



Fun, Fitness, Friendship

October 2018

[www.ava.org](http://www.ava.org)

# CHECKPOINT ✓

*This publication of the Checkpoint is sponsored by*

 ADVENTURESABROAD

**David Bonewitz, PhD—AVA National President**

## SPECIAL ANNOUNCEMENT! - - - 2019 Convention Keynote Speaker is Confirmed!

I am excited to announce the Ziolkowski Family has confirmed to deliver the Keynote Address during our Awards and Recognition Dinner event at the convention next summer!

The Ziolkowski family has been keeping the dream alive by continuing the work at Crazy Horse, which was started by their mom and dad, Ruth and Korczak Ziolkowski. I am honored to welcome them and I look forward to a dynamic dinner event! Hope to see everyone there!

To learn more about the Ziolkowski Family [click here](#).



Paul Holtsclaw, President, Black Hills Club, Erin Grosso, AVA Finance Director, Henry Rosales, AVA Executive Director, Jadwiga Ziolkowski, CEO, Crazy Horse Memorial Foundation, Tom and Louise Baltes, Northwest Regional Director, Diane Johannesen, Crazy Horse Volkssmarch Event Organizer.

**Training Development Committee—Ton Baltes, Chair**

## Distance Requirements for Events.

The AVA Policy Manual in paragraph 4.02.II.A.1., regarding Traditional Events, which generally applies to all types of events, requires clubs to offer “at least one short and one medium distance at an event. Instead of a medium distance, clubs may allow participants to walk the short distance trail twice...” The AVA Policy Manual describes the short distance as a minimum of 10 kilometers (km), and the medium distance as a minimum of 20 km up to 30 km. A minor distance of 5 -9 km is also authorized. Are your club hosted events in compliance with this standard? Is this the right standard? IVV policy on walks states 10 km is the standard distance, with minor distances of 5 km allowed and longer distances can be offered. The AVA policy manual further states: “A checkpoint must be located on the minor distance (5 km) walk. The minor distance walk must be laid out as a circular route with the start and finish at the same location. Permitting the minor distance to be walked twice in lieu of a 10 km walk is allowed.” Should the minor distance walk have a checkpoint, per the AVA policy? Probably not, but always appreciated if you do. My opinion about using minor distances twice for a 10 km is that that is a poor substitute for a quality short distance (10 km) route. If no other alternatives exist, at least have walkers do the 5 km route in reverse the second time. While my goal in writing this month was to discuss the importance of beefing up our 5 km routes, I found that the distance policy needed to be addressed first. We’ll have some expanded discussion on minor distance routes, especially as they relate to the new AVA Community Events, in a future article. Feedback on event distances can be sent to [training@ava.org](mailto:training@ava.org).

**Special Programs for 2020:..... LAST CALL!!**

Time is running out to submit those Special Programs which would begin January of 2020 with the approval of the NEC at the January 2019 meeting. **All submissions need to be in by November 1, 2018**

Any eligible club may send in proposals by November 1, 2018 to be considered for approval at the January 2019 NEC meeting. With the approval, your Special Program would begin January 1, 2020.

Please follow the AVA Special Program guidelines noted in AVA Policy Special Programs/Club Challenges 4.05.

Any questions and all mailings should be directed to Bonnie Johnson, 25 - 66<sup>th</sup> Way NE, Fridley, MN 55432, 763-229-3584 [bonjohn@comcast.net](mailto:bonjohn@comcast.net)

Bonnie Johnson, Special Programs Chair

**#OptOutside**

Send your #OptOutside Event information for November 23<sup>rd</sup> to AVA to be included on the #OptOutside Featured Section of the AVA website. The listing is already on the webpage and waiting for your event . Your event will also be featured on the AVA Facebook page. Anyone searching Facebook looking for #OptOutside events will find the AVA Facebook page and learn about our events. It's that easy to contribute! [Click here](#) for #OptOutside Event form. The more clubs we have participating, the more publicity it drives for the entire AVA.



**Youth**

Congratulations to the Windy City Walkers of Chicago, Illinois! They held their first Walk Together Youth Event in Frankfort, Illinois. Approximately one hundred and forty-five Girl Scouts, friends and families dressed as pirates to “Walk the Plank” Trail!

Photos courtesy of Henry Rosales.



Photos courtesy of Debra Kruep.



