



Facebook Post-

The Elkmont club walk is located in the Great Smoky Mountains National Park. For the first time, the Wanderers had a cookie walk. A table was set up with cookies from each walker to taste and enjoy during and after the two club walks. Cold water was also provided.

Photographers: Kathy Nash and Linda Nelson

Convention Co-Chair—Lea Darling



IT'S OFFICIAL, the 2019 Convention website is OFFICIALLY OPEN. Please go to AVA.org scroll down to the Convention Logo and click on it, or "[click here](#)" to open it up. It is a beginning and as things get firmed up we will add to the site.

We are very excited to be at the less than one year mark till you arrive in the Northeast to experience all the wonderful sights and history of our region. Our regional history begins in the 1600's with the Dutch landing in New Amsterdam and takes us through many centuries of population explosion, industrial superiority, independence from foreign rule to the national pastime of baseball and SO MUCH MORE!

Walk through the convention site to get a feel for some of the history of the areas you will be walking. Plan some side walks and visit other sites of personal interest while in our neck of the country.

Make sure to check when our Convention hotel, Red Lion Hotel, opens up for reservations. It will be here on July 20. Put the date on your calendars so you can get yourself registered.

See ya soon to *WALK THRU HISTORY* in the Northeast!

National Special Programs—Susan Medlin, Chair

Tour de Las Misiones is a one of a kind opportunity to visit and learn about San Antonio's World Heritage Site Historic Missions. The Bike, Run and 10/5km Walk will all start at Mission Park Pavilion. The first 500 participants who register before August 31 will receive a Finisher Commemorative Medal, Collectable T-shirt, and Goodie Bag. Hope to see all of you there!

[Flyer](#)

[Registration Form](#)



Atlantic Regional Director/IT Committee—Mike Green

The AVA ESR system now supports club editing of the stamp text for newly approved events. The following link is to a page that provides a link to a pdf describing how a club may customize their event stamps: <http://nodegreen.com/esr/>

Clubs may edit the text of an event stamp after event approval up until the stamp is scheduled for laser cutting, typically about 2 months before the event start date. Once an event is approved, it may take up to 2 days for the associated stamp to become available for editing. New (not renewed) YRE/SEs will take longer since a new YRE/SE stamp # needs to be first manually assigned.

This new stamp feature means it is even more important for clubs to submit their events at least 90 days before the start date to allow time for stamp editing/creation after the event is approved.

North Central Regional Director—Jerry Wilson

Wisconsin Ice Age Trail AVA Events Loaded to the On-line Start Box

The sixteen (16) AVA routes of the Wisconsin Ice Age Trail (WI IAT) system have been loaded to the On-line Start Box (OLSB) and are ready for hikers to get out there and enjoy. This regional program was originally conceived under the AVA initiative to promote long distance walks that might appeal to some participants that want to go greater distances. These routes will also appeal to those that prefer hiking to walking, and hiking in boots with a walking stick! Each AVA route utilizes one or more segments established by the Ice Age Trail (IAT) Alliance and all are sanctioned as seasonal events. Hikers can register and hike as weather permits each year, April 1 – December 31, we call participants hikers for these events instead of walkers because of the more difficult terrain and longer distance possibilities.

In the near future a program book will be produced and available for purchase. Details are still being finalized, but we envision a complete book, including all completed event stamps will be produced for those purchasing the program book and patch.

AVA Programs—Debra Kruep, Chair

Virtual Online Programs



Congratulations to all our walkers who have completed the 401K program! Those walkers who have completed 401 kilometers in logged activity or steps as of 5/31/18 will be receiving the official, "I walked 401K to invest in my health" T-shirt. These will be sent in July. The next issue of the Checkpoint will announce a "401K day" so all those who have a T-shirt may wear it and post a photo on the AVA Facebook group page or send in to the AVA website. Stay tuned. For those who complete the 401K after 5/31/18, we will have a second T-shirt mailing in January when the program is finished and announce yet another 401K day to show the accomplishment for all finishers! [Click here](#) to view the names of those who have completed as of 5/31/18.

