



Fun, Fitness, Friendship

March 2019

www.ava.org



CHECKPOINT ✓

AVA's Executive Director's Update—Henry Rosales

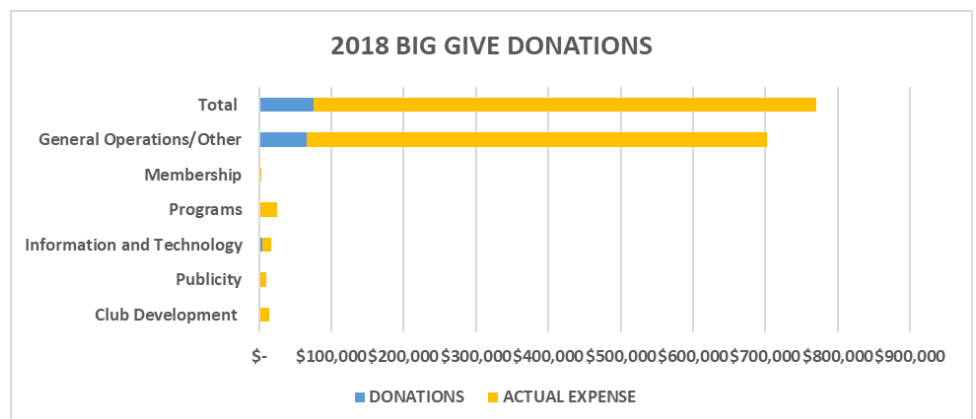
2019 Big Give Individual Donor Campaign

Each and every day Volkssporters fill their days with action by staying active and sharing fellowship with others. Volkssporters do not passively wait for grace to be bestowed but do what they can to make grace happen by bringing hope and happiness to everyone they encounter on the trails.

This giving year I am very grateful for all the friends I have met on the trails. Most important I'm humbled by the "acts of kindness" I have witnessed on the trails, truly a legacy of love and compassion that I want to replicate for my children and their children.

As we enter the 5th year of our annual individual donor campaign, The Big Give, I ask for your continued support so the AVA legacy may flourish for years to come! Last year we raised \$74,936. Donors were given the opportunity to earmark their donation in support of the work of the Strategic Planning Committee of their choice.

2018 BIG GIVE DONATIONS			
COMMITTEES		DONATIONS	ACTUAL EXPENSE
Club Development		\$ 1,635	\$ 12,027
Publicity		\$ 1,625	\$ 9,141
Information and Technology		\$ 4,150	\$ 12,802
Programs		\$ 1,013	\$ 23,477
Membership		\$ 145	\$ 2,588
General Operations/Other		\$ 66,368	\$ 635,546
Total		\$ 74,936	\$ 695,581



With your support, the AVA Strategic Planning Committees, National Office Team, AVA Clubs and Volunteers accomplished the following key strategic plan initiatives in 2018.

Implemented a new stamp system	Implemented ACE Community Events
Expanded the Online Start Box Nationwide	Implemented Virtual Online Walking Programs
Streamlined the Voting Process for the 2019 Convention/Electronic Voting	Implemented a mini grants and technical support program for new and struggling clubs
Initiated a National Publicity Campaign	Expanded AVA membership benefits
Initiated a board development training program	Implemented new National Trails Programs
Upgraded AVA's financial systems	Created a new National event (TTR) and partnerships

This year you can once again earmark your Big Give contributions to support the work of the following AVA committees.

Publicity-To implement a national publicity campaign & purchase marketing materials for clubs.

Club Development and Support -To support struggling clubs and help develop new clubs.

Programs-To develop new programs and activities for existing and potential new members.

Membership-To develop new membership benefits and services.

National Programs-To develop new National and International programs and events.

Information & Technology-To support upgrades and advancements of AVA systems like convention, registration, AVA database, AVA website, online start box, etc.

General Operations-These funds will be used to support all areas of the organization.

Communications— Samanta Sanchez

How You Can Help Us Leverage Additional Prize Money with Your Donation.