**Virtual Online Program 2019**

Come join the Walkin’ Canada VOP challenge of 2019! Get ready to stay active and have fun while exploring the country known for its hockey, maple syrup, and polite people. Canada, the world’s second largest country, extends over 9 million square kilometers (3.5 million miles) of land. We’ve got a lot of ground to cover, from Tofino, B.C. to St. John’s, Newfoundland & Labrador! Many of the cities we visit will have one or more IVV trail and we will bring you fun facts and highlight interesting places to see while you are walking virtually on some of the permanent IVV trails of Canada! Who knows maybe you will be so enticed by the beauty; you will have to go see them in person! Our friends up north would enjoy that! When there are long stretches between IVV permanent trails we will be stopping in cities for food, drink, and rest. They will be highlighted as well. Sounds like a good time, eh? Put on your hat and boots and let's walk!

**Awards & Membership—Karen Winkle**

All address changes for Awards and Memberships(including The American Wanderer) should be sent to [Karen@ava.org](mailto:Karen@ava.org) .  
 Address changes for Clubs should be sent to [Marian@ava.org](mailto:Marian@ava.org) .

**Information and Technology Specialist—Hector Hernandez**

**Stamp Process**

Clubs now have the option of editing event stamps. By processing your event 90 days prior, you have the advantage to go in and edit the stamp before it is printed and mailed out to you. Remember, if the stamp hasn't arrived 2 weeks before your event, please call Hector at the AVA National Office. Please do not wait until 3 or 2 days before your event to notify the office.

**Traditional Events Stamp Deadline**

Please have all your November and December Traditional events sanctioned by October 31, 2018. The cut off date is 90 days prior to your event.

**Multi-Event Calendar**

Under the events tab on the website we have the Multi-Event Calendar. Here you will find yearly events that happen with 2 or more events throughout the weekend. If you have any info or updates for the calendar please email them with the format in the image to [hector@ava.org](mailto:hector@ava.org).

Event Name
When
Where
Event Website
Flyer
Point of Contact
Comments

**Starting Point Photo Contest**

Thank you everyone for your submissions to the Starting Point Photo Contest this year. We had around 20 submissions and they all had their flare, but now congratulations are in order for the photo contest winners!!! The Publicity Committee carefully reviewed all submissions and a final decision has been made. Drumroll please...The front cover will exclusively display the work of our 1st place winner, Julie Heath. Her photo features the "Walkers at Smith Rock State Park, Terrebonne, Oregon on the "Monkey See, Monkey Do!" walk". Our 2nd place winner is Martin Callahan for his, "Volkssporters following the trail on the way out of the grounds of Mission San Jose" photo. This photo will be displayed on the back cover of the issue. The National Office would like to thank all whom submitted their amazing images for consideration.



*We have extended the Pre-Order date to October 21, 2018. Last chance to get your final orders in to receive a discounted price.*

Click here for [order form](#).

**Walks to Remember**

As the fall and winter weather slowly creeps in so do some good walks. What are some of your good walking weather walks coming next month? Share it with your friends, share it with AVA. If you are in need of assistance marketing October walks and events please email your walk or event information to [hector@ava.org](mailto:hector@ava.org).

## Convention Hotel Update

The Red Lion Hotel in Albany has officially sold out! This is exciting news! We are happy to learn that we will see a lot of you at the convention. If you did not have the chance to book your reservation at the Red Lion Hotel, no need to worry. The AVA now has a block of rooms reserved with Red Roof Inn at a discounted group rate of \$77.99. Please note, Red Roof Inn is not a full-service hotel and continental breakfast will not be included. To make your reservations please call the number below and ask for the American Volkssport Association group rate.

**Red Roof Inn Albany Airport**  
188 Wolf Rd  
Albany, NY 12205  
For reservations dial: (518) 459-1971  
Group Name: American Volkssport Association  
Block code: B112AVA611

## Insurance Requests for 2019

Clubs have begun to submit insurance request for 2019. Our insurance company will not be processing requests for 2019 until early December. Please keep this in mind when submitting a request.

Thank you.

## 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](mailto:hector@ava.org).

Click here for this months [Starting Point Changes](#)

## Fall is here!



Fall is bringing beautiful colored leaves and great walking weather. Where will you walk when you #OptOutside on November 23<sup>rd</sup>?

## AVA's Executive Director's Update—Henry Rosales

### Clubs Can Now Host AVA Community Events (ACE)!

AVA's new brand of community events is ready for implementation! It is important to emphasize these events are **not sanctioned by the IVV**. Therefore, no

reference to the IVV should be published in any materials announcing or advertising these events. Furthermore, clubs should make it very clear there will be no book stamping for participation in ACE events.

