

Ellen Ott, President of Randolph Roadrunners and Susan Noonan, President of the West Texas Trail Walkers participate in the annual National Night Out at the Family Service Neighborhood Place, sharing local walk information.



AMERICA'S
WALKING CLUB
— ESTABLISHED 1976 —

NOVEMBER
2024
VOLUME 33
NO. 11

CHECKPOINT

WWW.AVA.ORG



LESLIE STONE - AVA BOARD SECRETARY

CALL TO CONVENTION

To All National Officers, Regional Directors, State Organizations, AVA Member Clubs:
I hereby notify all AVA National Officers, Regional Directors, State Organizations, and AVA Member Clubs of the 2025 American Volkssport Association 23rd Biennial Convention and invite you to participate. The AVA will hold the convention at the Las Cruces Convention Center, 680 E University Ave, Las Cruces, NM 88001, from Tuesday, April 29 through Friday, May 2, 2025, to elect officers, to receive reports of officers and committees, and to conduct other business that may arise.

Voting Privileges: Each National Officer, Regional Director, State Organization, and Regular Member Club in good standing forty-five days (March 15, 2025) before the opening general session, is entitled to one vote in each election and on each matter submitted to a vote of the members. The CEO shall have no vote.

Delegates: A delegate normally represents each State Organization and Regular Member Club at the General Sessions. Each State Organization and Regular Member Club designates its delegate by completing AVA Form 500, Delegate Selection and Proxy Designation, and ensures the designated delegate registers for the 23rd AVA Biennial Convention. The AVA National Headquarters will mail AVA Form 500 to National Officers, State Organizations, and Regular Member Clubs.

Alternates: State Organizations and Regular Member Clubs in good standing may designate an alternate by completing AVA Form 500 and ensuring the designated alternate registers for the 23rd AVA Biennial Convention.

Proxies: State Organizations and Regular Member Clubs in good standing may vote by proxy by designating a proxy on AVA Form 500. A proxy can only be given to a person certified as a delegate for the 23rd AVA Biennial Convention. Candidates for AVA National Office or candidates for Regional Director may not carry proxies.

Responsibilities: Delegates, alternates, and proxies will present their copy of AVA Form 500 to the Credential Committee at the convention, attend the convention, participate in all general sessions, and attend workshops. A club may transfer voting privileges to an alternate only in an emergency. The club should advise the delegate, alternate or proxy 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 general sessions and workshops.

ARTICLE 14 MEETINGS

14.01. Regular Membership Meetings. A regular membership meeting of the Corporation shall be held in April, May or June of every odd-numbered year unless otherwise ordered by the Board of Directors. The meeting shall be to elect National Officers, receive reports of National Officers and committees and for such other business as may be identified in the notice of the meeting.

IN THIS ISSUE:

- Call to Convention Pg. 1
- Board Meeting Notice Pg. 2
- National Office Move Pg. 3
- Big Give Update Pg. 3
- Monthly Webinar Pg. 3
- AVA Micro Grants Pg. 4
- AVA Survey Pg.4
- Publicity Update Pg. 4
- TTR IML Pg. 4
- Special Programs Update Pg. 5
- Ending Special Programs Pg. 5
- New Special Program Pg. 6
- Centurion Challenge Pg. 6
- October Patch Pg. 6
- Financials Pg. 6
- Optoutside Pg. 6
- Website Maintenance Pg. 6
- BWF Special Programs Pg.7

14.02. Special Membership Meetings. A special membership meeting may be called by the CEO or by the Board of Directors, and must be called upon the written request of at least forty regular member clubs, at least twenty of which are not from the same Region and at least one-half of the Regions must be represented. The purpose of the special membership meeting shall be stated in the call. Except in cases of emergency, at least sixty days notice shall be given.

14.03. Meeting by Electronic Means. The Board of Directors and any committee of the Corporation, may hold a meeting by telephone conference call or any other electronic means, if: (a) each person entitled to participate in the meeting consents to the meeting being held by means of that system; and (b) the system provides access to the meeting in a manner or using a method by which each person participating in the meeting can communicate concurrently with each other participant. The notice of a meeting by electronic means must state the fact that the meeting will be held by electronic means as well as all other matters required to be included in the notice. Participation of a person in a meeting by electronic means constitutes the presence of that person at the meeting.

14.04. Voting Rights. Each elected National Officer, Regional Director, and Member that is in good standing forty-five days before the opening of the membership meeting will be entitled to one vote on each matter submitted to a vote of the members. The CEO shall have no vote.

