take advantage of the AVA group rate. Final payment is due July 1, 2025.

The fun starts in the Port of New Orleans, with pre-walks November 13 & 14, including 2 walks in Orleans and a special event honoring our veterans. Then ‘All Aboard’ the Norwegian Escape for your adventure in the Gulf of Mexico, and walking for IVV credit, including New Orleans, Cozumel, Belize, Honduras, Costa Maya, and back to New Orleans. There are also two Ace-T walks onboard the ship.

Special AVA pricing is only \$957.85 per person on an inside cabin, based on double occupancy.

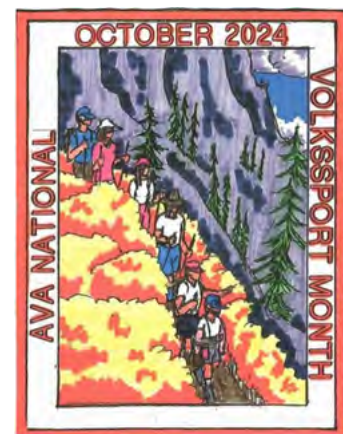
Join the 33+ volkswalkers who have already registered. Invite friends, family, and other AVA club members. A portion of the cruise price benefits AVA. See the full itinerary, get more info on available cabins, and [register here](#).

ACCOUNTING SPECIALIST - MARIAN DEVAUL

OCTOBER 2024 NATIONAL VOLKSSPORT MONTH PATCH

October is National Volkssport Month. Celebrate by pre-ordering patches using the order form and returning to the National Headquarters. The 2024 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. The deadline to order these October patches is September 15th. Don't miss this opportunity to offer this collectible patch to walk participants! Note: AVA will not be ordering extra inventory of this patch, clubs must pre-order the patch. Click on image for form.



Click image for order form

MAY NATIONAL PHYSICAL FITNESS PATCH – ON SALE

If you missed the opportunity to purchase the 2024 May National Physical Fitness Patch, we still have some available at a sales price of \$3.00 per patch, plus a shipping/handling charge. For purchase, please e-mail marian@ava.org, or call 210-659-2112.

FINANCIAL

If your club's fiscal year ends on 6-30-24, it is time to file your 990 E-Postcard, Annual Financial Report (AFR), and update your club officers. Both documents are to be submitted to the national office before the November 15, 2024 deadline. 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.

AMERICAN FLAGS

We are grateful to our international travelers for your efforts in promoting the AVA during your overseas journeys. As a token of our appreciation, we are pleased to offer complimentary hand-held flags for you to take and pass out on your next trip.

These promotional flags measure 5.5" wide by 3.75" high and are mounted on a 10" wooden pole. While the flags are free of charge, we kindly ask that you cover the shipping costs, which will be calculated based on the quantity requested and provided at the time of your order.

To place an order or for any inquiries, please contact Marian at marian@ava.org.

Thank you for your continued support.



2025 STARTING POINT BOOKS - PRE-ORDER NOW!

It's time to pre-order your 2025 Starting Point Book. The deadline is no later than midnight, September 30, 2024. Mail 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.](#)

IT SPECIALIST- HECTOR HERNANDEZ

YEAR ROUND EVENT RENEWALS

The Year Round Event (YRE) renewal process began June 1, 2024 and will end August 31, 2024. Please get your events renewed soon. There are 1389 events that have not been renewed.

RD's must review and approve all events by September 15, 2024 in order to get them into the 2025 Starting Point book. Any approvals after the 15th do not guarantee a section in the 2025 Starting Point book.

If you have any questions or need any assistance please call (210) 659-2112 or email Hector@ava.org.

***Please note that new events can be submitted year round. If you are planning a new event for 2025 you can submit those events anytime.

2025 STARTING POINT PHOTO CONTEST

The contest is almost at an end. Thank you to all that have submitted photos. Please get your submission in by August 31st for your chance to be on the cover of next years book. The first and second place winners will get their photo printed on the front side (1st place) and backside (2nd place) cover of the 2025 Starting Point book. Winners will also get a complimentary copy of the Starting Point!

SUPPORT OUR NATIONAL FRIENDS



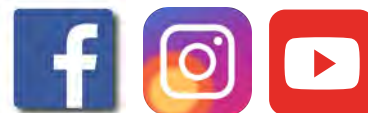
Checkpoint Available Via Email to All Club Members Who Request It

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.