How can you help the AVA? There are a few ways you can help us leverage additional prize money.

1. On March 28th, you will have 24 hours (one day!) to give where your heart is!

March 28, 2019 is the day to make an impact in your community. The day of giving will begin at 12:01am on March 28 and close at 12 midnight. Invite family, friends, co-workers and everyone you know to go online on March 28 and donate to the Big Give. When you donate to the Big Give you don't just donate to our organization, you donate to a cause. Our cause is to promote health and wellness through Fun, Fitness, and Friendship to all. A contribution, big or small, makes all the difference. The minimum online contribution per Big Give guidelines is \$10.00. Early online giving will start March 21st and run through March 27th for those that won't be able to donate on March 28. [Click here](#) to donate to your favorite walking club – America's Walking Club. Thank you!

2. Contribute During a Specific Time (Day-Part Prize)

This year, the Big Give will be having Day-Part Prizes. \$1,000 prizes will be awarded to organizations with the most unique donors during specific time frames and under each of the four different budget size categories. We are asking our donors to please make your online contributions during the time frame listed below based on your time zone. The goal here is to get as many unique donors as possible during this time frame to win \$1,000! A unique donor contribution is a donation that comes from a distinct individual - all different names, email addresses, and credit card numbers (last 4-digits).

How You Can Participate

1. Mail your donation checks to the AVA National Office before April 30, 2019.
2. Make an online contribution anytime from March 21 to March 27, 2019.
3. Make an online contribution the day of March 28, 2019 to help us leverage additional cash prizes.

New This Year!

4. Donors can now make bank to bank transfer donations. Minimum donation amount for a bank transfer is \$100.

*Fee for bank transfer donations is 4% + \$0.50. Fee for all other online donations is 6.2% + \$0.30.

Pacific Time Zone—*March 27th, 2019 10pm—4am*

Mountain Time Zone—*March 27th, 2019 11pm—5am*

Central Time Zone—*March 28th, 2019 12am—6am*

Eastern Time Zone—*March 28th, 2019 1am—7am*



3. End-of-Day Prizes

For this category, prizes are awarded to nonprofits based on the size of their budgets. AVA’s budget falls under the Medium Size Big Give category. The nonprofit in this category with the most money raised online during March 21 – March 28 will have the opportunity to win 1st, 2nd, 3rd, 4th, or 5th place.

End-of-Day Prizes						
Category	Budget	1st	2nd	3rd	4th	5th
Extra Small	\$0 to \$49,999	\$2,000	\$1,500	\$1,000	\$500	\$250
Small	\$50,000 to \$249,999	\$2,000	\$1,500	\$1,000	\$500	\$250
Medium	\$250,00 to \$999,999	\$2,000	\$1,500	\$1,000	\$500	\$250
Large	\$1,000,000 +	\$2,000	\$1,500	\$1,000	\$500	\$250

3. Champions for our Cause

\$78,000 is our Big Give goal! In efforts to reach our goal, the AVA National team has signed up to fundraise on behalf of the organization through the Big Give’s *Peer to Peer Individual Giving Program*.

Join us and become a fundraiser champion for our cause during our annual Big Give campaign. Just visit our AVA profile on [the Big Give website](#), click on the Fundraise button, create an account, log in, and personalize your profile. On your profile, you will be able to share a story on why you’re fundraising on behalf of AVA, set a fundraising goal, and invite your family and friends via email to donate to your campaign. The goal is to raise \$7,000 between all Peer to Peer participants. Donors will be able to make contributions starting the 21st of March. Remember the donations you receive through your personal campaign will count towards AVA’s overall amount raised, so spread the word!

If you need assistance creating or personalizing your page, please refer to this [step by step](#) handout or send an email to samanta@ava.org. Note on subject line *Peer to Peer Help*.

We are the champions for our cause. Let’s keep America Walking!

Give Big, Win Big!