14.05. Voting by Mail. A Member is entitled to vote by mail, electronically, or email on any matter that may be voted on by the membership. For this Section, the transmission of votes by fax or email shall be considered mail.

14.06. Voting by Proxy. A Member entitled to vote may vote by proxy executed in writing by the Member. No proxy shall be valid after the close of the session for which it is issued. No candidate for National Office or Regional Director may carry proxies.

ARTICLE 16 AMENDMENTS TO BYLAWS

16.01 Amendments. These Bylaws may be amended at any regular or special meeting of the AVA by a majority vote of the eligible delegates represented in person or by proxy, provided that the proposed amendment has been submitted to the Board of Directors and submitted, in writing, to all Members at least sixty days prior to the regular or special membership meeting at which vote shall be taken. BYLAWS OF AMERICAN VOLKSSPORT ASSOCIATION, INC. - Page 28 Posting Date 5/3/21

16.02 Waiver of Notice. The requirement for sixty days notice to all Members of the AVA can be waived by two-thirds vote of the eligible voters represented in person or by proxy at a regular or special membership meeting of the AVA.
16.03 Waiver Process. If Section

16.02 of this Article is used in a regular or special membership meeting of the AVA so as to waive the requirements of Section 16.01 of this Article, then any such amendment must be submitted to the Board Secretary in writing.

PRESIDENT/CEO - HENRY ROSALES

AVA BOARD OF DIRECTORS MEETING NOTICE

The AVA National Board of Directors will meet Tuesday, November 12, 2024, at 6:00 p.m. Central Time Zone. This will be a virtual meeting on the Office 365 Teams platform. To access the meeting click on the [link here](#). If you have problems accessing the meeting, please contact Hector at 210-659-2112 or email him at hector@ava.org. The meeting link will also be posted on the AVA website with the agenda.

Meeting Deadlines:

November 7, 2024: Meeting information package emailed to Board Members and Deputy Directors.

November 12, 2024, Board Meeting Agenda. [Click here](#).

NATIONAL OFFICE MOVED

The National Office has moved to a new building in the same vicinity. The move will save the AVA approximately \$10,000 per year on rent and allow us to stay in an area where we are supported by the local community and the King William Association.

The new address is:

**1032 South Alamo Street
San Antonio, Texas 78210**

Be sure to send all mail to this new address.

BIG GIVE UPDATE

Our annual individual donor campaign for 2024 has concluded with another extraordinarily successful campaign. We exceeded our goal by raising \$95,262! These funds will be used to supplement our revenue decline in participation and sanctioning fees and our new membership and walk application initiatives. Thank you to all who supported our campaign! Results of the Big Give convention winners will be announced in December and the Regional winner will be announced in January.



This Thanksgiving, we're raising our glasses and expressing our heartfelt gratitude to YOU!

We are pleased to announce the successful conclusion of our Big Give fundraiser, which raised an impressive \$95,262! We extend our heartfelt gratitude to each and every donor whose generosity contributed to this remarkable achievement. Thank you for leaving your footprint. Your support is invaluable, and we couldn't have done it without you.

As we look ahead, we invite you to mark your calendars for the Big Give 2025, which will take place from 6 PM on September 17th to 6 PM on September 18th. We are excited to continue this journey with all of you and make an even greater impact together. Thank you once again for your unwavering support! Please stay tuned for further updates on the Big Give in upcoming issues of the Checkpoint and on our social media platforms.



AVA ONLINE MONTHLY WEBINARS – NOVEMBER 20, 2024 @ 7:00P.M. CENTRAL TIME

The next AVA online seminar will be Wednesday, November 20, 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: Kathryn King, Southeast Region, AVA Board Member

Guest Speakers Include:

Karen Lacey, M.S., RD, LDN

Health and Wellness Supervisor, Live Wise

Join us for a discussion with Karen on healthy eating and fueling your body for activity. Karen oversees corporate wellness programs at multiple sites within the federal Department of Energy Complex. She holds undergraduate degrees in Sociology and Nutrition Science from the University of Tennessee, as well as a Master's degree in Public Health Nutrition. She is a Certified Corporate Wellness Specialist and a registered dietitian. When not helping employees achieve their well-being goals, Karen is an avid hiker, daily yoga practitioner, and recovering marathon runner.

AVA AWARDS MICRO GRANTS TO CLUBS FOR SUPPORT WITH GRAPHIC DESIGN

The AVA supported all five clubs who responded to a request for support with graphic design from students at Austin Peay State University. Club POC's will work with an assigned student through November 26, 2024, who will support them with t-shirt, patch, trifold brochure, logo, banner, and flyer designs and social media graphics.