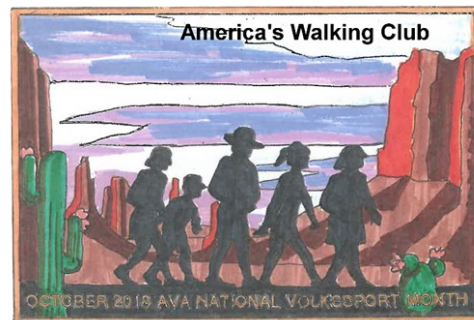
Are you interested in AVA's Virtual Online Programs? Would you like to help shape the VOP? Here's your chance! We are looking for several individuals to add to the committee. Please contact vopa@ava.org. We would love to hear from you.

AVA National Office Team

AVA Intern—Blake La Rue

October is National Volkssport Month (NVM)! Celebrate by pre-ordering patches using the NVM Patch order form and returning the form to the National Headquarters. The deadline to order these October patches is August 3rd. Don't miss this chance 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.



Congratulations to all who have completed the 401K! We are expecting to ship out the first round of 401K T-shirts on July 23rd. All who have completed their steps/km before May 31st will receive their t-shirt.

Information and Technology Specialist—Hector Hernandez

Walks to Remember

Fireworks are everywhere and everyone is celebrating. What walk will you celebrate this coming month? Share it with your friends, share it with AVA. If you are in need of assistance marketing July walks and events please email your walk or event information to hector@ava.org.

Quarterly Reports

The deadline to submit 2nd Quarter Participation Reports is July 31st. Clubs will be able to submit participation numbers through the ESR for 30 days after this date. If you need help please call or email hector@ava.org to submit participation numbers. Please note if the participation report is filed after the due date, a late fee of \$10.00 will be charged.

Renewal Season

It's time to renew your events! Events need to be entered into the ESR so that stamps can be made and mailed out in November/December.

The 2019 YRE and Seasonal Renewal process is open. The deadline is midnight September 15, 2018. If you would like your walks to be listed in the Starting Point book, please renew your walks at your earliest convenience. Click the link for [Renewal Instruction](#). Here are some tips to renew your YREs and Seasonals.

- Please do not mark your events “No Renewal” if undecided. There is no “undo” button, you will have to re-enter a new ESR.
- For a faster and error free renewal, do a fast and quick renewal without changes. Simply click renew and submit. You may enter your changes or updates by going to the ESR Listing page to edit your event information.
- Your event will disappear from your renewal list if you enter incorrect information. Contact Hector to have your event reactivated if your event disappears during renewal.
- Most of the errors occur when entering information in the POC section . Please follow the instructions carefully.

Contact Hector at hector@ava.org for any ESR renewal problems and concerns.

Starting Point Photo Contest

What is the essence of Volkssporting in the USA? Is it the “People”, “Places” or “Things” you encounter! Can you capture the essence of Volkssporting? Let's try! Please submit your entries for this year's photo contest, capturing the People, Places and Things you encounter while walking.

The first and second place winners will get their photo printed on the front side (1st place) and backside (2nd place) cover of the 2019 Starting Point book. Winners will also get a complimentary copy of the Starting Point!

Entries are due to AVA National office no later than August 31, 2018. Rules, guidelines and the official entry form are [attached here](#). Participation in the nationwide contest is open to AVA members, clubs and state organizations. All entries must have been created or occurred during the time period from July 1, 2017 – August 31, 2018. For more information contact Hector at hector@ava.org .

Facebook Post—

We've been walking a lot of MN thanks to Bonnie Johnson and her MN county program. We have 3 counties left out of 87! Thanks, Bonnie. We've seen a lot of MN in the last years! - Cheryl Dines Patterson



2019 Starting Point Books Print Deadline

Sanctioning of 2019 YREs and Seasonals began June 1, 2018 and will end September 15, 2018. RDs have until September 30 to review their region's events. If your club sanctions a YRE or Seasonal after September 30, it will not appear in the 2019 Starting Point Book.

For tips and guidelines on entering information in the ESR for the Starting Point Book please [click here](#).

Starting Point Changes

Starting Point changes on the AVA website are only for events published in the Starting Point.