For the past two years, our Big Give donors have been eligible to win AVA prizes. This year is no exception and donors have a higher chance to win! AVA members who donate during the Big Give are eligible for the following prizes!

Prizes include

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

2019 or 2020 Starting Point Books - For every 50 unique donors, one 2019 or 2020 Starting Point Book will be raffled.



Grand Prize

2021 Convention Registration- One club and one individual will be the lucky winners of an all paid 2021 Convention Registration!

Special thanks to our Big Give Matching Donors:

NEC Members

Holly Pelking, Chair, Membership Committee

GroupWorks

Tater Tours

Walking Adventures International

Amount Raised as of March 11, 2019: \$26,960.

\$78,000



34%
Funded

\$26,960
Raised

22
Donors

This amount includes all donations received and pledged amounts. Match includes NEC, Committee Members, and private companies!

Facebook Live

On March 28, join us Live on Facebook. We will be livestreaming our Big Give Celebration!



Big Give Videos

Click image to see video from Ellen Ott President of the Randolph Roadrunners. Follow our YouTube channel for more Big Give videos.

Important Deadlines for the June 2019 General Membership Meeting

Call to Clubs for Agenda Items for the General Membership and NEC Meeting

April 13, 2019 (60 days before meeting):

Clubs email Agenda Items to Regional Directors and AVA National Office.

Agenda items from Regional Directors for the General Membership and NEC meeting due to AVA National Office.

Final list of agenda items for the General Membership and NEC meeting sent to AVA Clubs and Regional Directors.

April 28, 2019 – Deadline date for clubs to be in “good standing” in order to be eligible to vote during the General Membership meeting this June.

May 13, 2019 (30 days before meeting): Officer’s, Regional Director’s and Committee written reports are due at AVA National Office. Reports will be published in the Biennial Report (300 word limit please).

May 14, 2019 – Credentialing forms must be postmarked by this date if you are mailing them to the AVA National Office.

May 22, 2019 (21 days before meeting): Meeting information package for General Membership and NEC meeting emailed to NEC members.

AVA NEC Officer’s Reports and Committee Reports:

[Click here for Agenda items Form](#)

[Click here for Officer Report Form](#)

[Click here for Committee Report Form](#)

If you are running or supporting an AVA club as an officer or volunteer, I want to thank you for your continued efforts leading *America's Walking Club!*

The AVA now has new policy (Section 6, AVA Policy Manual) and a process to provide assistance to clubs requesting support. Examples might be expertise in using online systems or establishing a website, help from a Trailmaster on creating an event, or assistance in creating club marketing and advertising. It will also be possible to request financial assistance, in the form of an AVA mini grant. Funds may be requested to support a new satellite group, form a new club, or for program expenses like porta potties, park fees, refreshments, and event outreach. Funds cannot be requested for administrative purposes or to pay debts owed to the AVA. Clubs must be in good standing to request funds. All funding requests are based on availability of funds at the time.

Your first step is always your Regional Director (or, State Organization if you are in one of the 10 states with these) to seek any kind of assistance. Your RD or State Association can usually answer questions and will be able to get you help from either the National Office or in some cases, another club nearby.

Please make requests for assistance in writing using the new form now available on the AVA website. Outline the issue or assistance needed, and your RD will direct your request to the State Organization, our Committee, other existing AVA committees, or through the Executive Director (all funds request) as needed.

If there is a broad area of AVA policy or operations that you think needs examination by our Committee, send me your inquiries: [se rd@ava.org](mailto:rd@ava.org) and be sure to cc: your RD or State Org, or both.

See you on the trails!

[Click Here for Club Support Request Form.](#) 😊

AVA 2019 Convention to begin "GOING GREEN PRACTICES"

In an effort to be environmentally responsible, we will begin to put into practice some small changes with this convention. Here are a few areas where our eco-friendly habits are a small step for the walking world.