The participating clubs include:

Falcon Wanderers

Upstate Pathfinders

Maumee Valley

Vancouver USA Volkssporters

Central Coast Beach Boardwalkers

Remember this is a publicity toolkit on the AVA website that includes templates for event flyers and AVA brochures.

[Click here.](#)

AVA SURVEY

The 2024 AVA Survey has been released. To view the results of the survey, go to my.ava.org and login in or [click here](#). Thank you to all who participated in the survey.

PUBLICITY COMMITTEE - SUSAN FINE, CHAIR

PUBLICITY UPDATE



Congratulations to Ellen Calkins, Secretary of the East Tennessee Wanderers, who won the Starting Point Photo Contest, for the front cover and to Kathy Nash of the East Tennessee Wanderers for the back cover.

Clubs: please consider having a group walk for the day after Thanksgiving, November 29th. #Opt Outside is the national movement to take a walk instead of shopping on Black Friday. Fill out the [AVA form here](#), so we can list all the #OptOut walks and promote them on social media.

Thank you to those clubs who have listed their multi-day weekend of events for 2025. Travelers want to make plans now for their travels. If you have not listed your events, please do so now in the [Multi-Day section](#) of the website. Just log into your club's sanctioning page, and click on "Find A Fest", to list the events. You do not have to have them sanctioned yet.

TEXAS TRAIL ROUNDUP IML

The Texas Trail Roundup IML event is February 14-16, 2025 in San Antonio, TX. This year, the event will be in honor of Susan Medlin, the founder of the event and President of TTR. She was also co-chair of the 2023 Olympiad, past Vice-President of AVA, past Southwest RD, and much more. Susan was recently diagnosed with ALS, so volunteers have stepped up to carry on this IML tradition.

The event starts and finishes each day at the Beethoven Mannerchor Halle und Garten in the King William District of San Antonio. Friday's 5K and 10K walk will be "Stars over San Antonio Friendship Walk", including famous landmarks and locations used for filming several movies and TV shows, or visited by celebrities. Saturday's event includes a marathon, half-maraton, 13K and 5K along the historic Mission trail. Sunday features a 21K, 12K and 5K event along the famous River Walk to the Pearl district and beyond. More information will be available soon on the website: texastrailroundup.org.

The group also needs volunteers during the three days. Please help if you can: schkathy@yahoo.com



PROGRAMS COMMITTEE - DIANE HOWELL EVANS, CHAIR

CALL FOR AVA SPECIAL PROGRAM PROPOSALS FOR 2026 – DEADLINE EXTENDED

Does your club have an idea for a new AVA Special Program they would sponsor? Two current Special Programs, Town Hall/City Hall and Border Crossings, will end on 12/31/25 so the Programs Committee will be looking for new Special Programs 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 recommendation to just one AVA Board of Directors (BOD) Meeting per year which is typically the first meeting of the calendar year (i.e. 2025). The Special Program begins January 1st of the following year (i.e. 2026). Committee recommendations 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/modify 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 package to the Programs Committee 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 rough sample drawing or clip art image with the size of the proposed award. The proposal needs to be received by the Programs Chair by November 30th, 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/POC for revisions, and then review the submission of the final proposal and associated items. Presentations of the Committee’s recommended Special Programs 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.

AVA SPECIAL PROGRAMS

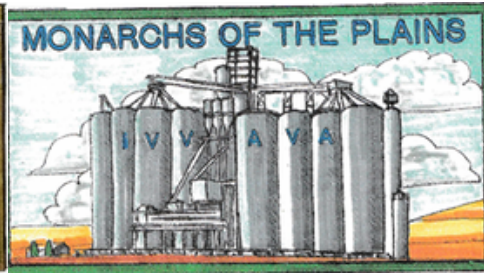
The last date to complete any purchased challenge books and redeem for the AVA Special Program “Great Lakes, Great Fun, Great Fitness and Great Friendships” is **12/31/2024**.



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.

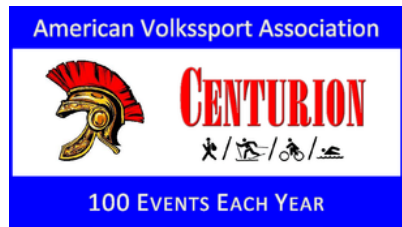




NEW for 2025 – Grain Elevators - Monarchs of the Plains and Walking with the Wild Things (Trolls, Gargoyles, Fairies and Gnomes). For more information check out the Special Program articles in the December TAW or visit the Future Special Program webpage at: <https://cb.ava.org/futureprog.php>.