ACE events are non-IVV events that were approved by the National Executive Council in September of 2017. This new brand of AVA events was created not to replace IVV events but rather to enhance our current IVV events by allowing clubs the flexibility to create events that are more responsive to local community needs. ACE events are not restricted by IVV event policies and procedures. Clubs now have the **option** to host IVV events as well as AVA ACE events. Clubs are not **required** to host ACE events.

To review the AVA's ACE Policy [click here](#).



ACE Events fall into the following four 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. For example, a club may want to host a walk for an elementary school on their school grounds or at a park. Online accessibility of information will be limited to protect the identity and well-being of minors who will be participating.

**ACE-P (Private Events)** – This event category is for clubs who host events that are exclusively for a private company or organization and not open to the public. For example, a club might offer to host a walking program for the employees of a private business. Because only employees of the company can participate, the event information will not be accessible to everyone.

**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. An example of this type of event might be a traditional event whereby a club partners with a local nonprofit organization to host a walk that is less than 10 kilometers and books are not stamped.

**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 that clearly state the start and finish will be required to be kept on file by the host club and there must be a guide on each walk that all participants are expected to follow.

FOR INFORMATION ON HOW TO SANCTION AND SUBMIT PARTICIPATION REPORTS FOR ACE EVENTS [CLICK HERE](#).

# ADVENTURESABROAD

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<b>XPE</b>	<b>13 Days The Pyrenees of Spain, France &amp; Andorra</b>	<b>\$3990</b>
<b>XPM</b>	<b>13 Days Piemonte, Region of Italy</b>	<b>\$3980</b>
<b>XSW</b>	<b>13 Days Swiss Alps</b>	<b>\$4313</b>
<b>XAD</b>	<b>14 Days The Dalmatian Coast</b>	<b>\$3580</b>
<b>XGI</b>	<b>14 Days The Greek Isles</b>	<b>\$3220</b>
<b>XPR</b>	<b>16 Days The Way of Saint James, Northern Spain</b>	<b>\$4380</b>

*- Prices are Land Only. We can quote and arrange air from any major gateway. -*

**ALL TOURS INCLUDE:**

- Cultural activities & sightseeing
- Hiking and/or walking
- 3 and 4 star hotels (no camping)
- Meals & entrance fees as specified
- Maximum 16 travelers
- Most gratuities

**1-800-665-3998** | [www.adventures-abroad.com/ava](http://www.adventures-abroad.com/ava)

Looking for something different for your club?  
We have a Dedicated Custom Tour Department that can create a personalized tour experience for solo travelers, couples and groups: [www.privatecustomtours.com](http://www.privatecustomtours.com)

**Special Thanks To Mike Green, Atlantic Regional Director and Chris Zegelin, IT Chair for investing in our employees and club members by providing a free training on our information and technology systems!**



IT Workshop hosted by Mike Green and Chris Zegelin



AVA employees share their AVA website vision.

**NEW!**

Club Add Space \$50!

Click image to enlarge.

### Get Your Event Listed the in the 2019 AVA Calendar!

The AVA will introduce an annual event calendar for 2019 that will highlight club events in each region. Due to limited calendar space each Regional Director selected a month via a lottery. Below are the months each region was awarded to list their club events in the calendar.

Month	Region	Regional Director
January	SE	John McClellan
February	NW	Tom Baltés
March	MA	OPEN
April	MA	Andy Bacon
May	PA	Suzi Glass
June	NC	Jerry Wilson
July	AT	Mike Green
August	NE	OPEN
September	SC	Chris Mellen
October	SE	Lucy Yother
November	SW	Susan Medlin
December	RM	Sherry Sayers

Clubs can also purchase an advertisement for any month on a first come first serve basis. The monthly advertisements (size 11x5) are being sold at a bargain low price of \$50.00! This advertisement can be anything you want and will be placed at the top of the page of the month you purchase, similar to the picture above. Ideally you would want to put a picture of the walk you want to highlight plus additional contact and event information. The month of April has already been sold.

If you are interested in purchasing an add or for questions please contact Henry at [henry@ava.org](mailto:henry@ava.org). The deadline to purchase an add is **October 31, 2018**.

## Support Our National and International Friends

International

National



Click on images to learn more.

**Don't miss out on the US Freedom Walk Festival! Events coming soon!**



Click on images to learn more.



This is an exclusive benefit for our club members only.



**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](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](http://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.

**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](mailto:samanta@ava.org).



**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.**



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