- 👉 **Badges and Lanyards:** Recycle/Save at the end of the convention. Look for Recycle Boxes at breakfast, hotel registration, socials and throughout the venue.
- 👉 **Walk Information Signs:** Save for future AVA conventions.
- 👉 **Volunteer Vests:** Turn in after each shift.
- 👉 **Water:** At all the walks 5 gallon water jugs will be available for refilling water bottles.
- 👉 **ALL WALKERS** are encouraged to pick up garbage along their walks to make the trails more welcoming for everyone.



We can be an initial force throughout our walking events and beyond helping, one step at a time.

Thank you for your "going green" cooperation

WHY?

Register for the Full Convention vs. a 3 or 1 Day Package?

I admit I've only attended the last 2 conventions, but the good feelings I came home with both times made me look forward to attending many more in the future. At my first convention, I was a "picker" as most of our convention attendees are. I did the walks, two socials and a few workshops, but just felt unconnected.



So, my second convention I did the full package. I attended the General Membership Meetings which enlightened me with how hard our AVA Headquarters, AVA elected National Leadership, and all our regional directors work for the betterment and health of our club. I felt a part of the worldwide volkswalking community.

2019 AVA CONVENTION Workshops will deal with a myriad of issues:

- Club procedures
- Increasing membership a - paramount concern of most clubs
- Stress Management • Meet the Candidates - who will be guiding us deeper into the 21st Century?
- Publicity - getting our name out there, etc.

WALKS
SOCIALS
WORKSHOPS
HISTORY
MEET THE CANDIDATES
WALK OF FAME AWARDS

"WALK THRU HISTORY" Convention Workshops:

- Underground Railroad
- Cooperstown - Baseball Hall of Fame etc.
- Albany - 400 Years of History, and a few more.

There is a \$5 charge for each of these to pay the honorarium for the speakers.

SOCIALS: where you enjoy local entertainment, food, friends - old and new, and AVA's 1st Annual Walk of Fame Awards. The final evening banquet and entertainment is a culmination of the wonderful 3 days we have been together. Friends to reconnect with at the next convention.

Take a huge chance for a better time at convention - get a picture with "Sal the Mule", enjoy a BBQ lunch, see what Group Works is all about, and learn about the Boot Monument at Saratoga National Historic Park's walk just to name a few highlights.

Calling all Regions!!!! Purchase an informational table

For the reduced price of \$15, each Region has the opportunity to have a table in the Vendor's area where their clubs may showcase some of the unique and fun walk brochures, YRE and Seasonal walk schedules, seasonal walking events for their states, i.e. Roundup in Texas, Walking Around Florida, etc., give out candy to people who stop by your table, make friends, good conversation, etc.



Convention Silent Auction Committee—Sue Grey, Co-Chair

Silent Auction—Quilt

Time is getting closer for our 2019 convention!! We are encouraging your support in putting together your donations for the Silent Auction and filling out the donation form which is under (http://www.walkescv.org/ava2019_convention/welcome.htm) It is a help to have the donation form ahead of time so we can fill out the necessary forms and save your club members a lot of time. We send each donor a thank you note and will give them their silent auction number so it will be easy to locate their paper work.

I must tell you about a beautiful quilt that one of our members, Pat Mahoney, spent many months creating. She has donated this beautiful 100% cotton Batik quilt to our silent auction. This will be a raffle item selling 1 for \$5 and 5 for \$20. The drawing will be Thursday June 13th during the convention.



Special Convention Raffle Quilt, Cotton Batik, 90" X 102
Pattern "Trip Around the World" by Eleanor Burns
One ticket for \$5 • 5 tickets for \$20

AVA Programs—Debra Kruep, Chair

AVA, America's Walking Club Virtual Online Challenges for 2019



Walkin' Canada is a virtual walk across Canada "visiting" 50 cities. As you pass these milestone cities you will receive information about the local IVV walk, interesting fun facts and history. To receive your Walkin' Canada T-Shirt, complete 5,500 steps per day or a total of 2,007,500 by December 31, 2019. You can post your steps manually, sync with a fitbit or other walking device, most devices work with the program. There are still a few out there that may not. Don't have a walking pedometer or device, you may also use a smartphone.