ACCOUNTING SPECIALIST - MARIAN DEVAUL

2025 CENTURION ACHIEVEMENT CHALLENGE



The 2025 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 2025 Challenge between October 1, 2024 and September 30, 2025 using the official registration form. Please mail forms to AVA, **1032 S. Alamo St, San Antonio, TX 78210**, or e-mail to marian@ava.org.

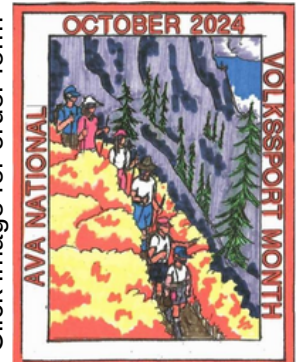
[Centurion Challenge Instructions](#)

[Centurion Challenge Registration](#)

OCTOBER 2024 NATIONAL VOLKSSPORT MONTH PATCH

If you missed the opportunity to purchase the 2024 October National Volkssport Patch, we still have a limited supply available for sale. For purchase, please e-mail marian@ava.org, or call 210-659-2112.

Click image for order form



FINANCIAL INFORMATION

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.

IT SPECIALIST- HECTOR HERNANDEZ



#OptOutside

There is still time for Clubs who wish to participate in OptOutside this year. To submit an event for the website and Facebook please fill out the form by clicking the image to the left. This year Black Friday will land on November 29th, 2024 so I will need all submissions for participating Clubs and events to be sent in by November 15, 2024. Please email hector@ava.org for any questions or help with events.

WEBSITE MAINTENANCE OF MY.AVA.ORG IN MID-NOVEMBER HAS BEEN POSTPONED UNTIL FEBRUARY



BRITISH WALKING FEDERATION SPECIAL PROGRAMMES



Two Special Programmes with different themes are being launched for BWF IVV walks completed during 2025-2026-2027. Main and Series events plus Permanent Trails (PT's) (Year Round Events) as well as National Trails (NT) and Long/Medium Distance Walks (LDW/MDW) can be used. Entry and redemption is possible by email. The entry fee includes a Woven Cloth Badge and Certificate on completion of 15 walks/stamps and includes UK postage to send the badge/certificate on redemption.

Overseas postage will be extra and will be quoted based on mailing costs-please email or see the Frequently Asked Questions (FAQ's) on our website.



In order to complete this special programme you will need to walk 15 different BWF registered walks that have a connection to either a King, Queen, Prince or Princess (UK Royal Family only) on the route. You will need to have at least 1 King, 1 Queen, 1 Prince and 1 Princess across the 15 stamps. A PT/NT/LDW/MDW may be used once per calendar year but must have a different Royal Connection for each year it is used. Main and Series events can be used once per stamp number/year.

In order to complete this special programme you will need to walk 15 different BWF registered walks where the route either goes along a River-side path or goes on a bridge across a river. A PT/ NT/LDW/MDW may be used once per calendar year but the same river cannot be used more than 3 times across the 15 stamps. Where a river name is repeated in the UK e.g. River Avon but is unique and unconnected, then these can be used 3 times for each unique river with the additional descriptive ie Bristol Avon, Shakespeare's Avon, Salisbury Avon. Main and Series events can be used once per stamp number/year.



The entry forms are available on the BWF Website <https://www.bwf-ivv.org.uk/sp-royal-connections/> and <https://www.bwf-ivv.org.uk/sp-rivers/> and will provide full details of the requirements for each special programme. See also the Frequently Asked Questions (FAQ's). Contact: projects@bwf-ivv.org.uk

Save the Date!
AVA: America's Walking Club
2025 Biennial Convention
April 28-May 2, 2025

Las Cruces, NM
The Real New Mexico
3 Cities, 3 States,
Two Countries

Come Walk WITH US!

For more information and registration visit AVA.org or call (210) 659-2112

AMERICA'S WALKING CLUB

Come and join us for the 23rd US FreedomWalk
18-20 October 2024

Walk in Arlington

An International Walking Experience

AMERICA'S WALKING CLUB

39th Annual Spring Volksmarch
June 7, 2025

AMERICA'S WALKING CLUB

Volksmarching at its Best

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.



1032 S Alamo St · San Antonio, TX 78210, Phone 210.659.2112 · Fax 210.659.1212 Message US.