Please remember to make all changes within your ESR and then send to Hector. The website will be updated weekly. Email changes to hector@ava.org.

Click here for this month's [Starting Point Changes](#)

Accounting and Finance News— Erin Grosso/Marian DeVaul

Operational Changes Effective July 1, 2018

In effort to cut costs and streamline services the following operational changes will be implemented on July 1, 2018.

The NEC approved an increase of annual club dues from \$50.00 to \$75.00 effective July 1, 2018. The increase covers the bare cost of general liability insurance, IVV club dues, 6 issues of The American Wanderer publication, and staff time dedicated to maintenance of club administrative functions. It should be noted that this is the first actual dues increase in AVA history. Please contact your Regional Director with questions and concerns. Annual club dues, previously billed on May 1st of each year, will not be billed until July 2nd, 2018 to align with our fiscal year requirements. Late fees will be assessed, after 60 days, on the September 1st, 2018.

Due to the growing costs in printing and shipping, AVA will have a price increase for the following merchandise items effective July 1, 2018:

Red & Blue Vinyl Book Covers: \$5.00 each

Start Cards and Insert Cards: \$.10 each (\$10.00 a pack)

Insert cards will be available on the website, under "[Club Forms](#)" beginning July 1, 2018 as a free download in a .pdf format.

Don't forget it is time to submit your 2nd Quarter Participation numbers as they will be considered late as of August 1st. Although you have until July 31st to file your reports, it is always much appreciated when you file as soon as possible.

It is also time to file your 990 E-Postcard, Annual Financial Report (AFR), and update your club officers in the ESR. An IRS user guide, and the AVA Retention policy for financial and event records have been posted on the AVA website under "Clubs Only". Marian will now be processing annual club reports; please submit a copy of your filings to marian@ava.org. Thank you.

New Office Hours

Effective July 1, 2018 the AVA National office will be open from 8am-6pm CT. We will close the office for lunch every day from 12:30pm-1pm CT.

Centurion Program Changes

Effective January 2019 the AVA Centurion Program will be discounted 50% for all AVA Lifetime and Associate Members and available for purchase by everyone else at the regular price. This is a new benefit for AVA Lifetime and Associate Members. Centurion books for non-members are \$15.00 for the first book each calendar year and \$10.00 for additional books sold within the same calendar year.

Walking on Cruise Ships

The National Executive Council has approved the sanctioning of walking events on cruise ships that originate in U.S. waters. Clubs can begin to sanction these types of events immediately.

FLASH SALE

Extended through 7-13-18



Several AVA members have asked us to extend our AVA t-shirt “Flash Sale” for one more week. We are happy to accommodate this request. The feedback and sales have been great!

Login to the AVA website and click on the Flash Sale image.

Communications—Samanta Sanchez

2019 Convention Hotel

A block of rooms for the 2019 AVA Convention has been reserved with the Red Lion Hotel Albany. We have blocked room nights for June 11-15 at a discounted group rate of \$109 + tax per night. Complimentary continental breakfast is included per guest in each room per day (maximum of 2 people for complimentary breakfast).

The hotel will begin taking reservations starting **July 20, 2018**. To make your reservations: please dial **(518) 458-7250 ext. 440**. Please make sure to ask for the American Volkssport Association Block to get the discounted rate. Stay tuned for Convention updates on Facebook and website.

Red Lion Hotel Albany
205 Wolf Road
Albany, NY 12205

Big Hearts

Our Big Give fundraiser might be over, but donations continue to come in. Thank you to all our donors. Your love and commitment to this unique organization has made this year's fundraiser our most successful yet. Thank you!



AVA's Executive Director's Update—Henry Rosales

Publicity Committee Update

The Publicity Committee is working on a Request for Proposal (RFP) for support with the planning and implementation of a national publicity campaign. The RFP is tentatively scheduled for release this August. The timeline and process are as follows:

July 17, 2018 – RFP discussed and approved by the NEC

August-September 2018 – RFP released to the public

October 2018 – Publicity committee reviews RFP's

November 2018 – Publicity committee interviews finalists and recommends to the NEC/EC

December 2018 – Contract negotiations/work begins

June 2019 – Kickoff of national publicity campaign in Albany during the AVA convention

Update on the Release of Liability Form for Minors

The National Executive Council (NEC) passed a motion to create a policy for youth under the age of 18 who participate in AVA events. The drafting of this policy was referred to the Standards and Evaluation committee, after which it must be approved by the NEC. If you have comments or recommendations regarding the creation of this policy, please send your comments to Jerry at nc_rd@ava.org. Please put "Youth Participant Policy" in the subject line.