When you register for Walkin' Canada you may also join ranks with walkers in your region. Each of the ten AVA regions will have a team. It doesn't matter how many walkers you have, large or small, all teams have an equal chance to win bragging rights by walking towards the elusive Traveling Trophy. This trophy will be awarded to the region that averages the most steps by the AVA Albany convention conclusion and award dinner. Could this be your region? Once enrolled in Walkin' Canada, simply click on the team tab in your walking account. This must be done on a computer, not on the app. You receive both challenges and any additional challenges during 2019 for the \$22 fee.



Fun, Fitness, Friendship
Regional Team Challenge

Register at www.ava.org and click on the Walkin' Canada logo.

Training Development Committee—Betty Green, Member

GUIDED WALKS

First, I'll go over some of the possible advantages and disadvantages of guided walks. Clubs may find it advantageous to hold both Traditional non-guided walks and Guided Walks throughout the year. Group walks of a YRE are often not guided, but they can be guided. All walks should be well publicized to maximize attendance.

Advantages:

- 1) Social: Walkers talk with each other and can explain volkssporting to new walkers while walking.
- 2) Briefly staffed Start / Finish: No need to staff the start/finish point for a long period of time after the start of the walk.

Most clubs do book stamping before starting the guided walk. (Clubs should consider advertising an earlier registration time to ensure everyone arrives in time for the walk.)

- 3) No need to mark the trail or remove trail markers after the walk.
- 4) Walkers start and finish at same time – easier to plan having lunch/dinner together after the walk or breakfast or other meal before the walk.
- 5) Easier for walkers who prefer not to read directions/maps.
- 6) Less likely that someone will get lost on the walk.
- 7) More likely that someone will be able to assist anyone that incurs an injury or illness while on the walk.
- 8) Less expense for printing the walk directions and map – only a few copies needed for walk leaders and sweeps.
- 9) Flexible start points with minimal equipment set up needed

Disadvantages:

- 1) Less visibility to nearby public (start points with window of start time gives more opportunity for passers by to notice banners and receive information).
- 2) Less start time flexibility for walkers
- 3) Need enough guides who know the route well for “fast” and “slow” groups for each route distance offered as well as sweeps who make sure walkers have not lost their way.
- 4) Less opportunity for club members who are not able to walk, to socialize with other club members while working at an event.
- 5) Walk speed may be too fast or too slow for some participants.

Guided Walks are a type of AVA traditional event. They are not intended to replace all traditional events. For information on Guided Walks refer to AVA Policy Manual Section 4.02 TRADITIONAL VOLKSSPORTING IVV EVENTS II. 2.

The Traveling Guided Walk (TGW) is another type of AVA event approved as a trial event category two years ago. It is not known yet if the trial period will be extended. The sanctioning fee is \$75 for the first TGW with no sanctioning fee for following TGWs in the same year. Clubs must have at least one Traditional Event (non TGW) sanctioned before requesting their RD to approve TGWs. Only one stamp is provided for TGW for the entire year so all TGWs held by a club will use the same stamp. This can limit customization of the stamp. Refer to AVA Policy Manual Section 4.02 TRADITIONAL VOLKSSPORTING IVV EVENTS II. 3

AVA National Office Team

Awards & Membership—Karen Winkle

Notice to all clubs- Please make sure that you email the names of members and walkers that have passed in the last two years to Karen@ava.org. The names will be listed in our Necrology report at the convention in June. Please include the name and state they were from.

Information and Technology Specialist—Hector Hernandez

Walks to Remember

March is here, kids are out from school and there are trails to be walked. What's a walk in your area? Share it with your friends and share it with AVA. If you need assistance marketing March/April walks and events please email your walk or event information to hector@ava.org.

Starting Point Changes

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



Thank you to all that came out to the Texas Trail Roundup. It was an exciting 3rd year. We hope the judges were impressed and it gets approved as an IML event!

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

The World Before Your Feet Documentary— Provided by Greenwich Entertainment

There are 8,000 miles of roads and paths in New York City and for the past six years Matt Green has been walking them all – every street, park, cemetery, beach, and bridge. It's a five-borough journey that stretches from the barbershops of the Bronx to the forests of Staten Island, from the Statue of Liberty to Times Square, with Matt amassing a surprisingly detailed knowledge of New York's history and people along the way.

Something of a modern-day Thoreau, Matt gave up his former engineering job, his apartment, and most of his possessions, sustaining his endeavor through couch-surfing, cat-sitting and a \$15-per-day budget. He's not sure exactly why he's doing it, only knowing that there's no other way he'd rather spend his days. Executive produced by Oscar® nominee Jesse Eisenberg, *The World Before Your Feet* is a tribute to an endlessly fascinating city and the freedom to be found, wherever you live, in simply taking a walk.

Link to film: <https://itunes.apple.com/us/movie/the-world-before-your-feet/id1447432432>

Convention Hotel Updates

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. To receive our discounted group rate, make sure to **book your reservations before May 21, 2019**. After this date, our group rate will close. Cancellation 3 days prior to the day of arrival will result in a penalty of 1 night's room rate plus tax.

Accounting Specialist— Marian DeVaul

GOOD STANDING POLICY & DEADLINES - Convention 2019 – Albany, NY

The AVA Call to Convention and AVA Form 500 will be mailed to the clubs by the end of February. Please follow the directions on the form and return to AVA for Credentialing at Convention. All forms must be postmarked no later than May 14th, 2019. If the deadline for mailing this form to the National Office is missed, all copies of the form must accompany the Delegate, Alternate, or Proxy to the Credentials booth at the Convention. The form should be mailed to:

American Volkssport Association, Inc.

Attn: Erin Grosso

1001 Pat Booker Rd. Ste 101

Universal City, TX 78148

Please do not forget that clubs must be in "good standing" forty-five days before the opening of the membership meeting in order to be entitled to one vote on each matter submitted to a vote of the members. The final date for clubs to meet the criteria of being in "good standing" to vote is midnight of April 28th, 2019. Detailed information and some things to keep in mind regarding the AVA's Good Standing Policy and Membership Voting Policy is provided below.

[Click here](#) to see full article with AVA Bylaws

Come walk with us! Flash Sale!
Store open until 3-15-19

Login to the AVA website and click on the Flash Sale image. There are short and long sleeve t-shirts available, along with ballcaps and beanies. Orders will not be processed or shipped until the store closes on 3-15-19.

2019 AVA CALENDARS ARE ON SALE!!

Purchase your 2019 AVA Calendars while supplies last! They are large 11 x 17 calendars with lots of pertinent information listed: holidays, weekend walking events, AVA deadlines, along with highlighted National events. The price is \$3.00 plus shipping. To order, contact Marian at marian@ava.org or (210) 659-2112.



Walking the Texas Trail Roundup February 23, 2019.

Support Our National and International Friends

National

Crazy Horse Memorial Volkssmarch, June 1-2, 2019, Crazy Horse, SD.



AVA 21st Biennial Convention

June 9-16, 2019

Albany NY

★ Empire State Capital Volkssporters ★ Northeast Region ★

— Pre-Convention Walks —
June 9th Portsmouth NH
June 10th Danvers MA
June 11th Springfield MA

— Convention Walks —
June 12th Coloes/Waterford NY
June 13th Saratoga National
Historical Park & Schuylerville NY
June 14th Presidents Walk Albany NY

— Post-Convention Walks —
June 15th Cooperstown NY
June 16th Buffalo NY

<http://www.walkescv.org>

Click on image for more information

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.



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.



1001 Pat Booker Road, Suite 101 · Universal City, TX 78148, Phone 210.659.2112 · Fax 210.659.1212 avaHQ@ava.org / ava.org