In the meantime, although it is recommended, clubs are not required to use the Release of Liability Assumption of Risk and Photo Liability Release for Minor Participants.

To view this form [click here](#).

AVA Community Events (ACE Events) will be ready for implementation October 1, 2018

ACE events are non-IVV events that were approved by the National Executive Council last September. This new brand of AVA events will support enhancement of our current IVV events by allowing clubs more flexibility to create events that are not restricted by IVV guidelines and more responsive to local community needs.

ACE Events fall into the following three classifications:

ACE-Y (Youth Community Events) – This type of event will cater to clubs who will be working with youth in the elementary, middle and high school environment. Online accessibility of information will be limited to protect the identity and well-being of minors who will be participating.

ACE-T (Traditional Community Events) – This type of event is comparable to the traditional event clubs currently host with the exception that this type of event does not have to be designed according to IVV guidelines. Hopefully this will allow clubs more flexibility to customize community events in their regions where an IVV event is not possible due to constraints of IVV guidelines thus drawing more participation.

ACE-WG (Weekday Guided Community Events) – These events are designed to encourage weekly participation on a *regular* basis. Fun walks, guided walks, meet ups, etc., are examples of events that could fall into this category. Individual maps will not be required so long as there is a guide on each walk and all participants follow the guide.

More information on the sanctioning process, event guidelines and fees will be in the August & September Checkpoint. Note because these events are not required to adhere to IVV guidelines, participants cannot receive IVV credit for attending any of these events.

FINANCE (Unaudited Report)

2018-2019 AVA Budget - The 2018-2019 proposed budget of **\$561,393** was approved by the NEC. Revenues are projected at \$454,140 and expenses are projected at \$561,393 leaving a funding gap of \$107,253 to be covered by funds from the investment account if needed. This amount does not include convention expenses projected at \$97,063 and convention revenues projected at \$118,852. The anticipated convention revenue gain would lower the funding gap to \$85,465. In addition, committee Chair requests for funds to support enhanced or new initiatives per the strategic plan were also approved.

To view the 2018-2019 budget [click here](#).

Support Our National and International Friends!

International



Click on image to view flyer.

National



Click on image to learn more.



Click on image to learn more.

When You Stay at the Red Roof You Save and the AVA Gains!



The AVA will receive 5% of all room revenues when you book at a Red Roof Inn using the Volume Plus Number (623002)! Red Roof Inn's great rates and quality rooms means that you won't be breaking the bank to afford a comfortable room. Through the American Volkssport Association, Red Roof Inn is also offering additional value. When you book your reservation using Volume Plus Number 623002, you'll save 15% off Red Roof Inn's Best Available rate. Red Roof Inn's Volume Plus Number works just like an online coupon code. Use this link —https://www.redroof.com/deals/partner/American_Volkssport_Association and Red Roof Inn's online discount code will automatically be filled in for you! Or go to www.RedRoof.com to make a reservation. All you have to do to receive a discount at participating inns is enter Volume Plus Number 623002 in the VP+ / ID # slot. You can also make a reservation with an inn directly by calling 1-800-RED-ROOF (800-733-7663). You are required to provide the Volume Plus Number 623002 to the reservationist when you make your reservation, BEFORE arriving at any Red Roof Inn property.

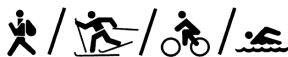
-Attention All Members-

Checkpoint Available Via Email to All Club Members Who Request It

To receive an electronic copy of the Checkpoint send us an email to the attention of Samanta requesting that you be put on our distribution list for the Checkpoint. Please note on the subject line: Request for Checkpoint. Send your request to Samanta at samanta@ava.org.



Fun, Fitness, Friendship



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.

